Teaching basketball skills
with a message of HOPE

Hoops for Hope
Trip Orientation

The James 4 Principle

Now listen, you who say, "Today or tomorrow we will go to this or that city, spend a year there, carry on business and make money." 14 Why, you do not even know what will happen tomorrow. What is your life? You are a mist that appears for a little while and then vanishes. 15 Instead, you ought to say, "If it is the Lord's will, we will live and do this or that."

Keyword for the Trip

FLEXIBILITY - We need to be ready to react to the situations presented us with a good attitude, enthusiasm, and energy!

What is International Hoops For Hope?

(Your role in the bigger picture)

a. Website: www.Hoopsforhopeinternational.org
b. The organization itself
    i. Founded in 2004
        1. First camps; North Africa, Dean Highland
    ii. Became 501c3 in 2009
    iii. Reached over 15,200 people; Sent over 2,400 coaches
    iv. Conducted camps in: (indicates the number of times camps have been conducted in this location) Waco (30), Belton (4), Temple (3), South Texas (8), Dallas (16), Florida (1), North Carolina (1), California (1), Alaska (8), Hawaii (2), Honduras (1), Peru (8), India (3), Thailand (1), Spain (6), Ukraine (6), Uganda (5), Mozambique (2), Ghana (11), Morocco (11), Guatemala (3), Hungary (3), Dominican Republic (3), Argentina (2), Mexico (1), Barbados (1), and Kenya (1).
c. "Teaching basketball skills with a message of hope"
d. It is HFH's philosophy that if you teach a child a skill at which they want to improve, you earn the right to speak into their lives the truth of the Gospel.
e. We believe we provide a niche` (Act 1:8) model. "But you will receive power when the Holy Spirit has come upon you; and you shall be My witnesses both in Jerusalem and in all Judea, and Samaria, and as far as the remotest part of the earth."
    i. Hoops Huddle is the local (Jerusalem) expression
    ii. Texas and other national outreaches are the "Judea and Samaria" expressions
    iii. International trips are the "remotest parts of the earth"
f. Camps: Each camp is made up of 4 segments
    i. Mass Ball handling
    ii. Stations
    iii. Competitions
    iv. Life Skills

- We do not make playing games a part of the camps for many reasons:
    - Kids become focused on winning rather than improvement
    - What kind of offense? Defense? Philosophy?
    - You have limited time. If kids lose or think the referees blew a call, they will not listen during Life Skills time.

What We Expect

a. Excellence - Do what we have prescribed and do it well
b. Enthusiasm - Be energetic, engaged and excited about what you are doing
c. Encouragement - Kids NEED this in large doses

Trip Cost

Trip cost includes:

1. Economy air ticket
   a. If you are planning to use frequent flyer miles to purchase your tickets, it is your responsibility. You must let us know before we purchase airfare.
   b. If you choose to upgrade, you will be responsible for contacting the airlines with your record locator and pay for the upgrade. If you choose to upgrade your seat, it alters any HFH financial assistance.
   c. Frequent flyer, global entry numbers, etc. are entered by the trip participant after tickets are issued.
2. All in-country costs, including food, transportation, lodging, and translators
3. Camp costs (balls, equipment, wrist bands, medals, certificates, camp clothes laundering, equipment replacement, administrative fee, etc.)

Trip cost not included: for any food or drinks in transit until we reach the host city, and any food or drinks after we depart the host city on the return, as well as souvenirs or extra snacks, desserts or drinks.

Payment in full is expected before the trip begins. If you need to make other arrangements (i.e. pay a portion or set up payments after the trip), please talk with the President about it. If there is a balance due after the trip, you will receive an email reminder asking for payment. We are happy to work with you to set up monthly payments from your checking account or credit card for the remaining balance. You will need to contact the administrator with this information.

Managed Missions

Managed Missions is our Trip Software that helps organize and execute all aspects of our trip. You should have received an invitation to set up your Managed Mission Profile via email. If you did not receive this, please let Kelly know at Admin@HoopsForHopeInternational.org

Action Steps:

1. Using the email invitation, please fill out your Managed Mission Profile.
   a. Pay close attention to the spelling of your name and passport information. We use this information to book travel. If it does not match your documents, you will not be allowed to travel.
2. Complete all Tasks.
3. Check the information periodically for updates.

