



TRUENORTH
SPORTS CAMPS

Etobicoke Family Handbook Summer 2022



416-619-1224
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truenorthcamps.com

#PlayAllDay @truenorthcamps



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Bloorlea MS

We are 🍁 True North Sports Camps!



🍁 True North Sports Camps (TNSC) offers year-round sports programming for boys and girls ages 4 to 14 of all skill levels in Toronto and Etobicoke. We operate summer day camps as well as after school and weekend programs for basketball, flag football, basketball, soccer and multi-sport.

At TNSC, we believe that recreational sports are an important part of every child's development and we make it our priority to deliver a truly memorable experience. With low camper to staff ratio, our outstanding coaches are committed to building an individual rapport with each and every camper.

All of our energetic TNSC coaches are experts in their sport, who love to share their knowledge of the game while stressing the importance of sportsmanship, teamwork and fair play. We focus on creating an encouraging environment where all players learn something new, stay active and have fun!

Our Story

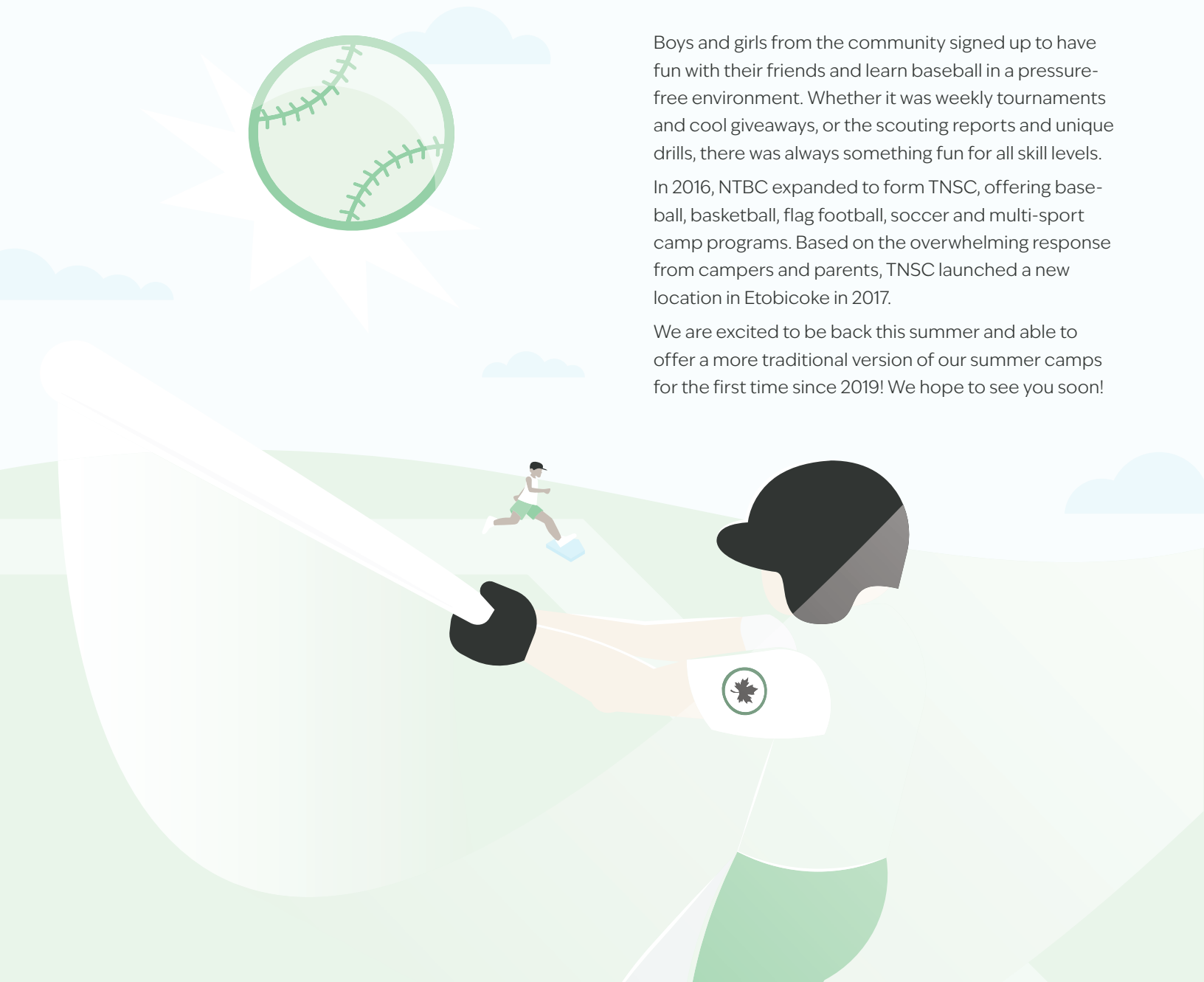
Following humble beginnings as a local baseball camp, 🍁 True North Sports Camps' (TNSC) sports programs have become a staple throughout Toronto and the GTA.

