



# **TRUE**NORTH

SPORTS CAMPS



## **TORONTO FAMILY HANDBOOK**

**SUMMER 2018**

# Table of Contents

- 2** Who We Are
- 3** Our Story
- 4** Why Attend True North Sports Camp?
- 5** Camp Staff and Leadership Team
- 7** What's New This Summer?
- 8** What You Need to Know About the  
Camp Experience
- 10** What to Bring to Camp Each Day
- 11** Camp by Specific Sport
- 14** Locations - *Lawrence Park*
- 15** Locations - *Cedarvale/Glen Cedar Park*
- 16** Locations - *Memorial Park*
- 17** FAQ
- 19** Transportation
- 20** Pictures, Social Media, and Blog!
- 21** Health and Safety
- 23** Important Dates
- 24** Contact Information





## Who We Are

True North Sports Camps offers year-round sports programming for boys and girls ages 4–14 of all skill levels in Toronto, Etobicoke, Hamilton, Whitby and Markham. We operate summer day camps as well as after-school and weekend clinics for baseball, flag football, basketball, soccer and multi-sport.

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

All of our energetic 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!

Since 2007, our goal has remained the same: *to provide the highest quality sports instruction in a fun, safe and encouraging environment.*



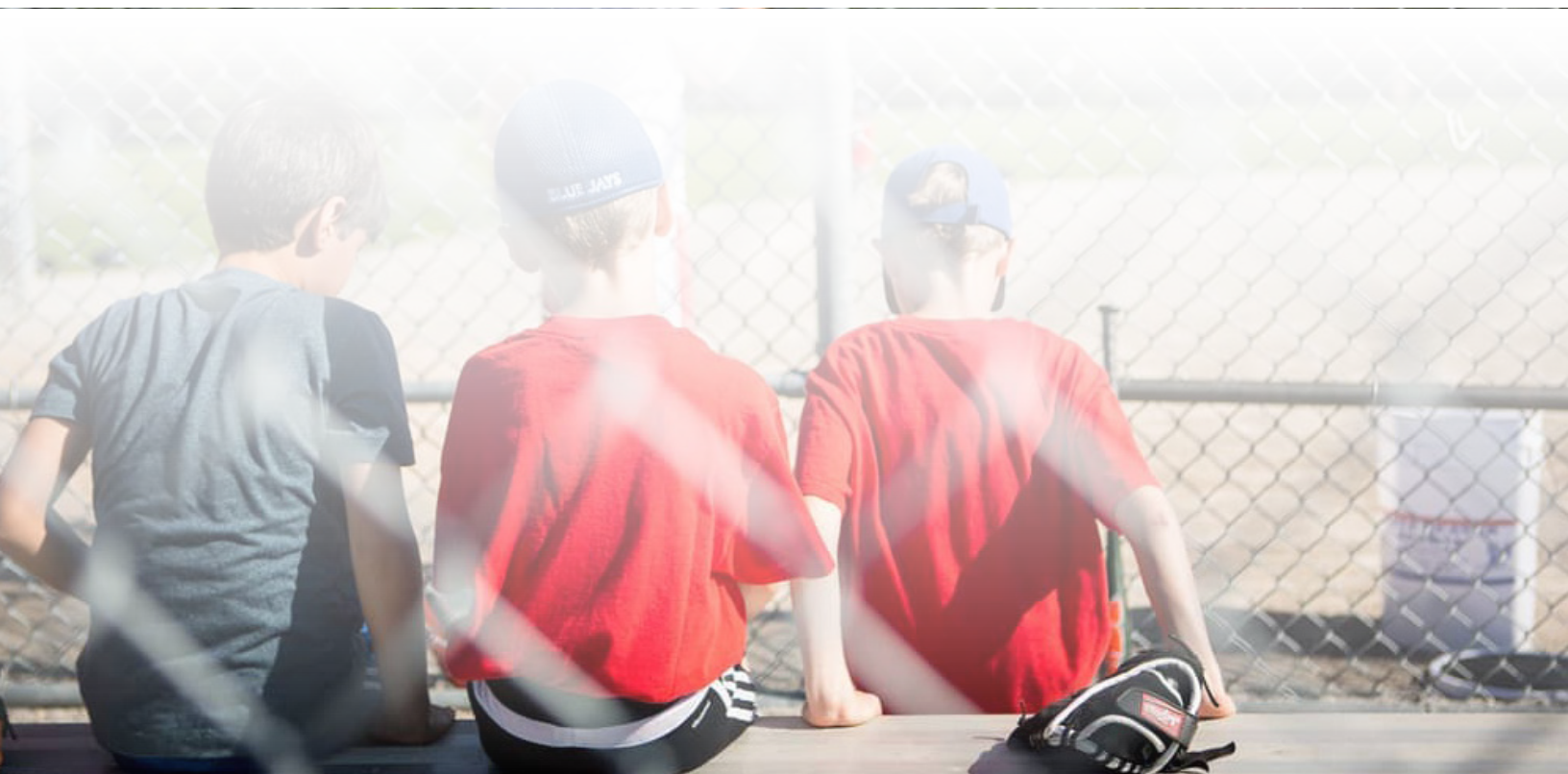
## Our Story

Following humble beginnings as a local baseball camp, True North Sports Camp's sports programs have become a staple throughout Toronto and the GTA. True North offers year-round programs for boys and girls ages 4 to 14 in **Toronto, Etobicoke, Hamilton, Whitby and Markham**. We offer a variety of different sports camps as well as after-school and weekend programs, including: baseball, flag football, basketball, soccer and multi-sport.

