



# 2023 PARENT HANDBOOK

Camp office 561-208-1650 or [SportsNC@urj.org](mailto:SportsNC@urj.org)

Office fax 561-208-8112 (no cover page needed) only for forms submitted by May 1

Web address: [6PointsSports.org](http://6PointsSports.org)

Director of Athletics: [6PointsAthletics@urj.org](mailto:6PointsAthletics@urj.org)

Camper Care Specialist: [6PointsCares@urj.org](mailto:6PointsCares@urj.org)

Health Care Team: [6PointsHealth@urj.org](mailto:6PointsHealth@urj.org)

Off-season payment address until May 31:

6 Points Sports Academy  
PO Box 1707  
Apex, NC 27502

Summer mailing address (for U.S. Mail after June 1):

Camper's name – mishpacha name (if known)  
6 Points Sports Academy  
P.O. Box 16127  
Asheville, NC 28816

Driving address and summer shipping address (for FedEx/UPS shipping only):

Camper's name – mishpacha name (if known)  
6 Points Sports Academy  
360 Asheville School Rd  
Asheville, NC 28806

Summer 2023 Sessions and Dates:

Session 1: June 20 – July 2

Intersession A: July 2 - July 4

Session 2: July 4 – July 16

Intersession B: July 16 - July 18

Session 3: July 18 – July 30

CIT Session: June 20 - July 16

Dear Campers and Parents,

Welcome to the 6 Points Sports Academy family. We are so excited that you will be joining us! Our staff has been working hard, preparing 6 Points Sports Academy 2023 to be a terrific summer. Our campers and staff will be joining together to share in a community built on Judaism, sports, teamwork, friendship, and fun.

The information in this handbook will help you prepare for the summer and will answer many questions prior to your child's arrival at camp.

We look forward to seeing your children at camp!

6 Points Sports Academy Staff

#### Year-Round Staff 2023

Director	Jaclyn Gordon	jgordon@urj.org
Assistant Director	Sydney Rosenberg	srosenberg@urj.org
Business Manager	Lisa Rodney	lrodney@urj.org
Development Director	Shaina Sugar	ssugar@urj.org

#### **IMPORTANT DEADLINES**

<b>Immediately</b>	Make an appointment with a physician to complete camp physical on time
<b>May 1</b>	Camp electronic forms must be completed and submitted to the camp office via your CampInTouch (CIT) account
<b>May 1</b>	Camp Medical paper forms due via your CIT account, email, or fax

Please note that there is quite a bit of processing required after forms are submitted for 800 campers. Please provide our office and medical staffers with sufficient time to do so by submitting forms on time as outlined on page 5.

Thank you.

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## Forms



**We ask you to partner with us by completing the required forms on time so that we can prepare for camp safely and appropriately. There is quite a bit of processing necessary after forms are submitted for over 800 campers. Receiving forms after the deadlines present a hardship for our administrative and medical staffers. Campers without completed forms may not be admitted to camp.**

Camper forms can be found by logging in to your **CampInTouch (CIT)** account [here](#) under the “Forms & Documents” tab. Suggested browsers are Chrome and Firefox.

### **REQUIRED FORMS TO PRINT OUT AND RETURN BY MAY 1:**

**Scan to your CIT account, fax on time to 561-208-8112, or email to [SportsNC@urj.org](mailto:SportsNC@urj.org).**

- URJ Youth Medical Examination Form - completed by your child's doctor
- URJ Youth Immunization Form - completed in consultation with your child's doctor
- URJ Youth Insurance Cards & Authorization Form signed by parent/guardian

**Remember: make an appointment now with your child's pediatrician to complete the required URJ Youth Medical Examination Form on time. Documents must reflect an examination within 12 months of completion of camp attendance.**

### **REQUIRED FORMS TO COMPLETE ONLINE (CIT or Companion) BY MAY 1\*:**

- Asheville School Camper Release Form
- Camper Information Form: required for every camper regardless of whether they have been to camp before. The form includes important details about your child and is submitted confidentially to our camp professionals to ensure that all decisions regarding your child's experience at camp are made as thoughtfully and sensitively as possible.
- Code of Conduct and Anti-Bullying Pledge: review and sign with your camper
- Transportation Form: please complete for each camper

### **REQUIRED HEALTH FORMS**

If you have any questions regarding any of the below Health Form Requirements please email us at [sportsnc@urj.org](mailto:sportsnc@urj.org).

- Health History Form
- 2023 URJ Immunization History Form
- 2023 Insurance Cards and Authorization Form
- 2023 URJ Medical Examination Form (to be filled out by Physician)
- Proof of Primary Series Covid-19 Vaccination Card photo

### **OPTIONAL FORMS BY JUNE 1:**

- Bar/Bat Mitzvah Preparation - if a camper will become Bar/Bat Mitzvah by December 2023 only, signed by Rabbi, Cantor, Tutor, etc. Tutoring may not be available for campers with forms submitted after the deadline.
- Roommate Request - online form

## Campanion App

How to use the new Campanion App:

1. Download the Campanion App for iOS and Android.
2. Login using your CampInTouch account username and password.
3. Go to the 3 lines in the top left corner and then select forms.
4. Select your camper and then the forms will appear.
5. The App will show which forms are completed and incomplete.
6. Fill out forms and upload necessary items all through the App! Please note, some forms will still need to be downloaded and filled out, but CAN be uploaded through the App when complete.
7. Please follow this process for each of your campers.

## ABOUT 6 POINTS SPORTS ACADEMY IN NORTH CAROLINA

A co-educational summer camp sponsored by the Union of Reform Judaism (URJ), located on the beautiful Asheville School campus in Asheville, North Carolina.

### Our Mission

Our mission at 6 Points is to enrich and inspire the lives of campers and staff by strengthening Jewish identity and connection while teaching Jewish knowledge and values through sports. We use high-quality sports instruction from professionally trained coaches and staff, integrated with fun summer camp activities, to provide Jewish 'teachable moments' primarily through informal Jewish education.

