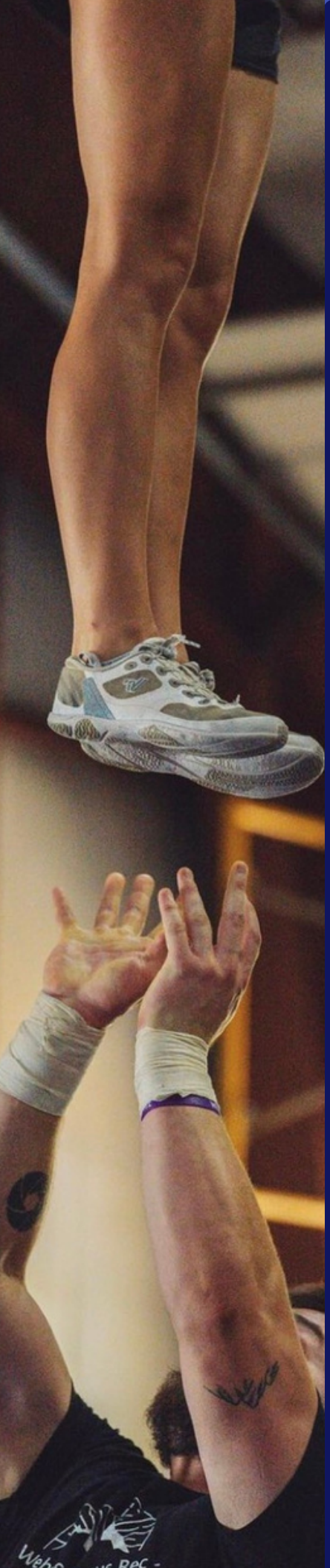

DREAM CAMPS

DREAM CAMPS

Informational Packet 2023

DREAM CAMPS

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WELCOME INFO

WHO ARE WE?

Dream Camps Is an Oregon based, veteran owned company dedicated to delivering the best Instruction In cheerleading. In the most amazing venue In the Pacific Northwest, creating lifelong memories and friends.

WHAT MAKES US SPECIAL?

Dream camps is the only camp of its kind :

- Amazing coaches from around the United States.
- Choose from our training track.
  - Game Day Track - learn cheers, band dances, a camp dance, working on performance and presence.
  - Traditional track - Traditional D/C experience focused on competitive skill building.
  - Emphasis track - Tell us what you need to work on and what you don't, we build your schedule from there.
- Private camp level of attention with large multi team camp experience.
- Team building built Into your schedule each day to grow your team cohesion.
- A true Investment In your team and your success. Dream Camps Is here for you for the long haul. Do you need help mid season, we got you. You need routine review, not a problem. When you are In the D/C family you are In a community of people who support one another.

HOW TO BOOK?

Space at our teams camp Is limited due to the beds on site at the Mckenzie River Resort. If you would like to reserve your spot you can register by emailing Info@oregondreamcamps.com

QUESTIONS ABOUT THIS PACKET OR DREAM CAMPS?

REACH OUT TO: INFO@OREGONDREAMCAMPS.COM

WHAT TO EXPECT

LOCATION AND ACCOMMODATIONS

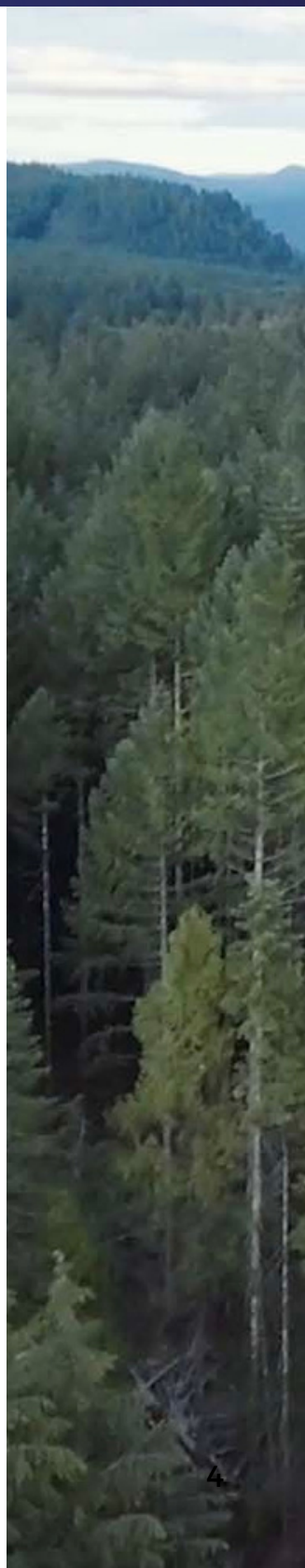
Camp is hosted at the United States Basketball Academy also known as the Mckenzie river resort.

- The address Is 54705 SW Mckenzie Hwy Blue River OR. The camp Is nestled on 45 Acres of beautiful property located just off the McKenzie River.

- Athlete Lodging
  - Athlete lodging is a group cabin style. Athletes have bunk beds In an open concept cabin. The cabins are not air conditioned, but with a few fans stay comfortable throughout the evening and cool during the day.
  - Each athlete cabin has a coaches room that has a door to give the adult chaperone privacy. Male and Female athletes are not housed together. It Is critical that coed programs communicate those details with the camp director as soon as possible.
  - Additional coach housing is on sight but may not be in close proximity to the team cabin their athletes are in.
  - Programs larger than 32 athletes will have to be split to different cabins.