What Does Managed Missions Do

Allows all packet information, flight information, assignments, links to training videos to be accessible digitally. It also can help with fundraising and tracking.

Basic Camp Structure

A typical camp structure is 3 hours in the morning and 3 hours in the afternoon for 3/4/5 days.

Training Videos

It is your responsibility to know the drills, which we suggest you review before the trip. You can access the training videos by scanning these QR codes.

Drills
Link

Ladders
Link

All Games
Link

Team Information & Responsibilities

HFH Mission Statement: The ideal quick introduction to who we are is Hoops for Hope is a non-profit organization that teaches basketball skills with a message of hope. This will hopefully open the door to share further.

Conduct: As ambassadors of Christ, Hoops for Hope, and our host/hostess, our conduct must be above reproach. It is our desire to avoid the Loud American Syndrome. One area to watch in particular is the volume when we speak.

- Remember: Our culture is great for us, but not better than any other. Remember to honor those whose country we are in.
- Hugs between a man and woman or coach and camper should be side to side, not front to front.
- High fives and fist bumps are encouraged.
- Playful taps on the head can seem innocent, but can be perceived as abuse.

- At no time is a member or members of the team to go out with translators, campers, siblings of campers, etc. unless it is a host sponsored/arranged event.
- Please be careful to keep your posts on social media about the basketball aspect of the ministry, not mentioning our mission as Christians to reach the lost. Avoid use of the words mission trip, evangelism, got saved, etc. Some of the countries in which we hold camps are closed to the Gospel. We have found that these countries monitor social media posts. We do not want to jeopardize our relationships around the world.

- Please do not tell campers, parents, coaches, teachers, host church/ministry members or bystanders that "we will be back next year," or "we will see you next year." If asked if we are coming back, the answer needs to be, "let's see what the Lord has planned." It is a bad reflection on the Lord and Hoops for Hope if we say we are coming back and then we don't.

- For coaches returning to the same site, please don't compare this trip experience to your previous one, nor your lead coach to the previous one. Your lodging may be different, your meals and camp sites different. You may have a different lead coach as well. Your role is to embrace your current camp surroundings and honor your current coach.

- Lead Coach: Use your voice in moderation so you won't lose it as the week goes on.

- All coaches will be required to complete A Background Check Authorization & Child Safety Training. Background Checks have to be done every 2 years & 5 years for Training.

Travel Alerts: Enroll in Smart Traveler Enrollment Program (STEP) for security updates.

Conserve Water: Water is a valuable commodity in every country we visit. Another way we can honor those whose country we are in is to conserve it. Showers should be brief in duration. When you shave or brush your teeth please turn off the water when it's not needed. Don't just let it run.

Personal Consumption: There will be no tobacco products (cigarettes, cigars, e-cigarettes, dip, chew, etc.), alcohol, or illegal substances brought on, bought on, or consumed on any portion of the Hoops for Hope trip. Doing such will necessitate immediate disciplinary action and possible dismissal from the trip.

Political Conversations: In order to preserve the unity of the team, all discussions of politics are to be left for other times outside of our mission trip.

Cell Phones: You can use your cell phone during down times. All cell phones will be put away during team time, camp time, debrief time and meals. We are on a mission trip. Don't let your cell phone become a distraction. You will need to contact your service provider to arrange for international coverage.

- Remember to leave your phone on airplane mode unless you are on Wi-Fi or have arranged an international plan with your carrier.

Gifts for Hosts and Translators: As part of the trip, we give gifts to our hosts and translators. Our policy is that you will personally NOT give ANYONE gifts, cash, clothing, etc. this can create tension among the hosts. If you have something of your own you would like to donate, please turn it in to the team leader. The items issued to you by HFH (backpack, sack pack, clothing), are NOT to be given away.

Security: DO NOT leave valuable items unattended. When you leave your room, make sure your passport, wallet, iPhone, iPad, etc. are placed in your suitcase and locked with a HFH lock. The combination is 685. This number can also be found on your emergency phone card.

Swimming: During the course of the trip, if the team has opportunity to swim, do not swim alone. This decreases the chance of injury from accidents caused by rip tides (ocean) or hitting your head while swimming (pool, river, lake, etc.).