True North Sports Camps 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 - in order to give back to their community and to continue doing what they love: teaching young athletes the wonderful game of baseball. After their first summer, NTBC quickly earned the reputation as Toronto's premier source for baseball day camps and after-school 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 the 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 True North Sports Camps (TNSC), offering baseball, basketball, flag football, soccer and multi-sport programs. Based on the overwhelming response from campers and parents, TNSC launched new locations in Etobicoke and Hamilton in 2017.

Building on its continued success, TNSC looks forward to expanding to Whitby and Markham as it embarks on its 12th summer. While the programs and locations have steadily increased over the years, True North Sports Camps' goal has remained unchanged: ***to provide the highest quality sports instruction in a fun, safe and encouraging environment.***





## 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, and 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.

### Five reasons to attend True North Camps:

#### CHOICE.

*We have something for everyone!*

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

#### OUR CULTURE.

We've created the perfect balance between advanced skill instruction and having fun. From beginners to advanced level players, we offer a summer camp program in a day camp environment. For example, every week we have a "Themed Friday", which includes "Jersey Day" - where campers can wear their favourite player's jerseys - and Superhero Day. It is our main goal and priority to make the camp environment safe, encouraging, and inclusive.

#### OUR STAFF.

We go to great lengths to ensure we hire the best possible staff we can and invest a significant amount of time to ensure they are trained and given the resources they need to succeed. We have a Director of Staff Development dedicated to ensuring that our staff team is properly trained and receive the necessary tools for success before the summer season begins. We are committed to staff excellence and growth and work to cultivate all our staff into True North leaders.

#### PARENT EXPERIENCE.

From initial inquiries to emergency situations, our leadership team responds rapidly and thoroughly via phone and email to all of your questions and concerns. We believe that our camp families are also a part of the camp experience and want to provide a positive and lasting impression.

#### PROGRAMMING.

Our exceptional 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 daily schedules which are designed to keep campers active and having fun!

*Above all, True North Camps 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.*

## Camp Staff

True North Sports 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. In 2017, we created a brand new role which has significantly improved our program: Director of Staff Development. This position ensures that we provide continual feedback to over 100 staff members, allowing them to develop both professionally and personally.

## Leadership Team



**Courtney Berger, Executive Director**

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. Courtney is responsible for overseeing the operations of the business, including hiring and training our staff, marketing, communications, finance and strategy.



**Lauren Grundland, Interim Executive Director**

Lauren Grundland has a passion for informal education and youth recreation. With a degree in Social Work from Indiana University, Lauren has been in the camping field for over 7 years. Her passion is relationship building, staff development, and programming. Lauren is assuming the role of Executive Director while Courtney is away on maternity leave. Lauren is excited for this new experience and to share her professional camping expertise with the True North community!



**Blake Koester, Director of Operations**

As Director of Operations, 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. For the past three years, Blake has been the Assistant Manager of 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!



**Tyler Abbott, Director of Marketing and Sales**

As the Director of Sales & Marketing, Tyler is in charge of scheduling events to help promote True North, run our social media platforms, make edits to the website, build relationships with sponsors and partners, and perform all other duties to help True North expand its awesome programs to as many families as possible! Tyler has a passion for playing sports and that started at a young age. Tyler graduated from the Professional Golf Management Program at Georgian College where he earned his Business Diploma.

## Leadership Team



### **Justin Atkinson, Assistant Director of Operations**

As the Assistant Director of Operations, Justin will be helping Blake with year-round programs and ensuring every camper has the best possible time. He has over 15 years of baseball playing experience, including playing for the Ontario Blue Jays and at the collegiate level in the US. As a freshman, he helped lead his Jefferson College team to a #2 NJCAA ranking and an appearance in the 2012 Junior College World Series. Justin completed his Sports Administration degree from Belhaven University, in Mississippi, that led him interning for the San Francisco 49ers and in the Stanford University Athletics Department. Justin loves to share his baseball experiences and help kids develop their skills on the diamond!



### **Jonathan Isaac, Director of Programming**

Jonathan is a High School teacher in the Toronto District School Board and is a graduate of the Kinesiology and Education programs at the University of Toronto. He has over 8 years of experience running summer day camps for boys and girls of all ages and skill levels. He has extensive experience coaching volleyball at the high school level and baseball at the collegiate level. More than anything, Jonathan enjoys teaching valuable life lessons through sport.



