Jamaica TVC
INFORMATION PACKET

Message from the founder & program director:

I know volunteers, and probably even more so, our volunteer parents, have a lot of questions about what the Tennis Volunteer Corps experience is all about. This is intended to help answer most your questions and includes:

- Fast Facts & FAQs
- Meal, Lodging, Transport, Safety
- Pre-Trip check list
- General Itinerary and Photos
- Packing list

The TVC program is designed to be a powerful and inspiring experience; one where you harness your passion for service, education and tennis into meaningful impact. I want you to learn, grow, develop, and have fun. Simply put, I want this to be one of the best experiences of your life.

In service,

Kevin Dugan
Founder & Director
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Fast Facts & FAQs:

**How much does it cost?** The Jamaica TVC program costs $2,100 (one week) or $3,100 (two weeks), which includes airfare, room and board, ground transport, service and cultural activities and emergency health insurance. It does not include any additional baggage fees beyond what your airline ticket allows (Typically one free checked bag.)

**Who runs the program?** Fields of Growth was founded in 2010 by former Notre Dame student-athlete, and former NCAA coach, Kevin Dugan. A native of Avon-by-the-Sea, NJ, Dugan now lives between the USA, Uganda and Jamaica.

**Who goes on these trips?** The TVC is for both males and females and is typically attended by high school & college students, with strong participation also coming from recent college graduates and coaches. You need to at least be a freshman in high school to participate in the program. Your skill level is not as important as having a strong work ethic, a passion for tennis and a heart for service.

**Do I sign up by myself or with friends?** Many volunteers join our TVC groups as individuals, while some come with a friend or a group of teammates. You should feel free to sign up on your own or to come with friends. Parents with a passion for tennis are also welcome to join us. In the past some parents have stayed in nearby hotels or resorts while their children were serving in the TVC.

**What is the purpose of the trip? (See trip itinerary included in this document)**
- **Coach (and play):** You will serve as a volunteer coach throughout the experience as we run our camp, but will also play in the Jamaica Friendship Games where you will compete with and against some of Jamaica’s top local talent.
- **Serve:** You will participate in service activities that enable you to love and uplift others in need. (Assisting in community development in Saint Anne’s, making home visits to deliver care packages to elderly shut-ins, participation in youth development activities).
- **Learn:** In addition to your service work and coaching, you will be on an experiential learning mission that touches upon a multitude of cultural, political and socio-economic topics.
- **Experience a new culture & have fun:** There will also be plenty of time to have some fun and experience the culture of Jamaica. These activities go hand-in-hand with the experiential learning aspect of the program and include; a visit to Port Royal, boat ride to Lime Cay, a rural village experience in 9 Mile St. Anne’s, dancing lessons, surfing lessons and more!

**Where do we stay? What are the accommodations like?** We stay in a retreat center at St. George’s Jesuit College. It is similar to staying in a college dorm.
**What do we eat?** You will have a simple breakfast and lunch and a nice dinner. **Typical breakfast:** toast with butter and jam or peanut butter, cereal, banana, tea, coffee. **Typical lunch:** Peanut butter & jelly, banana, granola bar. **Typical dinner:** Assorted Jamaican style dishes (chicken, beef, fish prepared in a traditional Jamaican manner) assorted vegetables, rice, pasta. It is very easy to be a vegetarian or to go gluten free on our trips.

**What vaccinations do I need?** You do not need to have proof of any vaccinations to visit Jamaica, but the US Department of State & the Center for Disease Control recommends that you have received shots for Hepatitis A and Typhoid. Additionally, they advise the following; *Make sure you are up-to-date on routine vaccines before any trip abroad. These vaccines include measles-mumps-rubella (MMR) vaccine, diphtheria-tetanus-pertussis vaccine, varicella (chickenpox) vaccine, polio vaccine, and your yearly flu shot.*

**Do volunteers ever get sick or injured? If so, what happens?** Fortunately, we have not had any major injuries or illnesses over the past five years, but we are prepared in the case of an emergency. The most common health issues we face which are diarrhea and dehydration. In the event of a serious or life-threatening injury we would notify the US Embassy and immediate take the volunteer to University of the West Indies Hospital. We the US Embassy’s list of recommended medical practitioners in the event that a volunteer had any dental, specialist or pharmaceutical needs during their TVC experience. We purchase emergency health insurance that would enable us to fly a volunteer home in the event of a major health emergency.

