

ALL-SPORT INFORMATION PACKAGE 2010

Dear Athlete,

We look forward to seeing you at MADAWASKA ALL-SPORT CAMP 2010! Please read the following and save this document for future reference.

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.

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. Costs are indicated on the enclosed transportation form. These prices include G.S.T and are non-refundable.

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. **WE DO NOT WANT ANY MEDICATION IN THE CABINS.** As you register on the first day of camp, please have your medication labeled in its original container with your name and ready to give to the camp nurse. Please do not bring over-the-counter allergy or pain 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.

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 ever-popular Overkill 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
Overkill T-Shirts	\$25.00 - \$28.00
Overkill Long Sleeve Shirts	\$30.00
Overkill Sweat Shirts	\$55.00 - \$65.00
Overkill Sweat Pants	\$40.00 - \$50.00
Overkill Hats and Visors	\$25.00
Candy Bars, Chips, Pop, Water	\$1.50
Gatorade	\$2.50

SUGGESTED PACKING LIST:

(Please make sure to label all articles of clothing and personal toiletries!!)

- | | | |
|-------------------------|--------------------|-------------------|
| 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 |
| | | Water Bottle |

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 at camp.
- 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/video cameras
- Candles, lighters or firecrackers.
- Lamps
- Electric blankets.
- Hair straighteners
- Walkie-talkies
- Silly string
- Hatchets, knives

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!

CAMP REGISTRATION:

All-Sport: Registration for athletes is on Sunday, August 22nd from 1:00 pm to 3:00 pm. Camp will end on Saturday, August 28th. 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 noon.

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 payable to Madawaska Camps and send to the camp office. Receipts will be provided by mail.

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 22nd to September 4th 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

A MESSAGE TO ATHLETES

We wish to make your stay with us at MADAWASKA a memorable experience. We promise to do our best to welcome you into our Madawaska “family” but we need your assistance!

Here are some helpful hints to help new and returning athletes adjust to Madawaska’s spirit:

- (i) “Smiles” and “Hellos” are mandatory! Whenever you walk, play, or socialize, smile and say hello to those around you!
- (ii) Your coaches and counsellors are your friends. If you have any questions or concerns, please let them know. They are there for more than just the instruction of your sport. They care about you as a person, and need to know “what’s on your mind.”
- (iii) The camp experience is designed to help you make new friends. If you came to camp with a group of friends, you may not all be together in the same group. Accept the challenge of making these new acquaintances! You will have loads of opportunity to see your school/club “buddies” during evening, option, and recreation times.

LEARNING IS IMPORTANT – HAVING FUN IS VITAL!