



Boys' Basketball Camp Parents' Guide 2016

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Welcome to Camp!

Thank you for participating in the Department of Athletics & Recreation Summer Camps Programme. We are looking forward to another fun-filled and exciting summer!

We are very proud of our experienced and enthusiastic staff, which consists of McMaster University coaches, students, athletes and graduates. Some of our programmes have been running for 30 plus years, providing youth of all ages opportunities to get involved in sport, recreation, learning and most importantly...*FUN!*

This Parents' Guide contains important information that you need regarding required equipment, daily schedules, busing procedures, extended care service and many other items. Please review this package in its entirety. If you have any other questions that haven't been answered here, please contact the Camps Coordinator, Andrew Pettit at 905-525-9140 ext. 26639 or the Customer Service Office at ext. 24464.

We look forward to sharing this summer with you and are committed to providing the best camp experience possible.

See you soon!



Andrew Pettit
Camps Coordinator

General Information

Boys' Basketball Contacts: Amos Connolly – 905-525-9140 x24464

Absences, Arriving Late, Leaving Early

It is imperative that we are aware if your child will be absent, late or leaving early! Please call the Recreation Office at (905) 525-9140 x 24464 or send a note with your child prior to the day of absence. For your child's safety, we will be calling home for any unannounced late or absent campers.

Extended Care Services

Extended care services are provided for all Athletics & Recreation camps - you must pre-register for this service at the Recreation Office (DBAC/WG101) – call at ext. 24464.

- **When:** 7:30-8:30am and 4:15-5:30pm
- **Location:** East Aux Gym for all camps (see map in 'Camp Locations')
- **Cost:** \$25/week/child
- **Late Pick-Ups:** An \$8/hour charge for every part-hour after 5:30pm will be charged.

Lunch Program: Order by the Week

Nutritious and delicious, delivered to your camper each day! See the menu, learn more about and sign-up for our lunch program at www.marauders.ca/CampLunches.

Clothing at Camp

In order to ensure a safe camp experience, please ensure the following when considering attire for camp:

- **T-Shirt & Shorts:** For most camps, the **camp t-shirt** must be worn as part of the daily uniform. Check your camp checklist for details. *Belly-tops/crop-tops should not be worn.*
- **Comfortable running shoes** (no sandals, flip-flops, or "heelies")

Lost & Found: Label it!

Going to camp, school, or even just out the door - add children to the mix and things seem to go missing quickly. Visit our *Lost & Found* webpage for tips on reclaiming lost items, **and help send a kid in need to camp!** www.marauders.ca/camptreasure



Health & Safety at Camp

- **Medical Information Changes:** *Please keep us up-to-date!* Please login to your online account at link below to make any post-registration changes. If you make changes in the week prior to camp, please contact us at 905-525-9140 x24464 to notify us.
<https://thriva.activenetwork.com/MyAccount/Login.aspx?Org=McMasterUniversity>
- **Medications:** Please send your camper with any required medications, to be stored with the campers belongings, or the camp staff, and make sure you have outlined use in your registration information, and checked the consent box. Updates can be made in your online account (link above).
- **First Aid @ Camp:** Our experienced First Aid Coordinator is on staff to supervise first aid at camp. In addition, all camp staff are certified in First Aid/CPR. In the event of an emergency, the Emergency Contact Person identified on your registration forms will be notified.
- **Extreme Heat Alerts:** At times during the summer, Environment Canada will release an extreme heat advisory. This advisory happens whenever the humidity reaches a level where extreme activity is considered unsafe. During these times, all camps will begin running their extreme heat plans featuring:
 - Extra water breaks
 - Minimal direct sun exposure
 - Reduced activities during the mid-afternoon

For a detailed explanation of the Extreme Heat Plan for your particular camp, please contact Andrew Pettit, Camps Coordinator at ext.26639. Please note that all camps are designed to run outdoors. Modified programming will take place, however we will not always be able to move indoors for the duration of a day. Full camp refunds will not be provided because of extreme heat.

- **Zero Tolerance for abusive behaviour** directed at campers or staff. This includes physically and verbally abusive behaviour. This policy will be strictly enforced.



Nut-Free Camp & Lunches

Many campers have **fatal allergies to nuts.**
Do not send any nut-based products to camp!

This includes all nut-based products including: peanut butter, chocolate bars, squares, cookies and other items including nuts.

We appreciate your attention to items being placed in your child's lunch.

