

- Cell phones must be turned in at bed check. They will be returned in the morning. You will have plenty of time to use your phone prior to 'lights-out' at 10 p.m. Too many campers have reportedly spent half the night text-messaging friends when they should be sleeping.
- Outgoing phone calls from room phones will be blocked with the exception of 911 calls. Room phones will allow you to dial 911, and within the hotel to your coach, other rooms, and to hotel staff.
- Please make local calls from your cell phones or from the pay phones in the lobby. Use a prepaid calling card from the lobby pay phones to call home.
- Pay-per-view movies will be blocked.
- Report anything unusual to a coach. We don't want anything stolen or anyone wandering off.
- Report anyone that is not camp staff to a coach. Again, we don't want anything stolen.
- **SPIKE Performance Camps is NOT responsible for any stolen or lost valuables.**

Various

- Remember that check-in the first day of camp is from 8-8:45 a.m. at the National Volleyball Center (NVC) in Rochester. See our web site for maps and directions. Please be there on the early side as we don't want camp to start late if we have a big line at 8:40.
- Eat a good breakfast BEFORE you arrive at the NVC the first day (and every day for Day campers).
- Please come dressed and ready to play.
- We will not provide dinner on the third day.
- Camp will close at 6:30 Wednesday at the NVC and that is where to pick up your campers.
- ALL day (commuter) campers must get picked up daily at 6:20 sharp!
- Email or call us with any pre-camp questions. spikecamps@comcast.net We will be too busy to check email *during* camp.
- The phone number of the NVC is (507) 529-4199. Address is 2601 Viola Rd. NE. It is attached via glass walkway to Rochester Century High School.
- The Ramada Hotel is (507) 289-8866. 1517 SW 16th Street on the SW corner of Hwy. 52 and Hwy 14.
- Camp Administrator Vic Spadaccini's cell phone is (651) 497-5600.
- Every coach is excited about camp. We hope you are too!
- In our continuing effort to be one of the best camps in the country, we already have some exciting new ideas for next year. Please periodically check our web sit.
- Fill your water bottle at the hotel. There are not enough fountains for all campers at one time at the NVC.
- Take your shoes off when you sit to each lunch and the afternoon snack to let your feet and shoes dry out.

Our web site will shortly be the new home of Minnesota Volleyball News, the electronic newsletter covering all aspects of volleyball in Minnesota from High School to International. See the latest club, high school, college, and international volleyball news—all with a Minnesota connection (3 players with Minnesota connections play on the Women's National Team and 1 on the Men's Team).

Pre-Camp Checklist

Just in case: Camp is at the National Volleyball Center (NVC) in Rochester, MN

Special Items to Bring (in addition to the usual stuff)

- **COMPLETED Medical Form!!!** Can be downloaded from this link (It is also available on our web site) [Click here for downloadable Medical Information Form \(pdf\)](#).
- Medicines (and **EASY TO FOLLOW** instructions should a coach need to help administer them).
- A prepaid calling card for calling home if you do not have a cell phone.
- 6-8 pairs of socks to camp. Wear 1 clean pair to the National Volleyball Center (NVC) gym and bring a 2nd clean pair each day. One rolled up pair may be used in drills. Change into clean socks during lunch or the mid-afternoon snack break to keep your socks and feet dry.
- A small travel/sample size of foot powder to sprinkle inside your socks in order to keep your feet dry and help prevent blisters.
- 6-8 t-shirts. Wear one and bring a dry 2nd one every day to the gym to change into during lunch or afternoon break should the first get 'pitted out'. If you perspire heavily, bring 3 shirts. You will also get a camp t-shirt at check-in.
- Enough bikers and/or gym shorts for camp.
- Check and double check that you bring your shoes! That includes your ankle guards, if you wear them.
- Check and double check that you bring your knee pads.
- Toiletries.
- A small towel for wiping perspiration during water breaks.
- A small but reasonable amount of cash in the event you want to purchase an extra camp t-shirt or a t-shirt from one of the several Universities who will have coaches at camp. Shirts will be in the \$10-\$15 range. If you think you may need to purchase something from a vending machine, include some for that.
- Swim suit, cover up, and sandals for the pool and hanging out.
- A small notebook and pen for email/street addresses of new friends you'll meet.
- A great positive attitude and desire to have fun. From now on, be thinking, "I CAN." The S.P.I.K.E. Philosophy prohibits using negative words such as 'can't', 'won't', 'try.' Those words set you up for failure. Camp coaches will prohibit you from saying those words (we're serious). From now on you CAN and WILL. Even if it takes several attempts, it's just a matter of time before you CAN do it and while you are attempting something difficult, you WILL DO YOUR BEST as opposed to 'try.'

Do not bring

- A water bottle unless you have a favorite. You will get a camp bottle when you check in.
- Hair dryer. One is in every room.
- Towels, other than a personal towel mentioned above. The hotel furnishes bath towels.
- Any unnecessary valuables. Leave your gift cards and other non-essentials at home.

Camp Rules (partial list)

Note to campers and parents: Some rules are more restrictive than necessary, but they are designed for safety as well as efficiently managing 100+ campers.

- No one will be allowed to leave the NVC or hotel without direct permission from your coach.
- Day (commuter) campers who drive themselves to the gym must turn in their car keys each morning and will receive them back at the end of the day.
- Resident campers who drive themselves will turn in their keys at check-in and receive them back Wednesday when the camp closes.
- If you must leave designated areas of the NVC or hotel, you must take a 'buddy' with you (only after getting permission from your coach).
- No loitering or wandering around the hallways of the hotel. If you must leave your room (to get ice or something), you must bring a buddy with you.