### Our Goals

Our goals at 6 Points Sports Academy are reflected in our day to day life at camp. We are committed to:

- enhancing leadership skills
- fostering teamwork and cooperation
- reinforcing sportsmanship
- sport skills development
- life skills training in areas such as fitness and nutrition
- enriching Jewish identity
- encouraging growth and maturity

Our goals are accomplished in a safe, camp community led by caring, competent, adult role models. Campers will be presented with opportunities for leadership and personal growth while striving for excellence and continuous self-improvement.

### Our Aims and Objectives

At 6 Points our aims and objectives are reflected in everything we do at camp:

- Establish a creative setting for Jewish learning and living through integrated sports camp programming
- Inspire campers and staff with exceptional, relevant lifelong learning opportunities
- Create a welcoming camp community, where campers and staff connect and build relationships together
- Provide counselors as role models who will share Jewish experiences and knowledge with campers in an engaging manner
- Recognize and honor the capabilities and accomplishments of campers through achievement awards and public recognition
- Enhance the awareness in each camper of the vital role of ethical, honest and respectful communications on the field, in the synagogue and community, and in life
- Strive for excellence in all camp related activities and become a place where campers and staff can collaborate to achieve success

- To nurture and teach the kinds of ‘growing up’ skills and vital life lessons essential for being able to mature and thrive in the world

## Who We Are

Our staff is carefully selected by our camp directors. Before campers arrive, all staff members participate in an intensive, week-long training program. This on-site training includes workshops led by our camp directors, outside professionals, and industry experts. When Opening Day arrives, our entire staff is confident, energized, excited, and ready to meet your children.

Our dorm counselors are Jewish college students and graduates who bring warmth and energy to the 6 Points Sports Academy community. Many of them have grown up at camp and are comfortable and familiar with camp routines and traditions. They are excited to share their love of Reform Judaism camping with the next generation of campers. Our staff comes from all over the world to share their particular expertise with campers.

All swimming staff are certified lifeguards. The 24-hour Health Center is staffed by caring medical professionals (see page 11). Professional coaches guide our campers in all sports.

Each session, a new group of dynamic rabbis, cantors, and educators from URJ congregations come to camp to interact, teach, worship, play, and have fun with our campers. Our faculty is an essential part of the Reform Jewish community at camp. Their participation and enthusiasm at camp reflect the importance of summer camp in the life and growth of a Jewish child.

Energetic Israelis join our staff each summer as well. These שליחים shlichim (emissaries) work as assistant coaches and dorm counselors. They assist in organizing Israel-themed programs, teach us Hebrew, and add an Israeli טעם ta'am (flavor) that enhances the camp experience for the entire community.

Our campers come from many synagogues, communities, and backgrounds, including children (and staff) from immigrant or interfaith families. In 2022, we welcomed campers and staff from over 35 U.S. states and a half-dozen foreign countries to camp. They all love to be active and bring lots of enthusiasm!

## OUR SUMMER HOME

6 Points Sports Academy is located on a beautiful, campus-style setting in Asheville, North Carolina, at the Asheville School. The site is home to state-of-the-art athletic facilities which include two double gymnasiums, four full-size athletic fields, a baseball field, six-lane indoor pool, seven tennis courts, rubberized track, fitness center, and athletic training room. Our facilities also include outdoor and indoor space for communal worship, and much more.



## Housing

Campers live in clean, college-style dormitories with three floors per dorm. Each camper will share a room with at least one other camper. Most rooms are rooms of two. Please plan for a room of two but we have a handful of rooms that accommodate four campers. Bedrooms are furnished with bunk beds, dressers, and closets. Each floor is equipped with modern, clean restroom and shower facilities which are professionally cleaned daily. Counselor rooms are interspersed among the camper rooms and a member of our leadership team lives in the dorm as well. Room and group assignments are based on grade, as well as the social and emotional maturity of each camper. See also Roommate Requests on page 19.

## Athletic Facilities

- Two double gymnasiums
- 6-lane indoor pool
- Alpine tower and bouldering wall
- Fully equipped fitness center
- Baseball field with batting cage
- 7 tennis courts
- 4 full-size athletic fields
- Rubberized outdoor track

## Security

The safety of our campers and the entire 6 Points Sports Academy community that live and work on campus is our greatest priority. Asheville School's security systems and procedures were developed in consultation with top-ranking, highly experienced security personnel. Security operations are managed 24/7/365 days a year. The in-house security team is experienced and knowledgeable in both military and police tactics. The security force is visible, well known, and fully integrated into all campus operations yet unobtrusive to the camp program.

There is always a security guard present at the main entrance to ensure that only authorized staff and guests are allowed to enter. We also have a security guard that roams campus 24/7. Dormitories are equipped with safety and security devices for camper and staff protection. They secure the building during lights-out hours, preventing unauthorized entry or exit from the building except during an emergency. Emergency exits and side doors are secured by keycard to prevent unauthorized entry to the building. Intentional tampering with these safety and security devices threatens the safety of the tampering camper as well as the safety of others on campus and is subject to disciplinary action.

The entire 6 Points Sports Academy staff undergoes rigorous safety and security training during the seven-day orientation prior to campers' arrival. We work closely with Asheville School and the URJ in designing the best possible training for our staff.

## CAMP POLICIES

Our policies are created to make 6 Points Sports Academy as wonderful an experience for your child as possible. In a community living experience such as camp, cooperation is essential. We find that campers are most comfortable when they know what is expected of them. We ask that you and your child follow some important rules.

### Packages

**We do not accept packages.** This includes boxes or large mailing envelopes of any size. Camp will only accept mail up to a standard #10 business envelopes (4-1/8" x 9-1/2") or a greeting card-sized envelope (5" x 7"). Larger items will be returned to the sender or donated to charity. Please be sure to alert grandparents and other family members about this policy.

Of course, we understand that sometimes sending items to camp will be necessary. **If your child has forgotten something necessary for camp (e.g., soccer cleats) or needs something new (e.g., more sunscreen), you will be able to send those types of items after notifying us in advance at [6PointsCares@urj.org](mailto:6PointsCares@urj.org).** Please note that this will be done on an exception only basis. Unless we know a package is coming, we will not accept it at camp.

### Money and Valuables

Camp collects campers' valuables upon arrival and provides safe keeping for them. We cannot assume responsibility for any money or valuables kept by a camper in the dorm. Campers do not have the opportunity to spend money during camp sessions; there is no canteen at camp.

