



GLASGOW CITY BASKETBALL CLUB

CAMP ATTENDANCE GUIDELINES

Times

Camp begins at 10am and finishes at 3pm each day. We ask that parents accompany their child into the building for registration on the first day of camp from 9.45am onwards. We respectfully request that campers make every effort to be on time or indeed early in order to minimise disruption. Please ensure adequate arrangements are in place for collection after camp finishes.

Food and Drink

We **do not** recommend that campers bring fizzy drinks or energy drinks but advise them to bring water or diluting juice. We will provide water/fruit juice but we request that campers bring a refillable water bottle that can be easily reused. Campers can remain in the building during breaks and a seated dining area shall be provided. Any camper leaving the facility during lunch-break will be **asked** if their parents/guardian have given permission. Campers should bring a well-stocked packed lunch and snacks.

Clothing

We ask that campers wear sensible clothing suitable for exercise. (A spare t-shirt for the afternoon would be advisable) We also ask campers bring their training shoes in a bag and change into them once at the venue. **NB:** Basketball is an active sport involving multi-directional movements and the player requires good supportive footwear, therefore plimsolls etc. are **not** advisable. We do recommend that campers bring flip flops to wear during the lunch break and a spare pair of socks for the afternoon session. Please ensure personal belongings are clearly marked.

Equipment

All equipment is provided but if your child does decide to bring their own ball for example then it is their responsibility to look after it and take care of it. Again ensure personal belongings are clearly marked. Please understand that whilst we will remind campers to be aware of their personal belongings we cannot accept any responsibility for any loss or damage incurred during the sessions.

It is our intention that all campers enjoy a positive experience at our camps. Communication is vital in all areas and we ask that if there are any issues, no matter how small, that you speak to a member of the coaching staff as soon as you can.

Look forward to seeing you at the camp.

Glasgow City Basketball Club

