Welcome to 2014 NBC Camps at

Whitworth University
Complete Player Junior BB Overnight/Day Camp
Gender of Campers: Male and Female, 8-12 year olds

The information in this packet is **VERY IMPORTANT**, so please read it thoroughly, fill out the enclosed forms and **BRING THEM WITH YOU TO CAMP.** Feel free to call us with any questions at our toll free number – 1+(800) 406-3926 Mon-Fri 9:00am – 4:00pm Pacific Time.

CHECK-IN AT CAMP

Date: 7/07/2014
Time: 12:00 PM
Location: The Hixon Union Building (HUB)
Be sure to look for signs posted all around the location pointing you towards the check-in stations.

Camp Starts promptly with Camper Orientation at 2:00 PM in the gymnasium. Be prepared to start with skill evaluations after orientation. You should be settled in your room, wearing appropriate athletic clothing, and have your ball or equipment.

PARENT ORIENTATION

Camp director will notify you via email prior to camp about camper/parent orientation time and location.

Although Parent Orientation is highly encouraged to attend your attendance is not required. During the Parent Orientation the Camp Director will cover important information to know about camp, discuss the daily camp schedule, give out emergency contacts and answer any question you may have.

LAST DAY OF CAMP

Date: 7/10/2014
Parents may want to spend most of the final day at camp watching closing activities.
Parent Lunch: 12:00 PM
Location: Cafeteria in the HUB
We suggest you arrive in time to locate your athlete. Lunch times vary depending on location and range in price from $5-$10 cash. (athletes do not pay). Check with your athlete or their coach for the exact times.
Closing Program Time: 3:30 PM
Location: Please check with director for exact location
Camp End Time: 4:00 PM

EXTENDED DAY/DAY CAMP HOURS

Hours: Extended Day – 9:00AM – 8:00PM
Day Camp – 9:00AM – 5:00PM
These times are approximate and you should receive a daily schedule from your athlete after the first day.

DRIVING DIRECTIONS

Visit www.maps.google.com for directions.
See "Sending Mail to your camper" below for the address of the site.

SENDING MAIL TO YOUR CAMPER

Camper Name
C/O NBC Camps
300 W Hawthorne Rd
Spokane, WA- 99251

Please send mail by first day of camp to assure your camper receives it.

QUESTIONS DURING CAMP EMERGENCY PHONE

If you need to contact a camper after normal business hours, call 1-800-406-3926, press zero and then "1" for your call to be forwarded to a person on call. If this is an emergency please call the camp director, John Fazio 509-953-6016 only during camp dates. All other calls should be directed to the central office during normal business hours.

MEDICAL RELEASE WAIVER

You must bring the completed Medical Release Waiver form with you to camp. **Campers cannot be admitted without these forms**. If you are attending more than one camp, you must have a release form for each week of camp. Copies are allowed.

HEALTH AND SAFETY

Health services are provided by certified athletic trainers with emergencies being handled by local hospitals or clinics at the parent's expense. We will provide your insurance information from your medical release to the facility and you will be notified. Drugs, alcoholic beverages and cigarettes are strictly forbidden and constitute, along with general misconduct, grounds for immediate dismissal from camp without refund or credit.

ROOMMATES FOR OVERNIGHT CAMPS

Roommate requests should be indicated at the time of initial registration. There is no mixed gender rooming and campers will be placed with age appropriate roommates. Call 1-800-406-3926 if you have questions or concerns.

DORM LAYOUT

Campers per room: Varies by dorm available. Usually 2 – 3.

Bathrooms: Campers share a common bathroom on their floor.

MEALS AT CAMP

If your child has food allergies or dietary needs please contact the NBC Central Office at 1-800-406-3926 and we will get you in touch with the Camp Director. The Director will make sure that the information will be passed on to the Food Service Manager in charge and special dietary needs will be accommodated.

