

# 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.