

Frequently Asked Questions

National Academy of Athletics Sports Camps & Programs In cooperation with Santa Rosa Recreation & Parks

Will my child be safe at NAofA Camps?

Absolutely! Safety is our number one priority. Safety precautions we have in place include:

- All Campers are signed in and out from camp each day.
- All Staff is first aid and CPR certified.
- All camp staff coaches are 18 years or older.
- Campers are not allowed out of the designated areas of play, except to use the restroom.
- All campers using the restroom must go with another camper as a “buddy”.
- Coaches are never alone with a camper/player

What are your COVID-19 safety guidelines?

We follow the CDC, State, County and City guidelines and recommendations. As of 1/11/22, during all indoor programs, coaches and campers must wear masks. During outdoor programs, coaches will wear masks, but campers are not required to wear face coverings. If a child has a temperature or any COVID symptoms we ask that the camper go home with their parent or guardian. A negative test is required to return to camp. Campers’ hands are sanitized upon arrival at check-in, during breaks and when leaving camp.

What is the supervision ratio?

For children ages 4-6, the maximum is 10 campers per 1 coach.
For children ages 7-13, the maximum is 12 campers per 1 coach.

What training does your staff receive?

All employees are trained and fingerprinted. Training includes mandated reporter training by California Department of Social Services; the ORCAS concussion protocol training; sex abuse awareness program; bullying prevention program; and completed the Talk, Teach, Play, Challenging Child program. Staff provide proof of TB & tetanus; and they are trained in how to lead the activities in a fun and safe manner. In addition, staff will be trained and updated on COVID safety protocols.

What is the age range of your staff?

Generally, our staff members are college and graduate students. Some of our coaching staff are high school students and are considered aids to the directing coach at camp.

How does the process for drop off and pick up work?

We have a walk-up check-in process with parents and children socially distanced and masked. Parents are welcomed and asked a series of screening questions. Staff confirms the parent's mobile phone number to be reached in case of emergency.

The check-out process is similar to check-in. Parents will walk up to the designated area and wait for the camp coach to give the all-clear to each parent individually to take the child home. All equipment is cleaned with sodium hypochlorite solution at 2–10%.

What does my child need to bring each day?

All items brought to camp should be clearly marked with their name. A backpack including any necessary items for the day including medication, snack/lunch, sweatshirt, hat, sunscreen and plenty of water. All equipment is provided by the National Academy of Athletics. No video games, toys, or other distractions.

What are your restroom procedures?

Children are escorted in small groups to restrooms during breaks, snack and lunchtime. Hands are sanitized before returning to play. The buddy system is used if needed between breaks.

Will my child be with kids his/her own age?

Grouping varies based upon the number of participants in each program. We do our best to group kids by age and ability. Our goal is no more than a 3-year span, 4-6, 7-9 and 10-13.

Can my child be grouped with a friend?

We do our best to place kids with their friends. However, it depends upon their age and ability. Safety is our number one priority.

What is your refund policy?

A full refund is provided if cancelation is received 7 days prior to first day of camp. A 25% cancelation fee is charged if less than 7 days.

How should I prepare my child for camp?

We suggest you discuss the sport/camp prior to the first day, especially if it's their first time playing the sport. A basic understanding of what they can expect and if you can practice with them, we find it helps make for a more enjoyable experience. If any equipment is required, think about borrowing or used equipment, especially if it's their first time trying the sport.

Can my child miss a day or half-day during camp? Will this put them behind?

It is not uncommon for kids to occasionally miss a day or to leave early or arrive late on some days. We realize that family schedules require flexibility. If they miss instructions for a new drill, we will ensure they get time with a camp counselor to bring them back up to speed. Unfortunately, we cannot prorate or refund money for any days/times missed.

Do the boys and girls practice and play together?

At most National Academy of Athletics camps, yes. We believe that boys and girls with the same skill level can play together.

Sample of Daily Schedule

Each Camp has a specific schedule, but this is a pretty good example of what you can expect.

9:00am Structured Free Play
9:15am Introduction (staff, camp rules and facility etc.)
9:30am Wake Up Call – Warm Up Happy Feet series
9:45am Evaluation Games
10:10am BREAK
10:15am Roll Call
10:20am Stations (3 min verbal – 6 min teach – 6 min play)
10:40am Stations (3 min verbal – 6 min teach – 6 min play)
11:00am Stations (3 min verbal – 6 min teach – 6 min play)
11:15am Snack Break
11:20am Individual Competitions
11:35am Team Competitions
12:00pm LUNCH
12:30pm Structured Free Play
1:00pm Roll Call
1:10pm Mass Clinic
1:35pm Break
1:40pm Competitions and Challenges
2:00pm Break
2:05pm Individual Competitions
2:30pm Break
2:35pm Group Games and Competitions
2:55pm Review and Dismissal