TNSC was launched in 2007 by four wide-eyed university students. Having coached competitive youth baseball for several summers, the four decided to create a local baseball camp—originally known as **North Toronto Baseball Camp (NTBC)**—in order to give back to their community and continue doing what they love: teaching young athletes the wonderful game of baseball. After the first summer, NTBC earned the reputation as Toronto's premier source for baseball day camp and afterschool clinics.

Boys and girls from the community signed up to have fun with their friends and learn baseball in a pressure-free environment. Whether it was weekly tournaments and cool giveaways, or the scouting reports and unique drills, there was always something fun for all skill levels.

In 2016, NTBC expanded to form TNSC, offering baseball, basketball, flag football, soccer and multi-sport camp programs. Based on the overwhelming response from campers and parents, TNSC launched a new location in Etobicoke in 2017.

We are excited to be back this summer and able to offer a more traditional version of our summer camps for the first time since 2019! We hope to see you soon!



Why attend True North Sports Camps?

Campers get a fantastic opportunity to develop their athletic skills, to remain active, and to learn valuable life lessons including sportsmanship, teamwork, and fair play.

Campers are divided into skill groups based on age and skill level. Throughout the week they participate in unique drills, fun games and mini competitions. With tons of giveaways and prizes as well as individual scouting reports (similar to a report card), each and every camper receives individual attention and leaves the week with something special.

5 Reasons to Attend

1 Choice

We have something for everyone!

Whether you enjoy baseball, soccer, basketball, flag football or multi-sport, we have a program for you!

2 Our Staff

We go to great lengths to ensure we hire the best people.

This involves a unique interview process that includes: a formal interview, a practical assessment and a teamwork and communication component. Once hired, we invest a significant amount of time to ensure our staff are properly trained and given the resources they need to succeed.

Our staff are able to make sure every camper has the best experience possible with our low 6:1 camper to counsellor ratio (even lower for the younger age groups).

Our Program Directors and Leadership team are not included in this ratio, which allows them to provide extra on-site support and assistance.



Choice

Our Staff

Our Programming

Our Culture

Parent Experience

3 Our Programming

Our exceptional sports programming is developed by a combination of university level coaches and elementary and high school teachers.

We implement the latest drills, exercises and games for each specific sport, creating schedules which are designed to keep campers active and having fun!



4 Our Culture

We've created the perfect balance between advanced skill instruction and having fun in a camp environment!

While learning various skills from outstanding coaches, campers also get to participate in our themed Fun Fridays, site-wide games, water activities, and more. In order to ensure that all campers have a memorable and positive camp experience, we make it a priority to create a camp environment that is safe, encouraging and inclusive.

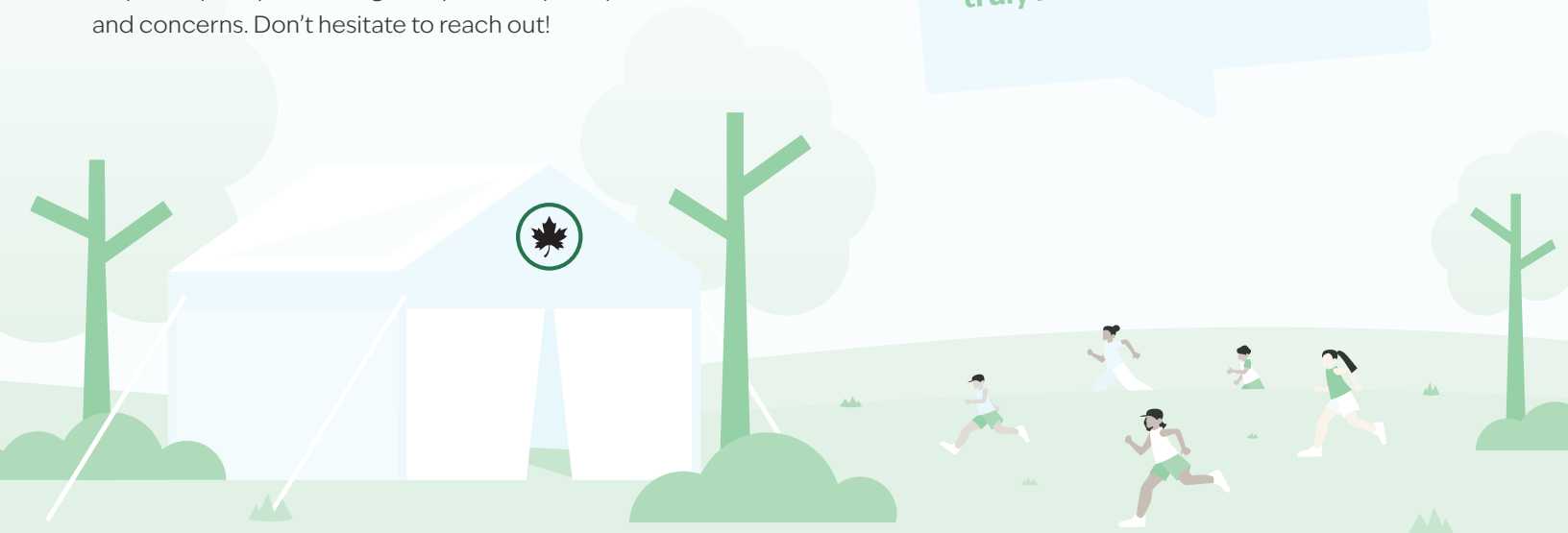


5 Parent Experience

We strive to provide outstanding customer service to all of our camp families.

