



TRUENORTH
SPORTS CAMPS

Toronto Family Handbook Summer 2023



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#PlayAllDay @truenorthcamps



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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 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.

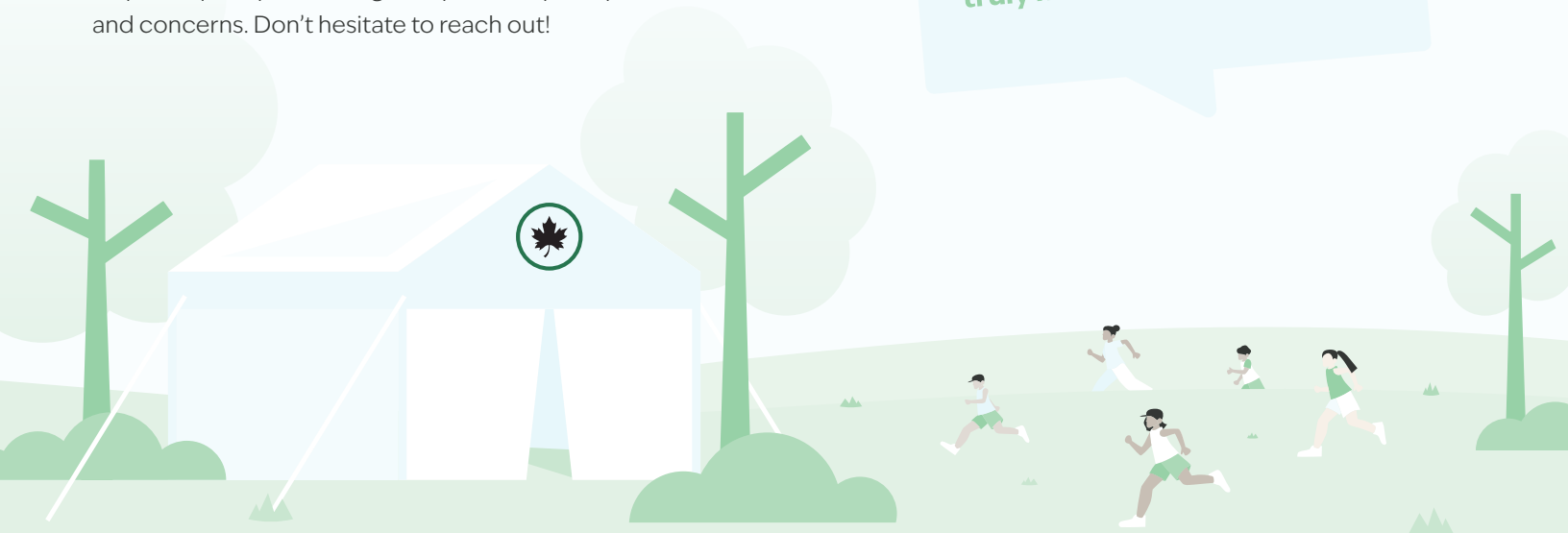


5 Parent Experience

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!

