

2019 14U Baden Cup Athlete



VOLLEYBALLBC



www.volleyballbc.org

Welcome to the 2019 14U Team BC Baden Cup

For the first time this year, the 14U Baden Cup is an overnight camp at Thompson Rivers University in Kamloops. From July 7th to 11th you will be at the program training and playing with athletes from across the province. In addition to a lot of time on the court (both indoor and on the beach), you'll experience awesome activities, build new friendships, and most of all have a lot of fun. This is my 10th summer leading camp programs and I'm very excited for the one we've put together.

See you at camp!

Fraser McIntosh

14U Baden Cup Program Coordinator & Fraser Valley Regional Manager

Volleyball BC

Table of Contents

1. Welcome & Table of Contents
2. **Emergency Numbers**, Contact List, & Important Addresses
3. TRU Map
4. Camp Schedule
5. Example Daily Schedule
6. Team BC Vision, Mission, Core Values, & Goals
7. Opportunities for Athletes & Camp Guidelines
8. Program Structures
10. Packing List

Emergency Numbers

Program Coordinator Fraser McIntosh must be contacted immediately if any of the following numbers have been contacted.

Medical Emergency: 911

Safety Related Emergency: 911

Kamloops RCMP Non-Emergency: 250-828-3000

Poison Control: 604-682-5050

Crisis Intervention & Suicide Prevention: 1-800-784-2433

Kids Help Phone: 1-800-668-6868

14U Team BC Baden Cup Contact List

Program Coordinator - [Fraser McIntosh](#) - 604-291-2007 ext 249

- Voicemails are emailed via speech-to-text recognition. Please speak clearly at a modest pace.

Head Athletic Therapist - Rylan Brouwer - 250-465-1676

TRU Security Services 250-828-5033

TRU Conference Centre - 250-371-5723

TRU Catering - 250-828-8999

TCC (Indoor Court Facility) - 250-828-3655

Important Addresses

[TRU Residence](#) - 950 McGill Rd, Kamloops, BC V2C 6N6

[Tournament Capital Centre](#) - 910 McGill Rd, Kamloops, BC V2C 6N6

Royal Inland Hospital - 311 Columbia Street, Kamloops, BC V2C 2T1

North Gate

HILLSIDE CONNECTOR
ACCESS ROAD
To Summit Drive



CAMPUS SWITCHBOARD

250-828-5000

BUILDINGS AND PARKING LOTS



- K** VISITOR PARKING
- A** STUDENT PARKING
- F** STAFF PARKING

- 1 TRU Student Residence and Conference Centre
- 2 Independent Centre
- 3 Arts & Education
- 4 Horticulture
- 5 Welcome Centre
- 6 Radio CFBX
- 7 Campus Activity Centre
- 8 TRU Bookstore
- 9 International Building
- 10 Research Greenhouses
- 11 Trades & Technology
- 12 Old Main
- 13 BMO Student Street
- 14 TRU Print Services
- 15 Actors Workshop Theatre
- 16 Clocktower
- 17 Alumni Theatre
- 18 Cariboo Child Care Society
- 19 Faculty Association
- 20 Childcare
- 21 Irving K. Barber BC Centre
- 22 Aboriginal Cultural Centre "The Gathering Place"
- 23 Omega "Student Newspaper"
- 24 Human Resources
- 25 Brown Family House of Learning
- 26 Research Centre
- 27 BC Centre for Open Learning
- 28 Gymnasium
- 29 Sciences & Health Sciences
- 30 On-Campus Housing at TRU
- 31 Tournament Capital Centre (City)
- 32 Field House (City)
- 33 Hillside Stadium (City)
- 34 Animal Health Technology
- 35 Library
- 36 Culinary Arts Training Centre
- 37 Materials Distribution Centre & Purchasing
- 38 Transit Loop
- 39 Foundation & Alumni
- 40 Meat Store
- 41 Facilities Shops
- 42 Facilities/Parking Services
- 43 Horticulture Gardens
- 44 Campus Commons
- 45 Camp Green
- 46 Campus Court

