

SOFTBALL DAY CAMP CHECKLIST (Summer Camp)

ESSENTIAL ITEMS -- Bring these items no matter what !!

(please check these off as you pack them)

- 1. Softball glove(s) (*Is your name on your glove?*)
- 2. Personal bat (if you have one) (*Is your name on your bat?*) (I'll engrave it if you ask)
- 3. Equipment bag or sports bag (if you have one) (*Is your name on your bag?*)
- 4. Hat or visor (*Is your name on your hat or visor?*)
- 5. Extra pair of sweatsocks (**not** regular socks!) for afternoon half of session
- 6. Softball cleats (during outdoors part of session)
- 7. Regular gym shoes (during indoors part of session)
- 8. Pair of open-toe sandals/flip-flops (like Nike' or other) for use between morning & afternoon sessions (and when finished for the day) -- your feet will thank you!
- 9. Batting glove(s) (preferably one for each hand, but at least have one for batting)
- 10. Extra t-shirt (in case one becomes too uncomfortable or too wet from sweat or rain)
- 11. Loose sweatshirt (if weather forecast indicates possible need for this)
- 12. Sports bra (if necessary) -- Moms -- this is your department!
- 13. Gym shorts -- two reasons -- (a) good for underneath sweatpants in case of sliding, and (b) good for indoor part of session
- 14. Sweat pants -- two reasons -- (a) good for any practice to help protect your legs, and (b) good to help protect legs if sliding is necessary
- 15. About \$10-\$20 -- in case you want to purchase some other snacks, or if a lunch isn't included in your camper's fee, or if you want to buy an extra souvenir shirt or item that are often available at these camps. Ask your coach if you're unsure about this.
- 16. Two large bottles of chilled Sports-Aide or Gator-Aide drinks -- please don't bring pop!!
- 17. Light snacks that aren't affected too much by heat -- suggested: raisins or grapes, granola bars, fruit bars/snacks (pouches), snack crackers, an apple or orange, or certain cookies.

OPTIONAL ITEMS -- Bring these items only if you need to or want to !!

(please check these off as you pack them)

- 1. Prepaid phone card (do you want to call home [not boyfriends!] if you have a long break?)
- 2. Ankle or knee brace(s) or Ace bandages (if you need to wear one)
- 3. Any scheduled medication doses you'll need during that time of the day.
- 4. Shatterproof sports sunglasses (if you use them)
- 5. Your favorite batting helmet (if you have one) -- ask your coach to bring it with him
- 6. Your favorite bat (if you have one) -- ask your coach to bring it with him
- 7. Your catcher's equipment (if you're a catcher) -- ask your coach to bring it with him
- 8. Any feminine hygiene products you might need -- not my area of expertise!
- 9. A notepad & pen -- to jot down notes, phone numbers, contacts, autographs, etc.

(next page or reverse side please)

(page 2)

SOME FURTHER IMPORTANT TIPS...

1. **A PREPARED CAMPER IS A HAPPY (& SAFE) CAMPER -- PLEASE pack the night o day before!**
2. **GET LOTS OF SLEEP EACH NIGHT BEFORE CAMP -- PLEASE** don't waste our time together (or your money) by not being rested! You can't possibly get the best investment of your time & efforts at camp without proper rest! Sleepovers, parties, etc. should be postponed since your preparedness for camp should take priority.
3. **EAT SOMETHING NUTRITIOUS FOR YOUR BREAKFAST**, even though it's early in the morning. Going to camp on an empty stomach is not a smart idea.
4. **PLEASE ARRIVE AT CAMP ON TIME!** -- Plan to get there early because of sign-ins and registrations (especially if you're not already pre-registered). Please arrange rides ahead of time!
5. **AVOID WORRYING** about "making mistakes", "not knowing what to do", or impressing the coaches. We usually recognize ability & talent whether you have a good day or not! Instead, impress yourself by being mentally & physically ready to accept the challenge -- just like preparing yourself to play in a game. Do the best you can at your particular level -- not someone else's level. Day camp is to help you learn to play ball properly and better -- not to play "perfectly". Avoid being overly concerned with "how she's doing" -- be more concerned with you instead! **Watch, listen, and learn all you can** -- your instructors are considered to be experts!
6. **IF TIME PERMITS, ASK QUESTIONS AND/OR TALK TO THE INSTRUCTORS --** you're paying them, so make them earn it! Everyone there is usually very friendly and approachable anyway. After all, they want you to come back again next year.
7. **PLAN TO GET TOGETHER WITH YOUR COACH TO TALK ABOUT YOUR EXPERIENCE AND WHAT YOU LEARNED** (unless he/she was already there with you !) -- this is important because it helps your coach to know how to help you better -- perhaps you identified some weaknesses or strengths during camp that need to be examined, or perhaps you learned some new techniques that you'd like to practice. Your coach should be anxious to hear about your experience!
8. **BE PREPARED TO LEARN WHILE STILL HAVING FUN !!**

ATTENDING DAY CAMP IS USUALLY IS USUALLY THE MARK OF THE EXPERIENCED OR ELITE PLAYER -- IT'S DEFINITELY NOT FOR EVERYONE. LIKE ANYTHING ELSE IN LIFE, YOU'LL USUALLY GET OUT OF IT WHAT YOU PUT INTO IT. YOU HAVE THE OPPORTUNITY TO LEARN MORE IN A FEW DAYS THAN WHAT SOME PLAYERS WILL ACTUALLY LEARN DURING AN ENTIRE SEASON -- THE TRICK IS TO APPLY WHAT YOU LEARN IN THOSE FEW DAYS BY PRACTICING AS MUCH AS POSSIBLE !! ONLY YOU CAN MAKE THIS HAPPEN !! HAVE A GREAT EXPERIENCE !!