

Camper's Joining Pack

Dallas, TX
[20 - 23 June 2018]



#STAYREADY



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Welcome

Dear Camper,

Firstly we would like to welcome and congratulate you on being invited to the second annual DENG Camp taking place from **20-23 June** in Dallas, TX. We are excited to start our second USA camp and we hope you are looking forward to joining us this summer.

Please note that the camp is completely **free of charge** where you will be provided with Nike apparel, accommodation and x3 per meals day. We will also cover your flight costs to and from the camp.

We advise that you thoroughly review the pages in this pack in order to be as prepared as possible for camp. It is very important that you take extra note of the following:

Page 6: What do I need to bring?

Page 7-9: Traveling to the Camp / Registration

It's also **vital** that you arrive at camp in elite condition for an extremely intense camp that promises to bring the very best out of you.

Bring a positive and hardworking attitude to the camp!

If you have any queries please do not hesitate to contact me.

I look forward to seeing you at camp.

Steve Vear
Camp Director

(e) sjvear@gmail.com
(t) **626 533-1641**

Message from Luol

Creating a Brotherhood.

I'm really excited to be going into the second year of my USA camp to help create a brotherhood amongst the South Sudanese basketball community, that I know truly has such a bright future!



It's great that you are able to attend the camp and show the world what great student athletes you are on and off the court. Please don't forget to firstly enjoy the camp, push yourself beyond your limits and connect with all the other campers. Learn something from all the coaches and bring **positive energy** everyday. It really helps!

I look forward to seeing you all at the camp.



What is **DENG** Camp **USA**?

A residential camp focused on skill development and creating a brotherhood for the most talented South Sudanese High School players in the USA and Canada.

The camp will **elevate** the level of the players through skill sessions, strength and conditioning/nutritional workshops, classroom breakdown and 5v5 competitive games.

Creating a Brotherhood

A huge part of the camp is for building lasting relationships amongst campers as well as with Luol and our staff. We will share how we aim to do this at camp.

Skill Development

A lot of the camp will emphasize skill development including skill stations, live play, and small group breakdowns and special situations.

S&C, Nutrition & Recovery

Luol's Performance Coach Jacob Ross will be delivering workshops throughout the camp to help elevate off-court performance.

Video Breakdown

The camp will also include classroom based sessions to break down specific video analysis.

Competitive Games

We will have both a 3v3 and 5v5 competition at the camp. All the players will be able to obtain the 5v5 footage for personal use after the camp.

Player statistics

Every game will record player stats to produce averages for each camper.

Combine testing

Each player will go through a set of testing to capture vital athletic data as well as body measurements.

Media

We will have a media team capturing images and footage which will be available to all campers after the camp.

“When you bring a high talent level of players on the same court at once it really gives no choice but for you to elevate your game!”

Luol Deng

What do I need to bring?

WHAT TO BRING	WHAT <u>NOT</u> TO BRING
<ol style="list-style-type: none"> 1. Playing uniform (workouts and team practices) 2. Off court clothes for everyday 3. x2-3 Black Shorts* - preferably Nike or as plain as possible 4. A new t-shirt for everyday 5. Towel (accommodation will supply so optional to bring) 6. Lots of socks and underwear 7. Flip Flop/Slides (very important to let your feet breathe) 8. Toiletries (shower gel, shampoo, deodorant, toothbrush & paste) 9. Mobile Phone & Chargers 10. **Slacks, polo/button shirt & dress shoes for Gentlemen's Dinner on last evening (see Page 17) 11. Good Attitude & Hard Work 	<ol style="list-style-type: none"> 1. Valuables (Laptops, Portable DVD Players, iPods, Jewelry etc). Please note that you bring these at your own risk where DENG Camp or any facility we use will not be held responsible for any loss/damage). 2. Brand New Basketball Shoes (see Page 12) 3. Bad attitude and laziness

* It is vital that you can try and bring **BLACK** Nike or plain shorts for branding purposes which you will need to wear when not in your reversible game uniform.

** Please ensure to bring some smart clothes such as slacks, polo/button down shirt & dress shoes for the Gentlemen's Dinner on the last evening of camp.

VALUABLES

We are not responsible to look after or store any valuables throughout the camp. The University of Texas Dallas do have lockers available in the student centre but you will need your own lock to use these.

Traveling to the Camp

✈️ AIRPORT ✈️

Dallas/Fort Worth International

Airport Code = **DFW**

🏟️ CAMP VENUE 🏟️

University of Texas at Dallas

Recreation Centre West
955 N Loop Rd, Richardson, TX 75080

🏠 ACCOMMODATION 🏠

University of Texas at Dallas

Residence Halls West
955 N Loop Rd, Richardson, TX 75080

One Site

The entire camp will be held on the University of Texas Dallas campus with all buildings within a 5-min walking radius to the basketball court, cafeteria and accommodation, as well as the weight training room and video breakdown classrooms.