Camp Schedule

Sunday July 7

5:00-7:00pm	Camper Check In	TRU Residence
7:20pm	Welcome & Camp Connection	Meet in Lobby
8:00pm	EPIC	Campus Activity Centre
9:00pm	Curfew & Free Time	TRU Residence
9:30pm	Crew Connection	TRU Residence
10:00pm	All Quiet	TRU Residence
10:30pm	Lights Out	TRU Residence

Monday July 8, Tuesday July 9, & Wednesday July 10

Varies by Crew. An example can be found on the next page

Thursday July 11

8:00am	Morning Attendance Deadline	TRU Residence
8:00-9:00am	Breakfast	Campus Activity Centre
9:00am	Camp Connection	Campus Activity Centre
9:30am	Gameplay Begins	TCC
10:00am	Check Out Deadline	TRU Residence
12:30-1:30pm	Lunch (bag lunch)	TCC
1:00pm	Closing Ceremonies	TCC
2:30pm	Wave 1 Competition Ends	TCC
3:00pm	Wave 1 Check-Out	TCC
4:00pm	Wave 2 Competition Ends	TCC
4:30pm	Wave 2 Check-Out	TCC
5:00pm	Camper Pick-Up Deadline	TCC

Example Daily Schedule (July 8, 9, & 10)

8:00am	<i>Morning Attendance Deadline</i>	TRU Residence
8:00-9:00am	Breakfast	Campus Activity Centre
9:00am	<u>Indoor Training</u>	TCC
11:00am	<u>Mental Skills & Performance</u>	TCC
11:30am	Free Time	TRU Residence
12:30-1:30pm	Lunch	Campus Activity Centre
1:30pm	<u>Rest Hour</u>	TRU Residence
2:30pm	Bus to Beach	TRU Residence
3:00pm	<u>Beach Training</u>	Beach Courts
4:30pm	Bus to TRU	TRU Residence
5:00pm	Free Time	TRU Residence
5:30-6:30pm	Dinner	Campus Activity Centre
7:00pm	<u>Camp Connection</u>	Campus Activity Centre
7:30pm	<u>EPIC</u>	Varies
9:00pm	<i>Curfew & Free Time</i>	TRU Residence
10:00pm	<u>Crew Connection</u> & <i>All Quiet</i>	TRU Residence
10:30pm	Lights Out	TRU Residence

Team BC Vision & Mission

Lead, Train, Excel

Vision – To be National Leaders in the development of volleyball athletes and coaches.

Mission – To create a diverse High Performance training environment with a strong connection to the Canadian National Team System. Team BC will prepare athletes for performance, and will work to advance Volleyball talent in British Columbia.

Team BC Core Values

Leadership - Athletes and Coaches that participate with the Team BC program are already leaders within their own communities. Team BC facilitates opportunities for our sports leaders to develop their leadership skills.

Passion - Team BC values passion and commitment to our sport. Athletes and coaches who share the same passion and commitment to Volleyball are challenged to strive for their very best.

Growth - Team BC challenges each athlete and coach for constant improvement and growth.

Excellence - Team BC provides competitive environments for athletes and teams to pursue excellence. Team BC teams participate in the Canada Cup as well as other national and international events.

Team BC Goals

1. Identify athletes who have the potential to develop and reach post-secondary, national team and professional levels.
2. Deliver a high performance training environment and competition experience.
 - I. Develop athlete's technical, tactical, physical and psychological skills
 - II. Gain an understanding of National Team Technical and Tactical systems.
 - III. Create opportunities for personal and leadership development.
 - IV. Inspire athletes to continue along the High Performance Pathway
3. Achieve high performance results at the Canada Summer Games, Canada Cup, BC Summer Games.
4. Foster the development and growth of competitive volleyball in BC by working with players, coaches, referees and volunteers associated with volleyball in BC.

