

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.