Sports Camp Checklist

By Fae Fisher

- ☐ Sports Camp
  - ☐ Understand the goal of the camp experience.
  - ☐ Make a realistic assessment of your child's ability.
  - ☐ Have a frank conversation about what your child hopes to get out of the camp.
  - ☐ Talk to your child current coach.
  - ☐ Gather information from the camp organizers.
  - ☐ Confirm that the coaches and instructors advertised will actually be teaching at the camp.
  - ☐ Find out the camper/instructor ratio.
  - ☐ Get testimonials from former campers.
  - ☐ Carefully examine camp flyers for a daily camp schedule.
  - ☐ Make sure the camp's daily schedule includes plenty of instruction time.
- ☐ Packing
  - ☐ Headgear - scarves, bandannas, baseball caps, eyeglasses, sunglasses, and swimming goggles.
  - ☐ Clothing - T-shirts/tank tops, shorts, long pants, a jacket, a swim suit, pajamas and robe, and of course, underwear.
  - ☐ Footwear - boots, tennis shoes, sandals, dress shoes, and socks.
  - ☐ Bed and bath - towels, a blanket, pillow, pillow cases, sheets, sleeping bag, laundry bag, and mattress pad.
  - ☐ Bathroom kit - a brush and comb, shampoo, soap, toothbrush, toothpaste, insect repellent, sun screen/sun block, lip balm.
  - ☐ Books and magazines.

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