



Welcome to PGC Basketball!

Now that you've signed up, there are a few things you need to do to make sure you're ready...

FORMS TO COMPLETE:

Complete the Personal Information Sheet, Medical Release Form, and a [Physical Health Report](#) and bring these forms with you to your session. The physical health report form must be dated within the last 2 years and signed by a physician. Any form that includes documentation of a physical and immunization records signed by a physician is sufficient. An [Authorization for Administration of Medication](#) form must be completed by a physician if your athlete brings any type of prescription or over the counter medication. These forms will be collected at check-in on the opening day.

If any attendee has religious objections to physical examinations or immunizations, the attendee can submit a written statement, signed by a parent or legal guardian, to the effect that the individual is in good health and stating the reason for such objections. This written statement will take the place of the required physical and immunization records.

CHECK-IN AND CHECK-OUT:

Check-in is between 11:15am-12:45pm on the first day and includes a parent meeting at 1:00pm, where the director of the course will provide an overview of the session and address commonly asked questions.

Check-out is between 11:00am-11:30am on the final morning.

To access specific check-in and check-out details for your session, please follow these three steps:

1. Visit www.pgcbasketball.com/schedule-locations.
2. Scroll down to find the date and location of your session.
3. Click on the name of the college.

TYPICAL DAILY SCHEDULE:

Morning:

| | |
|---------|------------------------------|
| 7:45am | Breakfast |
| 8:45am | Classroom and video session* |
| 10:00am | Gym session |

Afternoon:

| | |
|---------|--|
| 12:15pm | Lunch |
| 1:45pm | Break-out or classroom session (depending on the course) |
| 3:00pm | Gym session |

Evening:

| | |
|--------|--|
| 5:15pm | Dinner |
| 6:45pm | Classroom and video session (or gym session for Prep School courses) |



8:00pm Gym session

** Please note that Prep School courses have reduced classroom time and end earlier in the evening each night.*

Day 4 – The Day 4 evening in every course wraps up with a special late-night basketball event. If you are a commuting athlete, we recommend scheduling your pick up between 10:45-11:15pm.

Day 5 – On Day 5, you will have a written test in the morning followed by the **Closing Ceremonies**. Space permitting, parents are invited to attend the closing ceremonies from 10:15-11:00am. Parents, please arrive at the check-in/check-out location by 10am and a PGC staff member will walk you to the classroom or theatre.

PREPARATION FOR PGC:

We recommend that you come to your session in the best shape possible. The ideal way to prepare for your session is to complete our **Pre-PGC 30-Day Challenge**. Work hard to prepare yourself—you'll be glad you did.

The **Pre-PGC 30-Day Challenge** is included in the training videos provided with the Core and Ultimate tuition bundles. If you signed up for the basic tuition option, visit pgcbasketball.com/online-training/preview to access a month of our Online Training so you can begin your challenge today.

HYDRATION:

Drink lots of water in the week leading up to your PGC session. Being well-hydrated will reduce your chances of injury and will reduce your likelihood of getting run-down during the rigorous on-court sessions each day.

THINGS TO BRING WITH YOU TO YOUR SESSION:

- Clothes (basketball shoes, shorts, shirts, socks...LOTS of socks, etc.)
- Pillow, sheet and a blanket or sleeping bag for your bed.
- Small fan (while many dorms are air-conditioned, a small fan may be helpful in dorms without a/c)
- Alarm clock (you'll be responsible for getting yourself up and to sessions on time)
- Towel, toothbrush, toothpaste, deodorant, etc.
- A **basketball** with your name on it (we only play indoors)
- Pens/pencils and notebook *or* \$10 to purchase a PGC notebook for your notes, which is included if you purchased the Welcome Kit (Note: Limited notebooks will be available for purchase at check-in)
- A water bottle with your name on it or \$10 to purchase a custom PGC water bottle
- Athletic tape - if you have an injury that requires tape
- Your completed **Medical Release Form** and **Personal Information Sheet** (along with a picture)
- **For Prep School and Essential courses ONLY: a tennis ball** (with something marked on the ball that distinguishes your ball from others)
- **For Prep School courses ONLY: 4-5 unfilled balloons** of any size and color (*Don't sweat it if you don't have balloons... many athletes usually bring extras.*)

ADDITIONAL ITEMS:



Healthy Snacks

As players typically get hungry after evening gym sessions, we recommend bringing *healthy* snacks (avoid candy, chips, sugar-packed drinks, etc). On occasion, dorm rooms will have a fridge, but that's not typical. Please note that cooking in the dorms is not permitted.







Extra Spending Money

There will be PGC bags, t-shirts, shorts, books, and other merchandise on sale at check-in and check-out, so we recommend bringing extra money. (*For Canadian sessions, only cash or checks are accepted at the store*). Also, on the final night athletes typically order pizza at the conclusion of our late night gym session.

