



Revolution Field Hockey Camps

FHCAMPS.COM

‘Insider tips’ to help campers have the best camp experience:

- Some helpful conversations for parents to have with kids before camp:
 - 1) Helping your child understand how to get a healthy balance of food in the dining room.
 - 2) The importance of hydration, this is good to start a week before camp so kids get into good habits for camp.
 - 3) Empower your child to self-advocate through the daily camp routine; asking questions is always welcome.
- Campers can bring electronics to camp (but we cannot be responsible if they lose them), however they are not permitted at the field, especially mobile phones. This is so they can focus and get the most out of their time training. The best time to catch your child on the phone is most likely after lunch in the break around 1-2pm.
- When you arrive with your child, walk around a bit of the campus to get the lay of the land and bathrooms. Our staff will run through the campus map, supervision, rules and regulations at our first meeting post check in.
- We recommend kids shouldn't bring any more than \$15 for the campus store.
- Some tips on what personal snack food to bring:
 - Some granola type bar, which is good for slow release energy.
 - Whole fruits like apples and bananas
 - Pretzels are great for carbs
 - Do not bring anything that needs refrigerating
 - If your child doesn't like tap water, rather than bringing lots of bottled water, bring something like powdered Gatorade or liquid flavour like the Mio Brand.
- Things to bring to help the camper have more fun in the rest time:
 - A deck of cards
 - A book or magazine
 - Frisbee
- Kids should bring extra clothes and shoes in case of rain and if they want to change out of their cleats/turf shoes at lunch.