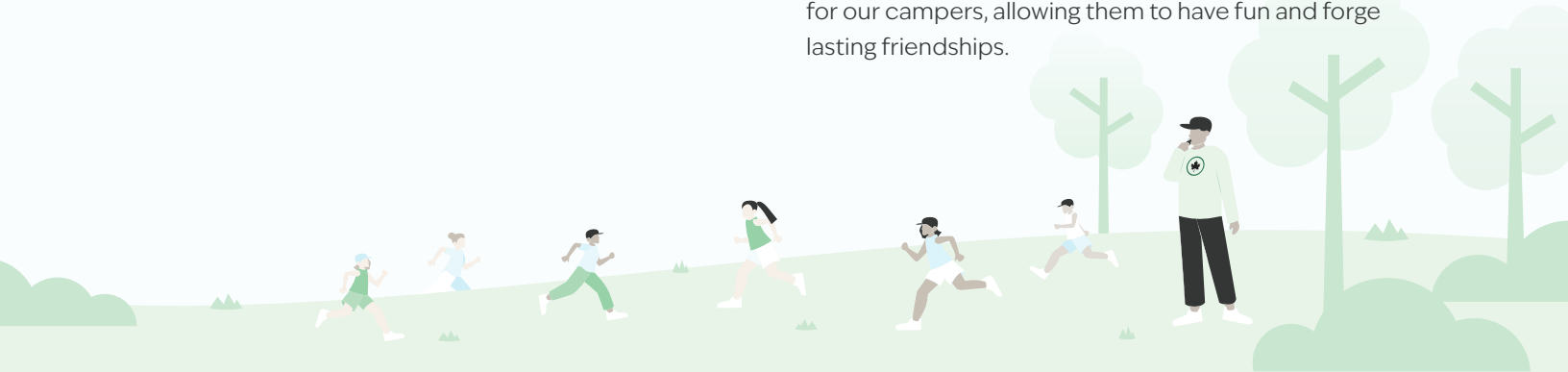
Above all, TNSC believes recreational sports are an important part of every child's development and we make it our top priority to deliver a truly memorable experience!



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!



Sara Jacobsen
Director of Administration

Sara is True North's Director of Administration; she's excited to assist any parents' inquiries about our programs, registrations and all things True North Sports Camps.

Sara joins us from Ottawa where she completed her bachelor degree in Child and Youth Studies at Carleton University after she moved from Montreal where she graduated from LaSalle College with a degree in Special Education and Counselling. She has nearly 10 years of experience working in camps, most recently as Day Camp Coordinator for the NCR YMCA and in schools focusing on special education and accessible learning.

Sara wants to ensure all of our participants have a great time while enjoying what TNSC has to offer.



Adam Plouffe
Director of Operations

Adam joined True North as the Director of Operations in 2023. Adam will help oversee the programs and camps to make sure they are properly running to the standards of True North Sports Camp experience. Adam graduated from Mars Hill University

with a Sports Management degree and a Master of Management degree. Before joining True North, Adam competed within the NCAA Varsity Baseball circuit and summer leagues with the best up coming professional prospects. After his playing career, he joined Boone Bigfoots Baseball club as Assistant Manager of the team providing the best experience for fans and players. He has also worked in camp programs such as Don Mills Hockey school, and Toronto Mets clinics/camps.

Adam is an avid sports fan and a huge supporter of the Toronto Blue Jays and Toronto Maple Leafs.



Amrit Tamber
Site Director - Forest Hill

Amrit is a new recruit to True North's leadership team joining as a Site Director for our Forest Hill camps. Amrit is currently in law school at the University of Glasgow, following the achievement of her BA from Western University. During her time at both schools, she was actively involved with the sports community where she

worked with the recreational department in intramurals and game events. Prior to her career ending concussion in 2016, Amrit was a competitive soccer player. Amrit truly enjoys working with children as she has volunteered as a goalie coach and as an adaptive aquatics swim instructor.

She currently enjoys running long distances, yoga and playing intramural sports. Having worked with children her whole life in both aquatics and camp settings, Amrit knows how to provide fun and special events that will contribute to a memorable summer for all campers.



Tamara Nersessian
Site Director - Lawrence Park

Meet Tamara, the Camp Director for True North's Lawrence Park location. Tamara is an experienced educator and coach with a passion for helping children reach their full potential. She holds a Bachelor of Education degree from York University and a

Bachelor of Arts. She also has an Early Childhood Education Diploma from Seneca College. Tamara has taught Physical Education to children ranging from Kindergarten to Grade 8. She has designed and implemented multi-sport programs that help children develop fundamental athletic skills and a love for physical activity.

As a coach, Tamara has taught various sports, including soccer, to children of different ages and skill levels. Her experience in teaching and coaching has honed her ability to create safe and fun learning environments.



Megan Kingvisser
Site Director - Etobicoke

Megan is a veteran when it comes to being a Site Director here at True North. Megan is a veteran when it comes to being a Site Director here at True North.

