



**2019**

**APEC Summer Basketball Camp**

**Camper Guide**

***August 5<sup>th</sup>, 2019 – August 9<sup>th</sup>, 2019***

**London, England**



Dear Camper,

Welcome to the 2019 APEC Summer Basketball Camp.

Whether this is your first year joining us or you are returning for our 2<sup>nd</sup> Annual Summer Camp, this program will be your athletic training home away from home for the next week. We thank you for choosing APEC Basketball and we look forward to an intense week of hooping, training and growth.

Our Program is designed to provide you consistent, high-quality and appropriate athletic performance training, monitoring, mentoring, nurturing and coaching to ensure your athletic performance and personal success. We strongly believe that, with all of our support services offered throughout the program, no athlete will leave without becoming and feeling like an overall better basketball player. Athletic success depends on how well you take accountability for your own ambitious endeavours that you as an individual are striving for. This includes taking initiative to achieve athletic excellence; it is up to you to take advantage of our services as soon and as often as you may need them.

For the week of August 5<sup>th</sup> – 9<sup>th</sup>, 2019 you will be drilled by our highly skilled coaches that will guide you to finding a higher level within yourself that will boost your performance on and off the court.

To assist with your enrolment into our 2019 APEC Summer Basketball Camp, please thoroughly read this entire Camper Guide and have your Parent/Guardian complete the emergency information and waiver forms.

We look forward to supporting your athletic success during your time at the 2019 APEC Summer Basketball Camp!

Sincerely,

Dominik Tannis-Harriet

APEC Academy CEO



Camp Schedule		
Date	Time	Training Type
Monday August 5, 2019	9:00 AM – 4:00 PM (1 Hour Lunch Break at 12:00 PM)	<b>Introduction Day: Evaluation &amp; Testing</b> - APEC Summer Basketball Camp Introduction - Player Evaluation Drills - Shooting Test - Team Forming (Age/Skill) - Offence Initiation - Shooting - Competitions & Tournament Game #1
Tuesday August 6, 2019	9:00 AM – 4:00 PM (1 Hour Lunch Break at 12:00 PM)	<b>Introduction of the NBA Guests</b> - Scoring without dribbling series (Breaking down cuts, player/ball movement, using screens: <u>game simulated</u> etc.) - Triple Threat/attacking Series - Drill Competition - Shooting - Competitions & Tournament Game #2
Wednesday August 7, 2019	9:00 AM – 4:00 PM (1 Hour Lunch Break at 12:00 PM)	<b>Main Focus: Defence</b> - Stance & Hip Activation - Help side & Help the Helper. - Passing lane - Shooting - Mental Toughness & Communication drills - Shooting - Competitions & Tournament Game #3
Thursday August 8, 2019	9:00 AM – 4:00 PM (1 Hour Lunch Break at 12:00 PM)	<b>Main Focus: Ballhandling &amp; 1:1 Offence</b> - Combo dribbling series - Off the dribble series - Finishing around the basket - Shooting - Competitions & Final Tournament Game
Friday August 9, 2019	9:00 AM – 4:00 PM (1 Hour Lunch Break at 12:00 PM)  4:00 PM – 5:00 PM Awards Ceremony	<b>Main Focus: Fundamental Understanding of Spacing/Game Structure</b> - Game Simulated Drills - Hoop study & Film Session - Tournament Final Games - Competitions - NBA Q & A Event - Awards Ceremony

Please ensure participants **arrive on time** and are dressed in proper attire for the outlined start time of each day of the APEC Basketball Summer Camp.

If participants wish to leave the facility for the Lunch Break(s) a separate waiver form must be signed by a Parent/Guardian granting them permission to do so. Participants must return promptly at 1:00 PM for the continuation of the camp.

**Please Note:** Time and dates may be subject to change under unforeseen circumstances.



## Camper Guide

### What to Bring:

<i>Camp Attire</i>	Basketball Shoes Athletic Black Shorts Athletic T-Shirt (and spare)
<i>Performance Necessities</i>	Water Bottle(s) Sports Towel (optional)

### Payment Deadline Date(s):

<i>Deposit</i>	£175.00	Immediately
<i>Final payment</i>	£200.00	<b>Deadline Date</b>
<b>Total Payment</b>	<b>£375.00</b>	

### Spectator Rates:

<i>Participant Relatives</i>	£ 12.00
<i>Non-Participant Relatives</i>	£ 15.00
<i>Children (Under Age 6)</i>	£ 6.00

### Parking Rates:

<i>All-Day Parking</i>	£ 10.00
<i>Weekly Parking</i>	£ 40.00

*\*APEC Basketball Ltd. is not responsible for any parking infractions issued as a result of not having an authorized parking pass.*