Welcome Kit

Did you miss purchasing the **Welcome Kit** when you registered for your session?

The Welcome Kit includes the following items:

-  **PGC Notebook**
-  **PGC Water Bottle**
-  **PGC Cinch Bag**
-  **PGC Lanyard**
-  **Two Custom PGC Pens**
-  **Orange PGC Tour T-Shirt**

The Welcome Kit can be purchased for \$47.95 (*reduced from \$70*) up to 30 days before your session and will be shipped directly to your session. Kits will also be available for purchase at the **regular price** when you arrive at your session. To purchase the Welcome Kit, call us at 1-866-338-2308.

DO NOT BRING:

Do not bring a Wii, X-box, PS3, DS, or other similar items to your session. You won't be spending that much time in the dorms, and when you are in the dorms, you and most of your fellow athletes will want to rest up for the next session. Come to PGC to learn as much as you can, and leave things that may distract you at home.

FOOD ALLERGIES AND SPECIAL DIETARY CONSIDERATIONS:

If you have any type of food allergy and/or dietary restriction and you need to request a special menu from the campus cafeteria, please email us at least **one month** prior to your session at info@pgcbasketball.com.

ACCOMODATIONS:

Do not expect the dorm rooms to be like the Hilton—they're not. Some are nicer than others, but typically the rooms are standard college dorms rooms. We attempt to get dorms with air-conditioning whenever possible (nearly all college dorms have AC in the southern states), but some dorms don't have it. You won't be spending much time in your dorm rooms, but if you end up in a dorm that's not very nice (or cool), it will be a chance for



you to practice what you'll learn at your course about approach and mental toughness.

Lost Keys: There will be a **\$75 lost key fee** charged at check-out for any room key not returned.

ROOMMATE REQUESTS:

The dorms are typically two to a room. On occasion, the dorms are single rooms, triple rooms, or quads. Roommate requests must be made at least **three weeks** prior to the start of your session. Any requests made within three weeks of your session cannot be guaranteed.

Please note: PGC cannot accommodate last-minute roommate request changes (e.g. if you see a teammate or friend at check-in that you didn't know had signed up for the course).

INJURIES:

If you are injured prior to your session, we recommend that you still attend. Many athletes have done this, and nearly every athlete has said they were glad they did attend. The majority of teaching takes place in the classroom, so as long as you can write and sit in a chair, you'll get all the information that other athletes receive.

Please note: If you decide not to attend your course due to an injury, our cancellation policy still applies.

During sessions, we do our best to ensure that an Athletic Trainer will be on site to provide ice and first aid as needed. If an emergency arises, you will be referred to a local medical facility and your parents will be notified.

EARLY ARRIVALS:

If you are flying to your session a night early and you are in need of accommodations, we may be able to assist you. At most of our sessions, athletes who are at least 18 years or older can stay in the dorms a night early. The average dorm room cost is \$40-\$60. To make a request for an early arrival, please contact us at least **two weeks** prior to your session.

Please note: We do not provide supervision or meals to athletes that arrive a night early to a session. Due to liability concerns, we are unable to provide early arrival accommodations to athletes under the age of 18.

INTERNATIONAL ATHLETES:

If you are an athlete attending a session in a country that you are not a resident, you must purchase international travel insurance and provide a certificate of coverage to PGC, or provide PGC with a written letter waiving PGC of all responsibility in case of an injury or accident. The certificate of coverage or written letter must be emailed to info@pgcbasketball.com a minimum of **two weeks prior** to the start of your session.

CANCELLATIONS:

If you cannot attend your PGC course for any reason, including injury, sickness, or family emergency, you may transfer your registration to a teammate or friend, or you may donate it to an underprivileged athlete.



In the event of a cancellation, refunds and credits are based on when you cancel and whether you purchased one of our protection options. Without protection, tuition fees are non-refundable. If you receive a tuition credit, the credit can be applied toward a course in 2015 or 2016.

Without a protection plan, a \$50 transfer fee will be applied to your account if you decide to transfer to any other available 2015 summer session within two weeks of your session.

| CANCELLATION TIMEFRAME | NO TUITION PROTECTION | WITH TUITION PROTECTION | WITH SUPER PROTECTION |
|------------------------|-----------------------|-------------------------|-----------------------|
| Up to June 1st | Full Credit | Full Refund | Full Refund |
| After June 1st | 50% PGC Credit | Full PGC Credit | Full Refund |
| Within 72 Hours* | No Credit | 50% PGC Credit | Full PGC Credit |

* Of the first day of the session

FINAL PAYMENTS:

If you have a remaining balance on your PGC tuition, be sure to pay it in full (by check or online) before the payment deadline of May 15, 2015. Your deposit will reserve your spot until then, but you may lose your spot if you do not pay your balance on time. If you paid your deposit by credit card, the remaining balance will be automatically charged to your account on May 15. If you have not paid in full by this time, you may be removed from your session and the appropriate refund or credit will be applied to your account.

