

Pre-Camp Checklist & Additional Information

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

Adjust if you are attending back-to-back camps.

- **COMPLETED Medical Form!!!** Available on our web site if you did not receive one by email. You must complete the detailed **Medical Release** form even if you did the abbreviated online form.
- Medicines (and **EASY TO FOLLOW** instructions should a coach need to help administer them).
- Lunch and an afternoon snack. All hotel rooms have refrigerators for storing perishable lunch and snack items. You may also pre-purchase a box-style lunch for our NVC (Rochester) and MHS (Monticello) camps during online registration. We will not be set up for taking requests to purchase lunch during camp.
- A prepaid calling card for calling home if you do not have a cell phone.
- Your own water bottle (we do not furnish water bottles) to reduce the lines at the fountain.
- 6-8 pairs of socks to camp. Wear 1 clean pair to the practice facility (gym) and bring a 2nd clean pair each day. A 3rd pair may be used in floor defense drills. Change into clean socks during lunch or the mid-afternoon snack break to keep your socks and feet dry to help prevent blisters.
- A small travel/sample size of foot powder to sprinkle inside your socks in order to keep your feet dry and help prevent blisters.
- 6-10 t-shirts. Wear one and bring 2-3 extras every day to the gym to change into during breaks, if needed. If you perspire heavily, bring more shirts. You will also get a camp t shirt at check-in.
- Enough bikers and/or gym shorts and undergarments for camp. Change during breaks, if needed.
- 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 t-shirts and other items. 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. Vending machine food and drinks are generally not healthy. Eat and drink appropriate items.
- 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. It may take several attempts at something difficult, but you must believe it's just a matter of time before you CAN do it. That psychological tip has been proven to help players learn faster.

Do NOT bring

- Hair dryer. One is in every room.
- Towels, other than a personal towel mentioned above. The hotel furnishes bath towels. Please do not hoard or use more towels than absolutely necessary. The hotel cannot provide several towels for EVERY guest.
- 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 practice facility or hotel without direct permission from your coach and a written, signed (by parent or legal guardian) release form available from camp administrative staff.
- 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 when the camp closes.
- If you must leave designated areas of the practice facility 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.

- We will NOT be taking cell phones at bed check. We are tired of dealing with the few campers who cannot seem to live without them for 9 hours. Remember. This is a rigorous camp. You WILL need your sleep. **We reserve the right to dismiss any camper that interferes with another camper's desire to sleep for ANY reason, including texting, making calls, and playing music through their earbuds so loud it can be heard by her roommate.**
- 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. This will prevent accidental calls from your room.
- Pay-per-view movies will be blocked.
- Report anything unusual to a coach. We don't want anything stolen or anyone wandering off.
- Report any strangers to camp staff or 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 PRACTICE FACILITY, not the hotel. 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 of late arrivals.
- Eat a good breakfast BEFORE you arrive at the practice facility the first day (and every day for Day campers).
- Please come dressed and ready to play.
- We will not provide dinner on the last day of camp.
- We do NOT provide lodging or meals on the 'in-between' night for campers who do All Skills back-to-back with a Skill Specialty camp. We offer a multi-camp discount and allow you to get our reduced 'camp rate' on the hotel in order to help defray the costs. We usually can find a ride for campers back to the hotel after the first camp and back to the training facility the morning of the 2nd camp. Please let us know in advance if you would like our assistance and we will confirm whether we can or cannot provide rides.
- Email or call us with any pre-camp questions. spikecamps@comcast.net We will be too busy to check email *during* camp and cell phones often do not work in the practice facilities.
- The Camp Administrator's cell phone is (651) 497-5600 and will be on during camp. He does not usually have his phone on at other times. Use the camp business number, (651) 687-9835, up to 24 hours before camp and after. Note: we will be doing 8 camps in 2010 and are VERY busy during the summer.
- Fill your water bottle at the hotel. There are not enough fountains for all campers at one time at the facility.
- Take your shoes off when you sit to eat lunch and the afternoon snack to let your feet and shoes dry out.
- We will have a photographer wandering around taking pictures. If you want a 'buddy' picture, ask one of the camp staffers and we will arrange it during the next break.

Various – Rochester

- Camp will close at 5:30 pm at the NVC practice facility and that is where to pick up your campers. Rides should be at NVC at 5:20. The only exception for the NVC is the first day of the All Skills camp, which will close at 5:00pm. Day (commuter) campers must get picked up promptly so all staff can return to the hotel!
- The phone number of the NVC is (507) 529-4199. Address is 2601 Viola Rd. NE., Rochester, MN 55906. It is attached via glass walkway to Rochester Century High School.
- The camp hotel is the La Quinta Inn, 1625 S Broadway, Rochester, MN 55904, (507) 281-2211. The hotel is just south of 16th Street SW on the west side of Broadway. Broadway is also known as Hwy. 63.

Various – Monticello

- Camp will close at 5:30 pm at MHS practice facility and that is where to pick up your campers. Rides should be at MHS at 5:20. The only exception for MHS is the first day of the All Skills camp, which will close at 5:00pm. Day (commuter) campers must get picked up promptly so all staff can return to the hotel!
- The Monticello High School phone is (763) 272-3000. Address is 5225 School Blvd., Monticello, MN 55362.
- The camp hotel is the Sleep Inn & Suites of Rogers, 20930 South Diamond Lake Road, Rogers, MN 55374, (763) 428-3000. The hotel is in the northeast quadrant (but not right on 101) of the Hwy. 101 exit off I94 in Rogers, not far from Cabelas.

Various – Mounds Park Academy

- Camp will close at 4:00pm at MPA. Rides should be at MPA at 3:50 as we have to clear the building quickly so staff can lock up.
- Mounds Park Academy is at 2051 Larpenteur Ave E, St. Paul, MN 55109, (651) 777-2555.