

Five Star Super Camp 2015

When: June 22nd-25th, 2015

Where: The Grand Sierra Resort

Who: All Teams will attend. Little Dippers and Starstruck will attend on a modified schedule.

Goals: The goal of this super camp is for the kids to work skills, get stunt sequences for their routines and just have fun in a camp setting.

FAQ- Camp Details-

1. *I thought camp was at UNR, why are we at the GSR now?* We decided to go with the GSR for a few reasons. First, the facility. UNR does not have gyms available to us so we would have to be outside which would be too taxing on our kids. Second, entertainment, we wanted the kids to have things to do in the down time they do have. We did not feel comfortable with the options they had at UNR. Here there are so many options, there is something for all of the teams to do during their free time!
2. *What if I am missing camp?* We know some people have pre-planned vacations for these dates and told us at tryouts. Please be sure you submitted an absence form. You won't want to miss camp if you don't have to as we will be starting parts of our choreography.
3. *What will be happening during the night at camp?* The kids will be participating in team bonding events and eating meals during their off time. They will have some free time but the athletes' age will determine whether they need to be supervised during their free time. AT NO Time are athletes allowed to leave the GSR.
4. *I am not comfortable with my athlete staying away from home, what do I do?* You have two options. First, come be a chaperone. All athletes on Youth teams and below will have a parent in their room. These volunteers will be there for safety. All volunteers will need to provide proof they are on the school district list of approved volunteers, or will need to have a background check performed to stay with the kids. This is for everyone's safety. Option 2- Pick up your child daily and just bring them back for the next day! Either way will work for us! Just let us know what works best for

your family! The MINI and TINY team will not be staying the night, they will be picked up at set times daily.

5. *How can I help?* We are currently looking for volunteers to help with meals and chaperoning during the evenings. The days are pretty well covered!
6. *Who are the camp instructors?* We have brought in a staff of ten camp instructors from all over the country many have cheered all-star all of their lives, have participated in college cheer and now coach! We are very excited for this group.
7. *How much money should my child bring?* Bringing money is at the discretion of the parents. We will be serving all meals to the kids while they are here. Athletes will participate in a team bonding activity on team day and this will be covered by their Team Fees. Any additional money is at the discretion of parents. We suggest you pack snacks for the week!
8. *When will I know what my child should wear-* We tried to put some details on the packing list below. Please watch for a more detailed list as we get closer!
9. *Will there be time that I can come see my child during camp?* Absolutely!! Parents are welcome to join us for any free time including our Pool Party night! We just ask that parents are not at camp during the instructional time as there will already be so much happening.

Schedule:

Monday June 22nd - Five Star Day: Arrive in Black Five Star Tank with Black Sports Bra, and Black Spanks

Noon - Athletes will meet in the Silver State Pavilion to meet their coaches with luggage for the week! Athletes should have already eaten lunch when they arrive. Please be sure that your luggage is labeled with your name and team name!

1:00pm- Camp Meeting

1:15pm- Day 1 Instruction, Meet our Camp Staff

6:00pm- Team rooms Check Ins

7:00pm- Dinner and Team Meetings

8:00-9:00pm- Open Gym

9:30pm- Lights out Youth Teams

10:30pm- Lights Out JR/SR Teams

Tuesday June 23rd - Team Day (Wear outfit team has planned CAMP OUTFIT #1, crossovers will wear main teams outfit). Each team can select their own theme for this Dress Up Day!

8:00-9:00a.m-Breakfast

9:00-Noon- Morning Instruction

Noon-1:00 Lunch

1:00-3:00 Team Bonding Activities or Free Time based on team

3:00- Evening Instruction

7:00- Get Ready for dinner

7:30-8:30 Dinner

9:30- Lights out Youth Teams

10:30- Lights out JR/SR Team

Wednesday June 24th- Camp Outfit #2- 80's Day!!