### Electronic Devices:

Campers may choose to travel with small electronic devices, however, **electronic devices are not allowed at camp.** Any item that can make a phone call, play an electronic game, access *the Internet or e-mail* is not permitted at camp. Cell phones, tablets, DVD players, gaming devices, video iPods, etc., are not allowed. These items will be collected by staff at the start of each session and returned to campers upon departure. Older iPod Shuffles without video are permitted only during rest time in the dormitories. Due to the nature of camp life, these items are often misplaced or lost; 6 Points Sports Academy cannot be responsible if these items are damaged, lost, or misplaced. We urge you to leave these items at home.

**Campers may not have a cell phone at camp.** Being at camp is an opportunity for your child to experience a world beyond home and a chance for you and your child to practice letting go. Letting go allows children to develop autonomy, independence, and a stronger sense of self. It allows them to make new friends, take responsibility for themselves and their dorm mates, problem solve in new ways, and mature a bit. These goals cannot be achieved when parents are only a phone call or text away. Cell phone use at camp is counterproductive to the values we teach and uphold at 6 Points Sports Academy and interferes with an important peer aspect

of the overnight camp experience. Hiding a phone or tablet puts roommates who are respecting the policy in an uncomfortable position and damages those budding relationships.

When parents allow their child to break the rules and take a cell phone to camp, they are teaching their child that rules apply to every other family, but not theirs, and undermines communal values, an important aspect of the camp experience. While we fully recognize most of our campers have cell phones, we expect that you will respect camp policy and **not allow your child to take a cell phone to camp**. We will confiscate cell phones which are brought to camp. Those campers who are traveling alone to camp will have their cell phones collected by staff upon arrival and returned at departure. Cell phones will be returned to campers that are flying to/from camp charged to at least 50%. Please encourage your camper to turn in their charger when their valuables are collected.

A final word on electronics: we recommend that your child powers down and takes what we're certain is a much-needed break from the world of electronics. If your child enjoys listening to music, they should bring CDs to camp with an inexpensive CD player, or an iPod Shuffle, with headphones. If your child wants a camera, we recommend bringing a disposable one or an inexpensive digital camera. A deck of cards, Mad Libs, small travel games, and other similar low-tech travel games are great choices to bring to camp and are especially helpful to cultivate new friendships. **Please be respectful of the goals we have in place.**

### Gratuities

There is **no tipping** at 6 Points Sports Academy. Our staff is aware of this rule and knows that anyone accepting tips will be dismissed from the staff. Contributions to the 6 Points Sports Academy Scholarship Fund in honor of a staff member are greatly appreciated; the staff member will be notified of your generosity.

### Visiting Camp

Visitors are not allowed in camp at any time. Unscheduled visits from friends or relatives interfere with a child's participation in the camp program and are unfair to other campers and their parents. Please **do not** show up at camp expecting to see your child.

### Leaving Camp

We hope that you understand it is very disruptive for a child and the peer group when a camper leaves camp in the middle of a session for even a short period of time. Therefore, we strongly discourage any leave requests. Leave requests of an urgent nature must be discussed with the Camp Director before camp begins.

### Tobacco/Alcohol/Drug Policy

6 Points Sports Academy takes a clear position on the use of cigarettes, e-cigarettes, tobacco, alcohol, and other drugs. It must be understood unequivocally by campers and parents.

**The use of these substances is illegal and therefore has no place at camp. Campers who use or possess these items will be immediately sent home at the parents' expense. We will entertain no discussion on this matter with parents, nor will we give a child a second chance. In addition, fees will not be returned if a child is sent home for this reason and scholarships may be revoked. Although we do not anticipate a problem, it is vital that everyone connected with 6 Points Sports Academy understands this policy clearly and precisely. There are no exceptions.**

## HEALTH AND WELL-BEING

The health and well-being of your child is of the utmost importance at camp. 6 Points Sports Academy includes a fully-equipped Health Center staffed by medical professionals: three nurses, a doctor, and two athletic trainers. Mission Hospital in Asheville is a very short drive away as are pharmacies and other medical and dental professionals if required. To provide complete and proper care for your children, it is crucial that all the required forms be completed in full and on time, well in advance of their arrival at camp. Upon arrival, campers are screened by Health Center staff for temperatures, recent illness, and lice. **If your child has had a fever, diarrhea, or vomited within 48-hours prior to the start of the session, please call our office before sending your child to camp.**

### Lice and Nits

All campers are screened for nits and lice upon arrival to camp. Any camper that is found to have nits or lice will receive removal treatment on campus. The cost for the removal and treatment will be charged to the family.

### Sending Medication to Camp

To ensure the best possible quality of care, we partner with PSA Pharmacy in Asheville, NC to fill, pre-package, and deliver camper medication for our nurses to distribute at camp. This service ensures greater efficiency on Opening Day, lower risk of error, and no additional cost to your regular co-pay. **Any camper that takes medications, supplements, or vitamins (prescribed or over-the-counter) is required to use PSA Pharmacy; we will make exceptions for campers with epi-pens and inhalers.** PSA Pharmacy Forms are available in your CampInTouch account. All campers that use prescription medication MUST use PSA Pharmacy to deliver their medication to camp. If you have any questions, please refer to the [PSA Pharmacy Instruction Guide](#) or email PSA Pharmacy at [PSApharmacy@gmail.com](mailto:PSApharmacy@gmail.com).

### Over the Counter Medications

The Health Center stocks Advil, Tylenol, and many other OTC medications. Specify your medication preferences on the Health History Form in your [CIT account](#). **Please do not send these to camp.** Per state law, campers may not keep medications in their dorms except for inhalers, EpiPens, creams, and nasal sprays designated on the medical form.

## Prescription Medications

Prescription medications are kept with the medical staff at camp. The URJ Camping system requires that parents fully disclose on the Health History form all medications that their child has taken within the last six months. The medication form must be completed on-line and submitted on time. Per state law, campers may not keep medications in their dorms except for inhalers, EpiPens, creams, and nasal sprays designated on the medical form.

## URJ Immunization Policy

All campers and staff must be fully immunized in accordance with the URJ policy and documented on the Vaccine Policy Statement submitted through your [CIT account](#). Any camper or staff member lacking proper immunizations may not be admitted to camp.