### Awards Ceremony:

<i>Date</i>	Friday, August 9 <sup>th</sup> , 2019
<i>Time</i>	<b>4:00 PM</b>
<i>Location</i>	<b>Brunel University Sports Park Kingston Lane Uxbridge UB8 3PH</b>



**PLEASE DO NOT LEAVE ANY BLANKS**

**First Name:** \_\_\_\_\_ **Last Name:** \_\_\_\_\_ **Age:**

\_\_\_\_\_

**D.O.B:** \_\_\_/\_\_\_/\_\_\_ **Ethnicity:** \_\_\_\_\_ **Club Team:**

\_\_\_\_\_

**Height:** \_\_\_\_\_ " **Weight:** \_\_\_\_\_ kg **Position(Circle):** PG SG SF

PF C

**Years Experience:** \_\_\_\_\_ **Awards & Accolades to**

**date:** \_\_\_\_\_

**Home address:**

\_\_\_\_\_

**Postal/Zip Code:** \_\_\_\_\_ **Email:**

\_\_\_\_\_

**Phone Number:** \_\_\_\_\_ **Mobile Number:**

\_\_\_\_\_

**Team Selected for: (Circle)**

**U14**

**U17**

**U16 Girls**



**Describe yourself as a Basketball Player:**

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**Allergies or Health Problems:** (Please state below)

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**Injury History:** (Date, Description, Time)

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Emergency Contact Name #1: \_\_\_\_\_

Relation: \_\_\_\_\_

Emergency Contact Number: \_\_\_\_\_

Emergency Contact Email: \_\_\_\_\_

Emergency Contact Name #2: \_\_\_\_\_

Relation: \_\_\_\_\_

Emergency Contact Number: \_\_\_\_\_

Emergency Contact Email: \_\_\_\_\_

**Criminal History:** (This information will be held as non-disclosure & private information)

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## APEC Summer Basketball Camp 2019 Emergency Waiver

***Please ensure participants print and bring the following signed waiver with them on the FIRST DAY of the APEC Summer Basketball Camp 2019, as they will not be allowed to participate in the camp sessions until we have received it.***

I hereby state my child \_\_\_\_\_ is in good health and has my permission to participate in all APEC Summer Basketball Camp activities.

I authorize the staff at the camp to provide emergency first aid in the event of sickness or injury. I also give my permission for the coach/sponsor to sign for me in the event that emergency treatment, hospitalization, and/or surgery is required. I understand I am financially responsible for any medical bills incurred by my child while at the APEC Summer Basketball Camp 2019.

My signature below hereby releases the camp, camp sponsor, camp workers, camp volunteers, ACS Egham International Schools from any and all liability and any manner of actions, suits, damages, claims, and demands on account of personal injury arising from my child's participation in the camp.

Please list any medical conditions the camp staff should be aware of during camp.

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Emergency Contact:

Emergency Phone: (\_\_\_\_\_) \_\_\_\_\_

Our Health Insurance Provider: \_\_\_\_\_

Policy #: \_\_\_\_\_

**Parent/Guardian Name:** \_\_\_\_\_

**Parent/Guardian Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_





## PART 1 - MEDIA RELEASE FORM (PHOTOGRAPHY AND VIDEO)

I hereby grant the Company of APEC Basketball Academy (the "Academy") the irrevocable right and permission to use photographs and/or video recordings of me on company and other websites and in publications, promotional flyers, educational materials, derivative works, or for any other similar purpose without compensation to me.

I understand and agree that such photographs and/or video recordings of me may be placed on the Internet. I also understand and agree that I may be identified by name and/or title in printed, Internet or broadcast information that might accompany the photographs and/or video recordings of me. I waive the right to approve the final product. I agree that all such portraits, pictures, photographs, video and audio recordings, and any reproductions thereof, and all plates, negatives, recording tape and digital files are and shall remain the property of the company.

I hereby release, acquit and forever discharge the APEC Basketball, the program, its current and former trustees, agents, officers and employees of the above-named entities from any and all claims, demands, rights, promises, damages and liabilities arising out of or in connection with the use or distribution of said photographs and/or video recordings, including but not limited to any claims for invasion of privacy, appropriation of likeness or defamation.

I hereby warrant that I am eighteen (18) years old or more and competent to contract in my own name or, if I am less than eighteen years old, that my parent or guardian has signed this release form below. This release is binding on me and my heirs, assigns and personal representatives.