Eat and Drink Safely: Unclean food and water can cause travelers' diarrhea and other diseases. Reduce your risk by sticking to safe food and water habits.

Eat

- Food that is cooked and served hot
- Hard-cooked eggs
- Fruits and vegetables you have washed in clean water or peeled yourself
- Pasteurized dairy products

Don't Eat

- Food served at room temperature
- Food from street vendors
- Raw or soft-cooked (runny) eggs
- Raw or undercooked (rare) meat or fish
- Unwashed or unpeeled raw fruits and vegetables
- Unpasteurized dairy products
- "Bushmeat" (monkeys, bats, or wild game)

Drink

- Bottled water that is sealed
- Water that has been disinfected
- Ice made with bottled or disinfected water
- Carbonated drinks
- Hot coffee or tea
- Pasteurized milk

Don't Drink

- Tap or well water
- Ice made with tap or well water
- Drinks made with tap or well water (such as reconstituted juice)
- Unpasteurized milk

Volunteer Hours: If you are submitting volunteer hours for an award or honor, only the HFH president, CDO or administrator can sign off to verify your time.

Medical Information

Vaccinations: Make sure you are up-to-date on routine vaccines before the trip, which include measles-mumps-rubella (MMR) vaccine, diphtheria-tetanus-pertussis vaccine, varicella (chickenpox) vaccine, polio vaccine, and your yearly flu shot.

- If malaria meds are required, **be sure to take them with food**. They may make you nauseous on an empty stomach. Follow doctor's orders on all medications.
- Site specific vaccination requirements are listed in your trip orientation packet.
- In certain countries, Yellow Fever shots are required. It is the trip participants responsibility to get the required vaccine.

Medical Conditions: It is the trip participant's responsibility to alert the team leader to any/all medical conditions. Minors must turn in all meds to the team leader/assigned person.

Dietary Restrictions: You need to let us know if you have any dietary restrictions or food allergies (i.e. gluten intolerant). It is your responsibility to contact the airlines we are traveling with (using your record locator for specifics) to arrange for meals to accommodate your dietary needs. We will contact our host but cannot guarantee they will be able to accommodate your needs. If they can't, you will need to bring your own food.

First Aid Kit: HFH travels with a minimal first aid kit in case of injury.

Prayer Partners

We need a list of a minimum of 7 prayer partners from each of you. We will send out emails to inform everyone of the day's happenings, prayer requests/praises, and anything note-worthy/funny things that happen. Please provide names and email addresses to Admin@HoopsForHopeInternational.org no later than the Monday before travel. Thank you!

What to Pack

- HFH Backpacks will be packed and ready to pick up four days prior to travel. Special arrangements will be made as necessary.
- When packing any personal bag (checked or carry on) make sure you check it thoroughly. Foreign countries can be severe in their enforcement of weapons, ammunition, or other forbidden items being brought into their country. TSA does not always catch it on the outgoing flights. If you have anything illegal in your bag, you could face criminal charges and imprisonment. So, check your bags thoroughly before bringing them on a trip.
- We provide you with a travel suit (pants, jacket, and red Nike shirt – not the red camp shirt) to be worn while traveling. You'll wear this again on the return flights home, so when you arrive at your room, be sure to hang it.
- Tennis shoes are to be worn with the travel suit. Sliders may be worn while on the plane, but tennis shoes should be put back on when getting off the plane and in transit.
- We provide t-shirts and matching shorts to be worn each day of camp.
- You will need toiletries, something to sleep in, and in some cases, church/tour day clothes.

For Men:

- Church clothes – khakis/jeans (no holes) and a short-sleeve polo
- Shopping/Touring - Long shorts are acceptable. No sleeveless clothes.
- Remember: modesty is our goal.

For Women: *Any further instructions will be listed in your site-specific orientation packet.

- No cleavage showing, no form fitting/tight fitting clothes, no yoga pants, no bare backs or midriffs, no spaghetti straps, no jumpers, nothing revealing upper legs
- Church clothes – slacks, long skirt and a modest short sleeve shirt/blouse or a full-length dress (jeans are acceptable in some areas)
- Pool – modest one piece or tankini with cover-up
- Remember: modesty is our goal.

