

Houghton University

Girls Basketball Camp June 30-July 4, 2024



IMPORTANT PHONE NUMBERS:

Camp Director: Coach Phil Pellegrino (585) 490-8125

Camp Director E-Mail: phil.pellegrino@houghton.edu

Safety and Security: (585) 567-9333 (on duty 24-hours a day in the event of an emergency)

IMPORTANT ADDRESS:

Sunday Registration and Drop Off: **June 30, 2024 6:00-7:30pm** (for Resident and Day Campers. Elementary Day Campers register on Monday, July 1 from 8:00-9:00am)

Houghton University Nielsen Center

1 Willard Avenue, Houghton, NY 14744

<https://www.houghton.edu/admission/visiting/campus-map/>

PAYMENTS AND FINAL BALANCES:

- All payments are completed online through your UltraCamp Registration.
- You have the option to pay in full or make smaller monthly payments.
- Payment amount or changes can be adjusted by contacting conferences@houghton.edu

GIRLS BASKETBALL CAMP REFUND POLICY:

- Withdrawal 3 weeks prior to Camp Start Date: If payment is above the \$50 non-refundable deposit, full refund less the \$50 deposit.
- No refund granted if withdrawal is within 2 weeks of camp.
- Special consideration will be given if withdrawal is for medical reasons.

REGISTRATION DAY:

- **Registration on Sunday is from: 6:00-7:30pm at the Nielsen Center.**
- Campers will check-in and meet camp staff, receive camp t-shirt, meet with the summer medical staff, and drop off belongings in their dorm room.
- **NEW! FORMS SUBMITTED ONLINE PRIOR TO ARRIVAL**
 - Medical Forms – A physician's signature must accompany each medication, both prescriptions and over the counter, must be turned into the camp health director at time of check-in.
 - All of your over-the-counter and prescription medications must be labeled and in their original containers.
 - Copy of Immunization Record and Copy of Insurance Card

CAMPER PICK-UP:

CAMPER PICK-UP: Camp will end after the Awards Ceremony on Thursday at 11:30am.

2024 BASKETBALL CAMP DAILY SCHEDULE

Monday- 8:00-9:00am- Elementary Day Camper Registration



MONDAY-WEDNESDAY SCHEDULE

7:30am	Wakeup Call
8:00am	Breakfast (<i>clear out of dining hall by 8:25am</i>)
8:30am	Roll Call *Day Campers Arrive
8:35am	"Tip-off" Thought for the Day
8:40am	Warmup/Stretch
8:55am	Skill Development
9:50am	2v2/3v3 Team Play
10:40am	League Game (release at 11:35am)
11:45am	Lunch (<i>clear out of dining hall by 12:30pm</i>)
12:35pm	"Half-Time"
1:05pm	Roll Call
1:15pm	Team Practice
1:35pm	League Game
2:30pm	Swim/Video/Extra: Strength & Conditioning Session/Sports Nutrition/Leadership Challenge
3:25pm	Skill Development
4:00pm	*Elementary Day Campers Released
4:20pm	Roll Call
4:25pm	Devotion (<i>release for dinner no earlier than 4:55pm</i>)
5:00pm	Dinner (<i>clear out of dining hall by 5:45pm</i>)
5:55pm	Roll Call
6:00pm	Free Throw Competition
6:30pm	League Game
7:25pm	Clinic
8:00pm	Competition (changes each day)
8:35pm	Roll Call and Dismissal *Day Campers Released
9:00pm	Snack Shop Open in Dorms
9:30pm	All Residents Must Be in Dorm
10:15pm	Lights Out (Grades 7-8)
10:45pm	Lights Out (Grades 9-12)

THURSDAY MORNING SCHEDULE

7:30am	Wake Up Call
8:00am	Breakfast (<i>clear out of dining hall by 8:25am</i>)
8:30am	Roll Call *Day Campers Arrive
8:35am	"Tip-off" Thought for the Day
8:40am	Consolation Games
9:40am	Championship Games
10:40am	Roll Call
10:45am	3 on 3 Competition Finals
11:00am	Awards Ceremony
11:30am	Check Out

Have a great week and enjoy camp. We are so excited you have chosen to spend this week of your summer with us!