Camp Locations

The map below indicates the “Home Base” location for each camp as well as the location of Extended Care. An interactive version is available at www.marauders.ca/campmap

- **Boys’ Basketball Camp Home Base is Sport Hall**, in the David Braley Athletic Center



View our complete, interactive Camp Map at www.marauders.ca/CampMap

Getting to Camp

Walking Home

If your child is planning on walking or riding their bike home (or to another location on campus), for safety reasons we request that you indicate such during registration. You can make changes to dismissal permissions in your online account at link below:

<https://thrive.activenetwork.com/MyAccount/Login.aspx?Org=McMasterUniversity>

By Bus

There are approximately 50 campers assigned to each bus. It's important that campers remember their bus counselor and bus number. *To keep us safe and organized **there will be no changes made to the bus list!***

Our buses run from stops in **Ancaster, Burlington, Carlisle, Dundas, Hamilton Mountain, Oakville, Stoney Creek and Waterdown.**

- Schedules and maps are available at www.marauders.ca/campbus
- Camp staff are onboard for every trip
- Dismissal procedure from the bus is age-dependent
- Not riding for a day? Let us know - use the quick online form

Learn more at www.marauders.ca/campbus

Some buses make two stops – picking up and dropping off at both Mainway and Central, for example. Buses are scheduled to arrive/depart within their window. We will notify you should any timing adjustments need to be made as camp goes on.

There will be a counselor riding the bus, however, there will be **NO SUPERVISION** provided at the bus stop. Your prompt arrival to pick-up your child is appreciated.

Late Bus? Our buses don't leave campus until every scheduled camper is on-board. If your bus is ever late, it's likely because another camper has made other travel arrangements without notifying us. **In the event of a late departure**, the staff at our Joan Buddle Service Desk will have an updated schedule. You can reach them at (905) 525-9140 x24612.

**Not riding
the bus today?**

Use our online
[Bus Confirmation form](http://bit.ly/NotRidingBus)
(<http://bit.ly/NotRidingBus>)
to keep us up-to-date.

By Car

Pick up and drop off can be very busy, especially on the first day of camp - leave yourself lots of time, or **register for Extended Care to avoid the rush!** With several camps in action at any given time, there will be a considerable amount of traffic in and around the McMaster campus. Please consider carpooling, walking, biking or taking public transit to drop off your camper.

Pick-Up/Drop-Off – Marauder Sport Camps

A camp-specific campus map is available in your Camps Quick Guide, as well as above in the **Camp Locations** section of this document.

**30 min.
grace!**

McMaster's automated parking allows a 30-minute no-fee grace period.

- Take a ticket on lot entry and resubmit within 30 minutes at no charge
- Parking attendants will be on duty to assist

Traffic on campus can get busy, especially on the first day of each session.

Please drive slowly – your children are playing here!

Driving Directions to Parking Lot E:

1. Enter campus at the **Sterling St. gate** (at Sterling St. and Forsyth Ave.)
2. **Take first right on Stearn Dr.** – follow it as it bends through campus
 - a. **Stay right** as you pass Parking Lots B & C
 - b. **Go left at the stop sign** on Stearn Drive (at the T-intersection)
 - c. **Take next right** on Michell Crescent
3. **Parking Lot E is on your left**
4. Find your **camp home base** meeting point: www.marauders.ca/campmap
5. Exit campus following the same route back to the Sterling St. gate.
6. **At the end of the day**, pick-up campers at Parking Lot E.

Thunderstorm Procedures

In the event of a thunderstorm during pick-up, all Basketball campers will be waiting in the **Sport Hall**.

Parking @ Camp

Automated parking system allows 30-minute no charge grace period.

***No parking on
Forsyth Ave.***

Boys' Basketball Camp

**Please
review!**

We fine-tuned our **McMaster Camp dismissal procedure** in 2015 –
learn more at: www.marauders.ca/CampDismissal
Be patient, be prepared, and share your feedback!

Camp Checklist

- Water bottle (not provided)
- Bagged lunch (no refrigeration available)
- Running shoes and socks
- Gym shorts and t-shirt
- Hat
- Sun block
- Swim suit and towel

Frequently Asked Questions

An online FAQ is available at www.marauders.ca/CampFAQ, including answers to:

- What are the camp hours of operation?
- What if my child needs to leave early, arrive late or will be absent from camp?
- Can my child stay late or arrive early?
- Is wearing the camp t-shirt mandatory?
- Are there any special camp days I should know about?
- What are the different colour bracelets for?
- Is swimming mandatory?
- What is the swim test? How do you keep my camper safe at the pool?
- Can my child bring electronics to camp?
- Can my camper walk or ride their bike home?

First Day Check-In

Athletes are to meet in the **Sport Hall** of the **David Braley Athletic Center**. Your athlete will be assigned to a counselor group, where they are to meet every morning for attendance and to prepare for the day. The athletes are to keep their belongings at their counselor group area. At the end of the day, athletes must also remember to sign out with their counselor before leaving.