Megan (she/her) got her Bachelors of Arts and Bachelors of Education from Queen's University before teaching high school abroad for 3 years. She has returned home to Toronto and is currently at the University of Toronto getting her Masters of Education in Social Justice Education.

Megan has a passion for inclusive education, whether that is in the classroom or in the realm of sports and is excited to create a positive environment for all those who attend this summer.



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 2023 summer camp directors, visit us at truenorthcamps.com/staff



What's new this summer?

True North Sports Camps is returning to Cedarvale!



What are the changes you ask?



Cedarvale Community School Location

True North Sports Camps is thrilled to announce our triumphant return to Cedarvale Community School after a hiatus since 2018. The anticipation is high as we gear up to offer an exceptional multi-sport camp experience for children aged 4 to 12.

Our dedicated team is eager to reconnect with the vibrant community and create lasting memories through engaging sports activities. With a wide range of sports on offer, from soccer to basketball, baseball to football, and everything in between, campers can look forward to a summer filled with skill-building, teamwork, and tons of fun.

We can't wait to see familiar faces and meet new campers as we embark on this exciting journey together at Cedarvale Community School.

Expanded Leadership Team

True North Sports Camps is thrilled to announce the expansion of our leadership team, welcoming **Sara Jacobsen** as the Director of Administration and **Adam Plouffe** as the Director of Operations.

This exciting addition comes as we continue to grow and provide an exceptional camp experience for our campers. With Sara's diverse camp and childcare experience and Adam's extensive baseball background, we are confident in their abilities to enhance our camp operations and provide a seamless experience for campers and their families.

Together with our experienced Executive Director, who is entering his 7th summer with True North Sports Camps, this dynamic leadership team is poised to take our camp to new heights.

To learn more about our dedicated staff, visit our website at truenorthcamps.com/staff

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 [pages 15-18](#). 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

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, jewelery, 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.



Sport-Specific Equipment

Baseball



Baseball-Specific items to bring:

- Baseball glove
- Protective athletic cup (recommended)
- Running shoes or baseball cleats (plastic only)
- Campers should wear athletic clothing—while baseball pants are not required, athletic pants are a good idea for sliding.

While we will provide all other equipment, campers are allowed to bring personal baseball items, including bats, helmets, and batting gloves, if they would like!

Please Note

- Remember to label all personal items.
- We use hardballs, “soft” baseballs, wiffle baseballs and tennis balls. The type of ball used is dependent on the activity and the campers’ age/skill level. “Soft” baseballs are the same size and weight as a hardball, although they are much softer with a nylon cover.

Basketball



Basketball-Specific items to bring:

- Basketball shoes or running/cross-training shoes with proper ankle support.
- Campers should wear athletic clothing—we recommend shorts and a t-shirt/singlet!

While we will provide all other equipment, campers are allowed to bring personal basketball items, including headbands, and towels, if they would like!

Please Note

Remember to label all personal items.

Flag Football



Flag Football-specific items to bring:

- Running shoes or football cleats (plastic only)
- Campers should wear athletic clothing—we recommend shorts and a t-shirt!

While we will provide all other equipment, campers are allowed to bring personal football items, including receiver gloves, and jerseys, if they would like!

Please Note

Remember to label all personal items.

Soccer



Soccer-specific items to bring:

- Running shoes or soccer cleats (plastic only)
- Shin pads (highly recommended)
- Campers should wear athletic clothing—we recommend shorts and a t-shirt!

While we will provide all other equipment, campers are allowed to bring personal soccer items, including sweatbands, and towels, if they would like!

Please Note

Remember to label all personal items.

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.

Lawrence Park Camp Site

at Glenview Senior PS

Address

401 Rosewell Ave, Toronto ON M4R 2B5

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

- Baseball
- Multi-Sport

Drop off and pick up is at the north parking lot located off of Rosewell Ave.