## Health Insurance

Campers are required to carry health insurance. In the event that your child requires a prescription, it will be obtained through a local pharmacy with the camper's insurance. Parents are responsible for co-pays and any other medical charges incurred outside of camp.

## TRANSPORTATION

Arrival and Departure information, as well as baggage information (estimates), must be completed on the Transportation Form by May 1.

Prior to the start of each session, you will be emailed a detailed travel plan confirmation (with contact information as necessary for Unaccompanied Minors).

### By Car

Families are invited to drive to camp to drop off any remaining luggage (if not dropped off the day before or shipped) and then proceed to our camper drop off zone where they will be greeted by camp staff and give their family a hug and kiss goodbye.

In the spring, we will share a form to complete to select your preferred arrival time. Prior to the session, we will share your family's assigned time. Please **do not** arrive at camp prior to this assigned time.

**Arrival day drop-off procedures conclude by 11:00 am so we can have lunch and begin our camp day!**

**Departure day: You may pick up your child between 9:00 am and 11:00 am.**

If your child will be leaving camp with someone other than a parent, please indicate this on the Transportation Form ("Departure From Camp") in your [CIT account](#). Please be sure your

camper collects valuables and remaining medications and checks the Lost & Found area before leaving camp.

### By Air

Camp will make [flight recommendations](#) for many cities. In virtually all cases, we will only recommend non-stop flights for your children. Please make every effort to purchase tickets soon as flights sell out and prices rise (we know this from experience!). Flights must arrive and depart within the timeframes below so as to minimize the time spent waiting at the airport. Travel outside of these timeframes presents a difficult challenge for camp and unnecessarily long airport waits for campers.

#### **Arrival day: See arrival time windows below**

All campers flying to camp will be met at the airport by camp staff wearing 6 Points Sports Academy shirts. Those campers registered with the airline as an Unaccompanied Minor will be met at the gate by camp staff. Initially, please specify that your child will be met by Sydney Rosenberg with the camp phone number; we will contact you shortly before your child's session begins with the name (as it appears on the ID) and details of the staffer who will meet your child.

Parents will be called as soon as possible after our staff meets the camper at the airport; be sure all phone numbers are accurately listed in your CIT account. Remember, though, that we have many campers arriving at one time, so please be patient. Staff members will help campers claim their luggage and then all campers and staff will be transported to camp.

#### **Campers' flights should arrive on Tuesday according to the following schedule:**

**Asheville** Regional Airport (AVL) - between 8:00 am - 12:00 pm

**Charlotte** Douglas International Airport (CLT) - between 10:00 am - 2:00 pm

**Note:** Unaccompanied Minor requirements vary by airline. Parents must make all necessary arrangements with the airline to pay Unaccompanied Minor and baggage fees in advance for travel both **to and from** camp. Upon purchasing the ticket, please list the Camp Director's name as a placeholder until you are notified of the staff member who will meet your child at the gate upon arrival. Notification will occur by email twenty-four to forty-eight hours in advance of travel.

Upon arrival, your child's documents, passport, cell phone, electronics, and other valuables, and medications will be collected by the camp staffer meeting the flight. Please remind your child to give all these items to that staff member for safekeeping until the end of the session. Camp cannot be responsible for any valuables not turned in to camp staff.

#### **Departure day: See departure time windows below.**

Camp will transport campers from camp to the airport at the end of the session at no additional charge. We bring campers to the airport, assist with the check-in process, including checking in luggage, seat selection, and Unaccompanied Minor paperwork, if applicable. Our staff stays with

the campers until they board their flight and remain at the airport until all campers are airborne. *Campers traveling on their own (old enough not to require flying as Unaccompanied Minors) must remain at their own gate while waiting to board.*

While the Transportation Security Administration (TSA) does not require passengers under the age of 18 to present identification, some airlines do require proof of age for children who are not Unaccompanied Minors. Such documents can be turned in to camp staff upon arrival and kept securely at camp until departure. Check directly with each airline regarding these policies.

If possible, please pay luggage fees before the return flight or send a prepaid debit card with your child to pay at the airport. Most airlines do not accept cash either on the ground or in the air (for food purchases).

**Please note that extra fees may apply for overweight luggage even if they did not apply when flying to camp. There is no need to send us boarding passes; our staff will assist your child with checking in at the airport.**

**Campers' flights should depart on Sunday according to the following schedule:**

**Asheville** Regional Airport (AVL) - between 8:00 am - 1:00 pm

**Charlotte** Douglas International Airport (CLT) - between 10:30 am - 2:00 pm

By Chartered Bus

**Arrival day from Atlanta, GA:** there will be a bus departing from Temple Sinai in Atlanta at 7:15 am. The cost is \$150.00 per camper. **Space is limited.** Register by completing the Transportation form; the fee will be added to your balance and charged according to your payment plan. An email will be sent closer to camp with specific departure details.

**Departure day to Atlanta, GA:** there will be a bus arriving at Temple Sinai in Atlanta at approximately 11:30 am. The cost is \$150.00 per camper. **Space is limited.** Register by completing the Transportation form; the fee will be added to your balance and charged according to your payment plan. An email will be sent closer to camp with specific arrival details.

**Arrival day from Raleigh / Greensboro, NC:** there will be a bus departing from Temple Beth Or in Raleigh at 7:00am, making a short stop at the Sheraton Greensboro at Four Seasons Hotel at 8:30am to pick up additional campers. The cost is \$150.00 per camper. **Space is limited.** Register by completing the Transportation form; the fee will be added to your balance and charged according to your payment plan. An email will be sent closer to camp with specific departure details.

**Departure day to Raleigh / Greensboro, NC:** there will be a bus arriving at the Sheraton Greensboro at Four Seasons Hotel at approximately 10:30 am. The bus will continue to Temple Beth Or in Raleigh, arriving at approximately 12:00pm. The cost is \$150.00 per camper. **Space**

**is limited.** Register by completing the Transportation form; the fee will be added to your balance and charged according to your payment plan. An email will be sent closer to camp with specific arrival details.

