



Welcome to the PGC Grad School camp!

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

CHECK-IN DETAILS:

Check-in is between 11:30am-12:45pm on the first day.

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 – If parking is not close to the check-in area, pull up close to drop your player(s) off with their bags. While you park, they can begin the check-in process.

Check-in Process – Everyone must check-in with PGC before receiving a room key from the college's conference services staff. We apologize in advance if they're slow to distribute the room keys. If they are, we'll do our best to help them speed up the process. Observing coaches check in at the same place as the players.

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

Lunch – Dinner is the first meal provided at the camp, so be sure to have lunch prior to or following check-in.

Opening Session – Players will meet at 1:00pm at the check-in location (with their basketball, gear, notebook, pen, and shoes) and proceed to the opening session.

Parent Meeting – Parents are invited to meet at the check-in location at 1:00pm for a 20-25-minute optional parent meeting to meet the Director and get valuable insights on the week. We email all the details for parents who can't attend the meeting. If you're an observing coach, please join the parents for this opening meeting.

COMMUTERS

Check-in – If you're not staying in the dorms, we recommend having lunch prior to checking in at 12:30pm.

Daily Drop-off – Commuters can come to the cafeteria for breakfast between 8:00-8:30am, as meals are included for commuters, or you can come for the start of the first session following breakfast.

Daily Pick-up – Evening gym sessions wrap up between 9:15-9:35pm. On Day 4, we have a special late-night basketball event which will finish between 11:00-11:30pm.

AN INVITATION TO PARENTS

You are invited to join us on Day 3 for the evening classroom, film, and court session. This will be confirmed at the parent meeting and we'll email you the exact times and details. We do not permit parents to observe any other sessions due to the complexities of coordinating parents popping in and out.



CLOSING CEREMONIES

On the final morning, parents and family are invited to attend the Closing Ceremonies from 10:15-11:15am. Please arrive at the check-in location by 10:00am to be escorted to the classroom by our PGC staff. Check-out will follow between 11:30am-11:50pm in the same place as check-in.

TO BRING TO YOUR SESSION

- A **basketball** with your name on it (we only play indoors)
- Clothes – Basketball shoes, shorts, shirts, socks, etc.
- Pillow, sheets, and a blanket or sleeping bag for your bed
- Alarm clock or phone
- 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
- Observing Coaches – Dress comfortably (shorts, t-shirts, running shoes – no basketball is needed)
- Two tennis balls (with a distinguishing mark or initials on them so you know they're yours)
- If possible, bring a phone with recording capabilities (and video storage space) so you can have real-time video feedback on your decision reads

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.

DO NOT BRING

Do not bring PlayStation, Xbox, or similar gaming systems or valuables to the session. Players won't spend much time in the dorms, and when they're in the dorms, they'll want to rest up for the next session.



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 the 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.

EARLY ARRIVALS

To make a request for staying on campus a night early, contact us at 1-866-338-2308 at least **two weeks** prior to the session. If you have a player who needs to arrive a night early but is under the age of 18, we can't assist with on-campus accommodations unless they are traveling with a coach or a parent. Additionally, we do not provide supervision or meals to players who arrive early to a session.

INTERNATIONAL PLAYERS

If your child is attending a camp in a country that you're 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 injury or accident. This includes Canadians attending US camps and Americans attending Canadian camps. The certificate or written letter must be emailed to us at least **two weeks prior** to your session.

CANCELLATIONS

In the event of a cancellation, refunds and credits are based on when you cancel and whether you purchased a tuition protection plan. Without protection, tuition fees are non-refundable. If you receive a tuition credit, the credit can be applied toward another camp this summer or next summer.

If you can't attend your PGC camp for any reason, including injury, sickness, or family emergency, you're welcome to transfer your registration to a teammate or friend, or donate it to an underprivileged athlete.

Without a protection plan, if you need to transfer to another session *within* two weeks of your camp (as final numbers will have been given to the facility for meals), there will be a \$50 transfer fee.

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.



INJURIES

If you are injured prior to your session, we recommend that you still attend. Many players do this each summer, and nearly every player 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 players 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, the player will be taken to a local medical facility and parents will be notified.

OBSERVING COACHES

Over 1,500 coaches attend PGC camps each year. For any given session, there are typically 5-10 Observing Coaches, although some sessions have more, and a few will have less.

Please print off, sign, and bring the [Observing Coaches Code of Conduct](#) to hand in at check-in.

PREPARATION FOR PGC

Players should come to camp in the best shape possible. We've created an optional 14-Day Pre-PGC Training program to help with this. The program includes training videos and a training log to track results.

Pre-PGC Training is available for \$20 and all proceeds go to our [PGC Cares](#) Foundation, which provides scholarships for under-resourced players to attend PGC.

[Get Pre-PGC Training 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.

DAILY SCHEDULE

Players and coaches should take a photo of the daily schedule below so they have access to it during the week. Occasionally, the schedule may change slightly due to facility availability. We'll notify you at check-in if it does.

QUESTIONS

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



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	6:45 PM	10:00 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	1:45 PM	5:00 PM
	Dinner	5:15 PM	6:15 PM
	Classroom & Gym	6:45 PM	10:00 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	1:45 PM	5:00 PM
	Dinner	5:15 PM	6:15 PM
	Classroom & Gym	6:45 PM	10:00 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	1:45 PM	5:00 PM
	Dinner	5:15 PM	6:15 PM
	Classroom & Gym	6:30 PM	11:30 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