CAMPER EXPECTATIONS AND INFORMATION:

Houghton Basketball Camp is intended to be an educational experience encouraging players to grow as both athletes and individuals in a safe and enjoyable environment. Observation of the rules, and positive interactions with counselors and other campers are necessary to achieve this goal. Therefore, we ask that you abide by the following rules during your time at camp:



- Demonstrate Excellence in all that you do. Give your best for the few days you are here.
- We have a **ZERO TOLERANCE** policy for bullying so that every camper is safe. We will not tolerate any behaviors toward another camper that could be considered harassing, intimidating, threatening, or demeaning. Any camper involved in this type of behavior will be dismissed from camp without refund.
- Modest dress is expected and a shirt must be worn for all training sessions.
- No swearing, smoking, gambling, drinking, drugs, or indecent photos. Any such offense gives us grounds for dismissal from camp.
- You must not leave campus for any reason unless approved by Coach Pellegrino. Campers must be signed out by a parent if they are approved to leave early during the camp day.
- No cell phones permitted during training sessions or formal camp gatherings unless a coach grants permission. Phones are permitted to be used in dorms and at meal times.
- Look for ways to encourage fellow campers whenever possible.
- All injuries must be reported to the Athletic Trainer when they occur. Keep up with necessary pre/post-play treatments. The Athletic Trainers have a lot of counselors to look after, so be diligent!
- Follow the Daily Schedule. Be in the proper place at all times. Be early!
- Campers are NOT permitted in ANY building other than your dorm, the campus center, the Kerr-Pegula Field House and the Nielsen Athletic Center, unless otherwise directed by the Coach Pellegrino.
- Stay with your assigned counselor during free times or non-basketball activities. Campers ARE NOT permitted to be without counselor supervision for the duration of camp.
- Do not enter another camper's room without their express permission.
- Respect individuals' property. Vandalism and theft will result in immediate dismissal without refund.
- Please keep the dorms clean. Use garbage cans on each floor.
- Directors and floor counselors may inspect your room at any time without advance notice.
- Be aware of lights-out times. These will be enforced throughout the week.
- Be aware of roll-call times. You are responsible for being in the right place with your counselor.
- Damage to university property will be billed to camper and parents/guardian.
- Leave all areas more clean and better than we found them (i.e. cafeteria, tennis courts, dorms)
- Campers must stay with counselor when transitioning from one area of campus to another.
- No food or drinks are to be taken into the pool area.

THINGS TO BRING TO CAMP:

- \$30.00 Key Deposit (Refundable)- **Exact Change Appreciated**
- Pillow, Sheets (twin beds), Blankets, Towels, Toiletries
- Alarm Clock
- Fan (optional but **strongly recommended**)
- Basketball Sneakers, Running Shoes (to be able to rest your feet and protect the gym floor)
- Athletic attire (shorts, t-shirts) for 5 days plus additional for changes
- Swimsuit & towel - during the few breaks we have, campers can choose (optional) to take a swim, watch a basketball video, or enjoy the air-conditioned field house (all supervised)
- Sunscreen
- Personal spending money for concession stand (optional)
- A great and courteous attitude toward all



THINGS NOT TO BRING TO CAMP:

- Refrigerators
- Televisions and/or VCR's and/or video game attachments
- Valuables, we are not responsible for anything that is lost or stolen

DIRECTIONS TO HOUGHTON UNIVERSITY CAMPUS:

From Jamestown, NY

- * Take Interstate 86 East (Southern Tier Expwy.) to exit 30 (Belmont).
- * Turn left onto Route 19 and follow north 14 miles to Houghton.

From Rochester, NY

- * Take Interstate 390 South to the Mt. Morris exit.
- * Turn left at light off ramp and follow light in Mt. Morris.
- * Take left at light, then take an immediate right at light and follow Route 408 south to Nunda.
- * Turn right at light in Nunda onto Route 436 to Portageville; turn south on 19A (later turns into Route 19) to Houghton.

From Buffalo, NY

- * Take Route 400 south, which becomes Route 16, to Yorkshire (Arcade).
- * Turn left onto Route 39 east and follow to Route 98.
- * Turn right at light and follow to Caneadea (Route 98 turns into Route 243).
- * Turn left at blinking light at end of road; go north on Route 19 and follow 3 miles to Houghton.

From Greater New York City

- * Take Interstate 86 West (Southern Tier Expwy.) to exit 30 (Belmont).
- * Turn right onto Route 19 and follow north 14 miles to Houghton.

From Central PA and Maryland

- * Take Route 15 north to Corning area.
- * Take Interstate 86 West (Southern Tier Expwy.) to exit 30 (Belmont).
- * Turn onto Route 19 and follow north 14 miles to Houghton

Safety and Security are on duty 24-hours a day. In an emergency, you can reach them at: (585) 567-9333

Houghton University Main Campus Map

