

Frequently Asked Questions

What to bring to camp?

We recommend that you bring: 12 pairs sweat socks, one pair good basketball sneakers, seven t-shirts, five pairs shorts, one sweat suit or sweat shirt, three towels, one blanket or sleeping bag, two sheets, one pillow and pillow case, toilet articles and one mostly white or white t-shirt for the playoffs. Do not bring your own basketball. You may want to add items based on personal preference.

What time should I arrive at camp (by car)?

Check-in is between 4:00pm and 5:00pm. This arrival time will enable you to:

- ★ Check in
- ★ Receive room or bunk assignment
- ★ Stow your gear in your room or bunk
- ★ Change into basketball clothing
- ★ Familiarize yourself with the facility

What time can I leave if I am driving?

Camp officially ends after the awards ceremony, which is scheduled for 3:00. Please arrange departure after that, as to not disrupt the final day.

What are the driving directions to my camp?

Specific camp addresses are listed on the directions link. Driving directions and addresses are best obtained by visiting the locations Web site.

What is the canteen?

The canteen is a physical store on campus selling 5 Star gear, snacks and drinks. When you arrive on campus you will be asked if you want to deposit any money in the canteen. Whatever amount you wish to deposit will become the amount of credit you have in the store. The canteen can also be used to purchase items forgotten at home (toothbrush, soap, etc.), because the canteen staff will go into town each day to purchase these requested items. At the end of camp any unspent money will be returned to you in full.

Why should I put my money in the canteen?

If you hold onto your own money and wish to make cash purchases you can, but do so at your own risk. Any money you lose or that is stolen cannot be replaced. The money you put into your account cannot be lost or stolen. In fact, you can store your money with us and not spend any and have it all returned at the end of camp.

What is a typical day like?

7:30am	Rise
8:00 - 8:40am	Breakfast
8:40 - 9:00am	Stretching
9:00 - 11:00am	Stations
11:00 - 12:30pm	Games/Individual Instruction
12:30 - 1:10pm	Lunch
1:10 - 2:00pm	Break
2:00 - 4:00pm	Stations
4:00 - 5:30pm	Games/Lecture
5:30 - 6:30pm	Dinner
6:30 - 8:30pm	Games/Individual Instruction
8:30 - 9:30pm	Night Program/Contest
10:00pm	Lights Out

Do I need a room key?

Shepherd University and Blue Ridge School:
Yes, \$60 refundable deposit required

Mount St. Mary's University:
Yes, \$60 refundable deposit required

When is my deposit due?

A deposit of \$100 is due with an application in order to hold a spot for day camps, and a deposit of \$200 for overnight camp.

When is my balance due?

The balance is due no later than 30 days prior to camp.

What is your refund policy?

Deposit is refundable for each session only up to the due date for the balance of payment, less a \$45 administrative fee charged to **all** cancellations. Cancellations made **after** (April 15 for day camps and May 15, for overnight) are non-refundable or can be issued as credit toward a future 5 Star event.

What does my tuition include?

Lodging, meals, camp t-shirt and accident and injury insurance over and above campers' family policy coverage.

What is the coach to camper ratio?

Traditionally, there is an 8 to 1 camper to coach ratio.

Frequently Asked Questions

Can my child pick his or her roommate?

We will honor roommate requests if space allows. We understand that campers are, in some cases, traveling long distances and wish to be roomed with their friends. With that in mind we will do our best to accommodate your request. If when you arrive you are not roomed together, we will attempt (if space is available) to room you together by that evening.

- ★ Jr. Boy's Shepherd University:
College dorms, 2 to a room; please request by noting on application card, emailing or writing.
- ★ Jr. Boy's Blue Ridge School:
Dorms, 2 to a room; please request by noting on application card, emailing or writing.
- ★ Girl's Mount St. Mary's University:
College dorms, 2 to a room; please request by noting on application card, emailing or writing.

What is the supervision in the dorms/bunks etc.?

There is a counselor assigned to each floor in every dorm. Our well-trained staff monitors all activities including meals.

Can I come and watch?

Our camps are open to coaches and parents to view at all times.

Do I need a physical to attend camp?

For camps (July 12-15, July 19-22, July 23-26) at Mount St. Mary's University a physical as well as shot records are needed.

At 5 Star, is playing time equally distributed?

Every player will play at least one half of each game. You will either play in the 1st and 3rd quarters or the 2nd and 4th.

Can I bring a cooler?

Yes, you can bring a cooler.

Can I bring any electronics?

Televisions **are not** allowed, but you can bring a walkman, disc man or MP3 player, but you must lock them in your room; they are not to be worn during or to and from the activities.

Will I be able to order pizza or food to my room?

No. You will have 3 meals and we will have pizza or food for sale each day if you wish to supplement.

Can I wear a hat, do-rag, earring, watch or other adornments?

You cannot play with them and they cannot be worn during the week.

Are professional trainers available at camp?

Yes, we will have professional trainers. They are on call 24 hours a day for illness, injury and other maladies. If necessary, nearby medical facilities are available at every site.

What if I have more questions?

Please contact the office by emailing info@5starbasketball.com or give us a call at 301.762.2121