- Look for a roundabout
- Access Rosewell Ave directly from Lawrence Ave or from Glenview Ave (which connects with Avenue Rd)

- Basketball
- Junior Basketball
- Junior Baseball

Drop off and pick up is at the John Ross Robertson Junior PS parking lot located off of Glengrove Ave.

- Access Rosewell Ave directly from Lawrence Ave or from Glenview Ave (which connects with Avenue Rd)

■ Drop off and Pick up Area

Extended Care Play Area

For all camps within our Lawrence Park location extended care takes place at the front of Glenview Senior Public School by the rock circle.

Please Note: in the event of inclement weather or rain extended care may be moved inside of Glenview Senior Public School



Forest Hill Camp Site

at Forest Hill Memorial Arena

Address

340 Chaplin Cres, Toronto ON, M5N 2N3

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

○ Baseball

Drop off and pick up is located at the north end of the Forest Hill Memorial Arena parking lot.

○ Soccer

○ Flag Football

Drop off and pick up is at the North Preparatory JPS parking lot located at the north end of Spadina Rd.

■ Drop off and Pick up Area

○ Extended Care Play Area

Extended Care for all camps at Memorial Park takes place just east of the most South baseball diamond by the green shed.

Please Note: in the event of inclement weather or rain extended care may be moved inside of the arena.