Whether you are a 10+ year TNSC family, or joining us for the first time, you can expect our Leadership Team to respond quickly and thoughtfully to all of your questions and concerns. Don't hesitate to reach out!

Above all, TNSC believes recreational sports are an important part of every child's development and we make it our top priority to deliver a truly memorable experience!



Navigating the COVID-19 Pandemic

Living with COVID-19 has now become a reality.

However at 🍁 True North Sports Camps (TNSC), the health and safety of our campers and staff is still our #1 priority. We will continue to monitor the ever-changing public health recommendations to make sure our health and safety policies are up to date.

Health and Safety Policies

Camper and Staff Screening

Campers will be provided with a Health Pass, to be completed each morning at home by their parent/guardian. Campers will be required to show their completed health pass to their Program Director upon arrival at camp. Any staff or campers that fail the screening will not be allowed to attend camp that day. This screening will include contact tracing of the parent/guardian present at pick up/drop off.

Increased Sanitation and PPE

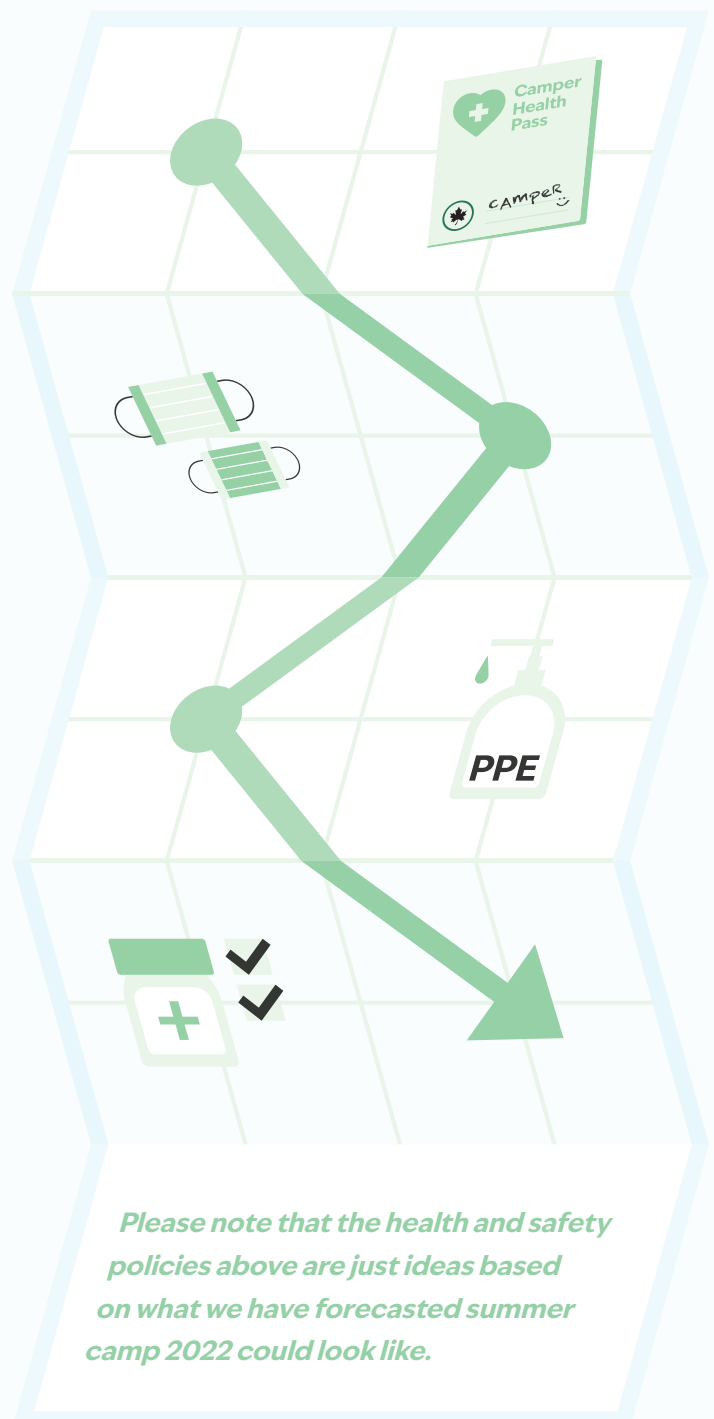
We will be sure to make sanitizer and PPE available throughout the day to both our staff and campers. We will also be sure to sanitize equipment frequently throughout the day.

Masking

Masking will be optional indoors and outdoors for both our campers and staff. However, we strongly encourage the use of masks when transitioning indoors and during times when strenuous physical activity is not being performed. We recommend that all campers come to camp with masks packed.