**How do we travel when we are on the ground?** We travel in private, insured coaster buses and vans throughout the experience.

**How are we responding to concerns regarding the Zika Virus?** As may have been learning in the news, the presence of the Zika Virus in the Western Hemisphere is a growing concern. Transmissions of the virus have been reported throughout the Caribbean and Central and South America. While we do not want to create unnecessary fear or anxiety we do want to let you know that we are taking extra precautions with our volunteers. The Zika virus is spread to people through mosquito bites. The most common symptoms of Zika virus disease are fever, rash, joint pain, and conjunctivitis (red eyes). The illness is usually mild with symptoms lasting from several days to a week. Severe disease requiring hospitalization is uncommon. The most serious concern regarding the virus is its impact on the child of a pregnant woman infected with the virus.

**As an added precaution we are now using mosquito bed nets for all of our volunteers.**

The most important thing you can do, is to be vigilant in preventing mosquito bites:

- Use mosquito repellents containing DEET, picaridin, oil of lemon eucalyptus (OLE, also called para-menthane-diol [PMD]), or IR3535.
• If you are also using sunscreen, apply it first, let it dry, and then apply repellent. Do not use products that contain both sunscreen and repellent.
• Spray your clothing with Permethrin Clothing & Gear Insect Repellent Aerosol. Do not use permethrin directly on skin.

Special notes for female participants:
• If you are pregnant or trying to become pregnant, consider cancelling your trip.
• Women of child bearing age should take careful precautions to avoid becoming pregnant during their trip, and for 8 weeks after return.
• If you do become pregnant within 8 weeks of your trip, let your doctor know as soon as possible.

Contacts and communication on the ground in Jamaica:
Arrival & communication with your family: When you arrive in Jamaica you will walk off the plane and get in line to have your passport stamped. Then you will move to the baggage claim area. Once you get your bags you will walk out the one and only exit for arrivals and will not be able to miss the TVC support team. We will be there with signage. We will let you share our cell phones to call home. Our volunteers share a cell phone throughout the experience.

Internet: We have Wi Fi where we stay, so you will be able to communicate back home via the internet in the morning and at night.

Scroll down for a virtual tour and more information...
Photos to demystify the Jamaica TVC Experience (Note that there is a full virtual tour on our website):

Morning check in at camp!

Campers practicing their returns!

This is our goal!

Visiting a home for the elderly.

Helping grow the sport at youth camp!

Fun at a service activity.
Some of the schools we have had student-athlete volunteers from:

Adrian College  Florida Atlantic University  Montclair HS  Somers High School
Alexander Dawson School  Florida State  Monticello High School  Southern New Hampshire
American University  Forest Hills Eastern  Mount Saint Mary’s Univ  St. Louis Priory
Annapolis High School  Fredericksburg Academy  US Naval Academy  Stanford
Aquinas College  Georgetown  Nequa Valley HS  Stony Brook
Archbishop Spalding  Georgetown Visitation  Newtown HS  SUNY Oswego
Arizona State University  Gettysburg College  North Haven HS  Temple University
Chevy Chase High School  Gill St. Bernard’s  North Hunterdon HS  Catholic University
Binghamton University  Greenwich Academy  Northwestern University  The Steward School
Bishop Feehan HS  Greenwich High School  Novato High  The Steward School
Blessed Trinity HS  Guilford College  Nyack College  Towson University
Boston College  Haddonfield High School  NYU  Trinity College
Boy’s Latin  Hamilton Wenham  Oakdale HS  Union College
Brophyn Prep  Hillcrest High School  Ohio State  United States Air Force
Bucknell University  Hinsdale Central HS  Oregon St.  University High School
C of Charleston  Hobart  Owings Mills High School  University of Cincinnati
Caldwell University  Hong Kong IS  Pembroke Hill School  University of Colorado
California Polytechnic  Indiana University of PA  Post University  University of Delaware
Canterbury School  Indiana  Princeton High School  University of Idaho
Central Valley High School  Islip High School  Princeton University  University of Michigan
Charlotte Country Day  Johns Hopkins University  Proctor Academy  University of Notre Dame
Charlotte Latin School  Jordan-Elbridge  Radnor HS  University of Richmond
Christian Brothers Academy  Kent Denver School  Randolph Macon College  University of Scranton
Claremont McKenna  Kent School  RHAM HS  University of Virginia
Seton LaSalle HS  La Costa Canyon  Ridgewood HS  Upper Merion High School
Colgate University  Lake Washington HS  Roanoke College  Vanderbilt University
Collegiate School  Landon School  Roaring Fork High School  Virginia Episcopal School
Columbia University  Ligonore HS  Robinson HS  Virginia Tech
Cornell University  LIU Post  Rumson - Fair Haven HS  Washington State University
Corvallis High School  Loyola Blakefield  Rutgers University  West Chester University
Darien High School  Loyola Marymount  Saint Johns College HS  West Linn HS
Denver University  Loyola University  Salmon River  Western Connecticut
Detroit Country Day School  Mahtomedi High School  Seton LaSalle High School  Westfield High School
Dominican University  Marblehead  Shawnee High School  Westminster High School
Duxbury High School  U of Maryland  Shawnee Mission East  Wheaton
Eagle Valley HS  Marywood University  Shepherd University  Williston
East Carolina University  Misericordia University  Simmons College  Northampton
Episcopal School  Mitchell College  Simon Fraser University  Wilton High School
Farmington High School  Monroe Township HS  Smith College  Wisconsin
General Itinerary:

DAY 1: Travel & Arrival Day
07:00 Approximate arrival time of volunteers in Jamaica. You will be greeted by our staff as soon as you walk out of the airport in Kingston. You can’t miss us when you walk out of the airport (there is just one possible door for you to walk of out, and we will be there to meet you!)
08:30 Dinner at St. George’s College (This is where we stay & where we run our High School programs. We stay in a retreat center with boarding rooms on campus. St. George’s is one of the top schools in Jamaica).
09:15 Orientation Meeting
10:00 Organize donation bags
11:30 Lights Out

DAY 2
08:00 Wake-Up Call, breakfast
09:30 Depart for 9 Mile, At. Anne’s Parish for a Rural Community Development Experience.
   - Activities include:
     o Meeting with the Nine Mile United Citizens Development Association
     o Enjoy a locally grown lunch
     o Community walk to visit elderly shut-ins & deliver care packages
     o Community sports activities
07:00 Dinner & reflections
10:30 Lights Out

DAY 3
07:30 Wake-Up call, breakfast
08:30 Meeting to briefly finish organizing donation bags
09:00 Help set up for the High School Camp
10:00 Active coaching and playing during camp
01:00 Camp session ends, assist with clean-up
01:15 Regroup at the dorm, have lunch & prepare to depart for Lime Cay.
02:00 Depart for Lime Cay (You will receive a virtual history and lesson on the real Pirates of the Caribbean on this excursion & learn how Jamaica fit into the history of western European trade and development in the New World.) What/Where is Lime Cay? Fifteen minutes by boat from Port Royal is a small, low-lying island cay with one of the most beautiful beaches in Jamaica.
05:30 Youth Soccer Game (The volunteers will play a local U-15 team).
07:30 Dinner & Reflections
10:30 Lights Out

DAY 4
07:30 Wake-Up Call, breakfast
09:00 Help set up for Camp
10:00 Camp
01:15 Lunch & Prepare for afternoon activity
02:00 Service Activity at Maxfield Park Children’s Home
07:30 Dinner & reflections at St. George’s
10:30 Lights Out
DAY 5
07:00  Wake-Up Call, breakfast
08:00  Set-Up for Jamaica Friendship Games
10:00  Start of Jamaica Friendship Games
01:30  Regroup at the dorm, have lunch & prepare for afternoon activity.
02:00  Depart for Craft Market & Devon House
05:00  Youth Game Night & Reception
08:00  Dinner & reflections
10:00  Lights out

DAY 6
08:00  Wake-Up Call, breakfast
09:00  Depart for Service Activity at Maxfield Park Children’s Home
01:30  Regroup at the dorms & depart for afternoon activities
02:30  Surfing lessons & Beach Volleyball Tournament
05:30  Jamaican Style Jerk BBQ Cookout
06:30  Music & Group reflections, a private set of acoustic reggae music with soulful message meant to inspire you to make your life count to advance the common good as you prepare to depart Jamaica.
09:30  Pack your bags & set aside one outfit for the morning.
11:00  Lights Out

DAY 7 Departure Day
05:30  Wake-Up, breakfast
06:00  Depart for the Airport

Packing List

Generally speaking, pack like you are going to an overnight Tennis camp for one full week.