Cedarvale Camp Site

at Cedarvale Community School

Address

145 Ava Rd, York, ON M6C 1W4

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

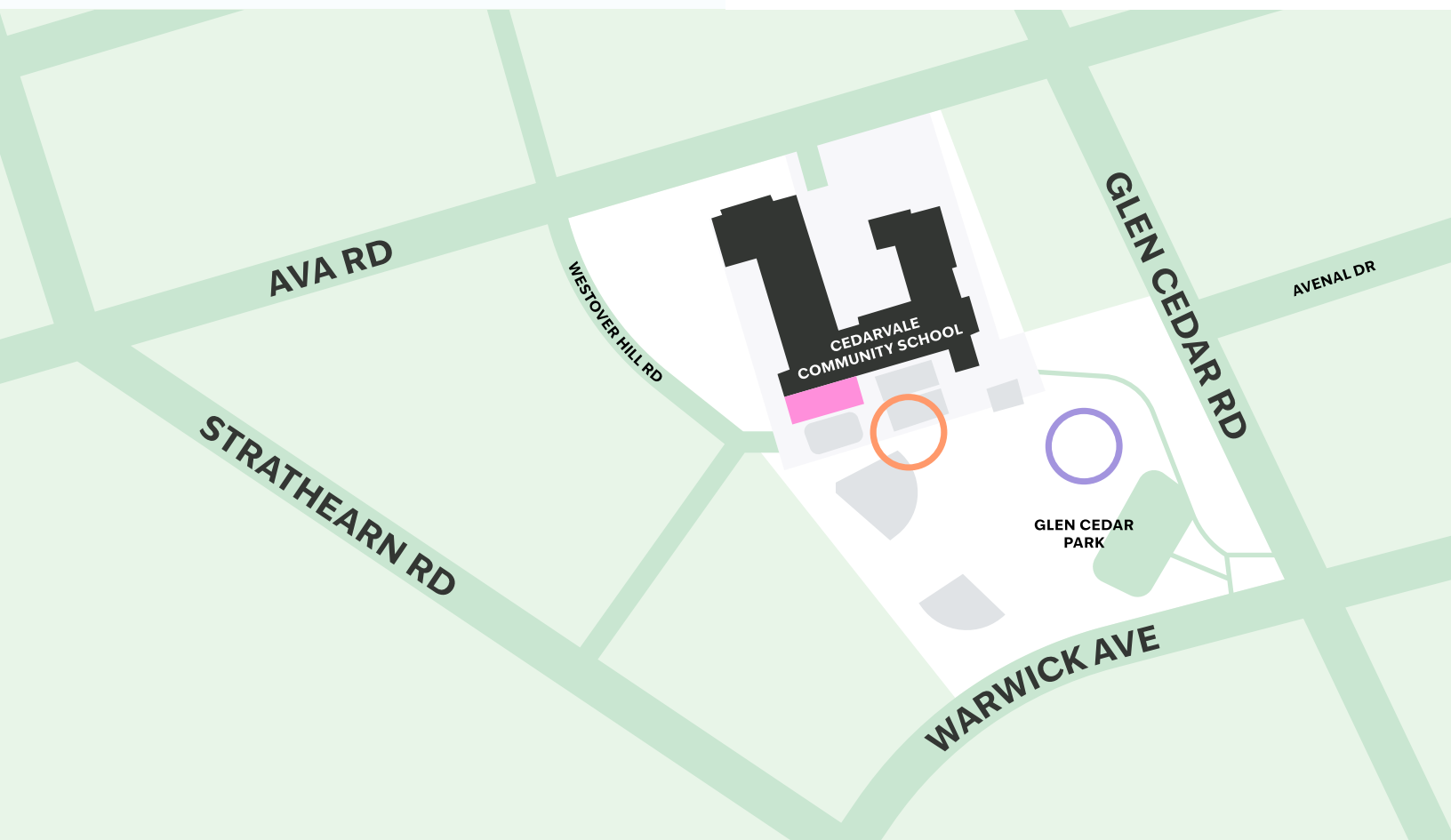
○ Multi-Sport

Drop off and pick up is located at the Cedarvale Community School parking lot off of Westover Hill Rd.

■ Drop off and Pick up Area

○ Extended Care Play Area

