Welcome to the Playmaker College course!

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

CHECK-IN DETAILS:

Check-in times will be staggered to minimize the number of people in the check-in area at one time. Only one adult may accompany each player to check-in. Face masks are required for players, parents, and staff during check-in and while walking around campus.

Please arrive during the appropriate time frame below, based on the first letter of your last name:

11:30am - 12:10pm: Last Names A – M
12:10pm - 12:45pm: Last Names N – Z

Check-in Location – We recognize many campuses are like mazes and have multiple entrances. We'll do our best to have staff in front of the check-in building to direct you. We also ask colleges to post signs to guide you when you get on campus, although we can't guarantee there will be appropriate signage.

Parking – Please remain in your car until your check-in time. If parking is not close to the check-in area, we recommend pulling up as close as possible to drop your son/daughter off with their bags when it is time for you to 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.

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.

Parent Meeting – You are invited to meet at the check-in location at 1:00pm for a 20-25-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 (or we're unable to have one due to safety protocols for your session), don't worry—we'll email you a video with all the details of what is shared during parent meetings.

DAY 3 EVENING

When facilities permit, parents are invited to attend the evening classroom, film, and court session on Day 3 evening. This will be confirmed at check-in and you will be emailed all the details.

CLOSING CEREMONIES

Parents and family members are invited to attend the Closing Ceremonies immediately following the final exam from 10:15-11:15am on the final morning. Please arrive at the check-in location by 10:00am to be escorted to the classroom by our PGC staff.

Note: Safety measures and protocols for your session may limit the number of non-camp participants able to attend closing ceremonies. Details will be available during check-in.

CHECK-OUT DETAILS

Check-out will immediately follow the Closing Ceremonies between 11:30am-12:00pm in the same place as check-in. Staggered check-out will occur at the same location as check-in during the following times:

11:30am - 11:45am: Last Names A – M
11:45am - 12:00pm: Last Names N – Z

COMMUTING PLAYERS

Check-in – Please check-in upon your arrival based on the staggered times above, alongside the players who will be staying in the dorms.

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

Daily Pick-up – Evening gym sessions wrap up shortly after 9:15pm. On Day 4, we have a special late-night basketball event which will finish between 11:00-11:30pm.

PREPARATION FOR PGC

Players should come to camp in the best shape possible.

We've created a customized, optional 14-Day Pre-PGC Training program to help with this. The program includes training videos and a training log to track results.

If you purchased the Video Bundle when you registered for camp, you can access the Pre-PGC Training here. Approximately 20-30 minutes each day will be needed to complete the workouts.

If you didn't purchase the Video Bundle during registration, the Pre-PGC Training program is available 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 $75 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)
- COVID-19 requirements – face mask(s) for 5 days and hand sanitizer, if desired
- 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.
- 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 and check-out. Also, players are given the opportunity to pre-order food for the wrap-up of our late-night gym session on Day 4.

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 traveling without 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 and 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.

Without a protection plan, a $50 transfer fee will be applied to your account if you decide to transfer to any other available summer session within two weeks of your session, as final numbers will have been provided to the facility for meals and accommodations.

NO TUITION PROTECTION	Full PGC credit until 14 days before camp.	50% PGC credit within 14 days of camp.
WITH TUITION PROTECTION	Full refund until 30 days before camp.	Full PGC credit within 30 days of camp.
WITH SUPER PROTECTION	Full refund until 72 hours before camp.	Full PGC credit within 72 hours of camp.

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** to 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 the opening session on the first day.

	Facility	Start Time	End Time
Day 1			
	Check-in	11:30 AM	12:45 PM
	Classroom & Gym	1:00 PM	5:00 PM
	Dinner	5:15 PM	6:15 PM
	Classroom & Gym	6:15 PM	9:15 PM
Day 2			
	Breakfast	7:45 AM	8:45 AM
	Classroom & Gym	8:45 AM	12:15 PM
	Lunch	12:15 PM	1:15 PM
	Classroom & Gym	1:30 PM	4:45 PM
	Dinner	5:15 PM	6:15 PM
	Classroom & Gym	6:15 PM	9:15 PM
Day 3			
	Breakfast	7:45 AM	8:45 AM
	Classroom & Gym	8:45 AM	12:15 PM
	Lunch	12:15 PM	1:15 PM
	Classroom & Gym	1:30 PM	4:45 PM
	Dinner	5:15 PM	6:15 PM
	Classroom & Gym	6:15 PM	9:15 PM
Day 4			
	Breakfast	7:45 AM	8:45 AM
	Classroom & Gym	8:45 AM	12:15 PM
	Lunch	12:15 PM	1:15 PM
	Classroom & Gym	1:30 PM	4:45 PM
	Dinner	5:15 PM	6:15 PM
	Classroom & Gym	6:15 PM	11:00 PM
Day 5			
	Breakfast	8:00 AM	8:45 AM
	Classroom	8:45 AM	11:30 AM
	Check-out	11:30 AM	12:15 PM