### **Julia Garisto, Director of Administration**

Julia is an Ontario Certified Teacher and a graduate of the University of Toronto's Kinesiology and Education Programs. Julia has a passion for teaching, both inside and outside the classroom. She has taught physical education and science at secondary schools in both Toronto and London, England. Julia has been heavily involved in competitive sports for most of her life, playing in the Ontario Women's Soccer League for 10 years, and as a member of Team Ontario for 2 years.



### **Sean Yerzy, Director – Director of Staff Development**

Sean is a Masters candidate at the Ontario Institute for Studies in Education, studying primary and junior education. He has 7 years of experience working at summer camps, running programs in baseball, beach volleyball, and golf, working with students from ages 4-14. As the Director of Staff Development, he will work mostly with the volunteer CIT's and first year staff to help them navigate the intricacies of working at a summer camp, and helping them reach their personal and professional goals. His personal motto: if we're not having fun, we're doing it wrong!





## What's New This Summer?

### WHITBY

We have been offering memorable summer camps for over ten years in midtown Toronto. In 2018, we are thrilled to be expanding our summer camps to Whitby! We work hard to create incredible sports programming for young athletes in a fun and pressure-free environment. Our Whitby sports camps operate for one-week sessions throughout July and August. Whether you are new to a sport or an elite level player, we have something for everyone!

*Our summer camp features include depot bus service from Ajax and Pickering as well as extended care hours.*

### MARKHAM

We have been offering memorable summer camps for over ten years in midtown Toronto. In 2018, we are thrilled to be expanding our summer camps to Markham! We work hard to create incredible sports programming for young athletes in a fun and pressure-free environment. Our Markham sports camps operate for one-week sessions throughout July and August. Whether you are new to a sport or an elite level player, we have something for everyone!

### EXPANDED GIRLS CAMP

We are thrilled to be offering our Girls Baseball Camp again in 2018! We are adding a second week of GIRLS ONLY Baseball Camp from Weeks 2 (July 9-13) and 5 (July 30 - August 3). Operating Monday to Friday from 9:00 a.m. to 3:30 p.m., we provide an inclusive and encouraging environment in which girls can learn, practice and compete. By participating in various baseball drills, competitions and games, our coaches will ensure that every camper is improving her fundamental baseball skills (throwing, fielding, and hitting) in a confidence-building environment. Whether your daughter wants to learn how to field a groundball or pop-fly, or how to hit a homerun or bunt, our experienced coaches challenge every camper to improve!



# What You Need to Know about the Camp Experience

## 1. Arrival and Camper Drop-Off

All campers should be dropped off at the location provided on the Welcome Email. During drop off, camp staff will greet you at the drop off station. Campers will unload from the parking lot and will be checked into our attendance records and escorted into camp by our staff. Drop off will begin at 8:30AM. (Locations for Drop Off and Pick Up are included in this package in the "Locations" section).

## 2. Pick-Up

To ensure the safety of all campers, we will not release child to an unauthorized individual. Dismissal will begin at 3:30pm.

**\*\*Late Arrival**, if your child will arrive after 9:00am, please email/call ([info@truenorthcamps.com](mailto:info@truenorthcamps.com), 416.619.1224) the camp office directly. The camp office will inform your child's Program Director.

## 3. Extended Care

Extended Care takes place between 4:00pm and 5:00pm. Our Extended Care program is an extension of the camp day and fun and engaging programming will be provided. Extended Hours costs \$65 per week. To ensure the safety of all campers, please bring appropriate identification with you, we will not release child to an unauthorized individual.

## 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 sending something that can be refilled, as campers take water breaks regularly. We will provide coolers of water throughout the day. Please avoid sending glass bottles. Juice boxes also work well, but we would suggest freezing them the night before so they remain cold. We recommend 3 juice boxes or a refillable water bottle.

## 6. Lunch

We do not provide lunch - each camper must bring their own lunch, snacks and water bottle. Please note that we are a nut-free camp! It is recommended to send an insulated lunch bag as we do not have a refrigerator on any of our camp sites. Campers must remain on site during their lunch period.

## 7. Snacks

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

## 8. Nut Free

All lunches 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. This also includes daily snacks! 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. All confiscated items will be replaced with a nut-free alternative. Please read all labels carefully and do not send snacks with the following:

1. May contain traces of nuts
2. Produced in a facility that may contain traces of nuts
3. Homemade Baked Goods

## 9. Scouting Reports

scouting reports are weekly reports on the camper's performance, similar to a report card. All camper receive these reports except for our Multi-Sport programs.

## 10. Rainy Days

In case it rains, we have access to an indoor facility adjacent to our location. 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 fun!

# What You Need to Know about the Camp Experience

## 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 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 lost and found, which can be accessed directly from your 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 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 new look t-Shirts will be distributed each Monday morning at the beginning of camp to new campers. Please note that each camper will receive only one t-shirt.

“ As a teacher and mom to 3 boys, I have truly never seen anything like this. ”  
— *Judy P., Parent*



# What to Bring to Camp Each Day

## Lunch, Snacks, and Water Bottle

Campers must bring their own lunch, snacks and water bottle. Please note that campers are very active throughout the day and may be extra hungry – please pack accordingly. We will provide coolers of water throughout the day. Please note that 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 camp.

