

## “Surviving Pee Wee 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. Tennis racquets are optional...we have loaners on all equipment so don't worry about racquets, balls, etc.



**WHERE DO I GO THE FIRST DAY?** If you are preregistered and paid in full, take your child to the north ramada for Pee Wee check in ...follow the grass to the north end of the club. 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?** Pee Wee's are picked up promptly at 2pm in the aerobics building. The person who drops you is the only person that can sign you out unless otherwise arranged with the staff. 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
9-9:30am	tennis-instruction
9:30-10am	basketball-drills and skills
10-10:10am	gatorade break
10:10-11:00am	arts and crafts
11-12:00pm	gymtime-body awareness skills
12:00-12:30pm	lunch
12:30-1:00pm	songs, games
1:00-2:00	swim instruction and free time
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. Pee Wee's are served a boxed fruit 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.



**CHECK -IN:** Pee Wee's check-in promptly at 9:00AM under the north ramada. If you have any special needs (medication, etc., please take care of it at the daily check-in). Please register for *AfterCamp* at the Pee Wee morning check-in.

**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. 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.



**STAY WITH YOUR GROUP:** Listen to directions and follow your coaches.

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

**KEEPING YOUR EQUIPMENT:** The Tucson Racquet and Fitness Club is not responsible for lost items. Keep your belongings in a backpack or sports bag. Clothing, racquets, bags, etc. should be clearly marked with the campers name. An engraver is available to permanently label racquets. Cubbies are provided for secure storage of belongings.

**SUN AND HEAT:** Our day is cleverly scheduled to have “outdoor sports” first early in the morning. However, sunscreen is a necessity. Instructors will assist in re-applying sunscreen through the day. A hat or visor will help make the summer heat a little more bearable.



**DRINK BREAKS:** Water breaks are encouraged throughout the day. Water is provided at all stations and drinking is encouraged by our staff. Gatorade is also provided during the morning break. Bring a water bottle and help us save the environment.

**PEE WEE CLEAN:** Pee Wee's have a time honored tradition of leaving their area spotless. Please clean your table after lunch. Pitch in to keep the entire club clean and tidy. Pee Wee's leave no tracks.

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

### AWARDS & CAMP VIDEO:

There will be a special awards ceremony on Friday at the end of each session. *Awards: 1:30PM, Camp Video: 1:45 PM*



**PRECAMP and AFTERCAMP:** Extended hours are available from 7:30-9:00AM and 2:00-5:30PM. Please register for PreCamp And AfterCamp at the morning check-in. See the info flier for details.