## LUGGAGE

**If you are traveling a far distance - you have the option to ship your child's luggage to and from camp.**

**Luggage may be shipped via UPS, FedEx Ground directly to/from camp.** Suitcases and duffel bags do not have to be boxed. Luggage which arrives before the start of camp will be transferred to your child's dorm, ready to be unpacked. To ship luggage home at the end of camp, please designate that on the Transportation form and send prepaid labels to SportsNC@urj.org in advance. UPS shipments must also include the pickup fee. Outgoing luggage will be picked up on Monday after camp ends.

If families are interested, or do not have a UPS or FedEx account, they can use a third party site, like [Lugless](#) or ShipCamps that gets you discounted shipping rates and can organize the pickup and delivery of luggage.

### **Luggage may be shipped to:**

Camper's name  
6 Points Sports Academy  
360 Asheville School Rd  
Asheville, NC 28806

If your child is flying from camp, please check with the airline regarding luggage fees and policies. Airline policies vary widely; some airlines do not permit luggage fees to be paid in advance, others allow payment within 24 hours of departure. The best solution is to send a prepaid debit card or credit card for your child to pay airline fees on departure day. Few airlines accept cash either on the ground or in the air (for snack purchases).

**If you are driving to camp and arriving in Asheville the day before camp opens, we kindly ask that you drop your child's luggage off at the front gate on that Monday between 4-6pm.**

## CLOTHING AND PACKING FOR CAMP

Packing List: see pp. 24-27

Each camper receives a 6 Points Sports Academy T-shirt and water bottle upon arrival at camp. We do not sell clothing or other items at camp.



## Camp Store

6 Points Sports Academy clothing is a perfect birthday and Hanukkah gift for your camper! The store is stocked with lots of items which are updated each year. Check out the array of blue and gold t-shirts for Maccabiah, sweatshirts, and more! More details coming soon!

## Packing Tips

- We recommend using two large duffel bags with wheels. Storage is available in the dormitories.
- Dress at camp is casual and modest. Do not buy new clothing for your camper. Laundry service will be provided once per session (plus Intersession as necessary).
- **All clothing, personal belongings, and sports equipment must be clearly marked with your child's name** in indelible ink, woven name tapes, or specially designed stickers. [Mabels Labels](#) is a company that has a great reputation with camps. Initials do not suffice! Please use the packing list as a guide. Do not send valuable or sentimental clothing which your child would be very upset about losing.
- Linens: send a blanket, pillow, two sets of sheets including pillowcases, and towels. The beds require twin XL size. Although campers shower daily, sleeping bags may not be used in lieu of sheets; they may be opened for use as a blanket.
- Every camper must have a hat or cap and sunscreen.

**Campers should not bring valuable electronics, watches, jewelry, or cash to camp. Please read the electronics policy on pages 9-10. These and any other items deemed inappropriate for camp will be confiscated. We reserve the right to search camper belongings. Camp is not responsible for any damage or loss of such items.**

## Dress Code

In an effort to emphasize a suitable dress at camp, campers may not wear clothing with inappropriate pictures or offensive sayings. Additionally, clothing should not be revealing and undergarments must not be visible. Shorts must be long enough to provide full coverage even when bent over; cut-off shorts must be long enough to cover the front pockets. If in doubt, go without.

On Shabbat (Friday evening), campers are asked to wear a white shirt or blouse, along with nice (not torn) jeans, shorts or khakis, or a white, casual dress or skirt.

## Laundry Service

Campers' laundry will be washed, dried, and folded once per session by a professional laundry service. Intersession campers will have an additional laundry service. While we strive to provide excellent laundry service, we strongly discourage campers from bringing expensive clothes or items that require special care.

**It is critical that *all* of your child's belongings are labeled with his/her first and last name on each article of clothing, linens, towels, and each piece of sports equipment and other belongings.** Initials are not sufficient.

**Campers must bring a MESH laundry bag with their name clearly marked on it, which is also laundered.** We make every effort to send campers home with all their own belongings. Camp is not responsible for lost items.

## COMMUNICATIONS

### Phone Calls

The camp telephone number is 561-208-1650. Campers may not make or receive telephone calls. In case of an emergency, please call the camp office and arrangements can be made to speak with your child. **As a reminder, campers may not have cell phones.**

### Staff Emails

**During the camp season, emails may be specifically sent as follows:**

#### **Communicating with the Athletic Director**

For any questions regarding your child's sports major or evaluation, please contact the Athletic Director at [6PointsAthletics@urj.org](mailto:6PointsAthletics@urj.org).

#### **Communicating with the Camper Care Specialist**

The Camper Care Specialist can be contacted for any concerns about your child's social or emotional well-being. Please be specific in voicing your concern so that the Camper Care Specialist can investigate the issue before calling you back. The Camper Care Specialist can be reached at [6PointsCares@urj.org](mailto:6PointsCares@urj.org).

#### **Communicating with the Health Care Team**

Camp Nurses can be contacted for any medical questions. Generally, a message will be sent to the health care team member and your call will be returned. Please be sure to leave a phone number where you can be reached. If you receive a voicemail from camp, **please listen to the message before calling back; a call back may not be necessary.** The medical staff can be contacted at [6PointsHealth@urj.org](mailto:6PointsHealth@urj.org). While nurses are on staff 24/7, please be aware that they are very busy caring for campers throughout the day.

### Mail

Campers will be encouraged to write home, but please be aware that **no news is good news!** Campers' main opportunity to write is during rest time, but as active, busy athletes, they often really do need to rest. Parents, however, should write frequently. Your letters will keep your

children happy and make their stay at camp more pleasant. Please keep your notes upbeat and focused on camp. We discourage writing about your family's adventures that campers are missing during camp as this may exacerbate homesickness. Remember that your child may also be writing to others - grandparents, siblings, friends - and may not write as often as you do, but please keep writing.

**It is essential that your child receive mail within the first two days of arrival.** U.S. mail takes longer than expected, so please plan ahead. Be sure to provide an adequate quantity of stationery, envelopes, stamps, and a black pen for your child to write home. Younger campers find fold-over notes particularly easy but they must be instructed in their use. Additionally, using return address labels or pre-addressing envelopes makes writing home easy. *Otherwise, be sure your child knows how to address and stamp an envelope properly.*

**Letters should be addressed to:**

Camper's Name – dorm name (if known)  
6 Points Sports Academy  
P.O. Box 16127  
Asheville, NC 28816

Keep in mind that some letters you receive will be filled with love and joy, while others might be quite the opposite. Children's letters are generally subject to oversimplification as well as exaggeration, often based on their mood in the few minutes before writing to you. Please do not overreact when trying to interpret the meaning behind the letter. Letters that are sent during the first week of camp may frequently be negative due to natural adjustment for campers gaining independence. If you are concerned, please contact the Camper Care Specialist ([6PointsCares@urj.org](mailto:6PointsCares@urj.org)).

