



# 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 sleep, so they can make the most of the next day of camp.
  - 3) The importance of hydration, this is good to start a week before camp so kids get into good habits for camp.
  - 4) Helping them know how to set an alarm and wake themselves up in the morning. (Coaches/directors will knock on their doors in the mornings but it’s much nicer to wake yourself up!)
  - 5) 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 or in the evening after 8:30pm.
- When you arrive with your child, work out with them and note down which room the closest coach is in. So, if they have a problem and call you, you can point them in the right direction. For the commuters – walk around a bit in the dorm to get the lay of the land bathrooms & lounges. 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 \$20 - \$30 for the occasional pizza or camp store item.
- Kids won’t need an extensive toiletries kit, a simple ziplock will do. Overnight campers may want some shower shoes/flip flops.
- 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 speaker to play music
  - A book or magazine
  - Frisbee

- Most college beds are twin extra-long, but twin flat sheets work well for a fitted sheet substitute.
- Most dorms don't have air-conditioning, check the camper packet for your specific program and if not bring a fan. A desk fan or oscillating floor fan is ideal.
- Day kids/ Commuters should bring extra clothes and shoes in case of rain and if they want to change out of their cleats/turf shoes at lunch.