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## VOLLEYBALL CAMP INFORMATION PACKAGE 2018

**Volleyball campers arrive on Sunday, August 26<sup>th</sup>**  
**Camp ends on Saturday, September 1<sup>st</sup>, 2018**

Dear Madawaska Athlete and Family,

We look forward to seeing you at **MADAWASKA CAMPS 2018!** Please read the following and save this document for future reference. You will also find this information on our website.

### **DIRECTIONS TO CAMP:**

A map with detailed driving directions can be viewed online on our website [www.madawaskacamps.com](http://www.madawaskacamps.com) or by clicking this quick link here: <http://madawaskacamps.com/index.php/direction/>

### **\*\*NEW TRANSPORTATION INFORMATION & VOLLEYBALL CAMPERS IN 2018!**

Madawaska Volleyball Camp is excited to announce that bussing **for the journey home** is now included in all fees. Our fleet of busses will travel directly to six different locations in Ontario!

We have done this for a variety of reasons. We believe that our families will appreciate lessening the pressure to provide an onerous drive home from camp in long-weekend traffic. This change also allows all of our campers and staff to leave Volleyball Camp at the same time thus closing the good feeling of the summer in the most positive way.

We've analyzed our camp population and hope that one of the following locations will be more convenient for you than a drive to camp:

- London
- Mississauga
- Peterborough
- Barrie
- Scarborough
- Ottawa

The exact locations in each city will be shared in the Spring.

Of course the option to book a seat on a bus **on the journey TO camp** is still available to you. Or, you can drive your camper to camp on August 16<sup>th</sup> if you'd like to see the campgrounds in person.

Please complete the enclosed transportation form and return it to the camp office before July 1<sup>st</sup>.  
**Transportation cancellations will not be refunded after July 15<sup>th</sup>.**

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

The busses 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. **MEDICATIONS ARE NOT PERMITTED IN THE CABINS.** As you register on the first day of camp, please have your medication labeled with your name in the original container and have it 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. . **\*Inhalers/puffers and epi-pens should be carried by the camper at all times.**

Please complete the enclosed health form and return it to the camp office by July 1<sup>st</sup>. All returning campers must complete a new form because last year's forms have been archived. If there are any changes to your child's health between July 1<sup>st</sup> and the start of camp, please inform the camp office.

**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 ask 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.

**CAMPERS WITH DIETARY NEEDS:**

For campers who require a gluten free diet, we can accommodate you. At the first meal in the dining hall, we will introduce you to our chef and kitchen staff and they will be able to answer any food related questions you may have. You will be shown the "special diet" area where you will be able to pick up your food for the week. We also have separate toasters for our gluten-free campers and staff. We also encourage you to pack some nut-free snacks from home. If your food requires refrigeration, please do not hesitate to let our kitchen staff know. You should not be hungry while you're with us!! If your needs are not being met, let us know right away!!

**FREE VOLLEYBALL AND CAMP T-SHIRT:**

Every camper will receive a new volleyball which will be given to them at the beginning of the All-Sport week. This volleyball will be used during the week of camp so campers should make sure they label it with their name when they receive it.

Every registered camper will receive a free t-shirt at registration. The size of shirt will reflect the size chosen on the previously submitted Athlete Application.

**\*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 jpeg photo of your child to our office at [info@madawaskacamps.com](mailto:info@madawaskacamps.com) Thank you in advance.

**TUCK SHOP:**

A tuck shop is available at camp for the purchase of various items including snacks, drinks and clothing. 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.

**Avoid Long Tuck Lines on Registration Day!!!**

If you would like to deposit money into your child's Tuck Account **prior** to their arrival at camp, please contact Carrie at the camp office to provide your credit information. **The deadline for pre-camp deposits will be August 15<sup>th</sup>, 2018.**

<b>Clothing and Wearable Items (subject to change)</b>			
T-Shirts	\$25.00	Ball Caps	\$30.00
Long-Sleeves	\$30.00	MVC Toques	\$25.00
Tank Tops	\$25.00	MVC Water Bottles	\$20.00
Sweat-Shirts	\$55.00	Sunglasses	\$10.00
Sweat-Pants	\$45.00	Cell Phone Cover	\$8.00
<b>Snacks and Drinks</b>			
Chips	\$1.50	Water	\$1.00
Chocolate Bars	\$1.50	Pop	\$1.50
Tangy Zangy	\$2.50	PowerAde	\$2.50
Misc. Candy	.50¢ - \$1.00		

*\*Prices are subject to change.*

**SUGGESTED PACKING LIST:**

- |                                 |   |                                |
|---------------------------------|---|--------------------------------|
| Shorts (7-9)                    | Sleeping Bag                            | Toiletries (soap, shampoo etc) |
| Jeans/Track Pants (3-4)         | Pillow                                  | Alarm Clock/Watch              |
| Sweat Shirts (Hoodies) (3-4)    | Extra Blanket                           | Flash Light                    |
| T-shirts & Long Sleeves (5-7)   | Towels (2-3)                            | Sunscreen                      |
| Pajamas (1-2)                   | <b>Mesh Laundry Bag</b> (Large)         | Insect Repellent               |
| Sweater/Jacket (1-2)            | 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)         | Refillable Water Bottle        |
| *Volleyball athletes: Knee Pads | Props for Talent Night if Participating |                                |

*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)
  - Unfortunately, theft is an issue every year. Please encourage your campers not to bring anything to camp they are not prepared to lose.
- Butane or propane filled appliances
  - Digital Cameras
  - Candles, lighters or firecrackers
  - Lamps
  - Electric blankets
  - Hair straighteners (Fire Hazard)
  - Walkie-talkies
  - Silly string
  - Hatchets, knives
  - Good indoor shoes – they will get dirty

### **PHONE USAGE:**

Campers will not be allowed to call home unless there is an emergency or if the head staff deems it necessary. 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!

### **BALANCE OF FEES:**

The balance of your camp fee is due by July 1<sup>st</sup>. Please note that deposits will not be refunded after July 1<sup>st</sup>. Please refer to the invoice enclosed for your balance. Payment by VISA or MasterCard is available over the phone by contacting the camp office. If you have arranged for a postdated payment for July 1<sup>st</sup>, you do not need to call the office.

Please do not send cash, rather make cheques/money orders payable to Madawaska Camps and send to the camp office (Cobourg). 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 information package you will find a document 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! To ensure your camper receives mail during their stay with us, mail your letters early to this address:

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

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In summary, please print, complete and return the following forms:

1. **Health Form:**

<http://madawaskacamps.com/wp-content/uploads/2017/11/MADAWASKA-HEALTH-FORM-2018.pdf>

2. **Family and Camper Contract:**

<http://madawaskacamps.com/wp-content/uploads/2017/11/CAMPER-CONTRACT-2018.pdf>

3. **Transportation Form:**

<http://madawaskacamps.com/wp-content/uploads/2017/11/VOLLEYBALL-TRANSPORTATION-FORM-2018.pdf>

\*\*If you have already booked your transportation, you do not need to re-send this Transportation Form.

\*\*\*Remember as of 2018, the transportation from camp to one of six locations is included in the camp fees.