

# spain

## development basketball camp

### useful information

Every day participants must wear appropriate sports clothing and extra clothes to change into for the swimming pool, lunch and afternoon training sessions. It is forbidden to wear swimsuits on the street.

#### WORKOUT GEAR FOR 1 WEEK

- 5 T-Shirts and 5 gym shorts
- 5 pairs of socks
- 2 pairs of basketball shoes (new shoes are not a good idea; you will get blisters and not be able to train)
- 1 sweatshirt or 1 tracksuit
- Ankle, knee and wrist supports or any other protective gear
- Protective tape for strapping body parts (i.e. fingers)
- Compeed Blisters
- Creams or gels used to warm up muscles, if applicable
- Small toiletries kit to bring to the basketball court

#### DAILY CLOTHES FOR 1 WEEK

- Shorts, trousers, T-Shirts
- 1 fleece jacket or sweat shirt
- Plenty of socks and underwear
- Pyjamas / sleepwear
- 2-3 swimsuits, swim cap, sun hat
- Shoes or sandals plus flip-flops for the shower/swimming pool
- Sunglasses and sun protection appropriate for skin type with high protection factor (30 - 50 factor)
- Insect repellent
- Towels for the swimming pool (3 medium-size towels). It is compulsory to bring at least one towel because the room towels cannot be taken out of the apartment.
- For missing towels in the apartment, there is a €25 fee

#### VALUABLES

Neither Laboral Kutxa Baskonia nor Zadorspain are responsible for valuables brought to camp. We strongly discourage bringing any valuables. Although the world does not stop if you are without a computer for a few days, there is a computer room available with free Internet access that can be used during free time.

#### DOCUMENTS, MEDICINE

- Passport (original and 2 copies) plus 2 passport photos
- Medication, if needed, in its original container, along with the explicit dosage. A signed medical release form should accompany all prescription medication (in English or Spanish). Please be sure to bring a medical certificate to camp and submit it with the photograph upon arrival.
- First aid kit with plasters/band-aids, ibuprofen, paracetamol or other medicine that may be necessary.
- Parental Permission.
- Health Statement & Medical Waiver
- If the camper wears glasses or contacts, bring 2 pairs of glasses and sufficient contact lens cleaner.

#### OTHER ITEMS

##### FOR THE LANGUAGE LESSONS

- Pocket dictionary & notebook, pens/pencils, etc.

##### OTHER ITEMS

- Hairdryer (available at the apartments but not at the basketball facilities)
- Backpack for the training sessions and off-campus activities
- Camera and batteries
- Mobile phone (and charger) /calling card
- Laundry bag for wet or dirty clothing labelled with the name

#### POCKET MONEY

Players do not have much time to spend money during the day, except on ice cream or snacks before lunch and souvenirs, T-shirts or present during the shopping evening at a shopping centre. Therefore, they do not need a lot of pocket money. We suggest approximately €15 per day. If the player needs funds, they may be sent by Western Union (not by bank transfer to ZADOR's account).