## Hat

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

## Running Shoes

We offer many active programs throughout the day which require proper running shoes. Campers must have running shoes. Sandals and crocs are a safety hazard. Campers are also more than welcome to bring sport specific footwear. Any cleats must be plastic. We want to ensure that each camper’s fun is maximized throughout the day and wearing the proper footwear can do just that!

## T-shirts

We encourage you to send your camper to camp each day in a t-shirt with short sleeves. Sleeveless shirts do not provide proper protection from the sun. It is our goal to keep our campers safe and healthy this summer!

## Valuables should be left at home!

Money, Jewelry, Phones, and other valuables that risk getting broken or lost should be left safely at home. Phone are not permitted at camp. If a camper brings a phone to camp, it may not be visible while at camp. Camp is not responsible for lost or stolen valuables, including phones.

## Specific Camp Information by Sport



### BASEBALL

- a) **Camper Equipment:** baseball glove, a protective athletic cup (recommended), running shoes or cleats (plastic spikes only), sunscreen and a hat. Campers should wear athletic clothing. While baseball pants are not required, athletic pants may be a good idea for sliding. As well, campers are allowed to bring other personal equipment, including bats and helmets. Remember to label all personal items!
- b) We will provide all bats, helmets and other equipment. Campers only need to bring their own baseball glove, athletic clothing, sunscreen and hat.
- c) Baseball cleats (plastic spikes only) are optional. Some campers find it more comfortable to wear running shoes.
- d) **Notes:** We use hardballs, “soft” baseballs, wiffle baseballs and tennis balls among others! The type of ball used is dependent on the activity and campers’ age/skill level. “Soft” baseballs are the same size and weight of a hardball, although they are much softer with a nylon cover.



### BASKETBALL

- a) **Camper Equipment:** Campers should bring running shoes, shorts, and a t-shirt (any athletic clothing). As well, campers are allowed to bring other personal equipment, including basketballs, headbands and towels. Remember to label all personal items!
- b) **Shoes:** Basketball shoes are optional. Campers can feel free to wear any running shoes or cross-trainers with proper ankle support.



## Specific Camp Information by Sport



### FLAG FOOTBALL

- a) **Camper Equipment:** running shoes or cleats (plastic spikes only), sunscreen and a hat. Campers should wear athletic clothing including shorts and a t-shirt. As well, campers are allowed to bring other personal equipment, including footballs, gloves and jerseys. Remember to label We will provide all footballs, flags, pinnies and other equipment. Campers only need to bring athletic clothing and shoes, sunscreen and a hat.
- b) Football cleats (plastic spikes only) are optional for our outdoor programs (summer camp and clinics starting in September or May). Some campers find it more comfortable to wear running shoes.



### SOCCER

- a) **Camper Equipment:** athletic shoes (soccer cleats are allowed but not necessary), shorts, sunscreen and a hat. As well, campers are allowed to bring other personal equipment, including sweatbands and towels. Remember to label all personal items!
- b) We will provide all soccer balls, nets and other equipment that is necessary for drills and games. Campers only need to bring appropriate athletic clothing, sunscreen and a hat.
- c) Soccer cleats (plastic spikes only) are optional for our outdoor programs (summer camp and clinics starting in September or May). Make sure to bring running shoes as well!

## Specific Camp Information by Sport

### MULTI-SPORT

- a) **Camper Equipment:** running shoes, shorts, sunscreen and a hat. As well, campers are allowed to bring other personal equipment, including sweatbands, towels and gloves. Remember to label all personal items!
- b) We will provide all equipment necessary for drills and games. Campers only need to bring appropriate athletic clothing, sunscreen and a hat.
- c) Baseball, soccer or football cleats (plastic spikes only) are optional for our outdoor programs (summer camp and clinics starting in September or May). Make sure to bring running shoes as well!

“ I am truly staggered by the unbelievable rapport you build with the kids and the level of instructional expertise you've offered them.

— Lisa H., Parent ”

