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DREAM CAMPS

2021 SURVIVOR

**OUT OF
QUARANTINE**

And Ready to train



**CAMP
INFORMATION
PACKET**

**ALL YOU
NEED TO KNOW**

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WELCOME TO CAMP!

**Where we take your Dreams and
make them reality.**

Welcome to camp 2021. We are so grateful you have chosen to spend your 2021 camp experience with us at Dream Camps. We look forward to providing you with a camp experience unlike any other in the country.

From our top tier staff to our camp theme and challenges we strive to make your summer experience one you and your team can carry with you through the season.

Remember that one of the greatest things about Dream Camps is we can modify what your rotations are training during camp. So do not feel stuck within the confines of an unchangeable schedule.

Camp Rules and information

Camp Rules



Leave other peoples personal property alone. If it is not yours, don't touch!



Clean hands regularly **with soap and water**



Keep your water bottle with you at all times. **HYDRATE**



No athletes In the gym without D/C staff or your team coach



Do not flush anything down the toilets that is not toilet paper.

Wi-Fi and communication

Wi-Fi is available throughout camp. **DO NOT** share the password with athletes

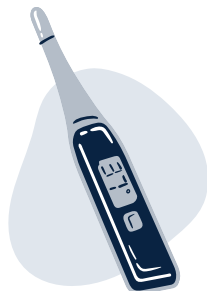
Your buddy has the passwords and will give those directly to coaches

Phone calls, we have a landline on site and can make cell calls from the entrance area of camp.



Injuries ...

- Dan is your point of contact for injuries and illness
- Kids will be sore we need to ensure medical supplies are available for those who have injuries and not just aches.



Pro Shop & Concessions

Concessions will be open at all meals and during open gym.

Pro Shop will be open at arrival and departure as well as each evening during open gym.



SURVIVOR

THE RULES OF THE GAME

**Strategy will be critical
to winning camp
survivor champion**

Challenges will earn teams points throughout camp. Points will be awarded based on the teams placement in the team challenges. Challenges will be 1. Cabin Judging (first day judgement and ongoing cleanliness).
2. Afternoon survivor challenges.
3. Evening survivor challenges.

Tribal Council

Each evening teams will attend tribal council. Each team will send 1 representative to tribal council to nominate 1 member of ANOTHER team off the Island. The member receiving the most votes will be ineligible to compete in additional team challenges. Teams receiving the immunity torch will not be eligible for having a member nominated.



IMMUNITY TORCH

The immunity torch is a new addition to Dream Camps. The Immunity torch will be given out each evening to 1 team. This will remove the team from potentially having one of their teammates eliminated from team participating in future challenges.

The immunity torch will be awarded to teams voted on by the staff.

Factors they will consider will be based on positivity, team spirit, work ethic, and more.

Teams receiving the Immunity torch should display the torch outside their cabin and add a NON FLAMMABLE decoration to the torch.

Coaches Coffee

9:10 AM DAILY IN THE GREAT HALL

DAILY TOPICS

Building School Spirit	Day 1
Developing Team Leaders	Day 2
Creating culture	Day 3
Camp Recap	Day 4



ALL AMERICAN NOMINATIONS

What is a D/C All American?

All Americans are athletes recognized by staff for their exceptional performance. If you have a particular athlete you believe should be looked at for All American please notify your buddy so they can make sure they don't miss your standout athletes.

What does staff look for to nominate All Americans?

All Americans exemplify one or all of these criteria:

HIGHLY Motivated

Disciplined

Demonstrates Leadership

Encouraging

Athletic mastery at their level

Excellent performance above their peers

How many Nominations will you give?

We will give between 15 and 25 nominations per camp. Nominees are announced daily during the evening activities.

What will Athletes perform during and All American Tryout?

Athletes will be asked to perform their best running and standing tumbling, jumps and perform the camp dance. Execution is weighted much more heavily than difficulty of tumbling.

What do All Americans receive?