Vaccination Status

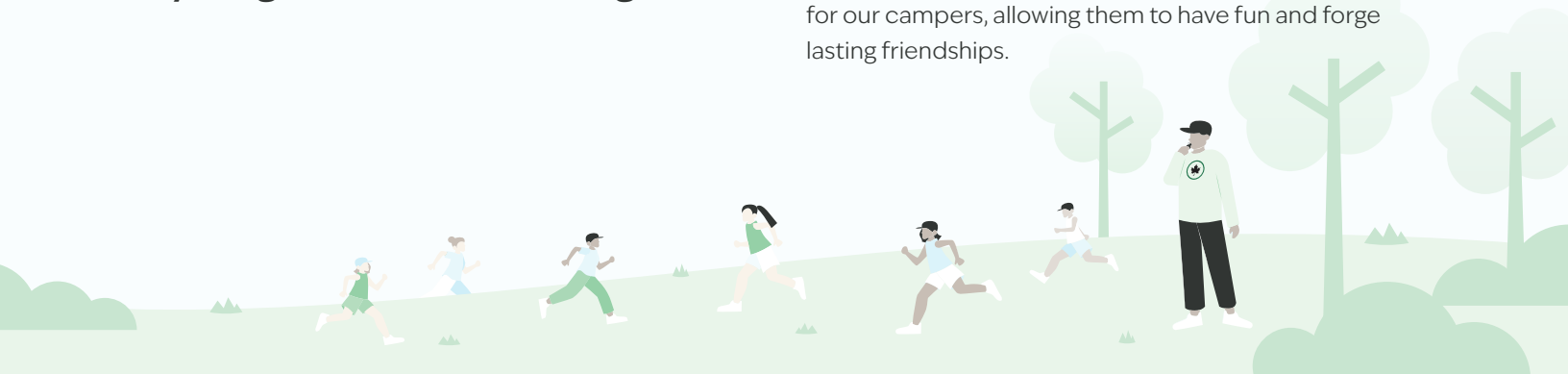
All of our staff are fully vaccinated. Campers are not required to be vaccinated to attend our camps although it is recommended.



Our Staff

✳️ **True North Sports Camps (TNSC)**
is known for its incredible staff.
Everything starts with our hiring.

From camp directors to CITs, we simply hire the best. While having playing or coaching experience is certainly important, it's not our main priority. Most importantly, our coaches are able to create a positive environment for our campers, allowing them to have fun and forge lasting friendships.



Our Leadership Team



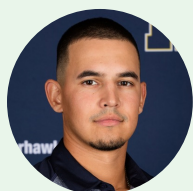
Blake Koester
Executive Director

Blake has been a part of the True North Sports Camps leadership team since joining as the Director of Operations in 2016. As of October 2020, he has taken over the role of Executive Director. Blake will be seen running year-round

programs and ensuring that each and every camper has a fantastic experience.

Blake completed the Sport Management program at Humber College, which led to him working at the Ontario Cycling Association. Prior to joining TNSC, Blake had been Assistant Manager of the Mooredale Sports Club, where he was responsible for organizing and coordinating a wide range of sports leagues and competitive teams.

Blake loves to share his passion for sports, especially football and basketball!



Brandon Costa
Director of Administration

Brandon joined the True North Sports Camps leadership team at the start of 2022 and will be taking on the role as Director of Administration. Brandon is coming to us from the Humber College athletics department where he spent 3 years and held the roles; Athletics Facility Coordinator and Supervisor for the Jr. Hawks Sports Camp.

Brandon completed the Business Administration program at the University of Guelph-Humber with a specialization in management. While studying at the University of Guelph-Humber, Brandon spent 5 years as part of the Humber Men's Varsity Baseball program, helping grow the program as a player culminating in their first provincial and national championship in his final year.

With many years of camp and coaching experience, Brandon hopes to help inspire youth through sport with the goal that it will have the same positive impact on our campers lives as it did his.



Courtney Berger
Consultant

Courtney joined the True North Sports Camps leadership team as the Executive Director in 2016. As of October 2020, she has moved to a part-time consultant role advising the leadership team. Courtney is responsible for over-seeing the operations of the business, including hiring and training our

staff, marketing, communications, finance and strategy.

Courtney graduated from Western University with an Honours Business Administration degree from Ivey. She subsequently attended law school at the University of Toronto and practiced as a management-side employment lawyer on Bay Street for 3 years before joining our staff as the Executive Director.

After having worked at a number of summer camps in the past and dedicated her free time volunteering with children, Courtney knows what it takes to create a memorable experience for each and every camper.

Our Camp Directors

To learn more about our 2022 summer camp directors, visit us at truenorthcamps.com/staff



What's new this summer?

Our traditional summer camps are BACK!

Over the past 2+ years, like everyone, we've had to make a lot of sacrifices. Although we are incredibly proud to have been able to adapt our programs and offer camp these past two summers, albeit in a modified capacity, we couldn't be more excited to be back offering our traditional summer camps.



What are the changes you ask?