Use the following checklist as a guide for packing:

CLOTHING

- HFH Clothing: (1) Travel suit: pants, & shirt / (4 or 5) Shorts / (4 or 5) Tees
- Jeans/Khakis/casual shirt (men)
- Dress or skirt & blouse (women)
- T-shirts
- Underwear **carry 2 sets in carry-on
- Bathing suit, shorts & cover up
- Socks (2 pair/day)
- Tennis shoes (2 pair if you have room)
- Light jacket/hoodie
- Something to sleep in
- Flip flops/shower shoes

TOILETRIES *3 OZ ONLY IN CARRY-ON

- ☐ Toothpaste, toothbrush, floss
- ☐ Mouthwash
- ☐ Shaving cream
- ☐ Razor
- ☐ Soap
- ☐ Deodorant
- ☐ Shampoo/Conditioner/Gel
- ☐ Brush/comb
- ☐ Lotion
- ☐ Fingernail clippers & file

FIRST AID

- Personal meds/allergy (malaria meds)
- Basic First Aid Kit
- Melatonin
- Hand sanitizer
- Mosquito Repellent

MISCELLANEOUS

- Passport
- Cash (we suggest bringing $100-200 for personal purchases)
- Credit card (inform of travel)
- Bible, journal and pen
- Books
- Sunglasse
- Sunscreen
- Backpack & Sackpack
- Bags for dirty or wet clothes
- Travel toilet tissue
- Hat
- Lip balm, chapstick
- Water Bottle (optional)

Provided by HFH

These items are provided by HFH for your use during the trip and are to be returned when you back. They are not to be given away at any point.

Daily Clothes Assignment for Camps

Each night you are to take your shirt and shorts to the assigned room and turn them in, turned side out and pockets emptied. Shirts are to be laid flat, in a neat pile on the floor. Do the same thing for the shorts. They are easier to handle when repacking for the trip home.

All HFH clothes are returned unwashed. They are checked for repair needs and stains before washing.

Travel Information

- **Passport App**: You will want to download the"CBP MPC" app on your phone (white icon with MPC on it) to speed you through U S Customs. You set up your profile in advance, follow the signs to the mobile passport control line (much shorter), and breeze through customs. There's no need to hunt for a pen or paper custom's form, there's strong privacy protection with the app, and it's free.

- Passport: We collect passports from our coaches prior to travel and return them once everyone is in the van/bus on their way to the airport. This gives our lead coach peace of mind that the team is ready to go without wondering if each person has their passport. We won't be able to take responsibility for it if not turned in in advance.

- Airline Tickets & Other Paperwork: Your e-ticket will be given to you on the day of travel. You will also receive a packet of information including the contents of any HFH checked luggage assigned to you, travel insurance, an emergency contact card for your wallet, etc. A letter of invitation and copy of your passport will be placed in your assigned HFH luggage.

- Permission to Travel as a Minor Form: If you are traveling under the age of 18, unless accompanied by both parents, you are required to complete the Permission to Travel as a Minor form. This form must be completed, notarized, and returned to the administrator, along with a copy of both parents' driver's licenses (front and back), and an original birth certificate. The birth certificate will be returned to you when the trip is over.

- Carry-on: This will vary from trip to trip. Most often, you are allowed one backpack and one personal item (not to exceed a combined weight of 25 lbs.) at no charge. Just make sure it fits in the overhead bin or under the seat in front of you. We strongly suggest packing the majority of your items, if not all of them, in the HFH backpack, but especially the first 3 days of camp clothes in case your personal luggage is delayed or lost. You are allowed to bring one quart-sized bag of liquids, aerosols, gels, creams and pastes in your carry-on bag and through the checkpoint. These are limited to eight travel-sized containers that are 3.4 ounces (100 milliliters) or less per item. Placing these items in the small bag and separating from your carry-on baggage facilitates the screening process.

- Checked: We will provide you with one checked bag with camp necessities not to exceed 50 pounds. Do not remove, repack, or exchange anything in the HFH equipment bags issued to you.
    - Our large equipment bags are considered oversized in some countries. If you do not see all the baggage on the carousel, please check the airline's oversized baggage area. All other baggage should be on the regular carousel.
    - Due to baggage restrictions, you may be required to pack with your roommate.
    - It is very important for you to keep your baggage claim tag or give it to the trip leader. You may be required to show it to the attendant in order to pick up your luggage after travel.

