



THE TUCSON RACQUET CLUB All Sports Camp "SURVIVING ALL SPORTS CAMP"



WHAT DO I BRING THE FIRST DAY? Campers wear appropriate sport clothing with "non-marking" tennis shoes (no sandals). Please pack a hat, sunscreen, a water bottle, a swimsuit and a towel. Label everything and put it in a backpack or sports bag. If you have a racquet, bring it. If you don't, TRFC has loaners for all equipment.

WHERE DO I GO THE FIRST DAY? If you pre-registered online, take your child to the tent in the grassy area west of the pool: signs will direct you. If you did not pre-register please go to the Camp Office. All PreCampers meet at the PeeWee room.

WHERE DO I GET PICKED UP? All Sport Campers are on their own to leave at 2:00pm. Please arrange a meeting location with your child. **AFTERCAMP PICKUP:** Before 3:30PM in the restaurant, and after 3:30PM at the poolside ramada.

WHAT'S A TYPICAL DAY LIKE?

PreCamp PreCamp begins at 7:30am

- 9:00AM Camp begins promptly
- 9:00-9:45AM Tennis— instruction, drills, games
- 9:45-10:00AM Camp meeting, announcements, Gatorade break
- 10-10:45AM Volleyball— instruction, drills, games
- 10:45-11:30AM Basketball— instruction, drills, games
- 11:30-12:30PM Lunch & fun activities
- 12:30-1:15PM Racquetball— instruction, drills, games
- 1:15-2:00PM Swim— instruction, drills, games

AfterCamp AfterCamp from 2:00-5:30PM

WHATS FOR LUNCH? Through our many years of experience we have carefully developed a "kid's favorite" menu. All items are freshly prepared in the Racquet Club kitchen dai Most days feature a choice of two entrees along with a fresh green salad, fruit, and a Gatorade. The menu for the entire summer is posted on our website. Otherwise, you are welcome to bring a lunch for the Camper, and it will be stored in the Camp office refrigerator. All Sports lunch is from 11:30-12:30PM. Proper manners are required. After eating, Campers clean their area and enjoy the balance of the lunch hour. Campers enjoy board games, relax under a tree, playing ping pong, jump in the pool, and more. At 12:30PM Campers will report to their next sport.



SAFETY: We take great pride in our safety record. Safety rules and guidelines are provided in this flier and at the "daily briefing". Please follow the direction of all coaches at all times. Each Coach will have rules specific to their sport and station.



- 1st day check list ...
What to bring to All Sports Camp?
- Dress for sports!
 - Water bottle
 - Sunscreen
 - Hat
 - Tennis shoes
 - Swimsuit
 - Towel
 - Backpack or sports bag

POOL SAFETY: Do not run in the pool area. Swim only in the designated Camp pool. Campers are not permitted in the lap pool. The swim instructor will brief you on other important safety rules. Two lifeguards are on duty at all times at the pool, in addition to our Camp swim staff.

LANGUAGE AND CONDUCT: Improper language will not be permitted. No swearing, cursing, or sound-a-likes. If the word is not in the Macmillan's Children's Dictionary, it cannot be used at Camp.

LEAVING CAMP: Please get permission from your Coach before leaving Camp. Campers are not allowed to leave Camp for any reason without written parental authorization.

SOFT DRINKS, SNACKS AND GUM: Soft drinks and snacks are not allowed except at lunch. Gum is prohibited during all rotations.

RACQUETBALL BUILDING: Campers may not go into the Racquetball building unless they are with a Coach. Goggles must be worn on the court at all times.

DRINK WATER: It's important for Campers to remain hydrated. Camper's are encouraged to bring a water bottle—please label. Water and shade are available at all instruction stations. Drinking is encouraged by the staff. Gatorade is provided during the morning break and lunch. Drinking cups are provided if you forget your water bottle. Please drink plenty of water!

KEEPING YOUR EQUIPMENT: Keep your belongings in a backpack or sports bag ...it will travel with you through the day. Please label all equipment and clothing to identify it. The Tucson Racquet and Fitness Club is not responsible for lost items.

SUN AND HEAT: Sunscreen is a necessity! A water resistant high SPF sunscreen is recommended. A hat or visor will help make the summer heat a little more bearable. All instruction stations have water and shade. Note: Only basketball (45 min) and tennis (45 min) rotations are outside. Volleyball, martial arts, racquetball, and lunch are indoors. Swim is outdoors but it's always "cool in the pool".



INJURY AND ILLNESS: Our job is to challenge the Camper in all activities. It is your job to make the Coaches aware of injuries and illness that may limit the Camper's performance.

LOCKER FACILITIES: Campers must use the dedicated Camp poolside locker room to change. Lockers are available for day use only. Campers may bring a lock.

SPECIAL NEEDS: If you have any special needs (medications, allergies, etc.), please let us know and we will help accommodate.

CAMP PARTY AND AWARDS: The end of each session is highlighted by a "Camp Party" and "Awards Presentation". Winners will be posted on our Facebook/Instagram/Twitter pages.