Please do not send U.S. mail after the last Monday your child is at camp. It will likely not reach your child before departure.

**Email to Campers (eLetters)**

As an alternative to U.S. Mail, 6 Points Sports Academy offers a two-way email service option through your [CamplnTouch account](#). Emails from parents are printed and delivered once per day, and campers can respond using eLetter replies if designated by the parents or printed in advance. Campers must write in black ink on the front of designated eLetter paper only. Instructions about using the system will be sent in the spring. Camp provides the first four eLetters at no charge. Leftover credits rollover from each year to the next, but previous years' (or other camps') eLetter forms will not work. Questions regarding mail and eLetters can best be addressed by our summer office staff.

## Food and Packages

Please refer to the package policy detailed on page 9.

Books, magazines, travel and card games, and puzzle books are great to bring to camp. We have many other suggestions as well. Please do not bring candy, gum, food, balls or any type of projectile. Additional items not allowed in the dorms include, but are not limited to: mini basketball hoops, bouncy balls, sport equipment balls, Nerf guns/balls, water balloons, squirt guns, Frisbees, Silly String, fireworks, etc. All such items will be discarded. We do not allow outside food in the dorms. We do not accept packages at camp. If your child has forgotten something necessary for camp (e.g., soccer cleats) or needs something new (e.g., more sunscreen), you will be able to send those types of items after notifying us in advance at [6PointsCares@urj.org](mailto:6PointsCares@urj.org).

## FINANCIAL INFORMATION

All camp fees, including scholarships, must be paid prior to the start of camp as agreed to in the camper application. Contact our office with information about expected scholarships and billing questions. A valid credit card must be on file to cover incidental expenses (prescriptions, equipment, airline fees, etc.) incurred during camp. Camp accepts MasterCard and Visa; please do not use a debit card.

### 6 Points Sports Academy Scholarship Fund

We will consider financial aid applications in multiple rounds. Families who complete the application by December 17, 2022 will receive notification of grants by December 23, 2022. Families who complete the application by March 17, 2023 will receive notification of grants by March 24, 2023. Later applications will be considered as funds allow. To avoid delay, be sure to complete this form in full. All information entered is confidential.

## Spending Money

Campers may need spending money while traveling to/from camp, particularly at the airport, but not at camp. Also, remember to make arrangements to pay for your child's luggage before departure. Payment is easiest at the airport with a pre-paid debit card or credit card; many airlines do not accept cash.

## Intersession Fee

The fee for Intersession is \$350. Only campers registered for multiple sessions may stay for the two-night Intersession. (For CITs, the tuition fee includes Intersession). The fee covers admissions, meals, snacks, and field trip transportation. An extra laundry service is also included. Pending COVID-19 protocols, campers may spend the first night off campus at a hotel, supervised by regular camp staff, and will sleep on campus the following night.

Intersession campers may want to purchase a souvenir or extra treat outside of camp and will need a small amount of money to do so (\$20 - \$40 recommended). Campers' funds will be locked up during the camp session and will be distributed on Intersession field trip days. All planned activities and food expenses are included in the Intersession fee.

When filling out the transportation form, please select the departure and arrival type as "Stayover" if your camper will be staying for intersession.

	To Camp				From Camp			
<b>Session 1</b>	PICK ONE				PICK ONE			
Jun 20, 2023 to Jul 2, 2023								
	BUS	CAR	AIR	STAY OVER	BUS	CAR	AIR	STAY OVER
<b>Session 2</b>	PICK ONE				PICK ONE			
Jul 4, 2023 to Jul 16, 2023								
	BUS	CAR	AIR	STAY OVER	BUS	CAR	AIR	STAY OVER

## ROOMMATE REQUESTS

Roommate requests for dorm assignments are made on the basis of school grade. Most campers have one roommate. We try to honor **mutual** roommate requests as indicated on the CampInTouch Roommate Request form, if submitted on time, but cannot always do so. Final decisions remain with the Camp Director. We do like to know the wishes of parents and campers regarding roommate arrangements. Camp can be a valuable tool in helping your child make the most of his/her developmental years. Experience has shown that part of the fun and growth at camp is to experience meeting new people and learning to live in a group situation. A successful new friendship can be the most rewarding aspect of the camp season! Be assured that if you decide not to make a roommate request for your child (many families do not), matches will be made with the utmost thought and concern. If you do make a request, please remember that the camp reserves the right to make all roommate assignments. There are times when, in the best interest of your child, other children, and the camp, requests cannot be honored. In these few cases, we hope that you will trust our professional judgment.

## BAR/BAT MITZVAH APPROACHING?

We wish you **מזל טוב** mazal tov! 6 Points Sports Academy faculty work with campers who will become a Bar or Bat Mitzvah by December following camp. If your child is working from an iPod or iPhone, the faculty member will keep it during camp; your child may not keep it in the dorm. Be sure to have your child's tutor complete the appropriate form, available in CampInTouch, and return it by June 1.

## A TYPICAL DAY AT 6 POINTS SPORTS ACADEMY

Campers follow a similar daily schedule with the exception of *Shabbat* (Friday evenings and Saturdays). A typical day is outlined below. Bedtime varies with each age group.

7:30	Good morning - <i>boker tov</i> - wake up
8:00	Morning stretch
8:15	Breakfast - <i>aruchat boker</i>
9:15	Room clean-up - <i>nikayon</i>
10:00	Sport major
12:00	Lunch/song sessions - <i>aruchat tzohorayim/shira</i>
1:15	Rest hour - <i>menucha</i>
2:30	Elective 1
3:30	Snack
3:45	Elective 2
5:00	Rest hour - <i>menucha</i>
6:00	Dinner - <i>aruchat erev</i>
7:00	Sport major
9:00	Day's end - <i>siyum</i> - then return to dorm and get ready for bed
10:00*	Good night - <i>laila tov</i> - lights out (*different times for each age group)

### **Good morning · טוב בוקר · boker tov**

Dorm counselors wake their campers each morning so that campers have enough time to get dressed, brush their teeth, comb their hair, and get to Morning Stretch on time.

