



What to bring?

Bring your sneakers (no cleats please), shorts and tee-shirts, a baseball cap, sunblock, sunglasses and sports coat and tie for Sunday mass. Bring a baseball glove. (If you don't have one or can't get one, we have equipment to share.) Contact us if you can also bring softballs, bats, footballs, soccer balls and/or basketballs.

We return to our home at St. Charles Borromeo Seminary this year with private rooms. All rooms have private baths and all towels and linens are provided. All meals are also included. All you really need to bring is enthusiasm for a life changing experience!

Share the news of the event!

Help us spread the word by requesting flyers or copying this flyer for each member of your local Courage chapter. Remember to travel with friends & **arrive by 5:00 p.m. on May 24th!**

“By your perseverance, you are victorious!”

Join Us!

Have some fun! Every evening we have time for fellowship. On Saturday night we will celebrate Sports Camp's 13th year.

Only those registered for the entire weekend, signed in, and paid in full will be permitted at the fellowship gatherings or for any part of the weekend.

Getting There

St. Charles Borromeo, Overbrook Campus is located at 100 E. Wynnewood Road, Wynnewood, PA 19096

BY PLANE

Train service to the site is available from **Philadelphia International Airport (PHL)**.

1.) From Terminal A, take **SEPTA** (Southeast Pennsylvania Transit Authority) train: (R1) to Center City, Philly. It now becomes West Trenton (R3); stay on board to 30th St. Station, Philly

2.) At 30th Street station, transfer to Paoli/Thorndale (R5), exit at the Overbrook Station. The Campus is just down the street. A 1-way trip should be around \$9.00

Local Train schedules available at:
<http://www.septa.org/schedules/rail/index.html>

BY TRAIN OR BUS

Bus lines and AMTRAK serve Philadelphia's 30th Street Station. From there, take the SEPTA R5 to Overbrook station.

For availability, schedules, and costs, check out:

- ≧ www.amtrak.com,
- ≧ www.greyhound.com.

BY CAR

Driving directions will be sent in your registration package. Be sure to carpool when possible.

FROM OVERBROOK STATION:

- Cross City Line Ave., and turn left
- Take first right on E. Wynnewood Avenue
- St. Charles will be on your left (7 minute walk).

Arrive by 5:00!

Participants should arrive at St. Charles no later than 5:00 p.m. on Thursday, May 24th

Travel Questions?

Call (610) 306-9993 or email:
cmacsportscamp@gmail.com

C-MAC Inc.

Presents

Sports Camp XIII

**Thursday, May 24 – Sunday, May 27th
(Memorial Day Weekend), 2012**

St. Charles Borromeo Seminary

**100 East Wynnewood Road
Wynnewood (Philadelphia), PA 19096**

Get on our team!

If you are intimidated by sports or threatened by the competition; if you have been clueless about the jargon or turned off by the hype, then Sports Camp XIII is just for you. Join all of us at St. Charles to kick off our 13th year.

Why Sports Camp?

For many men with Same Sex Attractions (SSA), childhood memories of sports competition can be sparse or worse, filled with shame and trauma. It is what is called the "Sports Wound."

We offer a safe and supportive environment for men to learn the rules, gain the skills, and compete in a team setting in softball, flag football, soccer, and basketball.

Every man is welcome regardless of age, experience, knowledge, or physical condition. Everyone is assigned to a team, everyone plays, and everyone shares in the magic and the team building experience.

For the body AND the soul...

A spiritual experience is a major part of our weekend. Our Sports Camp XIII team chaplain (and Director of Courage), Fr. Paul Check, will offer daily Mass, hear confessions, and lead us in prayer. When Fr. Check isn't praying with us in the chapel, he's competing with us on the field!

Our home

The beautiful campus of St. Charles Borromeo Seminary is located in Wynnewood, PA, just across the street from the City of Philadelphia border. St. Charles is named after the Catholic Cardinal (1538-1584) who promoted seminaries during the Counter-Reformation. The school was founded in 1832.

Questions?

