

ECBA Training Retreat – Camp Casey
April 3rd-5th, 2009

Our training retreat is an opportunity for nearly 200 of ECBA's middle school and high school players to practice, bond, learn, practice, exercise, work together, and practice in an inclusive and energetic setting.

Each team **MUST** have **TWO PARENT CHAPERONES** (same gender as the team) and **ONE COACH** in attendance. If teams do not have 2 adults to supervise we cannot allow them to attend the retreat. The chaperones must be available to transport the team to/from practices at the gyms (Coupeville HS, Oak Harbor HS, and South Whidbey HS). They will also be asked to supervise the players. If this seems daunting to you, perhaps a group of parents can take shifts?

All teams are to arrive at Camp Casey by 5:30pm on Friday, April 4, 2009. Each team will need to figure out their meeting location for carpooling. Each team will have 2 drivers. Players cannot drive – this is a huge liability.

Exact schedules for all events will be provided to every coach and chaperone at the Retreat Planning Meeting on Monday (March 30) at ECBA at 7PM. Schedules will be emailed, and will also be posted at the camp and our three gym sites.

Camp rules will be strictly enforced. A copy of the camp rules will be emailed to each player prior to the retreat.

Camp Casey Address: 1276 Engle Road, Coupeville, WA 98239

If you have questions regarding the retreat, please email: jamiemprescott@yahoo.com

If your son/daughter has dietary restrictions please let Jamie know ASAP.

WHAT TO PACK

Sleeping bag

Pillow

Blanket (skit night)

Snacks

Water

Toiletries

Shower shoes (optional)

Towel

Running shoes

Warm clothes

Rain jacket

Flashlight

Notebook & paper

Pens/pencils

Basketball gear

- shoes
- shorts
- jersey (reversible if possible)
- shirts
- socks

Any items you think will help your team prepare for Saturday Night Skits

WHAT NOT TO BRING

Drugs
Alcohol
Weapons
Cell phones
Valuables (iPods, MP3 players, jewelry)
Boyfriends/Girlfriends

Although the camp is remote, the cabins are not locked and neither the camp nor ECBA is responsible for lost/stolen items...keep the good stuff at home...we'll entertain you.

If you are found to have brought drugs, alcohol, or weapons to the retreat, you will be sent home immediately at your parents' expense and you will no longer be on an ECBA team. No exceptions.

WHAT TO EXPECT

We are going to be outdoors! Come prepared for the weather. Some activities are inside, but many are outdoors.

We will keep you busy. There will not be "free-time." This will be a weekend of hard work and team building, not video games and R&R.

Chaperones and coaches need to be with their teams at all times. Chaperones and coaches are responsible for the transportation of the players. No players are allowed to drive.

There will be a schedule distributed for the weekend and it will be posted at the camp. All teams must follow the schedule in order for everyone to accomplish everything.

Each team and their coach/chaperone are responsible for their cabin space and the surrounding facilities. No team will be dismissed from camp until everything is cleaned Sunday afternoon.

Coaches will have cell phones for emergency contact.

IMPORTANT INFORMATION:

Each team will have four 2 hour practices between Friday evening and Sunday evening – these intense practices will provide the structure for your team as you move into spring/summer leagues and tournaments! It is important that every player attend camp, otherwise, you will miss important information and practices!

Each player **MUST** pay in advance. **Payment must be made to the team coach/parent by March 18, 2009. The team parent/coach must have a check for all players attending to Bridget Baskett by March 20, 2009.** Player checks should be made out to the team account, and the team check (to pay for all of the players) should be made out to: **ECBALP**.

The cost is \$100 per player. This includes all meals, lodging, activities, and expenses for the weekend.

Please sign and turn in passenger release form. If you will be chaperoning, and driving, please fill out and turn in the driver release form

I understand that my child _____, Age _____, will be a passenger in a personal vehicle and/or a rented vehicle driven by a licensed/insured volunteer driver that will take him/her to and from activities/events in conjunction with the ECBA. I understand that my child will not have adult supervision while being transported by a student driver in his/her personal vehicle. I request that my son/daughter be allowed to travel in this fashion. The undersigned agrees to release, discharge, defend, hold harmless and indemnify the Emerald City Basketball Academy, its agents, employees, officers, trustees, representatives, insurers and others acting on the Emerald City Basketball Academy's behalf, of and from all claims, demands, causes of action and legal liabilities for injuries or death to my son/daughter due to their ordinary negligence; the undersigned further agrees not to bring any claims, demands, legal actions and causes of action against the Emerald City Basketball Academy, its agents, employees, officers, trustees, representatives insurers and others acting on ECBA's behalf for any economic and noneconomic losses due to bodily injury, death or property damage sustained by my son/daughter.

Signature: _____

(Parent or Legal Guardian)

Date: _____

**EMERALD CITY BASKETBALL ACADEMY
DECLARATION OF PARENT/VOLUNTEER DRIVER**

The undersigned acknowledges that the purpose of this Declaration is to establish the primary liability and responsibility of the undersigned driver for any and all claims arising out of the undersigned driver's transportation of the Emerald City Basketball Academy (ECBA) participants/affiliates conjunction with activities relating to that of ECBA regardless of use of a personal, borrowed or rent vehicle. In no event may a currently enrolled student driver drive other ECBA participants while in transit to ECBA-related events.

NAME: _____ **BIRTHDATE:** _____
DRIVERS LICENSE #: _____ **EXP. DATE:** _____
INSURANCE CARRIER: _____
INSURANCE AGENT: _____
AGENT PHONE #: _____
LIABILITY LIMITS: _____
POLICY #: _____
POLICY EXP. DATE: _____
DRIVING RESTRICTIONS: _____

The undersigned agrees the each passenger will be provided with a seat belt and that seat belts will be worn at all times. Cars with air bags shall not have a child under the age of 12 riding in the front seat. Further, the passenger capacity of the vehicle, determined by the number of seat belts, will not be exceeded.

I certify that the above information is correct, I hold a current valid drivers license and the insurance coverage is in force. I understand I must have liability coverage in force and agree to advise ECBA, in writing, of any changes in the above information.

Driver Signature: _____
Date: _____

****Please attach photocopy of Driver's License and copy of insurance policy indicating coverage limits and expiration date of insurance****