Indoor Facilities

We're back to running camp both indoors and outdoors! Where feasible, our goal is to remain outdoors as much as we can.

Hours

Our traditional camp hours of 8:30am to 4:00pm are back!

Extended Care

Extended care starting at 8:00am until 5:00pm is back!

Cohorts

Cohorts of 5 are no longer!

Mini Camps

Mini Camps will only be offered to returning families who prefer an alternative to our camp offerings, this is subject to staff availability.

What you need to know about camp



1 Camper Arrival and Drop off

Regular drop off runs from 8:30am to 9:00am.

All campers should arrive at the drop off location provided on [page 15](#). Once they arrive, campers will be checked-in and escorted into camp where they will put away their belongings and join the check-in game.

See below for [3. Extended Care](#)

Late Arrival

If your child will arrive after 9:00am, please email or call the camp office directly. The camp office will inform your child's Program Director.

Email → info@truenorthcamps.com

Phone → 416-619-1224

2 Pick up

Regular pick up runs from 3:30pm to 4:00pm at the same location as drop off.

To ensure camper safety, we will not release campers to unauthorized individuals. If you would like to make changes to your child's authorized pick up list, please call our office.

Phone → 416-619-1224

See below for [3. Extended Care](#)

3 Extended Care

Extended Care is available before camp beginning at 8:00am, and after camp between 4:00pm to 5:00pm.

Our Extended Care program is an extension of the camp day, including fun and engaging programming.

The additional cost is \$75 +HST per week.

4 Sunscreen

Please apply sunscreen (SPF 30 or higher) on your camper each morning, and send a labelled bottle of sunscreen for repeated applications throughout the day.

5 Water bottle

We suggest providing a refillable water bottle, as we provide coolers of water throughout the day. Please avoid sending glass bottles. If you would like to send juice boxes, we suggest freezing them the night before so they remain cold.

What you need to know about camp

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- 6** **Lunch**
- We do not provide lunch—each camper must bring their own lunch, snacks and water bottle. It is recommended to send an insulated lunch bag, as we do not have access to refrigerators at any of our campsites. Campers must remain on site during their lunch period.

Please Note

We are a nut-free camp!

-
- 7** **Snacks**
- All campers must bring two snacks per day, as we have a morning and afternoon snack break.

Please Note

We are a nut-free camp!

-
- 8** **Nut-free**
- All lunches and snacks must be nut free.**
- We have a strict no sharing policy. As we have a number of children and staff at camp with life threatening peanut and nut allergies, we urge that any products containing nut ingredients not be sent to camp. Camp will adhere to this policy in the strictest sense and will confiscate any food items that may contain traces of nuts or nut products.

-
- 9** **Scouting Reports and Camper Certificates**
- Throughout the week campers are given an opportunity to demonstrate skills and techniques they have learned at camp. At the end of each week campers will receive a personalized scouting report (sport specific camps) or a certificate (multi-sport camps) detailing their strengths and areas for improvement.

-
- 10** **Rainy Days**
- In case it rains, we have access to an indoor facility at all of our camp locations. Depending on the length of time we are indoors, we will continue to play games and drills and keep campers active. Rainy day programming is prepared and adjusted to ensure that our campers' experience is still filled with quality sports instruction and fun!

What you need to know about camp

11 Visitors

So we do not disturb the camp program or our campers, visitors are not permitted to interact with campers or staff during the camp day. We want to encourage our camp families to allow their children to have a full camp experience. If there are any special occasions where families are invited, we will let you know!

12 Lost and Found

Items misplaced around the camp will be placed in our lost and found, which can be accessed directly by asking your camps' Program Director.

Label! Label! Label!

If items are properly labelled with your campers first and last name, they can be returned more easily! At the end of every session, all unclaimed items will be donated to a charitable organization.

True North Sports Camps is not responsible for any loss or damage to your campers property, so please keep all valuables at home.

13 T-Shirts

Following tradition, we will once again be providing our campers with some very cool camp gear. Our t-shirts will be distributed each Monday morning at the beginning of camp to new campers. Our camper t-shirts are not required to be worn at camp!

Please Note

Each camper will receive only one t-shirt throughout the summer.



What to bring to camp each day

Lunch, Snacks and Water bottle

Campers must bring their lunch, snacks and water bottle.

Please Note

- Campers are very active throughout the day and may be extra hungry—please pack accordingly. We will provide coolers of water throughout the day.
- We are a nut-free camp! Any products sent to camp that contain nuts or “may contain traces of nuts” will be exchanged for a nut-free snack provided by the camp.

Hats

Please ensure you bring a hat each day. As many of our camp programs are primarily outside and we will be enjoying the beautiful Toronto summer weather, we want to ensure that we are always practicing sun safety.

Label! Label! Label!

Camp does not have spare hats so be sure to send your labelled hat each day!

Running Shoes

All of our programs require proper running shoes.

Sandals and Crocs are safety hazards and not permitted. Campers are welcome to bring sport-specific footwear, including baseball, soccer, and flag football cleats or basketball shoes.

Please Note

All cleats must be plastic.