All Americans receive a certificate at camp and later receive an engraved ring that will say D/C All American 2019

How many athletes will be selected for All American?

10 to 15 athletes will be selected depending on size of camp.

SURVIVOR CHALLENGES #1

DAY 1

Explanations of each challenge and how many athletes are needed to participate



SLIP AND SLIDE RELAY - 6 PARTICIPANTS

All team members will need to slide down the slip and slide, reaching the end and using their sure hands to toss water balloons to one another. Finally breaking the water balloons as a team to fill their measuring bucket!

EPIC RELAY - 6 PARTICIPANTS

2 Athletes will pass water to one another
3 athletes will hold a water bottle while a catcher fills then run to a table to receive a riddle cube (these people will get really wet)
1 Athlete will solve the riddle spelling out the key word with the cubes.

WATER BALLOON LAUNCH 4

4 Athletes will work together to use a water balloon slingshot to hit their targets at varying distances with water balloons. Team work and accuracy will reign supreme In this challenge.

BEST JUMPER

Best Jumper Is a competition available for any camp athlete to participate In. We recommend that any athlete wanting to participate do so! This Is done In front of the whole camp. Jumpers will be asked to show us single jumps In groups of 3 to four. We will eliminate jumpers until we get to the camp champion best jumper. Athletes who compete should have a thick skin. We do not eliminate people lightly, but there can only be one winner.

All American Nominations will be awarded at the end of the evening. All American Nominees will have the opportunity to compete to be named all American at the end for camp.



CHOOSE WISELY

Determine who will be voted out at the tribal council wisely. Teams that create alliances will prevail!

SURVIVOR CHALLENGES #2

DAY 2

Explanations of each challenge and how many athletes are needed to participate



CLIFF DIVING - 2 PARTICIPANTS

Bring your best and biggest belly floppers. Style, technique, slap and splash will all be judged in this traditional camp event.

LEAN BACK CHALLENGE - 2 PARTICIPANTS

2 athletes will each hold an end of rope. One will lean back one knot every 30 seconds. Last team to be standing and not fall in wins the challenge!

DEEP SEA FISHING - 3 PARTICIPANTS

Catch as many deep sea fish as you can in 60 seconds with your teammates. You can only use the approved nets to catch your fish at the bottom of the ocean. Swimming required!

UNDERWATER KNOTS - 2 PARTICIPANTS

2 athletes will take turns going underwater to untie the balloon tied to the bottom. First team to release their balloon will win. Breath hold and comfort under water required for this event.

BEST TUMBLER

Anyone can participate in best tumbler.

Athletes will be evaluated on difficulty, execution and mastery of the skill.

Execution will be heavily weighted and difficulty will not be the most important aspect. However athletes who are intentionally sandbagging far below their skill level will be eliminated.

All American Nominations will be awarded at the end of the evening. All American Nominees will have the opportunity to compete to be named all American at the end for camp.



CHOOSE WISELY

Determine who will be voted out at the tribal council wisely. Teams that create alliances will prevail!

SURVIVOR CHALLENGES #3

DAY 3

Explanations of each challenge and how many athletes are needed to participate



SANDBAG CHALLENGE - 4 PARTICIPANTS

2 team members will work together to retrieve sandbags from across a fictional river. Then toss the sandbags to two teammates on the other side of the ravine. Those athletes will toss them into buckets to complete the challenge. Throwing and catching skills recommended.

IDOL HANDS - 4 PARTICIPANTS

Head to head tournament. Don't let your Idol be knocked to the ground. Use strategy to your advantage to try to knock the other players Idol to the ground without dropping your own.

WHAT AM I TOUCHING 5 PARTICIPANTS

Each athlete will, while blindfolded be presented with an object and try to identify, "What am I touching". This is a speed challenge.

BEST STUNT GROUP

Any Stunt group can enter. No more than two stunts performed. Execution will be HEAVILY weighted over difficulty of stunts. If two stunts are executed equally well then difficulty will gain the advantage.