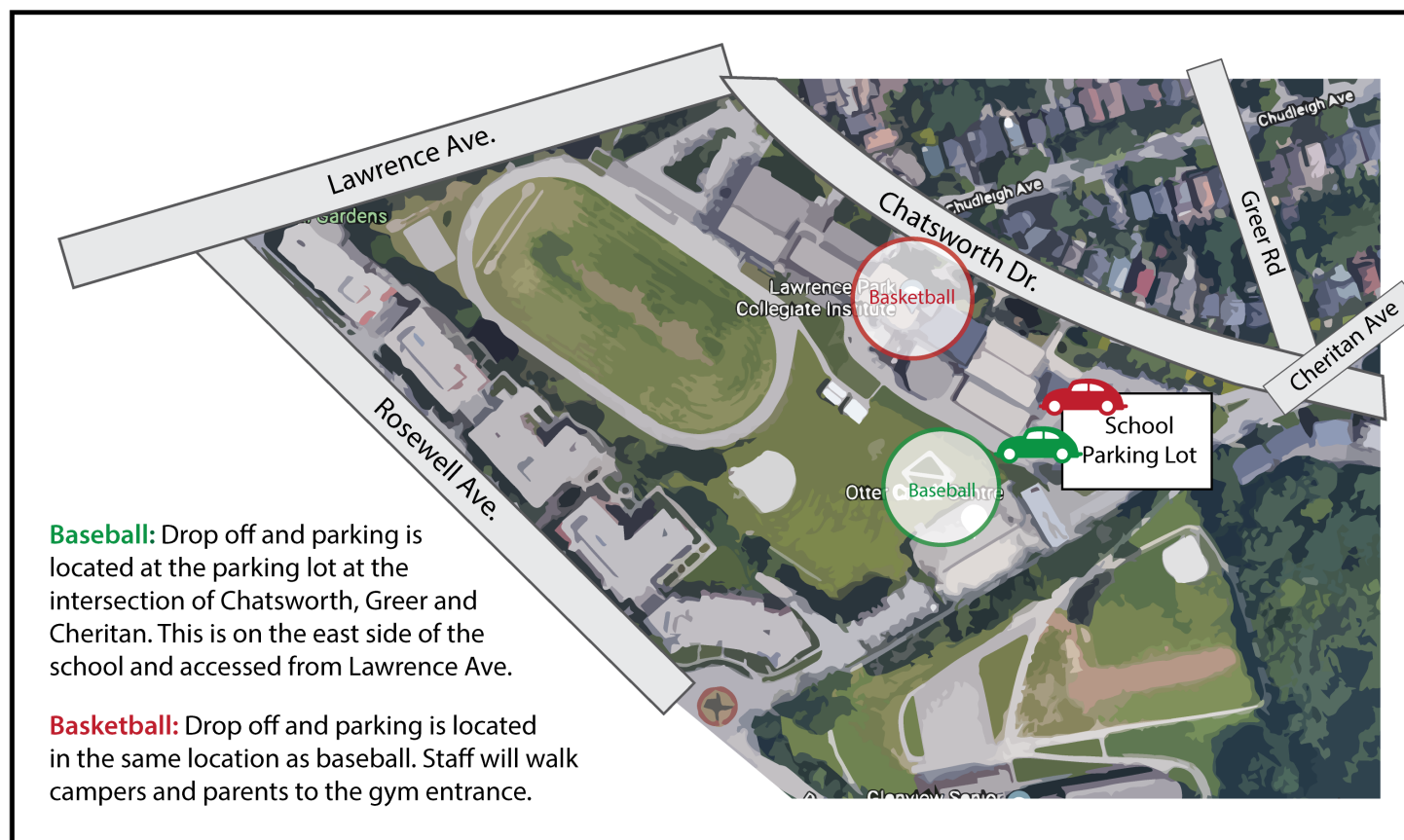


# Locations Drop Off and Pick Up

## TORONTO

### Location: Lawrence Park

125 Chatsworth Dr, Toronto, ON M4R 1S1



### Other Important Information

**Time:** Camp runs daily from 9:00 AM to 3:30 PM.

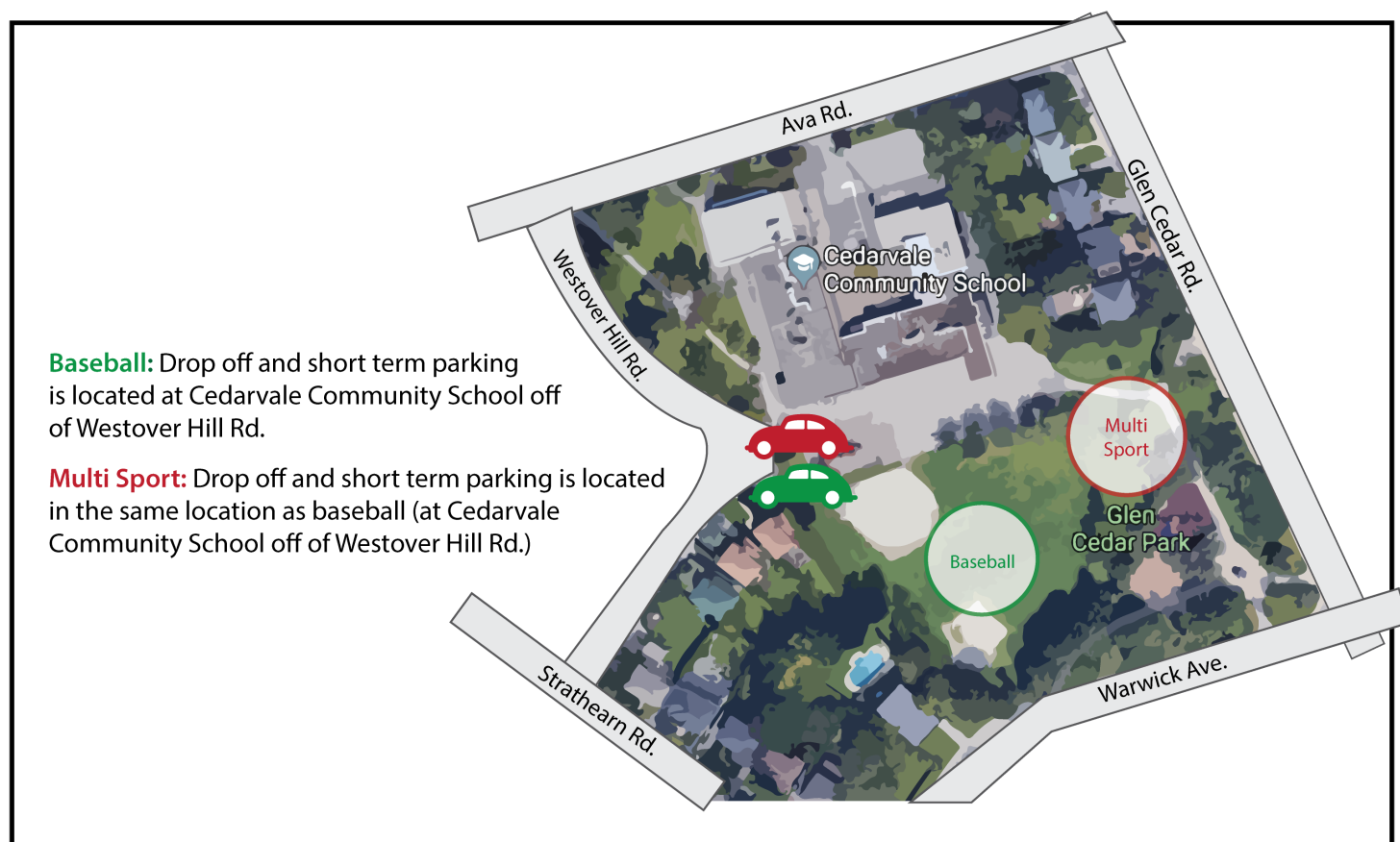
**Drop Off:** Between 8:30 AM and 9:00 AM

**Pick Up:** Between 