

# Sports Camp Parent Packet



PRECIOUS MOMENTS  
CHRISTIAN ACADEMY  
2035 MILFORD ROAD  
EAST STROUDSBURG, PA 18301  
CENTER: 570.213.0913  
FAX: 570.213.0912

**CAMP TUITION ACCOUNTS MUST BE PAID IN FULL WEEKLY.**

**If extenuating circumstances exist notify the office immediately.**

## **Welcome to Cougar Sports Camp 2017!**

We have been preparing for camp for some time now and are extremely excited for camp to begin. The staff is looking forward to a great summer filled with fun, adventure and new friends!

### **Drop off/Pick up**

If you are not enrolled in our Before/After Care program, campers should be dropped off at 8:45A; you will be required to sign your child in and out. Please do not drop off any earlier than 8:30A. If a camper is dropped off before 8:30A a fee will be applied to your account and must be paid that day. The fee is \$5.00 for every 15 minutes. Pick up time is 3:15P. Habitual tardiness could result in participant's dismissal from the program. Only authorized persons on your campers release form will be allowed to pick up your camper. If someone other whom is designated on your child's release for is picking up your camper, the registering parent must call the Center. A valid government ID must be provided at pick up for verification. If you are enrolled in our Before/After Care program your contracted times are your pick up and drop off times.

### **Absence/Tardiness**

If you know that your child will not be at camp for the day please call the Center at 570.213.0913 or email [info@preciousmomentsacademy.org](mailto:info@preciousmomentsacademy.org). Late drop offs will not be permitted. Once the bus has departed you will not be able drop your child off at camp. Early pickups will be not permitted as well. If there's an emergency, please call the Center and a staff person will contact your child's counselor.

### **Camp Weekly Themes**

Week 1 / June 19 – June 23	Soccer (bring shin guards and soccer ball)
Week 2 / June 26 – June 30	Basketball (bring a basketball)
Week 3 / July 3 – July 7	Tennis (bring tennis racquet and a can of balls)
Week 4 / July 10 – July 14	Track & Field Events
Week 5 / July 17 – 21	Flag Football (bring football)
Week 6 / July 24 – 28	Cycling
Week 7 / July 31 – Aug 4	Golf
Week 8 / August 7 – 11	Gymnastics

## **Typical Camp Schedule**

8:30-8:45a Campers arrive

9:00a Camp bus departs

9:00-9:30a Morning assembly

9:30-11:45a Groups rotate through camp activities

12:00-12:30p Lunch (not provided)

12:45-1:30p Organized games

1:45-2:45p Groups rotate through camp activities

3:00p Closing assembly & depart camp

3:15p Arrive at the Center

## **Activities**

Three to four groups rotate through various activities. The typical activities include: arts and crafts, nature, outdoor games, water play and organized sports games. The best made plans can change due to weather, water, or air quality concerns and staff will be prepared with inside activities. Wednesdays are water play days. Thursdays are our field trip days when applicable. Permission slips and money for field trips must be returned by Tuesday of that week in order your child to attend.

## **Attire**

Please send your child to camp in cool, comfortable clothes that can get dirty. Shorts must be fingertip length, tank tops are okay however no spaghetti straps. Sneakers or hiking boots are required at all times. Sandals, crocs or flip flops are not allowed. Please make sure to label all your camper's belongings. If something is misplaced, please check our lost and found located by the Director's office. Each week is a different sport your camper will explore. Please dress appropriately. For example, for soccer week your camper should have shin guards and a soccer ball. Please review the weekly schedule to ensure your camper has his/her proper gear.

## **What NOT to bring**

Jewelry, video games, iPods, or other personal audio equipment, game boys, toys, stuffed animals, pets, pocket knives, aerosol cans, water guns and cell phones.

## **Camp Necessities**

Book bag, towel, swimwear, poncho, sunscreen bug spray and water shoes. A healthy lunch, 2 snacks and a water bottle and/or frozen water bottles/sport drinks. Please do not pack sugary drinks, they tend to cause dehydration. A complete change of clothes is optional. Label everything. It is imperative that your camper bring a water bottle each day. Campers without food and/or water will not be allowed to stay at camp.

## **Sunscreen & Insect Repellent**

This is an outdoor camp! Please apply sunscreen and insect repellent to your child before camp. If you want your child to apply more frequently, there will be opportunities for your child to reapply sunscreen as needed. Please send in the sunscreen labeled with your child's name on it. Staff may assist campers in applying sunscreen only to exposed skin that the camper cannot reach on their own. Spray or mist sunscreen/insect repellent are recommended and may not be shared with other campers.

## **Medical Treatment**

We believe in prevention! Key staff are certified in First Aid/CPR/Epipen and have access to a First Aid Kit. All staff has been instructed in First Aid basics and carries a basic first aid kit. Every effort will be made to contact parents/guardians in the event of a medical emergency.

## **Discipline**

We expect campers to follow the established code of conduct expressed to campers by his/her counselor on opening day. Any camper behavior showing disrespect or disobedience to these guidelines will result in appropriate discipline. The counselor will be the first individual to deal with camper behavior problems. If a camper continues negative behavior, the counselor will notify his/her head counselor for assistance. If negative behavior continues, the camp director will be notified and parents will receive the first phone call after the camp director speaks with the camper. The camp will contact you if your child is unwilling to change his/her behavior, shows a pattern of disobedience, exhibits violent, disruptive behavior or is assaulting (i.e. physically or verbally) other campers. Campers who assault other campers will be dismissed from camp programs with no refund.

## Sickness/Illness

Your child should remain home from our programs if they have any of the following:

- Fever (100 degrees or higher)
- Diarrhea or vomiting
- Sore throat
- Contagious rash or other condition (chicken pox, poison ivy, pink eye, ring worm, lice, etc.

Please allow your child to be symptom free (no fever, coughing rash, etc) for 24 hours before return to the program.

## Tick Talk

We live in a region with high tick population. Ticks may carry serious diseases and to help protect campers, we do daily tick checks. You should check your camper also, especially the hair, groin and underarm regions. Early tick removal may reduce the risk of infection of some tick-borne diseases. Some insect repellants may help protect against ticks. If a tick is found on a camper it will be immediately removed, a counselor will circle the bite and parents will be notified at pick up. Contact your health proved if your camper develops fever, headache, fatigue or rash. Please consult the Center for Disease Control tick website

if you have further questions. <http://www.cdc.gov/lyme> or call 800.232.4636.