TRAVELING TO THE CAMP IS SO IMPORTANT.

Transport will arguably be one of the most important aspects of the camp which will take good planning and preparation on both our end as well as you as campers.

We **must** have good communication (frequently) to organise every camper and staff members arrival into Dallas is as smooth as possible wherever you maybe traveling from.

HOW ARE WE GOING TO DO THIS?

1. **POINT OF CONTACT:** Please ensure we are in contact with someone who is easy to get in touch with and can relay messages to you if you aren't leading the discussions with us on organising your travel.
2. **PERSONAL DETAILS:** We may need to obtain scans of your ID and **MUST** have the full names and DOB that match your ID to ensure no issues whilst travelling.
3. **DEPARTING AIRPORT:** We **MUST** ensure we get the correct airport you will be departing from so please also know the airport three letter code (i.e Newark = EWR)
4. **LETTER FROM DENG CAMP:** We will be providing every camper and staff member with a letter of why you are travelling in case you need to show proof of attending the camp.
5. **SHUTTLE PICK UP:** We will have staff to meet you once landing in DFW airport with a shuttle bus to transport you.

If you need any help please do not hesitate to contact us

via email: info@dengcamp.com

Registration

REGISTRATION

Wednesday 20th June | 11am-3pm

UTD | Residence Halls West
955 N Loop Rd, Richardson, TX 75080

Flying into DFW

Once you land in DFW airport, you will be met by our staff. We will guide you to our shuttle bus to take you to UTD to the registration point.

Not flying into DFW

Please head to the **Residence Halls West** on UTD Campus to arrive no later than **2pm**.

Uniform, Keys & Forms

At registration all campers will receive their camp gear, room and meal cards as well as any forms that need to be filled out.

Departing Camp

The camp will finish on Saturday 23rd June around **1.00pm** after the Award Ceremony giving time for everyone to head back to the accommodation to shower and check out. All campers and staff will eat lunch, where a Shuttle Bus service will take everyone to DFW.

Accommodation

▮ ACCOMMODATION ▮

UTD | Residence Halls West
955 N Loop Rd, Richardson, TX 75080

ROOMS

Every camper will be allocated to a dorm suite which contains x3 bedrooms, a shower, and kitchen area.

SHOWER FACILITIES

Each room will have a shower where you will need to bring your own toiletries, as the rooms do not come with shower gel, deodorant, toothpaste etc.

KEY CARD SYSTEM

Each camper will be given a key card for their room and also used for all meals. These must be kept safe for the duration of camp where lose or damage will result in charge to campers.

PREFERRED ROOMMATES

We will try our best to ensure that you room with whom you put down when registering but we cannot guarantee this. Each room will have x3 people in them.

CAMPER SUPERVISION

All staff members will be rooming in the same corridor as all campers for supervision purposes. Please note that we won't tolerate campers staying up late and disturbing others. When at the accommodation it's important all campers get their rest.

The University of Texas Dallas also have 24-hr on campus security for any emergencies.

Combine Testing

The combine testing this year is an important component of the camp to collect data on every camper. The testing consists of x4 stations where each player will complete all tests. Please see below:

<u>STATION 1</u>	<u>STATION 2</u>
MEASUREMENTS <ol style="list-style-type: none">1. HEIGHT2. WEIGHT3. WING SPAN	$\frac{3}{4}$ COURT SPRINT Start at baseline, sprint to opposite Free Throw Line

<u>STATION 3</u>	<u>STATION 4</u>
MAX VERTICAL JUMP Measure of how high an individual can elevate off the ground	LANE AGILITY TEST Defensive slide, sprint and backpedal around the key.

Athletic Trainer Guide

Dear Camper,

It is extremely important that all campers have a great experience whilst on camp, which can be achieved with **preparation**. I have devised a list of crucial advice to aid in the prevention of injury and maximise your training. It is **your responsibility** to take note of the following:

1. Please ensure you have appropriate footwear, avoid wearing new shoes for the duration of camp. This may lead to blisters and other possible problems preventing participation.

2. Bring plenty of socks and underwear, at least enough to change once every day. Additionally please bring warm clothing (tracksuit pants and sweatshirts).

3. We **MUST** have details of any medical conditions or current/previous injuries that might affect players during the camp. If injury or illness occurs during the camp, we have qualified physio's to call on at all times. Please try to prevent unnecessary injuries. It is essential that you come to camp physically fit to undertake the regime required.