Valuables

Money, jewelry, phones, and other valuables that are at risk of getting broken or lost should be left at home.

Phones

- Phones are not permitted to be used at camp.
- While campers are permitted to use their phone after camp to communicate with their parents, if necessary, all phones and electronic devices must be stored in their backpack or gym bag during the day.

Please Note

True North Sports Camps is not responsible for lost or stolen valuables, including phones.

Masks

The use of masks is highly recommended when transitioning indoors. We ask that all campers come to camp with 3 masks packed in the event of one of the following: they become symptomatic at camp or they feel more comfortable wearing a mask.



Sport-Specific Equipment

Multi-Sport

Multi-Sport specific items to bring:

- Running shoes
- Campers should wear athletic clothing—we recommend shorts and a t-shirt!

While we will provide all other equipment needed for the various sports activities at camp, campers are allowed to bring other personal items including baseball gloves, sweatbands, jerseys and towels, if they would like!

Please Note

Remember to label all personal items.



DREW B., Parent

I have to tell you just how much Harrison loved the camp. You guys did a great job, were fantastic with the kids and the 'report cards' you handed out were really helpful.



**Thanks again for
a great two weeks!**

Harrison, as you know, is fairly new to baseball but has really developed a taste for the game and you guys just made it all the better for him. He has read the report card over and over.

Etobicoke Camp Site

at Bloorlea MS

Address

4050 Bloor St W, Etobicoke, ON M9B 1M5

Hours

Camp runs daily from 9:00am to 3:30pm.

Drop off and Pick up Schedule

Drop off Between 8:30 and 9:00am
Extended Care starts at 8:00am

Pick up Between 3:30 and 4:00pm
Extended Care ends at 5:00pm

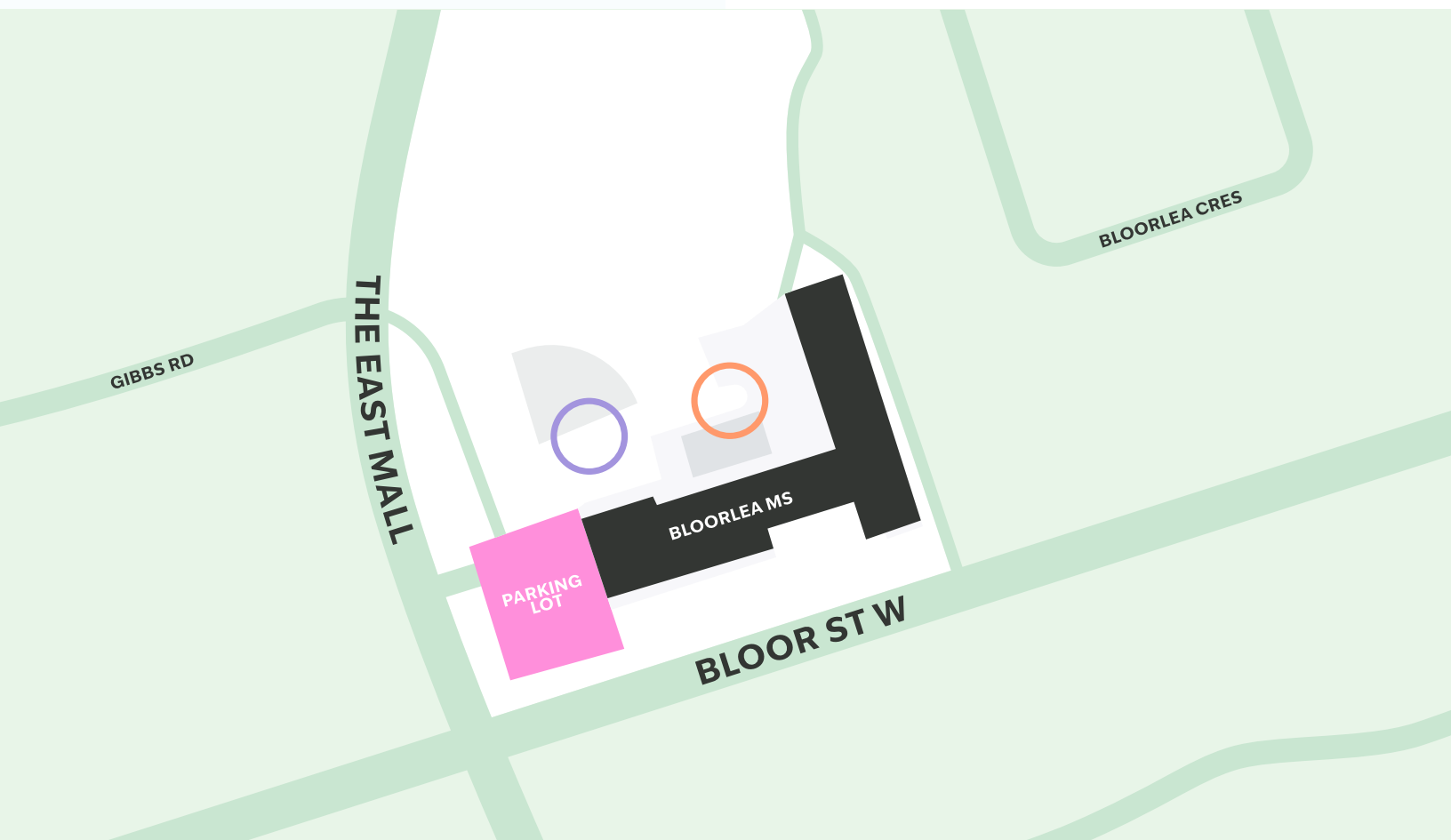
Camp Directions

○ Multi-Sport

Drop off and pick up is located at the Bloorlea MS parking lot at the intersection of Bloor St W and The East Mall.

