
DREAM CAMP INDIVIDUAL 2022

July 20th - 25th



Thank you for joining us for the summer of 2022 Dream Camps. Dream Camps individual camp is the only camp of its kind in the pacific northwest, and now widely considered one of the top individual camps in the country! This packet has all the information you need to make sure your athlete is prepared for camp! We have included our COVID-19 protocols for camp in the back of this packet, these are general protocols and not the most in depth documents and protocols we have on hand. We will follow whatever the most current guidance is from state and local health authorities.

Dream Camps builds a complete cheer gym at camp. 2 spring floors, tumble track, rod floor and foam stunting mats throughout.

Dream Camps Schedule -

Arrival Days - Arrival days are the day prior to camp starting, referred to as Day 0.

Arrival is allowed after 5PM. Individual camp arrival day is July 20th.

Full training Days -

Full training days consist of warmups, 5 hours of structured rotations, and open gyms in the evening. Athletes with the Gold and Silver Package will have private lesson times in during the afternoon.

Departure days -

Departure days are half days of training. Athletes will revisit the skills they have been developing and perform them for their parents who have come to pick them up. Performances are around 11:30 pm. Camp departure is at 1PM, Athletes are given the opportunity to eat, or take a to go lunch with them!

What is included -

All food, lodging, instruction and activities.

What isn't covered -

Transportation too and from camp. Extra snacks, drinks and camp clothes.



Athletes also have the opportunity to participate in individual and team challenges during their off training hours! We pack as much fun as possible into the day!

2022 THEME

The 2022 Theme for camp is Olympics. Teams will engage in various challenges to earn points toward camp champs. Individual camp athletes will also have the opportunity to participate in evening challenges like best jumper and best tumbler!



Where is camp?

Camp is hosted at the United States Basketball Academy

Located at **54705 SW Mckenzie HWY Blue River Oregon.**

The USBA/Mckenzie River Resort is in the process of an Ownership change over. We are excited to have a new group of Owners taking on this amazing facility. This could actively impact Some of the historical layouts of the camp as they continue to Improve and re-imagine the property.



2021 Camp Staff

We are honored to provide one of the best Camp Staff consisting of guest coaches from around the country.

This years 2022 tentative Individual Camp Staff!

- Mike Seitzer - Tumbling director Island Elite, world champion power tumbler, world champion cheerleader
- Sean Guzman - Top Gun Allstars Miami Tumbling Director, 6x World Champion
- Jordan Hearn - Top Gun Miami Lady Jags Coach, 3x world champion.
- Kali Sietzer - The most decorated female athlete in cheerleading with over 15 national and world titles.
- Dan Cotton - Owner and Director of Dream Camps

AND MORE!!!! No other camp in the COUNTRY brings together this elite level of staff. Only at Dream camps can you work with all of these instructors at the same time in the same place! (Note - not every staff member works every camp, but D/C will always have an ELITE staff for your team)



Packing List

- Bedding (Sleeping bag or Blankets)
- Pillow
- Shower Supplies
- Tooth Brush & Tooth paste
- Feminine Hygiene needs
- Deodorant
- Towel
- Flip Flops
- Bathing Suit
- Sleeping Clothes
- Practice Clothes (4 - 6 Sets)
- Extra Sports bras and underwear
- Cheer Shoes
- Normal Athletic Shorts
- Bug Spray
- Sun Screen
- Epi Pen (if prescribed)
- Prescription medication
- Sun Glasses
- Cell Phone Charger
- Personal Water Bottle (REQUIRED)
- Cash or Card for pro shop (we will have some awesome stuff)
- Extra snacks

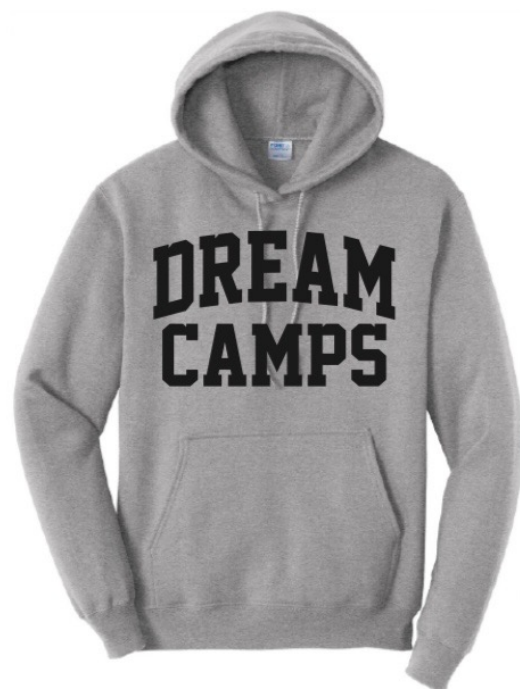
Camp Store!

The Dream Camp Store is back with some great items!!!

We will have our standard drink stand available where athletes can get their caffeine fix or a nice cold smoothy.

We will be adding in snacks available for purchase at the store this year to have some creature comforts available!

Camp clothes are also available for purchase. We will have Tanks, Shorts, Sweatshirts, Hats and more available at camp.



COVID 19 Protocols

Oregon has some of the most restrictive COVID-19 Protocols in the country, but the good news is overnight camps are 100% APPROVED!!!!

Additionally the gym has so many bay doors that we can have them all open and are certified by the state as an outdoor space! That means that when athletes are engaged in stunting activities they will wear masks, under current requirements, but when they are tumbling and able to be physically distanced they do not have to wear a mask!

Health Screening

For the week prior to camp we are asking people to track their temperature and do a self assessment on any symptoms. Additionally we are asking them to assess if they have come into close contact, 15 minutes or more of close contact, with someone who tested positive for COVID-19. If someone shows symptoms of COVID prior to camp we would ask that they not attend without getting tested at a licensed facility.

Upon arrival at camp athletes will be screened by our staff. They will answer a series of questions in regard to if they have monitored their health prior, and if they are experiencing other symptoms as well as have a temperature check. We would encourage team coaches to screen all athletes prior to getting on the Bus for camp to ensure everyone arriving is in good health. Staff will continue to monitor themselves and the attendees for signs or symptoms of COVID. If at any point an athlete demonstrates signs or symptoms of covid that athlete will be quarantined in the Wooden Cabin with a staff member or responsible adult until their parent can be reached.

Dream Camps will have a limited number of rapid tests on site if needed to asses a potential infection and guide if an athlete needs testing at a certified facility.

As per the CDC Vaccinated individuals who come in contact with someone who tests positive do not have to quarantine. Athletes or coaches who have received the vaccine please bring proof of Vaccine with you to camp.

Group Activities

We will be taking steps to ensure that you still get as close to the same experience as we can offer. Some of the standard group activities will be modified to eliminate and or prevent cross exposure.

Sleeping Cohorts

Sleeping Cohorts will not be above 30 Athletes. Teams will not share cabins or sleeping space with other teams. Cabins will maintain an all windows open status when occupied by athletes. Athletes will sleep head to foot in regard to bunks with a minimum of 6 feet of spacing between athletes.