14U Team BC Baden Cup Opportunities for Athletes

1. A positive & safe introduction to the Team BC high performance environment.
2. A camp experience that includes the 3 Fs: Fun, Friends, and Fulfillment.
3. Learning & skill development in line with LTAD principles and the National Team systems.
4. Improved passion and appreciation for all types of volleyball: Indoor, Beach, and Sitting.
5. A higher level of competition & calibre of play in future club & beach volleyball seasons.

Athlete Guidelines & Policies

- Athletes must understand & adhere to the [Volleyball BC Code of Conduct and Ethics](#).
- Athletes should expect their coaches to understand & adhere to the [Rule of 2](#).
- Athletes should follow the buddy-system whenever moving between locations.
- Parents may not visit with athletes during camp, with the exception of breaks in gameplay on July 11th at the Tournament Capital Centre.
- Athletes must not allow anyone from outside of camp into the TRU Residence, with the exception of parents & caretakers at check-in on July 7) and after check-out July 11.
- Athletes may not leave camp at any time. Athletes may only check-in and check-out of camp **once**. They cannot leave and come back in the middle of the program.
- Parents may visit public facilities during camp to spectate. They must abide by any facility rules and stay out of the training area.
- **NO BOYS IN GIRLS ROOMS. NO GIRLS IN BOYS ROOMS.**
- Athletes should understand their schedule and take responsibility for being on-time for all activities, meals, and deadlines (morning attendance, curfew, etc.).
 - Athletes must be in the TRU Residence from 9pm to 7:30am.
 - Athletes must be in their rooms after 10:30pm each night.
 - Athletes must check-in with their crew chaperone by 8:00am each morning.
- Athletes may not be in possession of any of the following: drugs, alcohol, & tobacco; weapons (including knives); flammable materials (including matches & lighters); permanent markers (including spray paint & chalk) with the exception of any items provided by camp.
- **When in doubt, ask a coach, chaperone, or other responsible adult.**
- **True athletes exercise Consideration, Compassion, & Character (the three Cs).**

Program Structures

Accommodations

Athletes will stay in the [TRU Residence](#). Each athlete will have their own private room with a double bed, a shared bathroom, and a common space with a kitchenette (microwave, fridge, & sink).

Food

Campers will be provided 3 meals a day through TRU catering. Please note that there will be no food service on Sunday July 7th evening and after lunch on Thursday July 7th PM. Athletes with any food allergies or intolerances must contact Fraser McIntosh at fv@volleyballbc.org.

Check-In

Check-in is from 5-7pm on July 7th at the TRU Residence. At check-in athletes will receive their residence key, information package, Team BC Baden Cup shirts, and have a picture taken. Please be prepared to confirm the following information at check-in:

- Check-out plans, including the names of the individuals authorized to check-out the athlete at the end of camp and any needs for an early check-out.
- Medical information such as allergies, etc.
- Any other specific information you feel is important to the athlete's care.

Athletes arriving late should email Fraser McIntosh at fv@volleyballbc.org to make arrangements.

Check-Out

Check-out will be in waves the afternoon of July 11th from the Tournament Capital Centre (TCC). The first wave will start at 3pm. The second will start at 4:30pm. The check-out deadline is 5pm.

At check-out athletes must meet at their assigned check-out location with the adult taking responsibility for them. Please be prepared to provide the following at check-out:

- Government issued-photo ID for the adult taking responsibility for the athlete.
 - The individual must be listed in the authorized names confirmed at check-in.
- A written signature from the adult taking responsibility confirming the athlete is checked-out.

Athletes leaving early should email Fraser McIntosh at fv@volleyballbc.org to make arrangements.

Camp Connection

Each day at Camp Connection the whole program comes together as a group. Our first Camp Connection is the **Welcome Meeting at 7:20pm on July 7th**. Meet in the lobby of the TRU Residence to head over as a group to the Campus Activity Centre.

