



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?

Take your child to the tent in the grassy area west of the pool, by tennis court #7; signs will direct you. No Drop Ins, you must register online. All PreCampers meet at the PeeWee room (Yoga studio in the racquetball building).

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 |
| 11:30-12:00PM | Lunch & supervised activities |
| 12:00-1:00PM | Racquetball— instruction, drills, games |
| 1:00-2:00PM | 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 daily in the Racquet Club kitchen. Most days feature a choice of two entrees along with a green salad, fresh fruit, and a Gatorade. The menu for the entire summer is posted on our website. Otherwise, you are welcome to pack 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, play 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.



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 racquetball court at all times.

DRINK WATER: It's important for Campers to remain hydrated. Campers are encouraged to bring a water bottle—please label. Water and shade are available at all instruction stations. Hydration 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 for identification. 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 more bearable. All instruction stations have water and shade. Note: Only basketball and tennis rotations are outside. Volleyball, racquetball, and lunch are indoors. Swim is also 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 & changing 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 AWARDS: The end of each session is highlighted by an "Awards Presentation". Winners will be posted on our Facebook/Instagram/Twitter pages.