



# Advisor Camp Notes Page 1

## **Four Day Schedule**

- Please carefully review this schedule, as we will be sticking to this itinerary.
- We suggest that all advisors/coaches watch the demonstrations of all routines to help determine which classes campers participate in.
- Advisors/coaches may want to set formations for the routines according to the capabilities of each individual. This will help make classes much more enjoyable and stress-free for everyone.

## **Staggered Meals**

All meals will be eaten in the cafeteria.

Advisors and Coaches will be given a schedule of your team's assigned time to eat breakfast, lunch, and dinner.

## **Buddy Instructors**

Each squad has a Buddy Instructor that will work with the squad while teams are working on routines. If you or your team have any questions about routines ask them first. Many Instructors will have more than one team that they will be working with. It is the responsibility of every Buddy Instructor to introduce themselves to their team's coach and to check with you to see how the team is doing at camp. Please let us know if your Buddy Instructor does not follow through with their responsibilities. Due to the U.S. Spiritleaders method of presenting technique through choreographed routines, we have a large staff. There are Master Instructors, Veteran Instructors, and many First Year Instructors. Please don't wait until the end of camp to let us know how we can help our Instructors grow as better teachers.

## **Support Staff-First-Aid and Emergencies**

- **On The Field:** If you have any questions, problems or emergencies, a Camp Director will be available on the field. Other support staff will also be present throughout camp.
- **In The Dorms:** If there are any problems or concerns, which includes lockouts, you will be informed at our Coaches Meeting who to contact during camp hours and also at night.
- **At The Hotel:** Please contact the front desk for any lock outs or emergencies.
- **First-Aid** will be available on the field throughout the entire duration of camp. Taping will not be provided. The EMT staff is present for emergency situations only.

## **Camp Rules**

- Campers must walk to and from locations. Advisors may only transport injured campers.
- There is no saving of places or cutting in line for meals.
- Lights out at 11:00 p.m.
- Absolutely No Guests Are Allowed. (Especially in the Dorms/Hotel) You must notify the Staff of any expected guests.
- Report any suspicious people to the U.S. Spiritleaders, Vanguard University or Hotel Security Staff.
- Close all shades when changing clothes.
- No bare feet are allowed outside of the dorm/hotel rooms. This applies to all Campers, Coaches, and their children.
- Parents are the only people that can take their children off campus. Please notify the Staff of any such situation.
- Do not walk around on campus alone. Help us enforce the "Noah's Ark" Policy.
- There are no Co-Ed Rooms; therefore all girls/boys must stay in their own rooms except for the Common Lounges.
- Remind your students to be considerate of other teams. This includes ripping down signs, noise level, and sleep time.
- No Smoking, Drinking and Drugs are allowed.
- Failure to comply with any of these camp rules will result in a camper being sent home.



# Advisor Camp Notes Page 2

## **Lock-Outs**

For Lock Outs please contact your Coach first and the U.S. Spiritleaders Support Staff second. We suggest that the coach or advisor collect one key per room so you have a spare in case of lockouts. Contact the front desk for Hotel Lock Outs. In the Dorms between 7:00 am and 11:00 pm contact Leesa Amon (949) 212-9973. If the Dorm lockout is between 11:00 pm and 7:00 am Leesa Amon will give you the number to call at our first Coaches Meeting.

## **Staying Healthy and Preventing Injury at Camp: Tips To Give Your Students**

- Wear sunscreen all day long. Remember to re-apply.
- Wear sunglasses, hats or visors...but not while stunting.
- Stunting is only allowed on the main field.
- Make sure everyone has a water bottle. We will also be providing water on the teaching field.
- Please ask your students not to fill their water bottles and jugs from the water coolers on the field.
- Sweatshirts and warm-ups will be necessary for night sessions
- Discourage junk food, candy, or soda throughout camp! It will only slow them down.
- Encourage only healthy meals and snacks.
- Make sure every student stretches before learning material.
- No ear or body jewelry is allowed while stunting.
- Allow students to relax during meal breaks.

## **Camp CD**

The U.S. Spiritleaders camp music CD will be given out at our Coaches Meeting on Day 2 at 3:00 pm. This is done so that the campers do not hear the music prior to the demonstration of all the routines they can learn. We feel this makes the Staff Demos more exciting. Every advisor will be given one camp CD per school.

## **Spirit Sticks**

We award spirit sticks to individuals on the 2nd and 3rd night of camp from every squad. Your Buddy Instructor should check with you to find out their first and last name. If there are any students that are causing problems for you, and you do not think they should be eligible please let your Buddy Instructor know.

## **Advisor/Staff Mixer**

The mixer will be on Friday night from 8:45-9:00 p.m. (location TBA). This is a great opportunity to meet the staff and other advisors/coaches. This will happen during Spirit Stomp and right before we announce your Spirit Stick winners.

## **Check-Out at Vanguard University**

Advisors must turn in all dorm keys during or after lunch on the last day of camp. This is always a hectic time for all. Everything has to be packed up before or during lunch and at the same time leaving enough time for your students to eat lunch and change for Closing Ceremonies. The advisor along with a U.S. Spiritleaders representative must do a walk through of each dorm room occupied, before turning in your keys. Rooms must be free of garbage. Any damage to the dorm room must be paid to the university at the time of check-out. Lost keys are \$50.00. We will let you know if Advisors may keep one room for luggage storage.

## **Check-Out at the Hotel**

Advisors will be given the check out procedures during check in. All teams will check out on the morning of Day 4. In other words, once teams leave for the University, they will not be returning to the hotel for the remainder of camp.