

# The Ultimate Summer Sports Camp Checklist



- Research the different types of camps.** Whether your athlete is just discovering what sports they love or they are looking to highly specialize in a specific sport, there's a summer camp for everyone.
- Select the camp type for you.** When it comes time to browse summer camps online, you'll want to answer these three questions as you review your options; who's hosting, what are the camp's objectives and are there fees and requirements?
- Find a camp on NCSA's full comprehensive list.** Our team has compiled a comprehensive list of summer sports camps, so you can create your camp itinerary with ease.
- Prepare and pack for your camp.** Here's a list of must-pack items, so athletes arrive prepared and ready to train:
  - Proper sports equipment and safety gear
  - Reusable water bottle
  - Snacks to stay fueled
  - Backpack
  - Bagged lunch (if not provided by the camp)
  - Combination lock (if necessary)
  - Extra set of clothing
  - Hat or sunglasses
  - Sunscreen
  - Insect repellent
  - Rain jacket
- Send intro email to coach hosting/attending the camp.** It's important to let college coaches know what camps you're attending. Send an email to the coaching staff outlining your summer camp plans, so they know to keep their eye out for you during the camp.
- Make the most of your experience and training.** Stay focused on learning from the camp hosts to develop your skillset, while also building relationships with the coaches and other athletes attending.
- Email and stay in touch with coaches you met while at camp.** Once you're home from camp, the first thing you should do is send a quick email to the coaching staff thanking them for the experiences and highlighting one or two things you learned from the program.