- Buy a whistle to use at tennis camp. You can purchase whistles in the sports section at Walmart.
- Granola bars/energy snacks (All your meals are covered in the cost of the experience but it is always good to have an extra Cliff bar or something similar in your backpack if you get hungry in between meals).
- Drink powder (Gatorade mix etc).
- 6 Pairs of Athletic/Tennis Shorts & two pairs of casual shorts.
- 1 bathing suit.
- 1 lightweight hoodie to keep you warm in the evenings. 1 thin water repellant coat.
- 1 pair of Lightweight khaki/nylon pants (Patagonia / North Face type or lightweight cotton khakis or capri pants)
- 10 T-Shirts (Try to bring some old ones that you don’t mind leaving behind).
- 7-10 pairs of underwear
- Bring 1 pair of tennis sneakers, 1 pair of running/casual sneakers, 1 pair of sandals, bring 10 pairs of socks, bringing cleats to play in is optional. If you bring cleats to wear, and you have two pairs at home, definitely bring your old pair, and consider donating the old pair to a Jamaican tennis player at the end of your trip.
- Girls should avoid wearing make-up.
- Medication/prescriptions used regularly, be sure that these are in the original prescription that has your name and your doctor’s info etc. (In emergency most prescriptions can be acquired at Pharmacies in Kingston.)
- Eye drops and eyewash if you have contacts.
- Travel sickness medicine (if you are prone to motion sickness).
- Toiletries (Travel size if possible): Sunscreen, band-aids, deodorant, soap, shampoo, toothpaste, toothbrush, tampons.
- A personal, travel size first-aid kit (you can find this in most pharmacies or at a Walmart type of store).
- Mosquito repellents containing DEET, picaridin, oil of lemon eucalyptus (OLE, also called para-menthane-diol [PMD]), or IR3535. You can find this in the camping section at Walmart.
- Permethrin Clothing & Gear Insect Repellent (Aerosol spray for your clothes to repel insects). You can find this in the camping section at Walmart.
- Hand wipes and/or antibacterial hand wash.
- Backpack
- Water Bottle (Nalgene or Gatorade Bottle)
- 1 lightweight towel for the shower, 1 beach towel
- Extra pair of glasses/contacts if you wear them
- Sunglasses & a hat or visor
- Optional Items for the beach; Swimming goggles & a snorkel, volleyball, frisbee

*Outside of some of the more valuable and nicer clothes you pack, please consider leaving some of these items in Jamaica at the end of your trip; shorts, t-shirts, towel, left over toiletries, old sneakers, socks, etc.

**Electronics:**
- You can bring a camera, but we will have photography interns taking pictures
- Most volunteers bring their smart phones to take pictures, listen to music and to use the internet when we have access to Wi-Fi.
- Do not bring a laptop unless you plan on doing serious blogging, video work or high level photography and need to use your laptop for writing or file storage.

**Donations:**

In addition to bringing personal clothes and necessities for the TVC experience, volunteers are also encouraged to pack donation items. Volunteers are encouraged to run used equipment drives within their teams and local Tennis communities. Here is a list of some suggested items:
- Racquets & Tennis Balls
- Used Sneakers
- Orange cones, discs and other helpful training aids
- Tennis gear/clothing
- Office & School Supplies
- Jolly Ranchers
- Deflated soccer balls, basketballs, volleyballs, rugby balls
What now?
If you would like to join the Tennis Volunteer Corps you will need to; Sign up online via the registration link at www.fieldsofgrowth.org and select the session you would like to attend. We will then email you with additional documents and information regarding your trip and send you an invoice for your deposit.

Additional Questions of Concerns?
Do not hesitate to email us with any follow up questions or to set up a phone call. You can reach us at lacrossetennis@fieldsofgrowth.org

“Sport has the power to change the world. It has the power to unite in a way that little else does. It speaks to youth in a language they understand. Sport can create hope where once there was only despair. It is more powerful than governments in breaking down racial barriers. It laughs in the face of all types of discrimination.” – Nelson Mandela