



# SIB Sports Summer Camp

## Survival Checklist & Information 2016



### Baseball/Kickball

Hat, Sun Protection—SPF 15 or greater, Sneakers, Baseball Pants, Shorts or Sweat Pants, Glove (optional), Extra Change of Clothes (T-Shirt and Shorts), Water Bottle.

### Basketball/Fitkids/Futsal/Indoor Super Sports

High Top Sneakers (recommended), Gym/Basketball Shorts (preferably without pockets), Water Bottle.

### Cheerleading & Dance

Hat, Sun Protection—SPF 15 or greater, Sneakers, Water Bottle.

### Flag Football

Mouth Piece (recommended), Sun Protection—SPF 15 or greater, Sneakers, Cleats (optional), Extra Change of Clothes (T-Shirt and Shorts), Water Bottle.

### Olympic Sports

Sneakers, Sun Protection—SPF 15 or greater, Hat, Extra Change of Clothes (T-Shirt and shorts), Water Bottle.

### Soccer

Shin Guards, Cleats (no metal or spikes) and Sneakers, Knee High “Soccer” Socks, Sun Protection—SPF 15 or greater (apply before camp) , Hats, Extra Change of Clothes (T-shirt and Shorts), Water Bottle.

### Volleyball

Kneepads & Elbow Pads (optional), Sneakers, Shorts, Water Bottle.

### Wacky Sports Week

Sneakers, T-shirt, Gym/Basketball Shorts, Sun Protection—SPF 15 or greater (apply before camp) Water Bottle.

**Don't forget to wear your camp t-shirt to field trips.**

**Please label your personal belongings!**



## ***Eat Well. Play Well.***

Message from the Coach...



Coach encourages healthy eating and staying hydrated to perform at your very best during sports camp. If possible, eat plenty of fruit, grains, granola, nuts, lean meat and vegetables. Always make sure to drink plenty of water throughout the day.

While they may taste delicious, coach strongly recommends all campers to avoid the following foods before or during camp: fatty, greasy or fried foods, beans and; drinks and snacks that contain lots of sugar—  
Yes, this includes candy!

**(See Reverse for Sports Camp Rules and Expectations)**



# City of Sunny Isles Beach SPORTS CAMP 2016

## Sports Camp Rules

- Use kind words—NO name calling, not even joking. NO teasing. NO foul or inappropriate language.
- Keep your hands to yourself—NO hitting, pushing, fighting, horseplay, or play fighting.
- Use walking feet indoors—NO running in the building, halls, lunchroom, or classroom
- Follow coach directions—NO talking while the coach speaks. Raise your hand if you have a question or would like to be heard.
- Respect one another's things—NO touching or taking other camper's belongings.
- Stay in bounds—NO leaving the building, field or gymnasium without a coach.

### **NO BULLYING!!!**

**If you feel someone is being unkind to you or anyone else please notify a coach immediately!**

## Camper Expectations

- Show respect for your coach and fellow campers—you're a team!
- Practice hard
- Always follow the rules and practice the Six Pillars of Character
- Be positive! - Support others at all times



**HAVE FUN!!!**

## Bus Rules

- Stay seated—NO standing on the bus.
- Talk quietly—NO shouting or loud talking.
- No eating or drinking.
- Do not play with or open windows.
- Do not block aisle with your body or personal belongings.
- Stay with your assigned coach, partner or group.

