

Girls Pre-Camp Checklist

Special Items to Bring, in addition to the usual stuff.

Adjust if you are a Commuter, attending a 4 day camp instead of 3 days, or 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 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 if you register for our Mounds Park Academy camp. Lunch is included at our NVC (National Volleyball Center) and MHS (Monticello High School) camps, but not an afternoon snack.
- 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. 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 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. Please avoid inappropriate 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. 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 only 'trying.'

Do NOT bring

- 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.
- Lunch if you register for our National Volleyball Center or Monticello High School camp. We furnish lunch for those camps.

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.
- 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 Friday 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.
- This year 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.**
- 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 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.
- Email or call us with any pre-camp questions. spikecamps@comcast.net We will be too busy to check email during camp.
- Camp Administrator Vic Spadaccini'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 7 camps in 08, so during those camps contact Vic on his cell.
- Every coach is excited about camp. We hope you are too!
- 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 6:00 pm at the NVC practice facility and that is where to pick up your campers. The only exception for the NVC is the first day of the All Skills camp, which will close at 5:30pm. ALL day (commuter) campers must get picked up daily at 6:00 sharp!
- 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 La Quinta Inn is (507) 281-2211. 1625 S Broadway, Rochester, MN 55904. Broadway is also known as Hwy. 63. The hotel is just south of 16th Street SW on the west side of Broadway.

Various – Monticello

- Camp will close at 6:00 pm at MHS practice facility and that is where to pick up your campers. The only exception for MHS is the first day of the All Skills camp, which will close at 5:30pm. ALL day (commuter) campers must get picked up daily at 6:00 sharp!
- The phone number of Monticello High School is (763) 272-3000. Address is 5225 School Blvd.
- The Best Western Chelsea Inn is (763) 271-8880. 89 Chelsea Rd, Monticello, MN 55362. The hotel is roughly on the SE corner of I94 and Hwy. 25 exit.

Various – Mounds Park Academy

- Camp will close at 4:30pm at MPA. Rides should be at MPA at 4:20 as we have to clear the building quickly so staff can lock up.
- The phone number of Mounds Park Academy is (651) 777-2555. Address is 2051 Larpenteur Ave E, St. Paul, MN 55109.