

The C. Vivian Stringer Basketball Camp 2009



To: Parents and Guardians
From: The Camp Training Staff
Re: Promotion of Wellness / Prevention of Injury

To help ensure enjoyment and technical benefit from camp, the camp staff is hopeful that you will review the following information and prepare your camper accordingly - prior to her arrival to camp.

A. Footwear

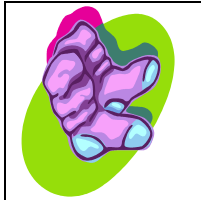


Recommended sneaker-type:

*Well-fitting high-tops with well-cushioned insoles to provide:

- strong support to the rearfoot, medial arch, and ankle joint.
- shock absorption to the foot for long hours of jumping, pivoting, running, and “chopping-it-out!”

*High-tops work best during basketball activities to minimize inversion ankle-sprains.



Recommended sock-style:

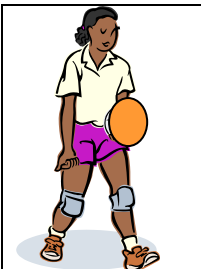
- Plush, absorbent cotton blends that extend up and well over the ankle joint.
- Such a style will help minimize shearing or blister-causing motion of the foot within the sneaker. They will also be effective in absorbing foot perspiration.
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B. Therapeutic Gear



If “supportive gear,” such as athletic tape, splints, or joint supports is needed to support: chronic sprains of the foot/ankle, knee instability, wrist pain, etc ... you are encouraged to have your child pack the implements with her other belongings - to ensure that she’ll have what she needs. The camp inventory of supplies is likely to be devoid of such items.

C. Knee Pads



Use of knee and/or elbow pads, especially on the outdoor courts (to be used in conjunction with indoor courts), will help protect knees against abrasions and scrapes in the event of a fall during game play.

D. Meals, Hydration, and Rest



To avoid an upset stomach, sluggishness, & dehydration while at camp:

Eat: Fruits, vegetables, breads, pasta meals, salads, cereals, rice, rice, potatoes, pizza, chicken, turkey, fish, and ham. Avoid fried foods

Drink: ½ cup H₂O every 20 mins. during activity.

Rest: Use the last part of the 1.5 hr. lunch break to rest. Honor “lights out” at 11pm ☺ ☺ !!