### **Morning Stretch**

Counselors will lead campers through a brief morning stretch routine to prepare for the day's activities.

### **Breakfast · בוקר ארוחת · aruchat boker**

As a camp community, we begin our meal by reciting לחם המוציא *hamotzi lechem* (blessing before the meal), and enjoying a varied breakfast menu. Meals are served cafeteria-style. Each day includes a breakfast favorite such as pancakes, French toast sticks, biscuits, waffles, eggs, or muffins. Cold cereal, fresh fruit, yogurt, milk, and orange juice are always available. We end our meal with the singing of המזון ברכת *birkat hamazon* (blessing after the meal.) On Shabbat morning, our campers enjoy a late morning start.

### **Clean up · ניקיון · nikayon**

Each day there is much needed time for cleaning the dormitories. During this time, campers make their beds, organize their dressers and closets and fill their laundry bags. Campers may be given some responsibilities for cleaning the communal areas of the dorm.

### **Sport Majors**

Campers will learn from high school and college coaches in their chosen sports major: Baseball, Basketball, Cheer/Dance, Golf, Gymnastics, Lacrosse, Soccer, Softball, Swimming, Tennis, or Volleyball.

### **Lunch · צהרים ארוחת · aruchat tzohorayim**

Beginning with hamotzi lechem, an athlete-friendly lunch is served. Some favorites include pizza, cold cuts, fish sticks, grilled cheese sandwiches, and macaroni and cheese. A sandwich bar, salad bar, and fresh fruit are always available. Lunch ends with birkat hamazon and frequently with שירה shira (song session).

### **Rest Hour · מנוחה · menucha**

After an activity-packed morning, campers need to take a break. Campers receive mail upon returning to their dorms after lunch. During menucha, campers stay quietly in their dorms. Some sleep, others read or play quiet games with friends. This is the time campers have to write letters home to family and friends.

### **Electives**

Campers will choose electives from the following activities: Alpine tower, Fitness, Tennis, Free Swim, Volleyball, Flag Football, Fitness, Volleyball, and others. Campers choose two electives daily. All campers will complete a swim test prior to participating in pool activities.

### **Dinner · ערב ארוחת · aruchat erev**

Beginning with hamotzi lechem, a nutritious dinner is served. Some favorites include tacos, chicken fajitas, baked ziti, spaghetti and meatballs, turkey, and chicken cutlets. On special days campers will enjoy a barbeque of burgers and hot dogs. A sandwich bar, salad bar, and fresh fruit are always available. Dinner ends with birkat hamazon.

### **Day's end · סיום · siyum**

The camp day ends with the entire community gathering together briefly in joyful song and prayer.

### **Goodnight · טוב לילה · laila tov**

After a day full of activity and fun at 6 Points Sports Academy, it is time for a shower, snack, and bed. Occasionally, a member of our faculty or Israeli staff is invited to come to a dorm to tell a story or sing a few songs with campers as they recount their day with their counselors.

## SPECIAL ACTIVITIES

### Maccabiah

Each session, campers will experience a day of friendly competition during Maccabiah. Campers are divided into two teams and compete in a variety of sports, song, and wacky competitions. Good sportsmanship, fun, and lots of spirit are all parts of Maccabiah. **Please pack your child a blue and yellow shirt so they can show team spirit for whatever team they are placed on.**

### Tikkun Olam 5K Run/Walk

Each session, campers will participate in a 5K run/walk around camp. We use this event to teach the message of tikkun olam (repairing the world) and to raise money for a specific organization. Look for more information in the spring.

### Fan Friday

Friday's at camp are Fan Friday! Show off your favorite sports team by wearing a shirt, jersey, hat, or etc!

### Israel Day

Israel day is on the first Shabbat of every session. Our Shlichim (Israeli Staff) run fun and engaging programming with each age group. Our campers get to learn more about the lives of the Shlichim, about Israel, and sometimes about Israeli foods! Each summer the Israel Day programming is new and different

### Camp Champs

Campers work together with their counselors to create their own lip syncing and dance routine and show it off to the whole camp. Winning mispachot receives a great camp prize.

### Birthdays at Camp

Campers celebrating a birthday at camp will definitely feel special! They will be recognized in the dining hall in front of camp with singing and camp's unique traditions. They are also permitted to make a brief call home. Please be available in the evening. Each birthday camper's dorm will share a birthday cake as well.

### Shabbat

Shabbat at camp is the most special day of the week. Campers are given extra time on Fridays to shower and dress for Shabbat. We encourage campers and staff to wear white shirts on Shabbat to create an extra special atmosphere. The entire camp comes together to welcome



Shabbat. Shabbat dinner is filled with many traditions, from candle lighting and blessing over the wine to the blessing of the children. Campers and staff alike eagerly await the delicious Shabbat dinner.

Shabbat dinner is followed by Kabbalat Shabbat services. Campers are encouraged to participate in our Kabbalat Shabbat services. With so many young voices rising together in prayer, the sound is like no other. This beautiful service has a strong impact on the awakening spirituality of campers.

After services, the entire camp continues to an energy-filled song session. With guitars and campers singing Shabbat songs, we really celebrate! The delicious s'mores at the fire pit help end this wonderful evening. For many, Shabbat is the highlight of the week.

On Shabbat morning, campers sleep a bit later. Shabbat t'filah is held in the beit t'filah (sanctuary). Campers are encouraged to participate as leaders in prayer. After a morning of song and worship, campers enjoy activities with their dorm mates. After lunch, it's back to the dorms for menucha, rest time.

Shabbat afternoon is an entire afternoon of fun! Campers choose from a variety of activities as well as dorm bonding time. After dinner, Shabbat ends with a beautiful havdalah service. Shavuah Tov! Have a good week!

Shabbat at camp is a unique experience. It overflows with song, spirit, and worship, rest and friendship. On Shabbat, 6 Points truly becomes a kehilla kedosha, a holy community.