4. Hydration is one of the most important aspects as an athlete. Please take on plenty of fluid whilst on camp. Hydration is very important to avoid cramps. This will be addressed constantly at camp, but please note that prior to attending camp that it is your responsibility as a camper to fulfil this.

5. Nutrition is also extremely important. Please make sure that you are eating a balanced diet including fats, proteins and foods high in carbohydrates (such as pasta, bread, fruit, rice and vegetables). What you put inside your body will ultimately help your performance on camp.

We have a very professional, approachable and extremely enthusiastic Physio Team this year obtaining experience in fields such as, sports therapy, sports rehabilitation and sports massage.

IMPORTANCE OF GOOD NUTRITION FOR BASKETBALL

Eating for health and eating for basketball are similar in that both involve eating more carbohydrate and less fat than the general population's diet. This means eating more high carbohydrate foods such as **pasta, bread, rice, cereals and potatoes** and less high fat foods such as butter, full-fat dairy produce, fatty meat, pastries and pies.

A balanced diet provides sufficient **protein** for growth and repair, **carbohydrate** for energy, a small amount of **fat** for insulation, **vitamins and minerals** to support body processes and **fluids** for hydration.

Under-eating carbohydrate is common; strength, stamina and speed are often affected by lack of carbohydrate in the diet. It is towards the later stages of a game that maximum rewards are obtained from pre-planning. The aim is to **start each game with well-stocked carbohydrate and fluid supplies**.

This is why it is essential to eat plenty of high-carb foods - pasta, rice, potatoes, cereals, bread & fruit between training sessions or activities.

IN PRACTICE (SPECIFIC DIETARY GUIDELINES FOR BASKETBALL)

Before a game

Eat plenty of bread, potatoes, pasta, rice, cereals and fruit in the days leading up to an important game and don't be tempted to try out any new foods or drinks that you are not used to.

After a game

It is essential that you recover your muscle glycogen stores as soon as possible following a hard game or training session to increase your chances of recovering fully before your next game. How long it takes for you to recover depends on what, when and how much you eat.

High glycaemic index foods are foods that provide your muscles with fuel more quickly than other foods. These include bananas, raisins, jelly babies, wine gums, low-fat biscuits and cereal bars. If you only have a short time to recover before your next game or training session these types of foods will help you to recover more fully within this short time.

GUIDELINES ON HYDRATION & FLUID REPLACEMENT

Dehydration can have a considerable effect on performance, as any small increase in body temperature impairs body processes, hence making any exercise more difficult. A daily fluid intake of **at least 3 litres** is recommended.

Your body cannot adapt to dehydration – everyone needs to drink plenty of fluids.

A decrease in body weight of 2% through sweating equates to a decrease in performance of around 20%.

Isotonic drinks are ideal fluid replacers, try to find one that suits you e.g. Lucozade Sport, Gatorade etc. or fruit squash with added salt).

Before a game

In the days before an important game you should be drinking at least 2-3 liters of fluid, plus extra to replace any sweat lost during practice/training sessions.

Drinking around 500ml half an hour before a game will help to offset dehydration affecting performance.

During a game

Fluid intakes should be small amounts as often as possible during a game.

After a game

Thirst is a poor indicator of the need for fluids, so it is important that sufficient fluid is consumed before feeling thirsty. Aim to drink 1.5 litres of fluid after a game.

Energy drinks

Energy drinks **should not be consumed during a game**. The main use for energy drinks is following a hard training session or game, but only if you find it difficult to eat at this time. These drinks can supply the immediate carbohydrate that you need after a game.

Head Athletic Trainer.

Typical Day Schedule

The below will help to give you an idea of what a day at camp looks like. Please note that each day is slightly different and won't follow the exact timings and content below - you can see that days are packed and why you will need to be in elite condition to endure the camp.

7:00-7:45am:	S&C Workshop
8.00-8.30am:	BREAKFAST
9.00-9.15am:	Roll Call / Warm Up
9.15-10.30am:	Combine Testing
10.30-12.15pm:	Skill Development
12.15-12.30pm:	Cool Down / Roll Call
12.30-1.00pm:	LUNCH
1.45-2.00pm:	Roll Call
2.00-3.00pm:	Video Breakdown / 3v3 Games
3.00-4.45pm:	On court work
4.45-5.00pm:	Cool Down / Roll Call
5.00-5.30pm:	DINNER
6.15-6.45pm:	Roll Call / Warm Up
7.00-9.00pm:	5v5 Games
9.00-9.15pm:	Recovery Workshop
9.15-9.30pm:	Roll Call
9.30-10.00pm:	Pizza / Campers back to Dorms
10.00-10.30pm:	Shower / LIGHTS OUT

Meals

Please take note of the following meal times and locations.

