

# 2017 CHEERFORCE "CAMP ROCK" INFORMATION

(Sept 23 – Sept 24, 2017)

## PACKING LIST:

- Sleeping bag / blankets / Pillow
- Toothbrush & toothpaste / Hair brush
- Towel, washcloth, shampoo, soap. (flip flops, good for showering)
- Any other personal items you need
- Jeans & Jacket (no shorts) / Old tennis shoes & socks
- \$20 (meals are included, but there may be vending machines on property)
- Reusable Water Bottle, with your name on label
- Sunscreen & Bug Spray & Chapstick
- Swimsuit & Beach Towel
- Cabin decorations (there is a contest for best decorated cabin!!)
- Attire: Upon check-in, you will receive your "Camp Rock" shirt to wear on Saturday. Sunday will be any CheerForce t-shirt.

\* The camp strongly discourages campers from bringing any items of value (i.e. jewelry, ipods, cell phones). The cabins are NOT secured during the day. Any items brought up will be locked in their team mom's car for the weekend. **Cell phone use will not be permitted until camp is over on Sunday afternoon. Cell phones will be given to the coaches until Sunday dismissal.**

## HOUSING DESCRIPTION

We'll be staying in cabins. Teams will be getting their cabin assignment when they arrive and check-in. All male athletes and staff will be in their own cabin.

## FOOD

**Mealtimes:** 4 meals are provided over the weekend: lunch & dinner on Saturday, and breakfast & lunch on Sunday. We'll be having ALL our meals together as a group. Meal times are strict; anyone late will not be served.

**Breakfast 8am / Lunch Noon / Dinner 5:30pm**

**Food in cabins:** If you bring your own snacks, please have them in an air tight container to keep insects away.

## CAMP GUIDELINES

Camp Hess Kramer is a "Jewish Camp" facility. Inappropriate behavior is grounds for us being expelled from the camp, and not allowed to return.

Here are some guidelines they recommend:

- Recommend you leave NO valuables in the cabin
- No smoking / No alcohol allowed on the grounds (Nor any CheerForce event)
- **No non-registered guests/observers allowed on the grounds. For the campers' safety, if you're not a cheerleader or coach, you are not allowed on the grounds. Security will escort off anyone else.**

## SUPERVISION

- Once campers' check-in with us, there is absolutely NO LEAVING CAMPUS.
- Cheerleaders are expected to obey all CF staff.

## TRANSPORTATION TO / FROM Malibu

**Address: "Camp Hess Kramer" 11495 Pacific Coast Hwy, Malibu, CA · (213) 388-2401**

- **FRIDAY (Fresno) ARRIVALS**\_Check-in between 7-10pm
- **SATURDAY ARRIVALS:** Check-in between 8-8:45am.
- **SUNDAY DEPARTURE:** You will be excused AFTER the Closing Session (*no later than 5pm*)