

TOTAL SKILLS CAMP – Girls (Grades 7-12)

July 15 - 18, 2012 (Sunday - Wednesday)

Charlottesville, VA – Covenant Upper School



INFO/FREQUENTLY ASKED QUESTIONS **FAQ** ▼

GENERAL INFO

How much is camp tuition?

Camp tuition is **\$330.00** for "ALL-DAY" campers. This is not a normal "day camp." This camp begins at 9:00 each morning and ends at 9:00 each evening; the ALL-DAY campers receive a hot, buffet, all-you-can eat dinner every evening and a minimum of 10-hours of basketball instruction a day! "ALL-DAY" campers must bring lunch or purchase an all-you-can-eat lunch for \$10.00.

Camp tuition is **\$470.00** for "OVERNIGHT" campers. Overnight campers will be housed in the English Inn, a newly-upgraded, luxury hotel with air-conditioning and full linen service. There may be no camp in the country that provides this level of quality in its accommodations. Overnight campers will have all meals provided (breakfast, lunch, and dinner). All meals are hot, buffet-style and "all-you-can eat." All meals will be served on school grounds.

What should I bring to camp?

Campers should make sure to bring the following items to camp:

(1) Work Ethic (2) Concentration (3) Water Bottle* (4) Packed lunch (*except for "overnighters"*) (5) Basketball shoes & outdoor shoes (6) Spending money for snack, drinks, gear, etc. (6) Binder** (please go to "Overnight Campers" section for overnight campers information)

**Water bottles may be sold at the camp store. However, if you plan on bringing your own water bottle, please make sure it is labeled with a large, black marker with the camper's name on it. This water bottle should be easily-refillable and easily-carried in one hand (campers will be carrying their water bottle from station to station with them throughout the day)*

***On the first day, each camper will receive a 40-page binder containing drills, skills tests, motivational quotes, goal-setting worksheets, etc. It is essential that each camper brings his binder every day!*

What will I receive at camp?

Each camper will receive the following items at camp:

(1) Top-notch, college-level instruction (2) Intense, purpose-driven teaching (3) Daily skill assessments (4) 40-page binder (5) Individual Station Work (6) Team Station Work (7) Station Games (8) Excellent, 5-on-5 competition and game coaching (9) Camp T-Shirt (10) Hot, buffet, all-you-can eat dinner each night (9) Luxury hotel accommodations for all overnighters

How are the meals handled during the week?

Each commuter camper (in other words, a camper who is NOT lodging overnight) should bring/pack his own lunch each day. She will also have the option to buy lunch if she so desires. Campers must decide BEFORE camp begins if she is planning on purchasing lunch for the week (this allows staff to plan meals in advance). This amount can be deducted from a camper's Camp Bank deposit. Every camper will receive a hot, buffet-style, all-you-can eat dinner each evening (Overnight campers go to page three). Meals will be catered and served locally on the school grounds. Commuter campers not eating the catered lunch will eat their packed lunches.

When and where do campers get dropped off and picked up on a typical day?

Each morning and evening campers are dropped off at 8:45 am and picked up at 9:00 pm at The Covenant Upper School (except for first/last day).

HOWEVER, on the first day (Sunday), campers are dropped off between 2:00 – 3:00 pm for check-in.

On the final day (Wednesday), campers are dropped off at the same time but picked up at 5:00 pm at The Covenant Upper School. Parents of overnight campers will also pick up their child(ren) at The Covenant Upper School on the final day at 5:00 pm. There will be an Awards Ceremony at 5:00 pm on the final day.

I know campers are to be dropped off at The Covenant Upper School. Is this where campers will be all day?

Yes. Each morning all stations for all age groups will be held in the main gym at The Covenant Upper School. However, after lunch and a quick intro, motivational talk, ball-handling skills assessment, stretch and warm-up, campers will be divided into two afternoon groups for our Team Skill Development Sessions.

Is there an overnight option?

Yes. Please go to "OVERNIGHT CAMPERS" section on the last page (page 3), for more information.



GENERAL INFO (cont.)

How physically/mentally demanding is this camp?

This camp is challenging for most. There may be no other camp in the country that demands as much from its campers. Campers are expected to work and strive to improve. We are helping you *prepare for the upcoming season...and beyond!* On a typical day, each camper will receive a minimum of 10 hours of detailed, intense basketball instruction. There is no wasted time standing at stations.

CHECK-IN/REGISTRATION DAY

What time is Check-in/Registration on the first day?

Check-in/Registration takes place between **2:00 am and 3:00 pm on Sunday, July 15th** at The Covenant Upper School.

Where is Check-in/Registration?

Check-in/Registration will take place on the campus of The Covenant Upper School, in Charlottesville, VA off 5th Street Extended and I-64 (Exit 120). Tables will be set up in the main lobby of the The Covenant Upper School Main gym. Visit website, go to specific camp page and click on "DIRECTIONS" for directions to The Covenant Upper School.

What should I bring to check-in/registration on the first day?

If you have registered on-line you are a "Registered User." All "Registered Users" should have paid in full and completed all forms on-line 72 hours (3 days) prior to the first day of camp. All paper registrants should make sure to have the following items upon arrival: (1) Complete payment (2) Completed Registration Form (3) "Medical/Insurance Form" & "Parent Consent" section, signed and completed (please go to "Overnight Campers" section for overnight campers information). *Remember, the Check-in/Registration process is vastly expedited if you have sent in all of your information (payment, forms, etc.) ahead of time or completed the information on-line prior to camp.*

Should campers bring money to camp?

