

VOLLEYBALL CAMP AND 2-WEEKER INFORMATION PACKAGE 2011

Dear Athlete,

We look forward to seeing you at MADAWASKA CAMPS 2011! Please read the following and save this document for future reference. You will also find this information on our website.

MAP TO CAMP:

A map with detailed driving directions is enclosed however you may also find a printable online version on our website www.madawaskacamps.com.

TRANSPORTATION:

Athletes have the option of using camp transportation or arranging for their own transportation. Please complete the enclosed transportation form and return it to the camp office before July 1st.

All athletes must arrive on the first day of their session only as accommodations will not be available prior to this day.

Bus transportation for our volleyball athletes can be arranged from Toronto, Barrie, Whitby, London and Ottawa (please refer to the transportation form for pick-up and drop-off locations). Costs are indicated on the enclosed transportation form. These prices include H.S.T and are non-refundable. We offer our All-Sport campers transportation from Toronto, Barrie and Whitby. **Pick up and drop off locations are provided when sufficient interest is expressed.

The buses are air-conditioned and peanut-free lunches should be taken on board. Full payment must accompany the bus transportation application. Please be sure to book your seat prior to departure. Athletes will not be permitted on the bus without a reserved seat.

HEALTH:

The camp provides a medical staff knowledgeable in first aid and athletic injuries. We also have a registered nurse on site at all times to deal with medical conditions as required. **MEDICATION IS NOT PERMITTED IN THE CABINS.** As you register on the first day of camp, please have your medication labeled in the original container with your name and ready to give to the camp nurse. Please do not bring over-the-counter allergy or pain-reliever medications. The camp's medical office is fully equipped with such medications.

Please complete the enclosed health form and return it to the camp office by July 1st.

*CAMPER PICTURES:

Having your child's photo readily on hand will allow us the ability to personalize our service to you and your child. We would greatly appreciate you emailing a digital photo of your child to our office at info@madawaskacamps.com Thank you in advance!

WE ARE NUT AWARE:

At Madawaska Camps we provide a NUT AWARE environment. We have a process in place that supports athletes with life threatening allergies. Although our menu does not include peanut products and we employ the cooperation of our families to refrain from sending any foods which may include nut products, unfortunately we cannot control the food items brought to camp by other campers. Proactive health teaching is provided to our staff by our medical personnel to ensure quality care and that appropriate responses take place should there be an anaphylactic reaction. Our counselors perform cabin checks, DO eat with the athletes and actively supervise lunch and snack times to help reinforce this important policy. This active supervision decreases putting athletes at risk. Athletes who regularly carry an epi-pen should provide details on the enclosed form.

TUCK SHOP:

A tuck shop is available at camp for the purchase of various items including snacks and supplies. Our stylish camp T-shirts and sweats will also be available at competitive prices. The following is a basic price guide for some of the merchandise available to purchase. *All prices include taxes and are subject to change.

ITEM	COST
Madawaska Camp T-Shirts	\$25.00
Madawaska Long Sleeve Shirts	\$30.00
Sweat Shirts	\$55.00 - \$65.00
Sweat Pants	\$40.00 - \$50.00
Sandy Shorts (Girls Spandex)	\$25.00
Hats and Visors	\$25.00
Candy Bars, Chips, Pop, Water	\$1.50
Gatorade	\$3.00

SUGGESTED PACKING LIST:

- | | | |
|--------------------------------|---------------------------------|-------------------|
| Shorts (7) | Sleeping Bag | Toiletries |
| Jeans/Track Pants | Pillow | Alarm Clock/Watch |
| Sweat Shirts (Hoodies) | Extra Blanket | Flash Light |
| T-shirts & Long Sleeves | Towels (4-5) | Sunscreen |
| Pajamas | Laundry Bag | Insect Repellent |
| Sweater/Jacket | Small Mirror | Lip Moisturizer |
| Rain Gear | Hat | Tuck Money |
| Running Shoes (2 pair) | Flip Flops/Sandals | Guitar (optional) |
| Bathing Suits (2) | Socks/Underwear | Disposable Camera |
| Nice outfit for Awards Banquet | Canada Day Clothing (red/white) | Water Bottle |
- ***Volleyball athletes: Knee Pads

Note: Weather varies at this time of year. Bring a variety of clothing. Please make sure to label all items to reduce the number of articles left behind.