3:30 PM and 4:00 PM (extended care until 5:00 PM)

## Locations Drop Off and Pick Up

### Location: Cedarvale Community School/Glen Cedar Park

50 Glen Cedar Rd, Toronto, ON M6C



### Other Important Information

**Time:** Camp runs daily from 9:00 AM to 3:30 PM.

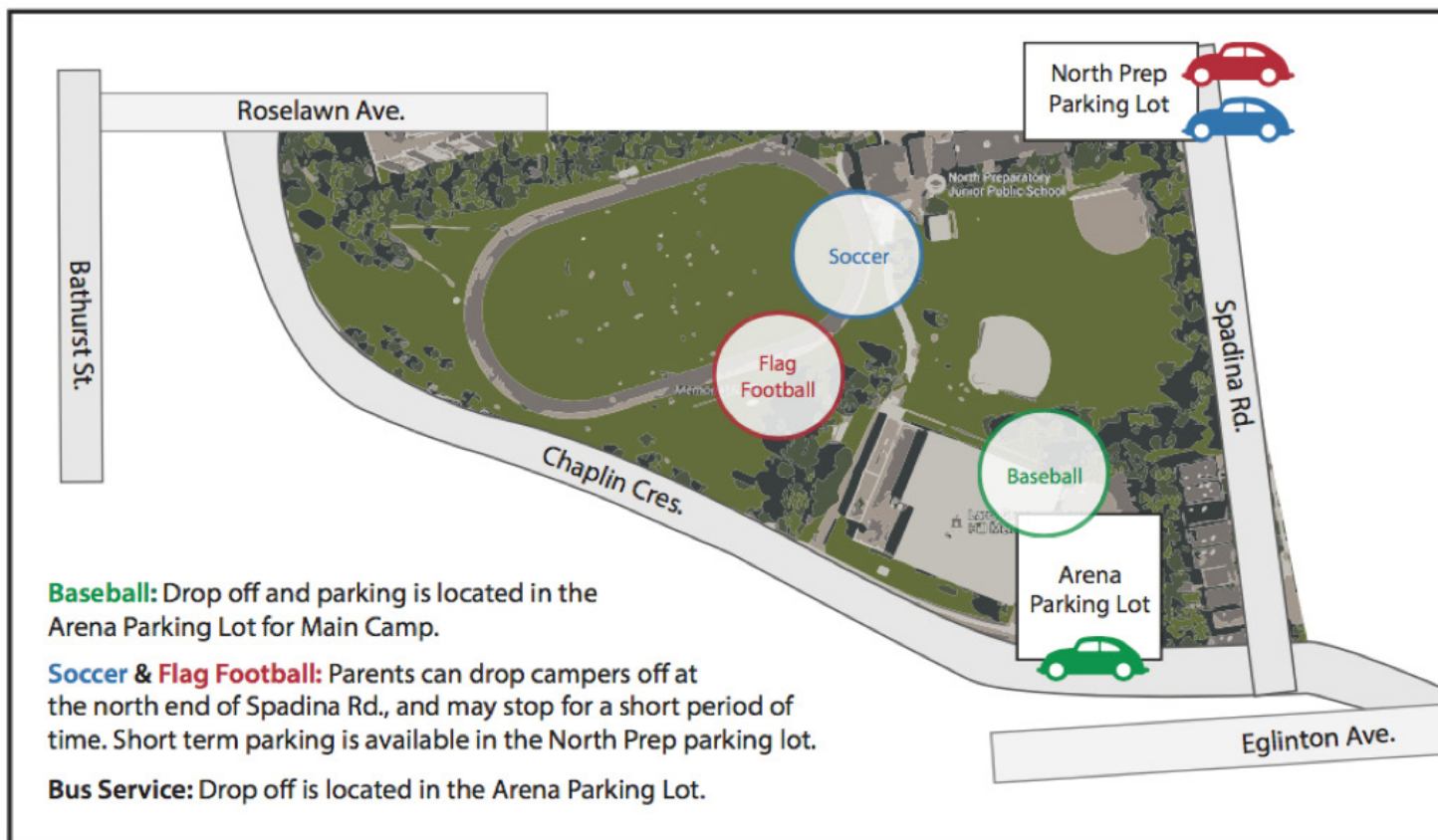
**Drop Off:** Between 8:30 AM and 9:00 AM