Name of Individual Photographed/Recorded: \_\_\_\_\_

\_\_\_\_\_

Signature of Individual Photographed/Recorded

\_\_\_\_\_

Date

\_\_\_\_\_

Signature of Witness

\_\_\_\_\_

Date

**If participant is under the age of 18 years old, please also complete PART 2**



**PART 2 - MEDIA RELEASE FORM (PHOTOGRAPHY AND VIDEO)**

**If individual photographed/recorded is under eighteen (18) years old, the following section must be completed:** I have read and I understand this document. I understand and agree that it is binding on me, my child (named above), our heirs, assigns and personal representatives. I acknowledge that I am eighteen (18) years old or more and that I am the parent or guardian of the child named above.

\_\_\_\_\_  
Printed Name of Parent/Guardian

\_\_\_\_\_  
Signature of Parent/Guardian

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Witness

\_\_\_\_\_  
Date



## **Player Code of Conduct**

- ✓ Athletes must **not** attend any APEC Basketball Event under the influence of alcohol or any unsubscribed drugs or medication. Any violations of this rule will result in automatic termination of training without refund
- ✓ No refund will be given for missed programming without a valid notice
- ✓ Athletes must arrive in correct basketball attire (Refer to Camper Guide)
- ✓ Athletes must have a great attitude and respect their peers
- ✓ Athletes must respect all coaches and APEC Basketball Academy staff
- ✓ Athletes must bring their own food and beverages; meals are not provided by APEC Basketball Academy
- ✓ No food/drinks may be brought into the gymnasium and consumed whilst training is in process, all food/drinks must be consumed before/after the training sessions, or during the allocated break time
- ✓ Violence is not allowed at any APEC Basketball Event; athlete will be removed and subsequently suspended if engaged in any violent behavior
- ✓ Athletes are not allowed to use any profanity or signs of negative body language while at APEC Academy Events
- ✓ Inappropriate sexual conduct is not permitted and will not be tolerated; anyone who condones this behavior will be removed from the facility immediately (Referring to Unnecessary touching of body parts, Sexual language, sexual innuendos', inappropriate basketball loose fitting attire, bras, high waisted shorts etc.)
- ✓ Athletes must acknowledge their part in Photography/ Video footage to be published on APEC Basketball Academy media platforms
- ✓ Athletes are fully liable for their actions in any facility in which events for APEC Basketball are taking place.
- ✓ **No Responsibility** of a player's actions in result of damaging equipment or the gym will be taken by APEC Basketball.
- ✓ **APEC WILL NOT BE RESPONSIBLE/ LIABLE FOR A CAMPERS ACTIONS OR DECISIONS TO LEAVE APEC CAMPUS WITHOUT THE PERMISSION OF PARENT/GUARDIAN.**
- ✓ APEC Basketball Academy is **Not Responsible** for any injuries. Any health concerns an athlete may have whilst attending the APEC Basketball Camp will be taken into consideration and if athlete is not able to participate in the workout at a decent level, they may be given leave of absence.

*//Player Code of Conduct continued on Page 9...*



*/Player Code of Conduct continued...*

- ✓ Health Insurance is **mandatory** in order to participate in any APEC Basketball Events. Proof of Health Insurance and the ID Card will need to be shown before you participate. For safety and wellness, athletes can apply for health insurance using this link:  
[https://insurance.expatsfocus.com/usa/?gclid=Cj0KEQjw2-bHBRDEh6qk5b6yqKIBeiQAFUz29m9t\\_S4a5LH0kV6zovGoWbgN\\_EMtH2twe3swHyHsQUaAuml8P8HAQ](https://insurance.expatsfocus.com/usa/?gclid=Cj0KEQjw2-bHBRDEh6qk5b6yqKIBeiQAFUz29m9t_S4a5LH0kV6zovGoWbgN_EMtH2twe3swHyHsQUaAuml8P8HAQ)

Thank you for your cooperation. Please return all forms signed prior to the commencement date of the 2019 APEC Basketball Summer Camp.

If there are any issues or concerns, please feel free to notify an APEC Basketball Academy Staff Member.

We welcome you again to the family of APEC Basketball Elite Athletes. You have made the first step in improving your basketball talents. We can't wait to start working with you. Let's Get It!

Athlete's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

*(If Athlete is Under 18, Parent Signature Required)*

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_



## **Safeguarding Policy**

1. Purpose This policy sets APEC Basketball Academy approach to safeguarding and promoting the welfare of children and vulnerable adults. It applies to all aspects of our work, workspace, and to everyone working for APEC Basketball Ltd. including permanent and temporary employees, contractors and self-employed contracted inspectors.
2. Strategic context APEC Basketball Ltd. strategy for 2017 to 2022 is underpinned by 3 core principles:
  - Children and student/athletes first
  - Independence
  - Accountability & Transparency

This means that everything we do should be in the interests of children and young people that we work with. This includes ensuring that we provide effective procedures for keeping children and vulnerable adults safe from abuse, neglect, exploitation, and intentional injury/accidents.