WHAT NOT TO BRING!

- Cell Phones – there is no service.
 - Cigarettes, drugs or alcohol – we have a “No Tolerance” policy and the first infraction will result in an early departure at the family’s expense.
 - Expensive electronics and jewellery.
If necessary, valuables should be checked at the camp office when you register.
 - Peanut products: Please help us provide the comfort and safety to each and every camper by not bringing nut products to camp.
 - Water balloons, weapons or anything that looks like a weapon (including water guns).
- Butane or propane filled appliances
 - Digital Cameras
 - Candles, lighters or firecrackers
 - Lamps
 - Electric blankets
 - Hair straighteners
 - Walkie-talkies
 - Silly string
 - Hatchets, knives
 - Good indoor shoes

PHONE USAGE:

Campers will not be allowed to call home unless there is an emergency or if the head staff deems it appropriate. Should the situation arise where a camper is anxious or uncomfortable, the staff are trained and dedicated in helping ease anxiety and will positively assist the camper with assimilating into the camping lifestyle. We view this week as a growth period for your child both socially and emotionally and we appreciate your support in this area. Of course, as you are the best informed of your child’s personality and well-being, we appreciate the opportunity to use you as a resource should we feel a need. While your child is at camp, your anxiety might also be heightened so remember, no news is GOOD news!

VOLLEYBALL CAMP ONLY:

Athletes will have the choice to use their new Wilson Volleyball which will be given to them at the beginning of the week. Athletes who choose not to use their new ball can rent a volleyball which will be assigned to them for the duration of camp. There is a deposit of \$20 required to cover loss or negligent damage. Upon return of the volleyball at the end of the camp, the deposit will be returned.

LAUNDRY SERVICE FOR TWO WEEK CAMPERS:

We provide a laundry service for those campers staying two weeks. It is very important that you label all of your clothing.

CAMP REGISTRATION:

- Registration for Volleyball athletes is on Sunday, August 28th from 1-3 pm.
- Registration for *Two-Week Campers is on Sunday, August 21st from 1-3 pm.

Camp will end on Saturday, September 3rd and parent pick-up commences at 12:00 noon. All athletes are expected to stay until this time unless other arrangements have been made with the office in advance. Buses will begin to depart at 12:30 pm.

BALANCE OF FEES:

The balance of your camp fee is due by July 1st. Please note that deposits will not be refunded after July 1st. Please refer to the invoice enclosed for your balance. Payment by VISA or MasterCard is available over the phone by contacting the camp office.

Please do not send cash, rather make cheques/money orders payable to Madawaska Camps and send to the camp office. Receipts will be provided by E-mail. Please do not hesitate to contact Carrie at the camp office should you have any questions about your payments.

CAMPER & FAMILY CONTRACT:

In this package you will find a double sided pink form which should be read and discussed in detail as a family. Once completed and signed by the camper and parent/guardian this form should be returned to the camp office by mail or fax. Should we not receive a contract from you before camp, the camper will be asked to read and sign one at registration on the first day. We strive to provide the best possible camp experience for every camper and staff member and offering a safe environment is paramount. Thank you in advance for taking the time to complete this important form.

CORRESPONDENCE WHILE AT CAMP:

Campers love to receive messages from home! Beginning August 21st to September 3rd you may send letters to campers at the following address:

Madawaska Camps
c/o Camp Walden
RR#2, (38483 Hwy-28)
Palmer Rapids, Ontario
K0J 2E0
1.866.553.0655