Example Meals Served at Camp:

Breakfast: Fruit & Yogurt bar, Oatmeal, French Toast, Waffles, Scrambled eggs, Biscuits & Gravy with bacon or sausage and hash browns.
Lunch: Salad bar, Sandwich bar, French dip, Chicken Caesar Wrap, Sloppy Joes with steamed vegetables
Dinner: Salad bar, Spaghetti and meatballs, Roasted chicken, Enchiladas, Chicken Teriyaki with rice, steamed vegetables

DROP OFF AND PICK UP AT CAMP

Safety is our number one priority. You may have anyone drop off your camper – just make sure they have their Medical Release Waivers completed and signed. In order for a camper to be picked up by someone other than the parent or guardian, a phone call to the director and a written note is needed to release a camper.

MISCELLANEOUS INFORMATION

Swimming Available: Yes
Air-conditioned rooms: No
Intensity Night and Time: 7/09/2014 at 6:30pm or 8:30pm. Check with camp director for exact time.

INTENSITY NIGHT

NBC Camps unique INTENSITY Night is an event involving sweat, music, encouragement and craziness. We don't call it "Intensity Night" for nothing. At several of the NBC Camp sites, athletes and coaches paint their faces in preparation for the Intensity Night. The Intensity Night will give you the opportunity to work harder than you've ever worked before, and you'll be cheered and encouraged every step, jump, and push-up along the way. Campers set their level of intensity and everyone is encouraged to reach his or her personal goals. No one is forced to go beyond their abilities. It's a great opportunity for campers to explore how fun really hard work can be. Family is welcome and encouraged to watch.

CAMP STORE

The Camp Bank is located near the Check-in tables at camp on the first day. Parents can give money to the Camp Bank under their camper's name so that their camper may purchase merchandise or snacks from the Camp Store. The Camp Bank takes cash or check. We recommend sending between $40-$60 for snacks, drinks, T-shirts, shorts and other products. On the last night, for a late night celebration, most camps offer slices of pizza and pop for purchase. On the last day of camp parents can get campers left over money after the Closing Program.

CHECKLIST OF THINGS TO BRING FOR OVERNIGHT CAMPERS

- ❒ Signed Medical Release Waiver and Concussion Form
- ❒ Athletic Shoes
  2 pairs of shoes – gym and comfortable shoes
- ❒ Warm-ups
  Bring a set of sweats you can easily pull on and off over your shoes.
- ❒ Athletic Gear
  Everything you need to wear for your sport.
- ❒ Basketball
- ❒ Light Bedding and Pillow
  (We recommend a sleeping bag and a sheet in case the room is too warm for sleeping inside the bag)

- ❒ Sun Screen
- ❒ Toiletries
  Towel, Soap, Toothbrush, Toothpaste, Shampoo, Deodorant, Etc.….
- ❒ Swim Suit
  Many of our sites (not all) have access to swimming facilities (swimming is always optional)
- ❒ Letter Writing Supplies
  Please bring a pen, pencil, paper, envelope and stamp.
- ❒ Small Fan
  This will help your room stay cool
- ❒ Water Bottle
- ❒ Alarm Clock (non-radio)
  Coaches will wake up campers but it is a good idea to have your own clock in case you didn't hear the wake-up call and to help you be on time for events.
- ❒ Notebook
  You may wish to record what you are learning. If you are 13 or older, you may also try-out for our highest award, the Golden Ruler.

Note: Campers are expected to wear appropriate athletic clothing. No cut-off t-shirts or shorts, for girls no spaghetti strapped tanks and shirts must be worn over sports bras. If we feel a camper is not dressed like an athlete or too immodestly, we will request he or she change outfits.

DO NOT BRING TO CAMP

Tobacco products, alcohol, or non-prescription drugs are prohibited and will result in immediate expulsion from camp. Use of electronic devices such as CD/DVD players, ipods, video games, TV or radios are prohibited. Cell phones may be used during evening hours only and are to be shut off at other times. Food items such as gum or sticky candy are not allowed. NBC Camps is not liable or responsible for lost and/or stolen items at camp. Campers are warned not to bring any expensive electronics, jewelry, or other valuables to camp and we advise all campers to place valuables in the camp store such as money and transportation tickets for safe keeping for the duration of the camp.