Please Note: in the event of inclement weather or rain extended care may be moved inside of the school



North York Camp Site

at Bond Park

Address

120 Bond Ave, North York, ON M3B 1C9

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

○ Baseball

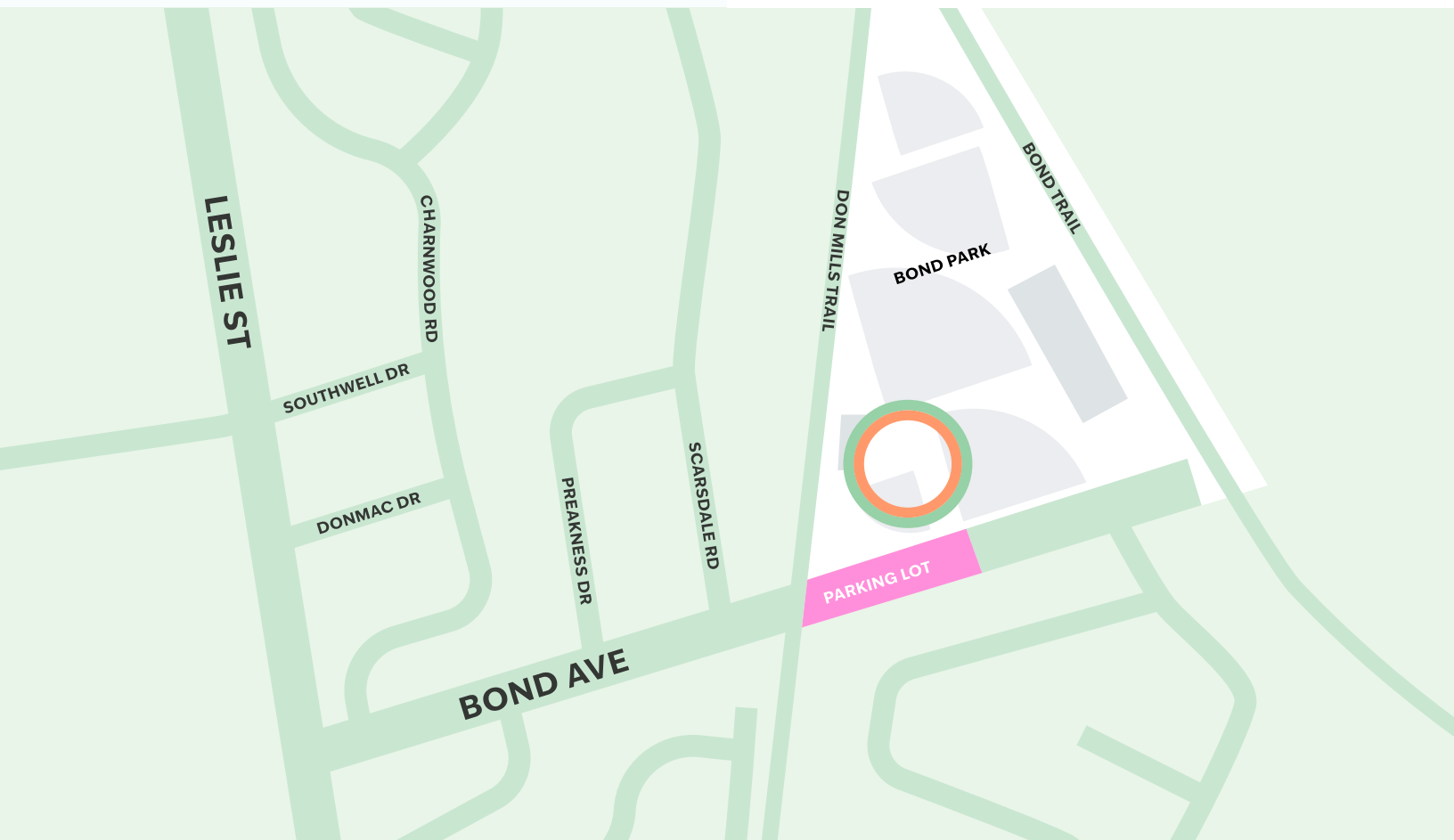
Drop off and pick up is at the entrance to Bond Park in the north east corner of the parking lot.