Campers should bring money on the first day of camp only, specifically for Camp Store purchases. On this day, each camper will make a deposit into the "camp bank." The "camp bank" will serve as a debit system, and campers will deduct from this initial deposit throughout the week of camp. If a camper reaches a "zero balance," he can deposit additional money at any time. The purpose of the "camp bank" is to avoid the misplacing or loss of money or loose change - without the worry of "spending money," campers can focus on their number one goal: getting better.

How long do I wait in line for check-in/registration on the first day?

There will be an "Express" Check-in/Registration table for all participants who have paid in full, signed and completed all forms PRIOR to the first day of camp (wait time 1 minute max). Any campers who have an outstanding balance, or have not completed all pertinent forms will be required to wait in line until accounts are settled and the proper forms are completed (1 – 15 minute wait).

DIRECTIONS

How do I get to camp?

Drop off and pick-up each day (or on the first and last day for Overnight Campers) will be at The Covenant Upper School. For directions and a printable map to The Covenant Upper School, please visit the camp website.

PARENTS

As a parent, when can I come and watch during camp?

Parents are invited to watch camp at any time. Individual Skill Stations are usually conducted in the morning sessions. Team Skill Stations are conducted in the afternoon sessions. And 5-on-5 games are conducted in the evening sessions. Watching the teaching sessions can be educational and helpful to learning the game - however, oftentimes observers can distract from a player's concentration and may inhibit quick movement from station to station. Parents, you are welcome to come watch, and we love having you present, but please keep these concerns in mind when considering observing the teaching sessions. ALSO, on the final day of camp, all parents are invited to watch the tournament and the Awards Ceremony.

When is the Awards Ceremony?

The Awards Ceremony is held at The Covenant Upper School from 5:00 to 5:30pm on the final day of camp.



EMERGENCY CONTACT INFORMATION

What do I do if I need to contact someone (a coach or camper) at camp?

A 24-hour emergency contact number/hotline will be posted on-line prior to the first day of camp.

MEDICAL STAFF/TRAINING STAFF

Will there be trainers on site?

Trainers will be on site to treat all minor injuries. In the event of a more serious injury, camper's parent/guardian will be contacted immediately, and the camper will promptly be taken to the nearest hospital.

What if I have a special need or preexisting medical condition?

It is imperative that every camper/parent visit with the trainer on the first day if there are any preexisting conditions or special needs to be attended to throughout the week. It is our policy that trainers keep all medication and monitor dispensing for your child's safety.

OVERNIGHT CAMPERS

GENERAL

On the first day, where should I go?

On the first day of camp, all campers should go to The Covenant Upper School for Check-in/Registration. See all Check-in/Registration Information and payment instructions on Pages 1 & 2 (documentation, forms, payment, etc.) or the General FAQs on-line. At the end of the first day, Overnight Campers will be transported to the English Inn and checked in (more info in "Housing" section below).

On the last day, where should I pick up my child?

On the last day of camp, all parents should go to The Covenant Upper School for the Award's Ceremony at 5:00 pm. This will also be where you will pick up your child to take him home. All Overnight Campers will be packed and checked out on Wednesday morning (parents will NOT go back to the dorm/hotel to pack - this will be done Thursday morning and all belongings will be stored/kept at the gym facility throughout the day until the Awards Ceremony is complete and campers are dismissed).

How do I request a roommate?

Roommates are not determined prior to camp. Roommates are determined the first evening of camp. If you do not have a roommate preference, camp staff will assign you a roommate based on age/grade.

What is the housing like?

Campers will be housed at the English Inn in Charlottesville, VA. Each evening overnight campers will be transported from the gymnasium to the hotel. The English Inn is newly-upgraded and provides full accommodations (full linen service, air-conditioning, cable television, etc.).

How are meals handled for an "Overnight Camper"?

Overnight Campers receive breakfast, lunch and dinner each day. Meals are hot, buffet-style, all-you-can-eat. Campers will receive catered meals on the school grounds.

What kind of supervision is there in the dorms?

The ratio of 8 to 1, coaches to campers, is maintained in the dorms as well as on the court. Coaches will be monitoring rooms and maintaining discipline constantly. On the exterior of every door, all names will be posted (of campers and coaches).

As an "Overnight Camper," what should I pack?

Overnight campers can use the following check-list to help pack:

- Athletic Gear (basketball shoes, shorts, t-shirts, etc.)
- WATER BOTTLE (clearly marked with your name on it in black, bold letters with permanent magic marker)
- Athletic Shoes: Two pair (one indoor and one outdoor – outside shoes are not allowed on the gym floor)
- Toiletries: Towel, soap, toothbrush, toothpaste, deodorant, shampoo, etc.
- Spending money: To be deposited in the Camp Bank for safekeeping throughout the week. \$40–60 is typical for the week.
- Alarm Clock (may be necessary)

No fan or sleeping bag/bed linens (towels, etc.) are necessary. The hotel is fully air-conditioned and provides daily linen service

Don't Bring: Expensive clothing or jewelry, or any other unnecessary valuables. You may bring a cell phone, but you will be required to leave it in your dorm room during the day. Please make sure all equipment and clothing is clearly labeled with your name. The BD Basketball School will not accept responsibility for any items lost or stolen while attending camp.