

Helpful Hints for Summer Camp

by Joyce E. Pennington

Motivation

- A. While at camp have the team select a member of the day and tell why, then present the member with a special ribbon or small gift
- B. Have the team set goals for themselves before arriving at camp and then remind them of their goals during camp to check their progress
- C. Make out the camp certificates with each girl's name and present them on the last night of camp
- D. Check to make sure that it is okay to put up door decorations. Some hotels and dorms will not allow anything on the doors or walls. Door decorations can be a fun Big Sis/Little Sis project.

Hold Evening Meetings

- A. Announcements for the upcoming day
- B. Share positive comments
- C. Vote on Member of the Day

Explain awards before camp and review while at camp

Bring a boom box for practice time

Have your **home routine CD** labeled clearly and have recorded professionally for best results. **Bring a back up tape** for home routine. Bring a couple of blank tapes to make copies of music at camp that may not be on the camp CD.

For final evaluation, have your camp **tape set or your CD clearly labeled** with your school name.

Have the girls **bring water jugs** labeled with their names and remind them of the importance of hydrating their bodies with water. Ask for a moratorium on carbonated drinks during camp. They can make you fatigued and dehydrated.

As a director, you may wish to bring a **light sweater** to wear while watching routines. The facilities are often times quite cool. Bring workout clothes to **join in the fun** of learning some of the routines!

Remind everyone to turn off the cell phones during the day and only use them after class is over at night.

Organize any meals that are not included in your camp package with local restaurants. Many of them will deliver large orders to your hotel at no additional charge.

Remind the girls of **good eating habits** to utilize before and during camps.

Work on **stamina and conditioning** before camp to prepare for many hours of learning and performing at camp.

Bring a **roll of quarters** for snacks.

Bring a digital camera to take plenty of photos for the team scrapbook and end of year video.

Bring an alarm clock!!

Bring **patience and understanding**. Remember this is the most rigorous schedule the girls will have all year. Don't wear your feelings on your shoulders.

Some groups will bring a DVD player to review the routine **VISUAL NOTES DVD**.

Don't forget to have fun! Camp can provide some lasting memories for everyone.