E-Mail: cmacsportscamp@gmail.com

Or visit our webpage at:

http://www.couragerc.org/Sports_Camp.html

Accept The Challenge!

Ask yourself – does Jesus want you to: overcome old wounds, connect with a group of great men who totally "get" you, grow closer to Christ in prayer and on the playing field, and feel totally invigorated?

Registration Fee

Before April 1, 2012: \$365.

April 2 to date of event: \$390

Fee includes: single room for three (3) nights, all meals, hospitality, all sports activity, coaching and inspirational talks throughout the weekend, and a take-home team jersey tee-shirt.

Register early to take advantage of the discounted fee!

Take the Risk!

Accept the Challenge!

Experience the Triumph!

Registration Form

(Availability is limited – first come, first serve)

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Telephone: _____ Age _____

E-Mail: _____

Enclosed is my check made payable to: **C-MAC, Inc.**

Early Bird Registration (before April 1)..... \$365.
Registration (after April 2)..... \$390.
(NOTE: Team shirts may not be available for late registrants.)

Level of Experience:

Softball

beginner intermediate advanced

Football

beginner intermediate advanced

Soccer

beginner intermediate advanced

Basketball

beginner intermediate advanced

Most of our participants have little or no experience or skills at any of these games. We will tell you all you need to know and provide coaching in all sports. We ask your level of experience only to help create balanced teams.

Please mail this completed form, with your check to:

Sports Camp XIII

Attn.: Steve Y.

c/o 601 W. Windsor Avenue

Alexandria, VA 22302

CODE OF ETHICS FOR SPORTS CAMP XIII

I choose to participate in Sports Camp XIII, sponsored by C-MAC, Inc.

As a participant, I agree to honor the Five Goals of Courage (see the Courage website at: http://www.couragerc.org/Our_Five_Goals.html) and the teachings of the Roman Catholic Church with respect to homosexuality. I will also encourage and help fellow participants to honor these principles during the event and in any continuing contact afterward.

I therefore agree to abide by the following guidelines in order to preserve my personal integrity and to protect the integrity and reputation of Courage and C-MAC, Inc.:

- To encourage my fellow participants at all times,
- To participate in all team activities, including meetings, prayer times, and social gatherings,
- To demonstrate good sportsmanship on and off the field,
- To practice modesty in my attire, speech, and actions,
- To not bring or use drugs or alcohol on the property of the Seminary at any time during the weekend,
- To practice the virtue of chastity at all times.

RELEASE STATEMENT

I understand that Sports Camp involves vigorous physical activity that could result in personal injury to myself or others.

I hereby take full responsibility for my safety, and release, hold harmless, and indemnify Courage and C-MAC, Inc., their officers, sponsors, and volunteers from any and all liability, negligence, and all responsibility whatsoever in the event of personal injury or death.

Signature: _____

Date: _____

Sports Campers

We would like to know a little bit about you and your journey. Please answer the following two questions on the back of this sheet:

- 1.) What are your experiences and feelings surrounding sports in the past?
- 2.) What do you hope to get out of your weekend at Sports Camp XIII?

Service

Please let us know if you would like to contribute your time and talents in helping to make Sports Camp XIII the best ever:

Yes, I would like to be considered for service in the following way in the preparation of Sports Camp:

- I would like to help with promotion (by contacting people by phone and mailing promotional materials to Courage chapters. (Please respond by April 20th if you can assist with promotion))

Yes, I would like to be considered for service in the following way on the field:

- I would like to be part of the Equipment Crew and help prepare the fields before and/or after the games.
- I would like to help by arriving early on May 24th and assisting with registration or hospitality (welcoming new members).

Yes, I would like to be considered for service in the following way at the Masses and/or prayer services:

- I would like to sing in the Choir.
- I play the following instrument (_____) and would like to be considered to play at services.
- I am Catholic and would like to be an altar server at Mass.
- I am Catholic and would like to be a lector at Mass.

Yes, I would like to help in the future:

- I would like to be a part of C-MAC, Inc., and help with preparing for future Sports Camps or other events supportive of Courage and its mission.