

LBX DANCE ACADEMY

OVERNIGHT FOOTBALL CAMP

Hello Dance Academy families,

The season has begun and now your child is in full dance mode. This letter will have all the information for our overnight dance camp.

If you are interested in chaperoning, please contact Daquan Hawkins (dhawkins@lbxsports.org), Kelsey Smalls (coachklbx@gmail.com) or Diajah (DiDi) Mackey dance@lbxsports.org. We would love to have your assistance during this trip.

DATES

The teams will leave for the Dance camp on **Monday, August 19th at 8:00am** **SHARP!** We will be departing from 112th Street and 1st Avenue at Jefferson Park. (PLEASE HAVE YOUR CHILD BRING BREAKFAST IN THE MORNING)

We will be returning on **Friday August 23rd around 6:00pm**. The drop off location will also be Jefferson Park (112th Street & 1st Avenue).

CAMP LOCATION

LBX Dance Academy Overnight Dance camp will be at *Camp Pontiac*. Camp Pontiac is located at *2044 Country Rt 7, Copake, NY 12516*. The camp's phone number is (518) 329-6555. Please do not call the camp except for true emergencies.

Either, one of our chaperones, Daquan Hawkins, Kelsey Smalls or Diajah Mackey will communicate with parents about arrivals and any issues that may arise.

WHAT TO EXPECT

The camp will consist of a variety of dance sessions for skill development and teambuilding exercises. Our aim is the videotape the dance sessions so that the children can review them with Coach DiDI to progress their skills. There will also be conditioning and workout sessions to prepare for upcoming showcase events.

The LBX Dance Academy coaching staff will coach the players.

WHAT TO BRING

5 Full Sets of Clothing (t shirts, shorts, underwear, socks)

Pajamas

Toothbrush

Toothpaste

Deodorant

Soap

Shampoo

Towel

Sleeping Bag or sheets and pillowcases

Pillow

Re-Usable Water Bottle

Plenty of Sunscreen

Plenty of Bug Spray

Swim Trunks/ One Piece Bathing Suit

Sneakers

Flip-flops

Practice clothing

Laundry Bag

Baby Powder

Money (\$20 maximum to purchase snacks at the canteen)

Phone (Dancers will be given a specific time in the evening to call home. They must keep their phones away during any other time at camp)

WHAT NOT TO BRING

Ipods/Ipads/AirPods

Video Games

Laptops

Anything valuable which may get lost

MEDICATIONS

If your child needs to take medication during the trip, please place the medication in a zip-lock bag with the name of your child, name of medicine, and dosage. The medicine will be administered to your child by the Camp Nurse.

If your child has an inhaler, please make sure it is labeled. Your child should bring it with them to the practices.

For any questions about the camp, please contact Daquan Hawkins (dhawkins@lbxsports.org), Kelsey Smalls (coachklbx@gmail.com) or Diajah (DiDi) Mackey (dance@lbxsports.org). We would love to have your assistance during this trip.