Crews & Crew Connection

Every athlete will be assigned to a Crew, a small group within camp who will follow similar schedules and have rooms in the same area. Each Crew will be assigned to a chaperone that will be responsible for them and provide a source of support to the Crew over the week. If Crews are like the cabins at a summer-camp, then crew chaperones are like the counsellors.

Each evening Crews will meet at Crew Connection. This may be as formal or casual as the Crew Chaperone finds best. This time allows Crew Chaperones to connect with the athletes, ensure everyone is healthy & safe, and review their shared schedule for the next day.

EPIC (Evening Program In Camp)

The 14U Team BC Baden Cup will feature a different evening program each day. These will be a range of unique camp activities designed to complement the athletes' training. Athletes should be sure to bring closed-toe outdoor shoes to take full part in the EPIC experiences.

Overnight Routines & Deadlines

As an overnight program, the following routines and deadlines will be in place at camp to ensure athlete safety and well-being:

Curfew - Athletes must be inside the TRU Residence from 9:00pm to 7:30am.

All Quiet - Athletes must be on their floors and at a quiet volume after 10:00pm each night.

Lights Out - Athletes must be in their rooms after 10:30pm each night.

Morning Attendance - Athletes must check-in with a designated chaperone by 8:00am.

Rest Hour

Any athletes not training after lunch have Rest Hour. They should be inside the TRU Residence engaged in a quiet, restful activity. It's a great time to have a nap or a close chat with a crewmate.

Training

Athletes will train on-court twice a day at the 14U Team BC Baden Cup. This will be a mix of both indoor and beach sessions. Training will be complemented by off-court sessions on other topics, including sessions with the Athlete Wellness Academy.

Bus to/from the Beach

On days with beach training, a bus will run shuttles to and from the beach courts and TRU Residence. As with any time moving between locations, athletes should use the buddy system.

Pay close attention to your bus schedule - there is only one departure for each beach session!

Packing List

(Bedding & Towels provided by the TRU Residence)

This is not an exhaustive list, but does include most of the items athletes can expect to need during their experience at the 14U Team BC Baden Cup. Athletes should be sure to include any items they specifically need to ensure their comfort & well-being. Please exercise common-sense & good judgement when determining what NOT to bring (e.g. personal electronics, candy, pets).

Clothing

Athletes should bring **neutral** apparel that is free of volleyball program names and logos other than those of Volleyball BC and Volleyball Canada. This includes logos and branding for volleyball clubs, school & varsity teams, and private training providers.

- **Socks for 5 days plus 3 training sessions (8 pairs)**
- Shirts for off-court activities or training (1/day, 5 total)
 - Athletes will receive two t-shirts at check in that chaperones will launder each day.
- Shorts, leggings, etc. for 6 training sessions (3 indoor, 3 beach) plus one day of competition
- 1 or 2 pairs of comfortable pants or leggings for free-time and off-court activities
- 1 or 2 comfortable long sleeve shirts for free-time and off-court activities.
- **1 or 2 long sleeve shirts or pull-overs for beach training**
- 1 or 2 sweaters, hoodies, or pull-overs for free-time and off-court activities
- Comfortable pyjamas or sleep-wear
 - Recommended to be suitable in the event of a night-time fire alarm or evacuation
- Closed-toe outdoor shoes for evening programs
- Clean indoor runners or court shoes for indoor-training
- Sandals, flip slips, or outdoor shoes for travel to beach-training.
- Rain jacket
- Sun hat

Gear, Hydration, & Sun Protection

- **2 water bottles** (2+ Liters total capacity recommended)
- Knee pads (if desired)
- Backpack or day-pack to bring to beach-training
- Sun screen
- Sun glasses
- Phone & charger (if desired)

Toiletries & Medication (as needed)

- Toothbrush, toothpaste, & floss
- **Deodorant or antiperspirant**
- Contact lenses & solution
- Prescription medications
 - Athletes requiring supervision or assistance with medications should email the Program Coordinator Fraser McIntosh at fv@volleyballbc.org.