- Turn east from Leslie St onto Bond Ave
- Follow Bond Ave until you travel under a bridge and into a parking lot at the end of the road

■ Drop off and Pick up Area

○ Extended Care Play Area

Please Note: in the event of inclement weather or rain extended care may be moved inside of the Bond Park clubhouse



Leaside Camp Site

at Bennington Heights ES

Address

76 Bennington Heights Dr, East York, ON M4G 1B1

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

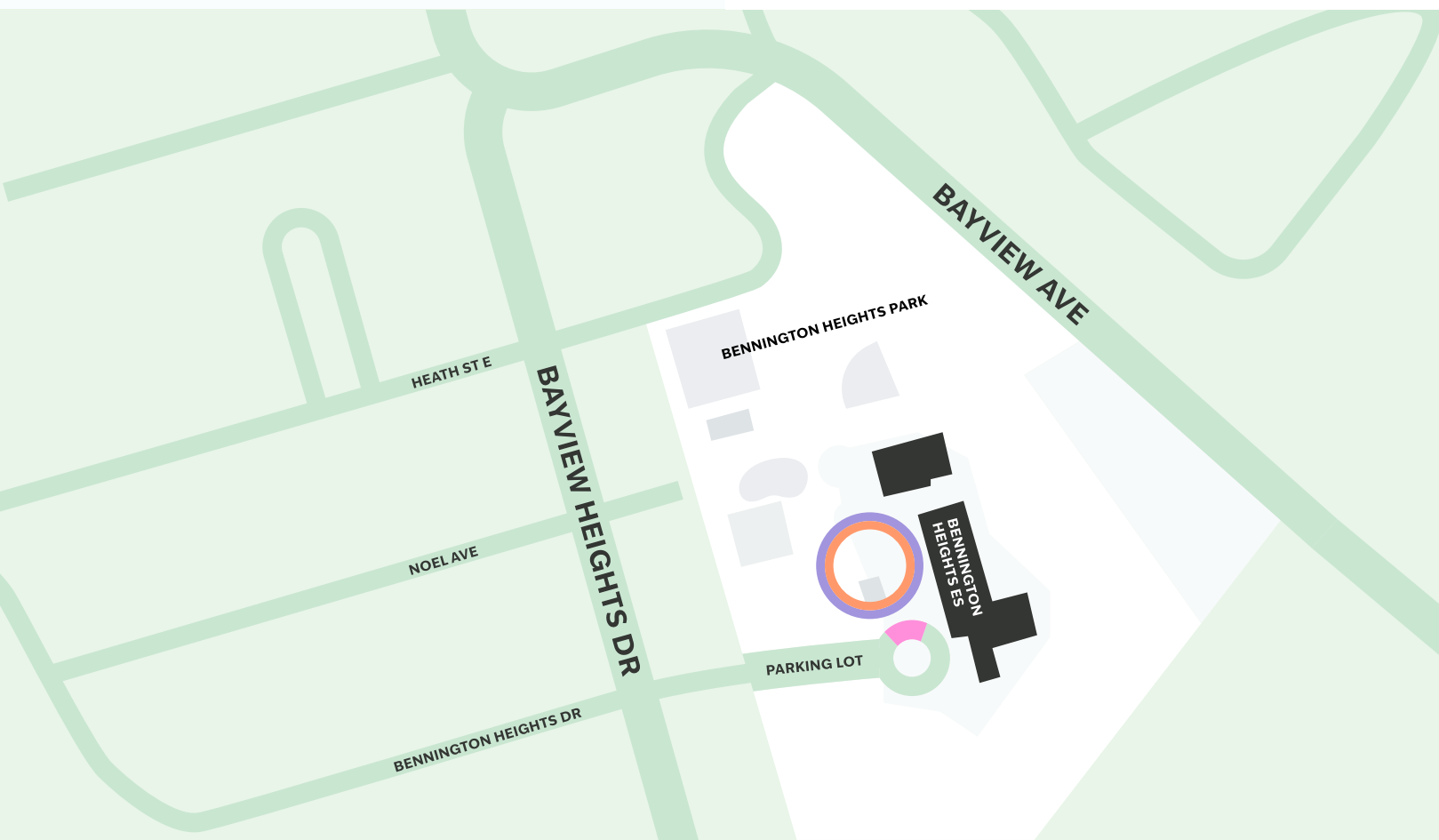
○ Multi-Sport

Drop off and pick up is located at the north end of the roundabout which can be accessed off of Bennington Heights Dr.

■ Drop off and Pick up Area

○ Extended Care Play Area

Please Note: in the event of inclement weather or rain extended care may be moved inside of the school in the gym



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**.
Our Director of Administration is **Sara Jacobsen**.
We also have a Site Director for each of our locations:

Location	Site Director
Etobicoke	Megan Kingvisser
Forest Hill	Amrit Tamber
Lawrence Park	Tamara Nersessian
North York/Leaside	Adam Plouffe
- 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

FAQ

5 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.

6 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

7 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!

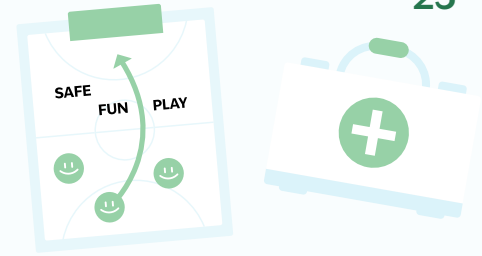
We will be sending home updates about our time at camp in all of our programs at all of our locations. This allows for our camp families to get a taste of the True North Sports Camps experience. The newsletter will include highlights, important dates, what's coming up next week, and photos!

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.

Health and Safety

5 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

6 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.

7 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.

8 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

9 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.

10 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.

11 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.

12 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 3 – July 7
Week 2	July 10 – July 14
Week 3	July 17 – July 21
Week 4	July 24 – July 28
Week 5	July 31 – August 4
Week 6	August 7 – August 11
Week 7	August 14 – August 18
Week 8	August 21 – August 25
Week 9	August 28 – September 1

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	Rainbow Day
Week 3	Halloween Day
Week 4	Pajama Day
Week 5	Animal Planet
Week 6	Superheroes
Week 7	Movie Character Day
Week 8	Beach Day
Week 9	Jersey 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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