3. Definitions APEC Basketball Ltd. uses definitions of the term 'safeguarding' from statutory guidance. Safeguarding children is defined in Working together to safeguard children & their wellbeing as:
  - Protecting children from maltreatment
  - Preventing impairment of children's health or development
  - Ensuring that children are growing up in circumstances consistent with the provision of safe and effective care
  - Taking action to enable all children to have the best outcomes
  - Safeguarding vulnerable adults is defined in the Care and support statutory guidance issued

Under the Care Act 2014 as:

- Protecting the rights of adults to live in safety, free from abuse and neglect
  - People and organisations working together to prevent and stop both the risks and experience of abuse or neglect
  - People and organisations making sure that the adult's wellbeing is promoted including, where appropriate, taking fully into account their views, wishes, feelings and beliefs in deciding on any action
  - Recognising that adults sometimes have complex interpersonal relationships and may be ambivalent, unclear or unrealistic about their personal circumstances and therefore potential risks to their safety or well-being.
4. Recruitment APEC Basketball Ltd. carries out safe recruitment checks on everyone who works for us. All roles require a Disclosure and Barring Service (DBS) or Disclosure Scotland check and references before the individual joins us. Many individuals, including all volunteer staff members, will be subject to an enhanced DBS check and a check of social media because their role may bring them into regular contact with children and vulnerable adults. Anyone interviewed for a post with APEC Basketball Ltd. either internally or from outside the organisation, will need to show an understanding of safeguarding that is relevant to the role that they are applying for.



5. Expectations of staff working for APEC Basketball Ltd. has a responsibility to familiarise themselves with this safeguarding policy and the procedures that go with it. They must maintain a proper focus on the safety and welfare of children and vulnerable adults in all aspects of their work.

Anyone who works for APEC Basketball Ltd. must inform the co-ordinator of operations if they or any adult living in their household become(s) the subject of an allegation of abuse against a child or vulnerable adult or a police enquiry, irrespective of the nature of that enquiry.

Any allegations of misconduct towards children and/or vulnerable adults by those working for APEC Basketball Ltd. will be managed using the procedure in 'Management of safeguarding complaints made against an APEC Basketball Ltd. worker (APEC Basketball Ltd. internal guidance, 2018).
6. Safeguarding training APEC Basketball Ltd. is committed to ensuring that everyone who works for us understands their safeguarding responsibilities and keeps their knowledge up to date. All staff and contracted member of staff/volunteers must complete an online safeguarding training package within 3 months of taking up post, and after that at 3-yearly intervals. There will also be regular refresher training for inspectors on safeguarding children and vulnerable adults, including on specific areas of risk and safeguarding practice.
7. Acting on safeguarding concerns No one working for APEC Basketball Ltd. should investigate concerns about individual children or vulnerable adults who are or may be being abused or who are at risk. However, this does not mean that we should do nothing when we learn of a concern. We all have a responsibility to make sure that concerns about children and vulnerable adults are passed to the agency that can help them without delay.

If anyone is concerned that a child or vulnerable adult is at risk of being abused or neglected, they should not ignore their suspicions and should not assume that someone else will take action to protect that person.

Concerns about children should be referred to the children's social care department of the local authority where the child lives. Similarly, concerns about vulnerable adults should be referred to local authority adult services. Our processes for referrals are set out in APEC Basketball Ltd. internal guidance 'Handling safeguarding concerns about children and vulnerable adults'.

If anyone working for APEC Basketball Ltd. is in any doubt about what to do, they should consult their line manager or duty team.

Anyone working for APEC Basketball Ltd. who has concerns about the behaviour of a colleague must always raise this with their line manager or the Head of HR as quickly as possible.
8. Learning and improving We are determined to keep improving our knowledge and understanding of how best to protect children and vulnerable adults. We will review our own practice regularly to check that we are placing the right emphasis on safeguarding in our work.

We will carry out in-depth reviews of our actions in cases where children suffer serious harm while under the care of providers that we regulate or inspect, and where these cases raise questions about APEC Basketball Ltd. practice that need to be examined. The main purpose of the reviews is to learn lessons about when our events/programs need to improve to protect children better in future as we grow. We will also promote a culture in which we are able to highlight and review near misses to learn and improve our training and performance facilities.