■ Drop off and Pick up Area

○ Extended Care Play Area



FAQ



1 **How long has True North Sports Camps been operating summer camp?**

True North Sports Camps originally started as North Toronto Baseball Camp (NTBC) in 2007. Since then, the camp has grown to over 500 annual campers and has expanded to include basketball, football, soccer and multi-sport clinics and camps!

2 **Who are the directors of True North Sports Camps?**

Our Executive Director is **Blake Koester** and our Director of Administration is **Brandon Costa**.

We also have a Site Director for each of our locations:

Location	Site Director
Forest Hill/Etobicoke	Joel Mukendi
Lawrence Park	Megan Kingvisser
North York/Leaside	Sky Smith

3 **My child has not played many sports before, is True North Sports Camps right fit?**

We definitely believe so! Our camp was founded on the principles of providing high quality instruction in a friendly and inclusive atmosphere for all skill levels. Campers are divided into groups based on age and skill level. Our coaches are given the flexibility to alter the activities to suit the needs of their group. As well, our coaches are trained to adapt their teaching styles based on the age and skill level of their players. Our directors and head staff put significant thought into the camp and clinic programming to ensure that both beginner and expert campers alike will have an amazing experience.

4 **Do you offer extended hours?**

Yes. Drop off is between 8:30-9:00am and pick up is between 3:30-4:00pm. We offer extended care starting as early as 8:00am and until 5:00pm for an additional fee. Please call the camp office if you would like to register.
Phone → 416-619-1224

5 **What are you doing to prevent the spread of COVID-19?**

We are carefully monitoring the COVID-19 pandemic and recommendations from public health. Information is included on **page 6** in this document.

To see the most up to date information on how we are handling the COVID-19 pandemic please visit: truenorthcamps.com/covid-19_policies

FAQ

7 **Do the campers take breaks throughout the day?**

Absolutely! All campers will take water and snack breaks throughout the day. In addition, we take a 30 minute lunch break at noon where campers are required to stay seated for the full 30 minutes to ensure they are getting the appropriate rest needed and finishing their entire lunch.

Our staff are very focused on ensuring that all campers stay hydrated and spend an appropriate amount of “cool-down” time in the shade. On especially hot days, campers will take additional water breaks and we might move some of our programming indoors.

8 **Do you have a lost and found?**

Yes we do! First check your camp site. All lost and found is collected by the Program Directors each day. If you do not find the lost item after checking at camp, please email us with a description of the item(s) you are missing.

Email → info@truenorthcamps.com

9 **What is North Toronto Baseball Camp (NTBC)?**

True North Sports Camps originally started as North Toronto Baseball Camp (NTBC) in 2007. Today, NTBC continues to maintain its own brand, and is the baseball programs operated in Toronto by True North Sport Camps. It's still the same great program at the same great location with many of the same staff.



Photos, Social Media and Blog

We believe communication with our camp families is extremely important for the safety of our campers and to make sure you can be part of the fun we are having throughout the day.



Photo Gallery

Photos of our campers will be updated daily in our Facebook albums and Instagram feed.

Please check our Facebook page at **facebook.com/truenorthcamps**

Each camp location will have its own album for easy searching for smiling faces!



Blog

We post frequently on our blog with amazing and interesting content for parents, campers and sports fans alike!

Visit **blog.truenorthcamps.com**

Newsletters and Updates

Stay tuned to your inboxes!

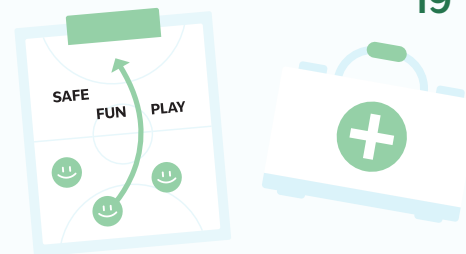
We will be sending home updates about our time at camp in all of our programs at all of our locations. This allows for our camp families to get a taste of the True North Sports Camps experience. The newsletter will include highlights, important dates, what's coming up next week, and photos!

Stay connected to camp through our favourite forms of social media: Facebook, Twitter and Instagram.



@truenorthcamps

Health and Safety



1 First Aid

All of our Camp Directors are certified with Standard First Aid and CPR. We provide first aid training by a registered nurse to all of our staff at our annual staff training. First aid kits and materials are readily available at each camp site. Given the active nature of campers in our sports specialty camp programs, we place a strong emphasis on safety and teach our campers and staff how to have fun and play safe!

