



Welcome to the PGC Grad School course!

We're looking forward to having you with us. Here are all the details for your upcoming week.

CHECK-IN DETAILS:

Check-in – Check-in is between 11:00am-12:45pm on the first day and we'll do our best to have staff in front of the check-in building to direct you.

Check-in Process – If you completed all required forms, including the health form prior to arriving at your course, all you need to do is pick up your room-key. If all required forms were not completed at least 24 hours before your course, you'll need to complete them before picking up your room-key. PGC staff will be available in the check-in area to help direct you to the right area.

Welcome Kit – If you purchased a Welcome Kit, you can pick it up at the PGC store after check-in.

Lunch – Lunch is not provided on the first day, so we recommend having lunch prior to check-in or checking in and then having lunch.

Parent Meeting – You are invited to meet at the check-in location at 1:00pm for a 15-30-minute optional parent meeting. The course director will provide an overview of the session and address commonly asked questions. If you're not able to attend the parent meeting, don't worry—we'll email you a video with a summary of what is shared in the parent meeting.

Opening Session – Players will meet at 1:00pm at the check-in location to proceed to the opening classroom and court session. Players should bring their basketball, gear, shoes, notebook and pens.

CLOSING CEREMONIES & CHECK-OUT DETAILS

Parents and family members are invited to attend the Closing Ceremonies immediately following the final exam (approx. 10:15am-11:15am) on the final morning. Please arrive at the check-in location by 10:00am to be escorted to the classroom by our PGC staff. Check-out will immediately follow between 11:30am-12:00pm in the same place as check-in.

COMMUTING PLAYERS:

Check-in – Please inform the PGC staff member at check-in that you have arrived for your course.

Daily Drop-off – Either 7:45am at the cafeteria or 8:30am at the lecture hall (meals are included for commuters).

Daily Pick-up – You are welcome to quietly enter the gym any time after 10:00pm each night. Evening gym sessions wrap up shortly after 10:15pm. On the final night, we have a special late-night basketball event which will finish between 11:30-11:55pm. On this night, you are welcome to enter the gym any time after 11:15pm.



PREPARATION FOR PGC:

We've created a customized 14-Day Pre-PGC Training program to help prepare you for your session. This program includes in-depth training videos and a training log to track your results.

If you purchased the Video Bundle when you registered for your course, you can access the Pre-PGC Training [here](#). Be sure to set aside 30 minutes each day to complete your workouts and bring your completed Overall Score page to your session.

If you didn't purchase the Video Bundle during registration, we're pleased to make the Pre-PGC Training program available to you for \$20. [Get Access Here](#)

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

ACCOMMODATIONS

Don't expect the dorm rooms to be like the Hilton—they're not. Some are nicer than others, but typically the rooms are standard college dorm 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 \$150 lost key fee charged at check-out for any room key not returned.

TO BRING TO YOUR SESSION:

- A **basketball** with your name on it (we only play indoors)
- Clothes – Basketball shoes, shorts, shirts, socks, etc.
- Pillow, sheet and a blanket or sleeping bag for your bed
- Alarm clock or phone/iPod with an alarm
- Toiletries – Towel, shampoo, toothbrush, toothpaste, deodorant, etc.
- A set of outdoor clothes and running shoes (that can get dirty)
- Small fan – Many dorms are air-conditioned, but a fan may be helpful in dorms without A/C (if desired)
- Pens/pencils and notebook *or* purchase a PGC notebook for your notes, which is included if you purchased a Welcome Kit (Note: Limited notebooks will be available for purchase at check-in)
- A water bottle with your name on it (unless you purchased the Welcome Kit)
- Athletic tape – If you have an injury which may require tape



ADDITIONAL ITEMS:

Healthy Snacks & Drinks

As players typically get hungry after evening gym sessions, we recommend bringing *healthy* snacks like fruit (bananas, oranges, apples) or nutrition-rich granola bars. We recommend avoiding candy, chips, chocolate bars or sugar-packed drinks like Gatorade or Powerade. To stay hydrated, the best fluid players can drink is water (or coconut water). We simply recommend players keep their water bottles full of water, which will be available everywhere. On occasion, dorm rooms have a fridge, but that's not typical. Please note cooking is not permitted.

