



## 2019 Randolph-Macon Basketball Skills Camp Info!

We appreciate that you have selected RMC over countless other options. We want the time you invest with us to be incredibly impactful in your development.

### COMPLETE SKILLS CHECK-IN / CHECK-OUT

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**Check-in: Sunday, July 28th from 1-2:30pm**

**Check-out: Thursday, August 1st at 3pm**

ALL campers must check in and register at Crenshaw gymnasium first....**this includes commuters** (campers not staying overnight). Overnight campers will be told what residence hall they are staying in when they register. Campers should come dressed and ready to play in basketball attire (basketball shoes, shorts, T-shirt). A closing ceremony will take place approximately 20 minutes prior to camp check-out on the last day. Parents are encouraged to attend. We will have an athletic trainer on staff if you have any medical concerns or needs.

\*Initial meeting for all campers is in Crenshaw gymnasium at 3pm.

### CAMP LOCATION / DIRECTOR CONTACT

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**Randolph-Macon College**

**Crenshaw Gymnasium**

106 East Patrick Street

Ashland, VA 23005

**Director:** Josh Merkel (M) 443-365-3159

[joshmerkel@rmc.edu](mailto:joshmerkel@rmc.edu)

### CAMP HOURS

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**Camp Hours for the DAY:**

SUN: 3PM-9PM, MON-WED 9AM-5PM, THUR 9AM-3PM

**Camp Hours for the EXTENDED DAY:**

SUN: 3PM-9PM, MON-WED 9AM-9PM, THUR 9AM-3PM

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## *CAMP MEALS –meals are buffet style in college cafeteria*

**Day Campers:** Lunch will be provided.

**Extended Day Campers:** Lunch & dinner will be provided on full days. Dinner is the first meal on the first day of camp. All Day & extended day campers must eat breakfast at home.

**Overnight Campers:** Breakfast, lunch, and dinner provided.

\*We do NOT provide lunch on registration day. The first camp meal is dinner so we recommend having lunch prior to check in.

## *DAY & EXTENDED DAY CAMP CHECKLIST*

We suggest bringing a daily pack with a water bottle, spare clothes, and spending money for snacks. Players do not need to bring their own basketball, we have plenty!

## *CAMP BANK*

You will have a chance at registration to deposit money for your son into the camp bank. They will be able to purchase drinks and pizza nightly. The deposited money is held by the camp and the campers withdraw from their balance during the week. Any leftover balance will be returned on the last day of camp. Only cash will be accepted. We suggest bringing between \$20 and \$40 for purchase of snacks and drinks throughout the week.

## *ROOMMATE REQUESTS*

- A big part of the camper experience is having a roommate. Campers will reside in a residence hall TBD on campus. Campers stay 2 per room and are assigned by age and roommate requests. If you have a **roommate request**, and have not already given it to us, please do so **no later than 7 days before the start of camp**.
- If you don't have a roommate request, you will be placed in a room with someone near your age. It is a great opportunity to meet someone new!
- Campers are under constant supervision as coaches | staff reside in the same residence halls in separate rooms.



- Rest: You will need as much rest as you can get, as the days are long and most athletes are exhausted by the end of the day. Respect your roommate by keeping phone calls brief (or staying off phone altogether), and be prepared to turn off lights as soon as your roommate is ready.

### OVERNIGHT CAMP CHECKLIST

Below is a suggested list of clothes, equipment, and personal items. DO NOT bring valuable items, such as expensive cameras, ipods, iPads, etc. to camp with you. Laptops and tablets are NOT allowed at camp.

#### CHECKLIST

- ✓ **Notebook & pen for classroom sessions**
- ✓ Plenty of t-shirts, athletic shorts, athletic socks
- ✓ Basketball sneakers
- ✓ Water Bottle
- ✓ Towel
- ✓ Toiletries-soap, toothbrush, toothpaste, shampoo, towel, deodorant, etc
- ✓ Pillow, sheet, and a blanket or sleeping bag for your bed
- ✓ Sheet for single size bed
- ✓ Comfortable off-court clothing
- ✓ Spending money (\$40 suggested)
- ✓ Swimsuit & towel for swimming pool session
- ✓ Flip flops

\*Residence Halls are air-conditioned

Cell phones are permitted at camp, but strictly limited to periods of free time. We recommend the campers focus their energy on the basketball and their teammates.

### CHARGE FOR LOST ROOM & MEAL KEY

The college charges \$25 for lost keys.



## ***FINALLY***

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- All meals and sessions are mandatory. No one is to leave the campus grounds.
- Parents are allowed in the dorm ONLY on opening and closing day.
- All injuries and illnesses must be immediately reported to the trainer and your coach.
- Safety: Walk with at least two others when you are walking to a session or back to the dorms. If there is ever an emergency at night, knock on the door of a dorm room that has a staff sign on it and a staff member will assist you.
- Become a coach's dream. Become the teammate everyone wishes they had. Become a leader, a helper, an organizer, a problem-solver.

### **COMMUTERS (campers not staying overnight):**

\*Drop off every morning will be in Crenshaw gymnasium at 9:00am

\*Pick up every night will be in Crenshaw between 8:50- 9:00pm.

There are still spots available for friends and family to attend.

**WE LOOK FORWARD TO AN EXTRAORDINARY CAMP SESSION!**