



- When:** Saturday, September 5 - Monday, September 7, 2009
*Meet at the Sr. High Student Center @ 8am on Saturday.
Students will return by 2pm on Monday.*
- Where:** Camp Ozark Retreat & Conference Center, Mt. Ida, AR
Check out their website: www.campoark.com
- Phone:** (870) 867-4131 (*Emergency only...please do not expect to call home unless there is an emergency.*)
- Cost:** \$135 - before August 30th
\$145 - after August 30th
(partial scholarships are available on a first come first served basis)

Registration: Signup & pay online at srhigh.fsmonline.com. Print off, complete, and turn in **BOTH** medical release forms. You can either turn them in on Sunday, or mail them to: *FSM Sr. High Fall Retreat, Fellowship Bible Church, 1051 W. Pleasant Grove Rd., Rogers, AR 72758.*

What to bring: (Please write your name on EVERYTHING!)

- _ Linens & blankets/sleeping bag
- _ Bible, notebook, pen
- _ Pillow
- _ Towel & washcloth
- _ Toiletries
- _ Jacket/outdoor clothing
- _ Flashlight
- _ Swimsuit (Ladies, one piece only)
- _ Shorts (Ladies, NO short shorts)
- _ T-shirts (Ladies, NO spaghetti straps)
- _ Sunscreen
- _ Tennis Shoes
- _ Water Bottle
- _ **Medical release forms and payment (must be turned in ahead of time)**

Optional Items:

- _ Frisbee
- _ Ball gloves, etc.
- _ \$\$\$ for snack shack
- _ Camera (cheap one)

GUYS: bring uniform, cleats, etc. for the Ultimate Tourney

GIRLS: bring uniform, cleats, etc. for Powderpuff

What NOT to bring: (If you have to ask, then leave it at home!)

iPods, airsoft guns, cell phones, secular media, weapons, tobacco, fireworks, alcohol, or anything else that would get you sent home!

Info/Notes: Please keep checking srhigh.fsmonline.com for any updates and/or to print the medical release forms.