QUESTIONS:

The [Details and Info](#) page on our website has the answers to many commonly asked questions, but if you have questions that you cannot find the answers to online or in this packet, feel free to contact us.

CONTACT US:

- **By Email** – info@pgcbasketball.com
- **By Telephone** – 1-866-338-2308
- **By Mail** – All final check payments should be sent to:

PGC Basketball
P.O. Box 4301
Victoria, TX 77903



PERSONAL INFORMATION SHEET

| |
|--|
| Name _____ M _____ F _____ |
| City _____ State _____ Grade You're Going Into _____ Age _____ |
| What level did you play this past season? (circle one) College Varsity JV Freshman Junior High Other _____ |
| Have you attended PGC before? Yes ___ No ___ Year _____ Course: _____ Director: _____ |

Please staple a picture of yourself to this page. You may also write on the back of this page if you require more space.

What achievements are you most proud of?

What personal quality or qualities are you most proud of?

What has been one of your best life experiences so far?

Special interests or abilities (other than basketball)?

Favorite Books?

Future plans?

Why did you sign up for this PGC course and what are you hoping to get out of it? *Include specific things you're hoping to work on.*

BE SURE TO BRING THIS SHEET WITH YOU TO YOUR SESSION, AS IT WILL READ BY THE STAFF



MANDATORY MEDICAL RELEASE AND WAIVER FORM

Athletes without a completed medical release waiver will not be allowed to participate in gym sessions.

BE SURE TO BRING THIS SHEET WITH YOU TO YOUR SESSION

| | | | | | |
|---|--|--|-------------------------|-----------------------|------------|
| Athlete First Name | | Last Name | | Gender | Birth Date |
| Address | | City | State | Zip | Country |
| Parent / Guardian First Name(s) | | Last Name | | Dates Attending PGC | |
| Parent's Day Phone # | | Parent's Evening Phone # | | Parent's Cell Phone # | |
| Name of Emergency Contact (other than parents) | | | Emergency Contact Phone | | |
| Health Insurance Company <i>(Canadian athletes - only list your health card number)</i> | | | Policy Number | | |
| PLEASE MAKE A COPY OF YOUR INSURANCE CARD AND ATTACH TO THIS FORM <i>(If you have one).</i> | | | | | |
| Please supply any other pertinent behavior or medical information, such as allergies, medications, or pre-existing conditions: | | | | | |
| <p>WAIVER:</p> <p>I, the parent/guardian of the individual, a minor (the "Athlete"), do hereby permit the Athlete to participate in a PGC course and certify that the Athlete's physical condition is sufficient for full participation. I understand that the Athlete's participation in PGC involves an element of risk and a possible danger of accidents. I also understand that the Athlete's participation at PGC may include activities involving athletes of different ages participating together, and also those of the opposite gender. I also permit the Athlete to participate in the final night's late-night group-wide competition (relevant for residential sessions only). If an emergency arises at any point during the session, I grant PGC permission to provide transportation to and from a medical facility, or airport or bus station, as needed. I assume all risk and agree to hold harmless PGC from all claims resulting from accidents and injuries that arise from transportation provided by PGC. Knowing all these risks, I hereby assume these risks and I hereby release and discharge Point Guard College LLP, More Than Hoops LLP, More Than Hoops Inc. and DE10 LLC, from any and all liability resulting from the Athlete's participation in any aspect of PGC. I understand it is my responsibility to inform PGC staff of any medical conditions or any other special needs the Athlete might have and will notify the appropriate individuals of any health issues that might in any way affect the Athlete's active or passive participation in a PGC course. I hereby assume responsibility for any and all costs associated with treatment of the Athlete for any injury or health issue that arises during the Athlete's participation in a PGC course. I understand that PGC Basketball is not responsible for the supervision or safety of the Athlete if the Athlete leaves the campus for any reason during the course, including meal breaks, and I agree to assume all risk and hold harmless Point Guard College LLP, More Than Hoops LLP, More Than Hoops Inc., DE10 LLC, and all directors, coaches, staff members, volunteers and heirs from all claims resulting from accidents and injuries that may arise.</p> | | | | | |
| I give permission for the PGC staff or Athletic Trainer to administer prescription or over-the-counter medication if needed. _____ (Signature, if desired) | | Parent/Guardian Signature: <i>(Athlete Signature if over 18)</i> | | | |
| | | Date: | | | |

BE SURE TO BRING THIS SHEET WITH YOU TO YOUR SESSION