  Carry-on and checked bag details from your airline are in your site-specific orientation packet.

- Frequent Flyer Miles: Please take the time to sign up for frequent flyer miles with the carriers your team is flying with. You may think they won't do you any good, but you can always donate them to Hoops for Hope to help others in their travel needs.

Photos & Videos

- If using a cell phone, always hold it sideways (landscape mode).
- Always shoot at least 10 seconds of footage.

What to Expect After the Trip

Physical Issues

- Drink lots of water.
- We recommend Melatonin to help you overcome jet lag. (It can also be used during the trip.)
- Your bowels may experience issues readjusting to your typical diet. If diarrhea persists, see your doctor.
- Power nap when possible.

Emotional Issues

- Sometimes trip participants can feel guilty about the favorable conditions they find themselves living in- nice home, transportation, clothes, freedoms, advantages, comforts. These are real feelings and need to be dealt with.
- Some people report feelings of depression, isolation, doubt, lethargy, discouragement, etc. Be aware of these feelings and talk with someone about them if you have such thoughts. During the trip there has been ample spiritual covering through prayer. Generally, that prayer covering stops at trip's end.
- It is important to process them in community, not in isolation.

Spiritual Issues

- Know that the enemy does not like what was accomplished in the lives of the campers as well as the coaches and will seek to disrupt any forward momentum created by the camp. Some trip participants experience post trip spiritual attack from the enemy.
- Be sure you daily follow the Scriptural admonition in Ephesians 6:11 to "Put on the full armor of God so that you will be able to stand firm against the schemes of the devil" and include personal prayer times and enlist others to pray for you as well.

Score Sheets: Have kids write their name to make sure spelling is correct; make sure each camper knows their number

Contests Score Sheet - Camp 1

#	Camper	Ses-sion	Free Throws	Line Passes	Dribble Weave	Cone Layups	Lane Slides	Line Jumps	1 on 1	2 on 2	3 on 3	Today's Total	Prev Session Total	Grand Total	Rank
1		1													
		2													
		3													
		4													
		5													
2		1													
		2													
		3													
		4													
		5													
		1													

NBA Combine Workout Sheet

Camp 1

#	Camper	Session	Vert Jump	Box Agility	Shuttle Run	Broad Jump
1		1				
		2				
		3				
		4				
		5				
2		1				
		2				
		3				
		4				
		5				
		1				

Score Sheets:

MINI OLYMPICS SCORE SHEET - RED TEAM							
Layup	Wing Jumper	Agility Ladder Relay	Sideline Pass Relay	Hurdle Dribble Relay	Box Agility Relay	Other	TOTAL

MINI OLYMPICS SCORE SHEET - GREEN TEAM							
Layup	Wing Jumper	Agility Ladder Relay	Sideline Pass Relay	Hurdle Dribble Relay	Box Agility Relay	Other	TOTAL

MINI OLYMPICS SCORE SHEET - BLUE TEAM							
Layup	Wing Jumper	Agility Ladder Relay	Sideline Pass Relay	Hurdle Dribble Relay	Box Agility Relay	Other	TOTAL

MINI OLYMPICS SCORE SHEET - YELLOW TEAM							
Layup	Wing Jumper	Agility Ladder Relay	Sideline Pass Relay	Hurdle Dribble Relay	Box Agility Relay	Other	TOTAL

MINI OLYMPICS SCORE SHEET - BLACK TEAM							
Layup	Wing Jumper	Agility Ladder Relay	Sideline Pass Relay	Hurdle Dribble Relay	Box Agility Relay	Other	TOTAL

MINI OLYMPICS SCORE SHEET - PURPLE TEAM							
Layup	Wing Jumper	Agility Ladder Relay	Sideline Pass Relay	Hurdle Dribble Relay	Box Agility Relay	Other	TOTAL

MINI OLYMPICS SCORE SHEET - ORANGE TEAM							
Layup	Wing Jumper	Agility Ladder Relay	Sideline Pass Relay	Hurdle Dribble Relay	Box Agility Relay	Other	TOTAL

MINI OLYMPICS SCORE SHEET - PINK TEAM							
Layup	Wing Jumper	Agility Ladder Relay	Sideline Pass Relay	Hurdle Dribble Relay	Box Agility Relay	Other	TOTAL