MEAL TYPE	Time Slots	Location
Breakfast	8.00-8.30am	Dining Hall West
Lunch	12.30-1.00pm	Dining Hall West
Dinner	5.00-5.30pm	Dining Hall West
Late Night	9.30pm delivery	Pizza Take Out to Dorms

Campers and staff are not permitted to stay in the cafeteria past the set times and must clear the area.

LINE JUMP

The general public will be using the Dining Hall West on campus so we are not permitted to jump the line for any meals.

ALLERGIES - VERY IMPORTANT

You must notify us if you have any dietary requirements (gluten/wheat free, allergies etc) in order for the kitchen to cater for you. This information must be with us no later than the **11th June** and should have been filled in when registering online.

Gentlemen's Dinner

A huge part of the camp is the dinner on the last evening. It gives the campers and staff a chance to relax and enjoy each others company in the midst of a very busy and intense 4-day camp.

Luol will address the camp and also allows for anyone to speak about their journey and ask any questions and open up topics of support.

GENTLEMEN'S DINNER

UTD | Student Union Hall Banquet Room
Friday 22nd June @ 7.30pm-9.30pm

DRESS CODE

We ask that campers and staff dress smart casual. Either slacks or jeans with a button down polo/shirt and dress shoes.

BUFFET STYLE DINNER

This will be buffet type style meal in our own private room.

AWARD CEREMONY

We will also be handing out the camp awards at the dinner.

Rules on Camp

Campers must abide to all Rules and Regulations of DENG Camp.

1. **Represent the Camp and Luol Deng.** Whilst on camp, you are not only representing yourselves but you are also representing Luol Deng and his camp. Please act in the most professional and courteous way.
2. **Respect the Venue.** We have been able to acquire the services of world-class sporting facilities and it is extremely important that we respect all areas from the sports halls, accommodation rooms, canteens and the entire campus. We will not tolerate any vandalism or mistreatment of the facilities.
3. **Respect the Staff.** Please respect all the staff, including the Athletic Trainers, Office Team and both Creighton University and Iowa West Field House staff. We again will not tolerate any bad language or negativity towards staff.
4. **Respect Each Other.** Everyone attends camp to get an amazing experience from the week so please respect each other and show great sportsmanship throughout the week.
5. **Work Hard.** The camp is a long and hard 4-days where we will always ask a lot from you, on and off the court. If you are asked to be somewhere please do this with urgency. If you work hard, you will ultimately learn more and become a better basketball player and a person. Working hard is a great habit to have.
6. **Be Punctual.** In order for the schedule to run like clockwork we need all campers to be on time for everything, so have in mind that it is always better to be there 5 minutes early.
7. **Listen & Learn.** Whether it is during a station, a league game or a lecture, please listen as in turn you will learn.
8. **Enjoy camp.** We always run a camp in a positive way so that you get an enjoyable experience, so please replicate this and enjoy yourselves whilst on camp.

Updates during camp

We will be providing updates during camp via our website and social media platforms so please take note of the following:

(w): dengcamp.com

@DengCamp



LEADERBOARDS

Combine Testing, 3v3 and 5v5 Games will all be recorded and posted during the camp.

PLAYER STATISTICS

Full player statistics will be undertaken for all 5v5 Games and used for post camp when creating Player Profile pages.

SOCIAL MEDIA HASHTAG

#StayReady 

We encourage all of you to use the hashtag with the South Sudan flag when posting on social media platforms.



Policies and Procedures

DENG Camp follows good practice on and off the court with the following:

RISK ASSESSMENTS

We conduct thorough Risk Assessments throughout every day on camp to ensure the safety of all campers and staff.

FIRE PROCEDURES

We have gone through the fire procedures at all venues with the facility staff which is explained to all campers and staff in our welcome presentation.

ACCIDENT INSURANCE

DENG Camp has its own insurance for campers to cover any major injuries as well as both venues in case any accidents occur.

CRIMINAL BACKGROUND CHECKS

All DENG Camp staff will be asked to provide or undergo a criminal background check.

If you would like information on the above please do not hesitate to contact us via email:

info@dengcamp.com



Contact Us

If any of your parents/guardians or coaches need to get in touch with us before, during or after the camp please take note of the contact below.

EMERGENCY CONTACT

Steve Vear

Camp Director

(t): 626 533-1641

(e): sjvear@gmail.com