GOLDEN RULER AWARD

The Golden Ruler award is the highest award you can receive at NBC Camps. It is designed to teach you how to become a person of depth and reflection, while instilling the importance of community service, discipline, and accountability into your life. Because the Golden Ruler is so coveted, the criteria are very strict. The criteria for the Golden Ruler require advanced thought and self-reflection, thus only campers ages 13-18 may try for the award. Those who would like to attempt this award, please bring a notebook and a Bible or the Book of Proverbs. We do have a few available for use at camp. Criteria includes journaling, designing a personal workout, memorization, a test, essays and more.

INTERNATIONAL TOURS

Athletes ages 14-19 (must be 14 by January 1, 2015) may apply for a spot on one of our International Tour Teams. We have basketball, volleyball or soccer teams that travel overseas and compete. The tours include sightseeing, home stays/hotel accommodations, very competitive games, and life skills development. Click on the links below for Tour Application Forms or visit www.nbccamps.com/tours.for more information.

Athletic Information Sheet
Confidential Reference Form

NBC CAMPS FORMULA FOR SUCCESS

NBC Camps emphasizes the importance of goal setting, gratitude, positive attitude, integrity, leadership and a strong personal faith. Camps are founded on Christian principles including a belief in Jesus Christ. Campers from all faiths attend. Every camper is important, one we value and honor.

REGISTRATION & CANCELLATION POLICY

Once registered, if you have to cancel for any reason, you will receive a camp credit for all Camp Tuition* payments made, valid through 2015, for any NBC Camp activity, and transferable to an immediate family member only.

CANCELLATION PROTECTION "Our Peace of Mind Policy"

Can be purchased for $35 USD per camp session for most camps.** With cancellation protection purchase, if you cancel by the "balance due" date you will receive a refund of all Camp Tuition* payments made.

*Registration Fee and Cancellation Protection Fee are Non-refundable.
** Cancellation Protection is not available for College Prep Camp. Once you have been accepted to this premier camp and you accept terms all fees become non-refundable.

BALANCE DUE DATES

- *For camps that start in May or June, final payments are due May 1.*
- *For July Camps, the balance is due June 1.*
- *For August Camps, the balance is due July 1.*

LABEL PERSONAL ITEMS

Don't forget to label every article of clothing, equipment and other items that you bring to camp. Label Daddy peel and stick washable labels are super durable labels for the gear you bring to camp! Design your own labels – pick from many colors, sizes and logos, including MLB and NBA team logos, other sport logos, Disney and Marvel characters and more. Save 10% when you go to **www.labeldaddy.com** and use promo code USSC at checkout. (See attached flyer)

TO MAKE CHANGES OR ASK QUESTIONS

To make changes to your camp, please contact NBC Camps at (800) 406-3926 or send an email to nbc@nbccamps.com. If you need to cancel this registration please review our cancellation and refund policies above prior to contacting us. It is important that you include your confirmation number(s) whenever you contact us.

NBC Camps
10003 N. Division, Suite 100
Spokane, WA 99218

Phone: (509) 466-4690
Toll Free Phone: (800) 406-3926
Fax: (509) 467-6289

Email: nbc@nbccamps.com
Website: www.nbccamps.com

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Sample Daily Schedule for Whitworth Complete Player Junior–Day 2

7:30 AM	Rise and Shine Campers
7:45 AM	Breakfast (Overnight Campers)
9:00 AM	Extended Day and Day Camper Check In
9:00-11:30 PM	Morning Session Teaching Focus: shooting fundamentals, shooting keys, spinach, ball handling
11:30-12:00 PM	Letter Writing Activity
12:00-1:00 PM	Lunch
1:15-3:00 PM	Afternoon Session Teaching Focus: offense intensity, attacking the basket, pivots and protecting the ball, effective passing
3:00-3:20 PM	Program and Discussions
3:45-4:45 PM	Pool Time – optional
5:00 PM	Day Camper Check Out
5:00-6:30 PM	Dinner
6:30-8:00 PM	Fun 3 on 3/5 on 5 games and competitions
8:00 PM	Extended Day Check Out
8:15-8:45 PM	Shooting games
9:30 PM	Lights Out