### Camper Evaluations with Coaches

At the conclusion of each session, campers will have an evaluation session with their sport major coaches. In addition, an online evaluation is done on each camper and sent to you via email. Information about accessing these evaluations will be sent to you during the summer. If you have any questions regarding this process, please contact the Athletic Director at [6PointsAthletics@urj.org](mailto:6PointsAthletics@urj.org).

## IMPORTANT REMINDERS

6 Points Sports Academy is a community of over 350 people. Our responsibility requires that we maintain a high standard of safety, health, and community living practices. These are some important rules and requirements in our community which are noted here:

1. No camper is permitted to leave the camp grounds except as a part of a supervised camp activity and authorized by the camp administration.
2. Campers are not permitted to smoke at camp. Smoking will result in immediate dismissal from camp at parents' expense with no tuition refund (see page 8). Adult smoking is not permitted anywhere on campus at any time.

3. Drugs and alcohol, marijuana, tobacco or tobacco products, e-cigarettes, narcotics, and hallucinatory drugs, including stimulants and depressants, are forbidden to anyone at 6 Points Sports Academy. Possession or use of these substances will result in automatic dismissal from camp at parents' expense with no tuition refund. No "second chance" is afforded (see page 10).
4. In many ways, life at camp is more active and full than one's normal routine at home. Therefore, each division, depending on the age of the campers and the evening activity, has a set curfew and lights out time.
5. No firecrackers, army knives, jackknives, firearms, cigarette lighters, martial arts equipment, etc. are permitted in camp. Possession of these items will result in automatic dismissal from camp at parents' expense with no tuition refund.
6. Camp upkeep: 6 Points Sports Academy is a beautiful facility. The entire camp community is responsible for keeping up and maintaining it. Therefore:
  - All campers and counselors are responsible for the cleanliness and general safety conditions of the dorm. In addition, everyone participates, at scheduled times, in a general cleanup of the camp.
  - Camp property: Anyone damaging or defacing camp property is liable for such damage and will be charged accordingly

## SUGGESTED PACKING LIST

Please label ALL items with the camper's first and last name. We recommend packing your child in packing cubes or jumbo ziploc bags.

Quantity	Description	✓
<b>General apparel</b>		
2	Sweatshirt	
1	Raincoat or poncho	
2	Blue athletic shirts for Maccabiah	
2	Yellow or gold athletic shirts for Maccabiah	
1	Blue or white shirt for Israel Day	
1	Sweatpants	
2	White tops/polos/dresses for Shabbat	
2	Nice skirts/shorts/pants for Shabbat (no tears)	
8-10	T-shirts	
6-8	Athletic Shorts	
2 pairs	Jeans/pants	
1-2 pairs	Sneakers	
1-2	Swimsuits	
1	Goggles (optional)	

1	Hat (not visor)	
14 pairs	Underwear	
14 pairs	Socks	
2	Pajamas	
<b>Bed &amp; bath</b>		
1	Blanket for the dorm (XL) - <b>NO sleeping bag</b>	
2	Sets of twin <b>extra-long</b> sheets	
1	Pillow	
1	Flip flops or slides (for shower)	
1	Bathrobe/towel wrap (optional)	
3-5	Bath/beach towels	
2	Washcloths (optional)	
1	Shower caddy/toiletry bag	
	2 toothbrushes, toothpaste, hair brush, comb, soap/box, shampoo, deodorant, plastic cup, nail clipper, sunscreen, insect repellent, etc.	
1	Mesh laundry bag <b>with name</b>	
<b>Miscellaneous</b>		
1	Water bottle with camper's name	
1	Flashlight and extra batteries (required)	
10	Stationery, stamps with <b>pre-addressed</b> envelopes	
	Black pens (for eLetters)	
	Hangers (optional)	
	Inexpensive camera (optional)	
	Set of extra eyeglasses/contacts/contact solution	
	Sunglasses	
	Books, magazines, non-electronic games, cards	
	<i>Kippah, tallit</i> , etc. (optional)	

Please identify your child's sport major and pack accordingly

Quantity	Description	✓
<b>Basketball</b>		
1-2 pairs	Basketball sneakers	
1	Equipment bag with camper's name	
<b>Soccer</b>		
6 pairs	Soccer socks	
1 pair	Shin guards	
1 pair	Cleats	

1 pair	Slides to walk to/from field	
1	Equipment bag with camper's name	
<b>Tennis</b>		
1	Visor or cap	
1-2	Tennis racquet with cover	
1 pair	Tennis sneakers	
1	Equipment bag with camper's name	
<b>Lacrosse</b>		
1 pair	Cleats	
1	Lacrosse gloves	
1	Lacrosse stick	
1	Mouth guard	
1	Girls - goggles	
1	Boys - helmet with face shield	
1	Boys - shoulder and elbow pads	
1	Equipment bag with camper's name	
<b>Swimming</b>		
3	Swimsuits	
2	Swim goggles/caps	
4-6	Extra towels	
1 pair	Fins (encouraged)	
1	Equipment bag with camper's name	
<b>Baseball</b>		
2-4	Baseball pants	
1	Baseball glove	
1	Baseball bat	
2	Baseball caps	
1	Batting helmet	
2-3	Athletic supporter with cup	
1 pair	Baseball cleats (either rubber or metal)	
1	Equipment bag with camper's name	
<b>Softball</b>		
2-4 pairs	Softball pants	
1	Softball glove	
1	Softball bat	
2	Softball caps	

1	Batting helmet	
1 pair	Cleats	
1	Equipment bag with camper's name	
<b>Cheer/Dance</b>		
1 pair	Sneakers	
1	Equipment bag with camper's name	
1	Black Shirt (for performance)	
1	Black leggings/ sweatpants (for performance)	
	Hair accessories (optional)	
<b>Volleyball</b>		
1 pair	Knee pads	
1 pair	Sneakers	
1	Equipment bag with camper's name	
<b>Golf</b>		
1 set	Golf clubs	
6	Collared shirts	
1	Equipment bag with camper's name	
<b>Gymnastics</b>		
8	Tight fitting shirts or tank tops (or leotard)	
6	Tight fitting shorts	
1 pair	Grips, if you use them already	
1	Equipment bag with camper's name	