**Pick Up:** Between 3:30 PM and 4:00 PM (extended care until 5:00 PM)

## Locations Drop Off and Pick Up

### Location: Memorial Park (Spadina/Eglinton)

340 Chaplin Crescent, Toronto, ON M5N 2N3



### Other Important Information

**Time:** Camp runs daily from 9:00 AM to 3:30 PM.

**Drop Off:** Between 8:30 AM and 9:00 AM

**Pick Up:** Between 3:30 PM and 4:00 PM (extended care until 5:00 PM)



## FAQ

### How long has True North been operating summer camps?

True North Sports Camps originally started as North Toronto Baseball Camp in 2007. Since then, the camp has grown to over 750 annual campers and has expanded to include basketball, football, soccer and multi-sport clinics and camps!

### Who are the Directors of True North Sports Camps?

Our Executive Director is Lauren Grundland. We also have a Director of Operations (Blake Koester), Director of Programming (Jonathan Isaac) and Director of Administration (Julia Garisto). For more information, please visit our staff page, <https://www.truenorthcamps.com/staff/>.

### My child has not played many sports before, is True North the 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 beginners and expert baseball players alike will have an amazing experience.

### 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 until 5:00pm for an additional fee. Please call the camp office if you would like to register, 416.619.1224.

### Do you offer bus service?

Yes. We offer depot bus service for certain routes in mid-town Toronto as well as from Pickering and Ajax to Whitby. Please visit our website for more details.

### Do you offer lunch?

We do not offer any meals - each camper must bring their own nut-free lunch, snacks and water bottle. We will provide coolers of water throughout the day.

### Is True North Sports Camps a nut-free environment?

Yes. Please ensure that all lunches and snacks do not contain any nuts. We do have campers and staff on site with severe, life threatening allergies. Please use extra caution when packing lunches each day.

### What do you do in case of heat wave?

In case of heat wave and high temperatures, we will ensure that we incorporate indoor time and water games as part of the program. Furthermore, snack breaks and lunch will take place indoors. We also have camp tents that are set up throughout camp to provide extra shade.

### Do the campers take breaks throughout the day?

Absolutely! Campers take water and snack breaks throughout the day. In addition, we take an hour lunch break around noon. 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 programming indoors, or bring out the slip-n-slide to cool off!

### How are campers placed into groups?

Participants are divided into groups based on age and skill level. These groups help make the activities more fun, competitive and safe for everyone. Generally, groups are made up of approximately 6-8 players, however, the size of the groups vary depending on the activities taking place!

## FAQ

### How does True North Sports Camps hire their staff team?

We have developed a unique process to ensure that we select the best possible candidates for every available position. Our rigorous requirements and high standards include the submission of a resume and cover letter, first and second round interviews, and most importantly a practical assessment where candidates are tasked with running clinics alongside Camp Directors. While having playing or coaching experience is certainly important, it's not our main priority. Most importantly, our coaches must be able to create a positive environment for our campers, allowing them to have fun and forge lasting friendships.

### Do you train your staff?

Yes. We have two separate training programs for our Leadership Team and Camp Staff. Our Leadership Team has an overnight retreat and our full team Staff Training weekend where we review camp protocols, values, and emergency procedures. Furthermore, we also have a Director of Staff Development. This position ensures that we provide continual feedback to over 100 staff members, allowing them to develop both professionally and personally.

### Can my child be in the same group as his/her friend or sibling?

We work hard to accommodate all group requests! On our registration form, parents are able to request that their children are placed in the same group as friends, teammates and/or siblings. While these requests are almost always manageable, there are times when differences in age and skill level prevent players from being placed in the same group. However, our directors will let a parent know if this is the case and will explain the reasoning behind their decision.