Extra Spending Money

There will be PGC t-shirts, shorts, socks, bags, books, and other merchandise on sale at check-in, Day 3 evening, and check-out. Also, players are given the opportunity to pre-order healthy food options for the wrap-up of our late-night gym session on day 5.

PARENTS – YOU'RE INVITED!

We invite you to experience PGC first-hand by joining us for the classroom and gym sessions on Day 3 evening. We do not permit parents to observe any other sessions due to the complexities of coordinating parents popping in and out. For further details and to watch the 'Preparing to Visit PGC' video by PGC President Mano Watsa, [click here](#).

EARLY ARRIVALS:

If you've made arrangements through PGC to arrive early for your session, please remember we cannot accommodate athletes who are under the age of 18 and not travelling with a coach or a parent. Additionally, we do not provide supervision or meals to athletes who arrive early to a session.

DO NOT BRING:

Do not bring a Wii, Xbox, PlayStation, laptop, or similar items to your session. You won't be spending much time in the dorms, and when you're 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. Leave things that may distract you at home.

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. Much of the 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 transferred to a local medical facility and parents will be notified.



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 another course this summer or next summer.

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

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. This includes Canadians attending US sessions and Americans attending Canadian sessions. The certificate or written letter must be emailed to us at least **two weeks prior** your session.

QUESTIONS:

Contact us at any time: By Email – info@pgcbasketball.com By Telephone – 1-866-338-2308

DAILY SCHEDULE:

Please print off and bring the daily schedule on the following page to your session—or take a photo of it and keep it on your phone.



DAILY SCHEDULE

Players should bring their basketball, gear, shoes, notebook and pen to every session.

	Facility	Start Time	End Time
Day 1			
	Check-in	11:00 AM	12:45 PM
	Classroom & Gym	1:00 PM	5:00 PM
	Dinner	5:15 PM	6:15 PM
	Classroom & Gym	6:45 PM	10:00 PM
Day 2			
	Early Bird & Breakfast	7:45 AM	8:45 AM
	Classroom & Gym	8:45 AM	12:15 PM
	Lunch	12:15 PM	1:15 PM
	Classroom & Gym	1:45 PM	5:00 PM
	Dinner	5:15 PM	6:15 PM
	Classroom & Gym	6:45 PM	10:00 PM
Day 3			
	Early Bird & Breakfast	7:45 AM	8:45 AM
	Classroom & Gym	8:45 AM	12:15 PM
	Lunch	12:15 PM	1:15 PM
	Classroom & Gym	1:45 PM	5:00 PM
	Dinner	5:15 PM	6:15 PM
	Classroom & Gym	6:45 PM	10:00 PM
Day 4			
	Early Bird & Breakfast	7:45 AM	8:45 AM
	Classroom & Gym	8:45 AM	12:15 PM
	Lunch	12:15 PM	1:15 PM
	Classroom & Gym	1:45 PM	5:00 PM
	Dinner	5:15 PM	6:15 PM
	Classroom & Gym	6:45 PM	10:00 PM
Day 5			
	Early Bird & Breakfast	7:45 AM	8:45 AM
	Classroom & Gym	8:45 AM	12:15 PM
	Lunch	12:15 PM	1:15 PM
	Classroom & Gym	1:45 PM	5:00 PM
	Dinner	5:15 PM	6:15 PM
	Classroom & Gym	6:30 PM	11:30 PM
Day 6			
	Early Bird & Breakfast	8:00 AM	8:45 AM
	Classroom & Gym	8:45 AM	11:30 AM
	Check-out	11:30 AM	12:15 PM