All American Nominations will be awarded at the end of the evening. All American Nominees will have the opportunity to compete to be named all American at the end for camp.



CHOOSE WISELY

Determine who will be voted out at the tribal council wisely. Teams that create alliances will prevail!

DAY 1 SCHEDULE

7:45 - Breakfast

8:30 - Staff Introductions

8:45 - Warmup & Stretching

9:00 - V Tumbling with Dylan and Sammie, JV Dismounts/Tosses with Jalani and Kylee

9:30 -10:00 - Coaches Coffee

10:00 - V Dismounts/Tosses with Jalani and Kylee, JV Dance with Taylor

11:00 - V Dance with Taylor, JV Pyramids with Vante and Raven

12:00 - 1:30 - Lunch

1:30 - Team Challenges - Meet in Gym

2:00 - Team Time

3:45 - Warmup

4:00 - V Pyramids with Vante and Raven, JV Team building with your buddy

5:00 - V Team building with your buddy, JV Tumbling with Dylan and Sammie

6:00 - 6:50 - Dinner

7:00 - Best Jumper Competition

8:00 - 9:30 - Open Gym

DAY 2 SCHEDULE

8:00 - Breakfast

8:45 - Warmup & Stretching

9:00 - V Team building with your buddy, JV Tumbling with Dylan and Sammie

9:30 -10:00 - Coaches Coffee

10:00 - V Tumbling with Dylan and Sammie, JV Stunts with Jalani and Kylee

11:00 - V Stunts with Jalani and Kylee, JV Pyramids with Taylor

12:00 - 1:30 - Lunch

1:30 - Team Challenges - Meet in Gym

2:00 - Team Time

3:45 - Warmup

4:00 - V Pyramids with Taylor, JV Stunt transitions with Vante and Raven

5:00 - V Stunt transitions with Vante and Raven, JV Team building with your buddy

6:00 - 6:50 - Dinner

7:00 - Best Tumbler

8:00 - 9:30 - Open Gym JV, Varsity Campfire

DAY 3 SCHEDULE

8:00 - Breakfast

8:45 - Warmup & Stretching

9:00 - V Pyramids with Taylor, JV Stunt with Vante and Raven

9:30 -10:00 - Coaches Coffee

10:00 - V Stunt with Vante and Raven, JV Team building with your buddy

11:00 - V Team building with your buddy, JV Tumbling with Dylan and Sammie

12:00 - 1:30 - Lunch

1:30 - Team Challenges - Meet in Gym

2:00 - Team Time

3:45 - Warmup

4:00 - V Tumbling with Dylan and Sammie, JV Tosses/Dismounts with Jalani and Kylee

5:00 - V Tosses/Dismounts with Jalani and Kylee, JV Pyramids with Taylor

6:00 - 6:50 - Dinner

7:00 - Best Tumbler/Stunt Group

8:00 - 9:30 - Open Gym Varsity, JV Campfire

DAY 4 SCHEDULE

8:00 - Breakfast

9:00 - Cabin move out

10:00 - Mini routine prep and choreography

11:00 - All-American tryouts

11:30 - Mini routine performances

12:30 - Final awards

1:00 - Depart

A close-up photograph of a campfire with bright orange and yellow flames. Three white marshmallows are skewered on sticks and are being roasted over the fire. The background is dark and out of focus, showing more of the fire and some dry sticks.

CAMPFIRE

CAMPFIRE INFORMATION

Campfire is one of the greatest team building events we do at Dream Camps!

Teams that have campfire will break after the evening announcements and have a chance to change. Athletes are encouraged to wear comfortable clothes, bring a blanket and wear bug spray. We will be out around the campfire for a few hours enjoying the time!

Campfire Convo

Campfire can be fun, funny, and emotional experience. Your buddy will discuss with you ahead of time the group sharing questions so you can be prepared to share. The more open you are the more the tone is set for the team to open up and trust one another.

Staff will make an announcement about mandatory reporting prior to any questions