FOOD

Dream Camps provides cafeteria style meals. All food and lodging is included with your registration. We strive to provide numerous options at each mean to include options that will meet general dietary needs with vegetarian and non vegetarian options . We avoid nut products although peanut butter is available for athletes during breakfast or meals where sandwiches are provided. Athletes with food allergies like Celiac should communicate this as soon as possible and bring additional items that they know are safe for them to eat. We will do our best to ensure no cross contamination but the safest way to ensure there are no issues is to bring your own food Items.



2023 THEME

Cheering through the decades

PICK YOUR DECADE

Pick your favorite decade and go ALL OUT. Decorate your cabin, sport your retro gear, and participate In our games and activities designed to throw It back to some of the quintessential experiences of the last 50 years!

Awards throughout camp!

Dream Camps will have competitions each night to award trophies to Individual athletes. Compete In Best Jumper, Best Tumbler, Best Stunt group or Best Dancer and see where you stack up.

On top of these Individual awards athletes throughout camp will be nominated to compete to be recognized as All Americans. Athletes who perform and are selected as All Americans will receive a certificate and All American Ring at the end of camp. Teams will also compete throughout camp to determine the CAMP CHAMPS award.

MEET THE STAFF

The Best of the Best

Staff Snapshot

Dream Camps staff are some of the best in the industry. Although not all staff work every camp we have instructors from - Weber State, Trinity Valley, Navarro, Top Gun, ODT, PSU, OSU, CBU, Cheer Athletics, and more!!!!!

PACKING LIST
Being Prepared!

Packing List

- Bedding (Sleeping bag or Blankets)
- Pillow
- Shower Supplies
- Tooth Brush & Tooth paste
- Feminine Hygiene needs
- Deodorant
- Towel
- Flip Flops
- Bathing Suit
- Sleeping Clothes
- Practice Clothes (4 Sets)
- Extra Sports bras and underwear
- Cheer Shoes
- Normal Athletic Shorts
- Bug Spray
- Sun Screen
- Epi Pen (if prescribed)
- Prescription medication
- Sun Glasses
- Cell Phone Charger
- Personal Water Bottle (REQUIRED)
- Cash or Card for pro shop (we will have some awesome stuff)
- Extra snacks

GENERAL SCHEDULE
Day 0 & Day 1

Day Zero

6:00 PM - Arrivals Welcome

8:00 PM - Camp Orientation (Great Hall)

Day 1

8:00 - Breakfast

8:45- Warm up

9:00 - Rotation 1

10:00 am - Rotation 2

11:00 am- Rotation 3

12:00 pm - Lunch

1:00 pm - Team Challenge 2

4:00 pm - Rotation 4

5:00 pm - Rotation 5

6:00 pm - Dinner

7:00 pm - Evening Challenge & open gym, or team bonding

9:00 pm - Personal Hygiene

10:00 pm - Lights out

GENERAL SCHEDULE

Day 2 & Day 3

Day 2

8:00 - Breakfast
8:45- Warm up
9:00 - Rotation 1
10:00 am - Rotation 2
11:00 am- Rotation 3
12:00 pm - Lunch
1:00 pm - Team Challenge 2
4:00 pm - Rotation 4
5:00 pm - Rotation 5
6:00 pm - Dinner
7:00 pm - Evening Challenge & open gym, or team bonding
9:00 pm - Personal Hygiene
10:00 pm - Lights out

Day 3

8:00 - Breakfast
8:45- Warm up
9:00 - Rotation 1
10:00 am - Rotation 2
11:00 am- Rotation 3
12:00 pm - Lunch
1:00 pm - Team Challenge 2
4:00 pm - Rotation 4
5:00 pm - Rotation 5
6:00 pm - Dinner
7:00 pm - Evening Challenge & open gym, or team bonding
9:00 pm - Personal Hygiene
10:00 pm - Lights out

GENERAL SCHEDULE

Day 4

Day 4

8:00 - Breakfast

8:45- Warm up

9:00 - Packing

9:45 - Warmup

10:00 - Showoff Prep

11:00 am - All American Tryouts

11:30 pm - Showoffs

12:00 pm - Final Awards

12:30 pm - To go lunches

1:00 pm Depart from camp

FAQ

What you need to know!

FAQ

- What time can athletes arrive at camp?
  - After 6 PM on Day 0
  - Athletes should arrive having eaten dinner. There is not a meal provided on Day 0.
- Are there Items for purchase at camp?
  - Yes we have camp clothes, snacks and drinks available for purchase!
- Is camp safe?
  - Yes we ensure safety is of the highest priority throughout all of camp!
- Do phones work?
  - No not really, there is WIFI at camp for staff and coaches but cell reception is spotty. There is a land line on site for emergencies.
- What If there Is a forest fire Is there a plan?
  - Yes there is an established evacuation plan to ensure athletes are safe even in the case of a fire.

CONTACT
Further questions?

We are here to help

You can reach us with further questions:

Email:

Info@oregondreamcamps.com

Cell: 541-913-9019