



The Tucson Racquet Club Pee Wee Camp

“Surviving Pee Wee 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. We provide all sports equipment.

WHERE DO I GO THE FIRST DAY?

Drop off and pick up are at the North Parking Lot Gate. Take your child to the Ramada for Pee Wee check-in. PreCampers please use TRC’s main entrance and report to the Pee Wee room (Yoga studio at the end of the racquetball building).

DAILY CHECK-IN: Pee Wees check-in promptly at 9:00AM under the north ramada. If you have any special needs (medication, allergies, etc) please let us know. Please register for *AfterCamp* at the Pee Wee morning check-in.

WHERE DO I GET PICKED UP? Pee Wees are picked up promptly at 2:00PM in the aerobics building. Park in the same north parking lot used for drop off. Whomever drops off the Camper is the only person that can sign out the Camper unless otherwise arranged with the staff. **AFTERCAMP PICKUP** use main entrance: Before 3:30PM in the Pee Wee Room — after 3:30PM at the poolside ramada.

WHAT’S A TYPICAL DAY LIKE?

PreCamp	PreCamp begins at 7:30AM
9:00AM	Camp begins promptly
9:00-10:00AM	Tennis & Basketball instruction
10:00-10:10AM	Gatorade break
10:10-11:00AM	Arts and crafts
11:00-12:00PM	Gymtime- - body awareness skills
12:00-12:30PM	Lunch
12:30-1:00PM	Songs and board games
1:00-2:00PM	Swim instruction and free swim
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 Racquet Club kitchen. Most days feature a choice of two entrees along with fresh fruit, green salad, and a boxed fruit drink. 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. Pee Wee lunch is from Noon-1:00PM. Proper manners are required. Pee Wee Lunch is complemented with fun songs and board games.



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. Your swim instructor will brief you on other important safety rules. The pool has two lifeguards on duty at all times 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*, you can not use it at Camp.

LEAVING CAMP: Please get permission from your coach before leaving Camp. You 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 and drinking is encouraged by the staff. Gatorade is provided during the morning break. 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 highly recommended. A hat or visor will help make the summer heat more bearable. Water and shade are available at all instruction stations. Note: Only basketball (30 min) and tennis (30 min) rotations are outside. All other Pee Wee activities are indoor or “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.

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 an “Awards Presentation”.