7:00-8:00a.m- Breakfast

8:00-Noon- Camp Instruction

Noon- 2:00 Lunch and Free Time

2:00-6:00 Camp Instruction

6:00- Dinner

8:00-10:00 Dance Party in the Pavillion- Wear your best 80's attire

10:00- Lights out Youth Teams

11:00- Lights out Junior and Senior Teams

Thursday June 25th- Outfit Decided on by Team

7:00-8:00a.m- Breakfast

8:00- Pack Up/Clean Up Rooms/Room Checks

9:00- Instruction

11:00- Camp Showcase- Parents are invited to come see what the kids worked on all week! Teams will perform something they worked on during the week.

Noon- Camp Ends, Parent Pick Up at the Silver State Pavilion

Athlete Camp Rules

1. At all times you are a representative of Five Star. Athletes are to carry themselves in a positive manner and behave as if you are at grandma's house at all times.
2. The camp staff is here to help you improve. Please be respectful at all times
3. The only time you are allowed to be in your sports bra is while in the Silver State Pavilion (our instructional area) At all other times you must be wearing your Five Star shirt over the top of your sports bra. This is for your safety.
4. No one is allowed in your rooms other than Five Star Staff, Five Star Parents, family members or camp staff. If you are caught with someone else in your room, you will be immediately dismissed from camp and the team.
5. You are at camp to learn! Use your time to learn.
6. Lights Out means you are in your room and not leaving it. If you are out of your room after curfew you will face some type of consequences. Depending on what was going on, you may be dismissed from camp and your team.
7. At no time are you allowed on the casino floor. Do not even think about walking over there. The only thing on that floor that may be of interest to you is Starbucks. If you are seen on the casino floor the GSR staff will notify us and you will lose all freedoms.
8. No screaming, yelling, running down the halls or crazy loud music. Understand that although this is our camp, there are others enjoying the hotel too.
9. You must travel in pairs! At no time should an athlete be traveling anywhere alone.
10. Just a reminder, Five Star Athletics has a zero tolerance policy for illegal activities. In the event that you are caught participating in any illegal activity, you will be removed from camp and the program. Please remember you need to be a responsible athlete.
11. At no time are athletes allowed to leave the GSR. If an athlete has left without talking to us they will be immediately dismissed from the program.

By signing below, you agree to all camps rules and understand the consequences that go along with violating the above camp rules.

Athletes Name

Athlete Signature

Parents Name

Parent Signature

Date

Camp Information and Intent Sheet

Athletes Name: _____ Age: _____

Team: _____

Emergency Contact: (Available during the camp times)

Name: _____

Cell: _____ Work: _____

Name: _____

Cell: _____ Work: _____

Name: _____

Cell: _____ Work: _____

PLEASE ATTACH A COPY OF YOUR CHILDS INSURANCE CARD TO THIS FORM

Please Note any important medical info here: (IE Allergies, Medications etc):

Please initial next to each of the following that we have permission to administer during camp.

____ My child can be given Advil or Tylenol based on their weight and age as needed.

____ In the event of an injury that Five Star Directors believe needs immediate attention, I give the directors permission to call an ambulance at my cost, at their discretion.

____ Appropriate first aid may be given by our First Aid Trained staff for minor injuries at camp.

Please select one:

My child will be attending camp

My child will be attending camp, but I will be picking them up at the designated times and bringing them back daily.

My child will be missing camp, and I have submitted the absence forms to the desk. I understand that by missing camp, my athlete may be a front spot or standing behind a stunt.

Please select all that apply:

I would like to be a parent volunteer helping with meal preparation

I would like to be a parent chaperone, and stay in the room with athletes during the evening.

I would like my child to be in a room that is chaperoned.

I have an RV that I could set up at the RV park at the GSR for meal preparation.

The athlete listed above has my permission to participate in the Five Star Athletics Super Camp for 2015/2016. In consideration for the training and coaching provided by Five Star Athletics and the Super Camp Staff, I understand that my son/daughter must abide by the rules and regulations set forth by the coach. I understand that the violations of any of these rules may lead to removal from the event.

We acknowledge and recognize that hazards are present in any athletic event and that injury may result. Five Star Athletics coaches, Super Camp Staff or volunteers will not be liable for injury that occurs during cheerleading practice, contest, or travel to and from cheerleading activities.

Parent/Guardian Signature: _____

Date: _____

Athlete signature (if 18 or over): _____

Date: _____