Camp Schedule

Boys' Basketball Camp was completely redesigned in 2011, and is already on course to be one of the strongest basketball development opportunities for young athletes. Built on Sport Canada's [Long Term Athlete Development \(LTAD\)](#) concepts, the camp day is different for each age group. Sample schedules are available below:

High Performance Camp: Sample Daily Schedule

TIME	LOCATION	EVENT	P.O.E
8:15-9:00	SPORT HALL	ARRIVAL	ATTENDANCE
9:00-9:30	BURRIDGE GYM	DYNAMIC /CARDIO BLAST	<ul style="list-style-type: none"> • Dynamic • Footwork • Conditioning • Technique
9:30-10:00	BURRIDGE GYM	BALL HANDLING MASS SESSION	<ul style="list-style-type: none"> • Coordination • Power • Vision
10:00-11:00	BURRIDGE GYM	SKILL WORK/APPLICATION	<ul style="list-style-type: none"> •
11:00-11:15	OUTSIDE	NUTRITION BREAK #1	<ul style="list-style-type: none"> • Hydrate • Snack
11:15-11:45	BURRIDGE GYM	GAMES APPROACH	
11:45-12:00	BURRIDGE GYM	MASS TEACH- POST GAME RELATION	
12:00-12:30	DBAC PRE-FUNCTION	LUNCH BREAK	<ul style="list-style-type: none"> • Hydrate • Meal • Shoes off
12:30-1:00	BURRIDGE GYM/LARRYS ROOM	INDIVIDUAL WORKOUTS/TEAM FILM	<ul style="list-style-type: none"> • Choice • Athlete Reflection
1:00-1:20	BURRIDGE GYM/LARRYS ROOM	TEAM CONCEPTS WITH COACH	<ul style="list-style-type: none"> • Game Prep • FILM
1:20-2:00	BURRIDGE GYM	FULL COURT GAMES	GAME SET-UP *SEE SCHEDULE*
2:00-2:05	OUTSIDE	NUTRITION BREAK #1	<ul style="list-style-type: none"> • Hydrate • Snack
2:05-2:45	HP	HIGH PERFORMANCE	
2:45	BURRIDGE GYM	TRANSITION TO POOL	ATTENDANCE
2:45-4:00	POOL	DAILY SWIM: Athlete Recovery Principles	SEE SCHEDULE
4:00-4:15	SPORT HALL	DEPARTURE – everyone in SPORT DBAC PRE-FUNCTION	ATTENDANCE-EXTENDED CARE-BUSING

FUNdamentals: Sample Daily Schedule

TIME	LOCATION	EVENT	P-O-EMPHASIS
8:15-9:00	SPORT DBAC PRE-FUNCTION	ARRIVAL – everyone in SPORT DBAC PRE-FUNCTION	Attendance
9:00-9:20	OUTSIDE	WARM-UP –mingle/hkc/trains/name game	Movement
9:20-10:00	OUTSIDE	OUTSIDE #1 – teach dynamic warm-up	Technique – not a race
10:00-10	OUTSIDE	INTRO TO ON CRT #1/TRAVEL → Group	
10:10-40	SPORT HALL	ON CRT #1 – Stationary Passing - Warp speed - Partner pass - Pivoting → front and reverse on catch -Passing against a wall (targets)	Fundamentals - Step into pass - Receive - Vision – play with eyes up
10:40-11:00	DBAC PRE-FUNCTION	NUTRITION BREAK #1	Healthy Choices
11:00-30	OUTSIDE	ADVENTURE – Tour DBAC	Where is everything?
11:30-40	DBAC PRE-FUNCTION	INTRO TO ON CRT #2/TRAVEL	Attendance
11:40-12:10	SPORT HALL	ON CRT #2 – Stationary Dribbling → Group - Power dribble - Left and right - Spider - Dribble tag	Fundamentals - Stance - Protection - Control - Vision – play with eyes up
12:10-25	L.ROOM	LUNCH BREAK Bymac Duty - X	Healthy Choices
12:25-1:00	L.ROOM	FILM	SPACE JAM
1:00-10	DBAC PRE-FUNCTION	INTRO TO ON CRT #3/TRAVEL	Attendance
1:10-20	SPORT HALL	WARM-UP – dynamic - Adding in leadership - Different kids to demonstrate	What we taught in AM
1:20-50	SPORT HALL	ON CRT #3 – Passing & Dribbling - Partner pass while running - dribble/dribble/pass - Warp speed cDBAC Pre-Functionenge	Fundamentals - Ready position - Vision – play with eyes up - Aim - Catching with 2 eyes, 2 hands and 2 feet
1:50-2:00	DBAC PRE-FUNCTION	NUTRITION BREAK #2	Healthy Choices
2:00-10	DBAC PRE-FUNCTION	INTRO TO ON CRT#3/TRAVEL	Attendance
2:10-30	SPORT HALL	ON CRT #4 – Ultimate beanbag → Group - Can't hit the floor or switches possessions - Can't move when you have bag - Full court - Full teams - incorporate a ball if concepts are grasped	-Advancing forward - Communication - Movement without the ball
2:30-40	SPORT HALL	COOL DOWN	Stretching
2:40-45	SPORT HALL	ROLL CALL	Attendance
2:45-4:00	POOL	SWIM - Deck = HM TC X K VB	Bathing suit/towel
4:00-4:15	SPORT HALL	END OF DAY PROCEDURES	Attendance
4:00-430	SPORT HALL	DEPARTURE – everyone in SPORT DBAC PRE-FUNCTION	