

## “Surviving All Sports Camp”

**WHAT DO I BRING THE FIRST DAY?** Please wear sport appropriate clothing with tennis shoes (no sandals). You will for sure need a hat, sunscreen and a water bottle. Be sure to pack a swimsuit and a towel. Label everything and put it in a backpack or sports bag. If you have a racquet bring it. If you don't...worry no more...we have loaners on all equipment.

**WHERE DO I GO THE FIRST DAY?** If you are preregistered and paid in full, take your child to the north end of the swimming pool for All Sports check in. If you are not paid in full and preregistered you will need to go to the registration desk...signs will direct you. PreCamper's go to the PeeWee room.

**WHERE DO I GET PICKED UP?** All Sporter's are on their own to leave at 2:00pm. Arrange with your child where you want to meet them after camp. AfterCamper's move to different activities through the afternoon...check at the front desk for their latest location.

**WHAT'S A TYPICAL DAY LIKE?**

PreCamp	PreCamp begins at 7:30am
9:00am	camp begins promptly
9-9:45am	tennis-instruction, drills, games
9:45-10am	camp meeting, announcements, gatorade
10-10:45am	volleyball-instruction, drills, games
10:45-11:30am	basketball-instruction, drills, games
11:30-12:30pm	lunch & freetime
12:30-1:15pm	racquetball-instruction, drills, games
1:15-2:00pm	swim-instruction, drills, games
AfterCamp	AfterCamp from 2-5:30pm

**WHATS FOR LUNCH?** Through years of research we have carefully developed a "kid's favorite" menu. All items are freshly prepared in our own kitchens daily. Most days feature a choice of two entrees along with a fresh green salad and fruit. all Sporter's are served a soft drink with lunch. The menu is posted for the entire summer...pick one up. If you don't like what were serving on any particular day...you are welcome to bring our own.

All Sports lunch is from 11:30-12:30PM. Proper manners are required. After eating, please clean your area and enjoy the balance of your lunch hour for free time to swim, relax under a tree, play ping pong etc. At 12:30 campers will report to their next sport.

**SAFETY:** Follow the instruction of all coaches at all times. Each coach will have rules specific to their sport and daily activities. We take great pride in our safety record.



**POOL SAFETY:** Do not run in the pool area. Swim only in the designated camp pool. Campers are not permitted in the lap pool. Your swim instructor will brief you on other important rules and regulations. The pool has two lifeguards on duty at all times in addition to our camp swim staff.

**LANGUAGE AND CONDUCT:** Improper language will not be permitted any how or any way. No swearing, cursing, or sound-a-likes. If the word is not in the Macmillan's Children's Dictionary, you can not use it in camp.

**LEAVING CAMP:** You are not allowed to leave camp for any reason without written parental authorization. We need to know where you are at all times. Please get permission from your coach before leaving camp.

**SOFT DRINKS, SNACKS AND GUM:** Soft drinks and snacks are not allowed except at lunch. Gum is prohibited during all instructional rotations.

**RACQUETBALL BUILDING:** You may never go into the Racquetball building unless you are with a coach. Goggles must be worn on the court at all times.

**DRINK WATER:** Bring a water bottle! Drink plenty of water. Water is available at all instruction stations and drinking is encouraged by the staff. Please put your name on the bottle to identify it. Gatorade is provided during the morning break. Drinking cups are provided if you forget your water bottle.

**KEEPING YOUR EQUIPMENT:** The Tucson Racquet and Fitness Club is not responsible for lost items. Keep your things in a bag with you. Please put you name on equipment and clothing to identify it. Bags can be kept securely in the bin next to the stairs before going to up to lunch.

**SUN AND HEAT:** Sunscreen is a necessity. A hat or visor will help make the summer heat a little more bearable. A water resistant high SPF sunscreen is highly recommended.



**INJURY AND ILLNESS:** Our job is to challenge you in all activities. It is your job to let us know of injuries and illness that limit your performance. Be especially aware of heat and exhaustion related symptoms.

**LOCKER FACILITIES:** Campers must use the poolside locker room to change. Lockers are available for day use only...bring you own lock for security.

**SPECIAL NEEDS:** If you have any special needs (medications, etc.) please let us know and we will do our best to accommodate you.

**AWARDS AND CAMP VIDEO:** The last Friday of each session will be highlighted by an awards presentation and camp video.