2 Injury Policy

We make a concerted effort to prevent injuries while at camp by teaching our campers and staff the skills they need to play each game as safely as possible. However, we know that injuries, large or small, are a risk. If a camper is injured while at camp, we will keep all lines of communication open with the camper's family and let them know the steps we are taking to handle the situation. It is our priority to attend to the camper first to assess each situation to ensure that health and safety are never compromised. Should a camper sustain a head injury while at camp, the family will be notified immediately. The trained leadership staff team on-site will assess the situation and determine next steps, including whether the camper is well enough to remain at camp that day.

3 Medical Information

You have the opportunity to inform us of any medical issues, concerns, allergies, etc. on your summer camp registration form. This can be accessed through your online camp account by logging in at: **campsself.active.com/TrueNorthCampsLtdCAD**

If this info needs updating, please inform our camp office immediately! You can contact the camp office by phone or email.

Phone → 416-619-1224

Email → info@truenorthcamps.com

4 When should I keep my camper at home?

If your child is sick and has any of the symptoms listed in our COVID-19 health pass they will be required to stay home. Should your son or daughter be diagnosed with a contagious illness (i.e., chicken pox) or COVID-19, please let us know so that we can inform other parents if necessary.

5 COVID-19

More information on how we are handling COVID-19 at camp can be found on **page 6** of this document.

Health and Safety

6 Medication

Please do not send any medication to camp in a lunchbox or backpack—this includes over-the-counter medications as well. If medication must be given to a camper during camp hours, the Camp Director will deliver it only (not a counsellor). Medication should be delivered to the Camp Director in its original bottle labelled with the child's name. Medication will be dispensed according to the written and signed instructions provided by the parent.

These instructions must include:

- (1) Child's name
- (2) Name of medication
- (3) Dosage
- (4) Time dosage is to be given
- (5) Any directives (i.e. must be given with food)
- (6) Medication side effects
- (7) Date on which medication is to begin and date on which it is to end

7 EpiPen Policy

If your child requires an EpiPen please ensure that two are sent to camp. One will be kept on the camper at all times and one will be kept on site in our First Aid kit.

8 Lice Policy

If a child is found with nit eggs or lice, parents will be called and asked to remove their child from camp immediately. You are required to keep your child at home until professionally treated. The child must be accompanied by a letter from the professional service certifying that they have been treated.

9 Sun Protection

We recommend that your camper be protected with sunscreen. It is suggested that you use a long-lasting, water resistant variety, readily available in drug stores. Families should apply the lotion before the campers leave home for camp. We will also reapply throughout the day. Sunscreens are made with chemicals that can irritate eyes and skin if used improperly. Please ask your campers not to share their sunscreen, as another child may have an allergic reaction to the one your campers use. We suggest that each camper bring a hat to wear outside to help shield their faces from the sun.

Health and Safety

10 Excessive Heat

If temperature or air quality necessitates changes in the regular schedule, outdoor activity will be limited to periods of no more than 30-45 mins at a time. Indoor locations for lunch will be provided. We also have indoor alternate programming planned to limit sun exposure. Campers will be encouraged to take frequent water breaks.

11 Bullying

We have a zero tolerance policy for any bullying or otherwise physical or aggressive behaviour during our programs. It is our goal that camp remains a safe environment for all campers and staff.

12 Camper Behavior Policy

We have a zero tolerance policy for any physical or aggressive behaviour during our program. It is our goal that camp remains a safe environment for all campers and staff.

13 Questions

If you have any questions about our health and safety policies, please feel free to chat with our Camp Directors on-site or contact our camp office. We always have staff in the office available to answer inquiries received via phone or email. Please feel free to leave a voicemail if no one answers your call and we will promptly return your message.

Phone → 416-619-1224

Email → info@truenorthcamps.com



Important Dates

Summer Camp Dates

Week	Session
Week 1	July 4 – July 8
Week 2	July 11 – July 15
Week 3	July 18 – July 22
Week 4	July 25 – July 29
Week 5	August 2 – August 5
Week 6	August 8 – August 12
Week 7	August 15 – August 19

Fall Clinics and Afterschool Programs

Stay tuned for fall clinic and afterschool program registration to continue your True North Sports Camps experience all year long!

Registration should open in late July!



Fun Fridays at Camp

Week	Theme
Week 1	Oh, Canada!
Week 2	Crazy Socks Day
Week 3	Halloween Day
Week 4	Pajama Day
Week 5	Animal Planet
Week 6	Superheroes
Week 7	Movie Character Day



Contact Information

We would love to hear from you!

If you have any questions about our programs or are interested in learning more, please do not hesitate to contact us anytime.



Camp Office

Phone Number

416-619-1224

Address

510 Eglinton Ave W, Unit 3, Toronto, ON M5N 1A5

Email

info@truenorthcamps.com

Website

truenorthcamps.com

Social Media

@truenorthcamps



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SPORTS CAMPS

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