



Insider tips

Conversation Topics for you and your camper before arriving to camp.

- 1) An Athlete's Healthy Diet: Think Color. Think Energy Sustaining. Think Whole Foods. Reduce Sugar. Increase Water.
- 2) Sleep is Critical to Success. Arrive to camp well rested. Take advantage of the nights leading up to camp as pre-game rest. Don't stay up beyond curfew. You can only maximize the day with ample time for rest and recovery.
- 3) Begin Your Hydration Focus 3 - 4 days before arriving at camp.
- 4) Keep Track of Time: Wear a watch or bring an alarm clock. We expect athletes to arrive to meeting places on time.
- 5) Self- Advocate. Questions are always welcome. The knee-jerk reaction can be to text home, but we encourage the message for the camper to be "speak to one of the many adults in person at camp". Please empower your athlete to practice this skill.
- 6) Electronics and Phones: We do not encourage devices, laptops or gaming consoles at camp. We cannot be responsible if they are damaged or stolen. Cell phones are not permitted for use during on field sessions. There will be ample time between sessions to catch up with family and friends.
- 7) Athletes are not permitted to leave campus without permission. We encourage all campers to stay on campus for meals.
- 8) Snacks & Water
Granola Type Bars (Offer Slow release energy)
Whole Fruit (Apple, Banana, Orange)
Pretzels – Great Source of Carbs
Don't bring items that require refrigeration.
If you don't like tap water, RATHER than bringing lots of plastic bottles, think about powder or liquid flavor packets like the MioBrand.
- 9) What to Bring: The Usual: Work-Out clothes, cleats/ turf shoes/ sneakers/ Flip Flops/ Mouthguards/ Stick, Sun Screen, Reusable Water bottle. The Glad You Had: A clean garbage bag for your gear (great for those unexpected rain showers), A workout towel (sweat, sunscreen hands, mud, blood etc. - always handy), extra socks, spare T-shirt.



Insider tips Continued

- 10) Your Morning Routine will include, packing up sports equipment for practice, eating breakfast, and personal hygiene.
- 11) Free Time: Downtime honors an athlete's preferences. Our staff will put out group playground type games like frisbee and spike ball, play elite game-film footage in the dorm lounge, socialize by the camp store, play music in the halls and/or give campers space to rest and connect with loved ones.
- 12) Arrival Day: Dinner is often the first meal of the day, so bring a lunch or eat before arrival. Come to camp dressed for the sports session. Once settled in the dorm room, take note of the bathroom location, common room/ lounge, the nearest staff room. Inventory the state of the room (blinds, doors, closet etc) and report anything broken.
- 13) Money, we recommend campers bring \$20 - \$30 for the occasional pizza order or camp store item.
- 14) Bathrooms: Most dorms have centrally located showers for the floor. BYO Toiletries: Ziploc of hotel size soaps, toothbrush/ toothpaste & medicines. Plus: Flip Flops for Showers.
- 15) Bring the Fun: Think simple ways to engage with a new roommate or hallway teammate: Deck of cards, Dice, Portable Bluetooth speaker
Magazines.
- 16) Dorm Rooms: Linens: Most dorms are Twin XL beds. An alternative to buying new sheets if to bring two flat sheets and corner tuck. A sleeping bag and pillow too. INVEST IN A FAN: A desk fan, oscillating floor fan or box fan all work well.