### Are you active on Social Media?

Yes! Follow us on Twitter (@truenorthcamps), Instagram (@truenorthcamps), and Facebook (facebook.com/truenorthcamps).

### Do you have a Youtube account and instructional videos?

Yes! Check it out: True North Sports Camp's YouTube Channel

### Can I see updates and pictures of my children while they are at camp or participating in a clinic?

Yes! We love to post on our social media accounts and share photos. Follow us on Twitter (@truenorthcamps), Instagram (@truenorthcamps), and Facebook (facebook.com/truenorthcamps).

### Do you have a lost and found?

Yes we do! First check your camp site. All lost and found is collected by the Program Director's each day. If you do not find after checking at camp, please email us at [info@truenorthcamps.com](mailto:info@truenorthcamps.com) and describe the item(s) you are missing.

### What is North Toronto Baseball Camp?

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

# Transportation

In an effort to assist families with busy mornings and afternoons, we are excited to offer an expanded depot bus service in Toronto and Whitby.

## Here are a few details:

- If you sign up for 3 or more weeks of bus service, we will waive the bus fee for any additional weeks.
- Campers should arrive at their bus stop 10 minutes before the scheduled pick-up time, as buses will leave promptly at the scheduled departure time. Campers must be ready at their depot 10 minutes before the pickup time. They should be prepared to wait 10 minutes past the pickup time in the event of delay.
- We do not offer any bus service for Week 8 (Aug 20 - 24) or Week 9 (Aug 27 - 31).
- All campers will be accompanied on the bus by at least one True North staff member.
- All routes requiring a transfer are indicated as such below. Transfers will occur at Memorial Park.

If you are interested in bus service, but none of the locations listed below are convenient for you, please let us know. If we receive enough interest from certain areas, we will be happy to add additional buses!

## TORONTO

The bus routes below are based on your final camp destination. In Toronto, our depot bus service costs \$70 (+HST)/week for each child. If you sign up for both bus and extended care until 5:00pm, the total cost will be \$95 (+HST)/week for each child. Please note that extended care is not offered at Maurice Cody JPS as we do not have any camps at that location.

## WHITBY (PICKERING & AJAX)

The bus routes below are based on your final camp destination. In Whitby, our depot bus service costs \$25 (+HST)/week for each child. Please note that extended care is not offered at William Dunbar PS or Da Vinci PS as we do not have any camps at those location.





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

@truenorthcamps



### PHOTO GALLERY

Photos of our campers will be updated daily in our Facebook albums and Instagram feed. Please check our Facebook page at [www.facebook.com/truenorthcamps](https://www.facebook.com/truenorthcamps). Each camp location will have it's own album for easy searching for smiling faces!

### BLOG

We post frequently on our blog with amazing content for parents, campers, and sports fans alike! Visit [www.truenorthcamps.com/blog](https://www.truenorthcamps.com/blog)

### NEWSLETTERS & 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 Camp experience. The newsletter will include highlights, important dates, what's coming up next week, and photos!

# Health and Safety

## First Aid

All of our Leadership Staff team are First Aid trained and certified. First aid kits and materials are also all readily available on each camp site. We strongly focus on our First Aid policies and procedures during our mandatory staff training with our general staff team. 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!

## 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 as well as if the camper is well enough to remain at camp that day.

## Medical Information

Medical information was included in your summer camp registration and can be accessed through your online camp account by logging in at. If your campers health information is not up to date, it must be received by our Camp Office immediately! Please call us or email us at your earliest convenience.

## When Should I keep my camper at home?

If your camper has symptoms of illness (fever, vomiting, sniffles, coughs, stomach aches)

Please notify the camp immediately if your camper has a contagious disease (ie chicken pox) so that families of the other children in their group may be notified.

If your camper is found with lice, they will be sent home. The camp policy requires that a camper is kept home 24 hours and have no nits upon returning to camp

## Camp Medication

Please do not send any medication in a campers lunch or backpack. This includes over-the-counter medications as well. The dispensing of medication by counsellors is not permitted. If it is essential, only the camp directors will give medication. Medication should be delivered to the director, bus staff, or administrator. Medication must be in original bottle with child's name on it. Medication will not be given via telephone instructions. Medication to be dispensed must be accompanied by a written and signed note from the parent which includes:

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

# Health and Safety

## 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.

## 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.

## 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.

## 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 minutes 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.

## Bullying

The Camp supports the rights of everyone to participate and enjoy all activities, free from any form of bullying. We will make every effort to promote awareness of the problem of bullying among all its participants, and to respond quickly and effectively to complaints or disclosures of bullying.

## Camper Behavior Policy

Camp has a no 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.

## Questions

All questions should be directed to the camp office. There are 2 full-time administrative staff, including our Executive Director, in the Camp Office at all times to answer phones and direct your calls. Should you get the voicemail, it simply means that all camp lines are currently being used. Our directors are actively involved in our programs throughout the day as your campers are very important to us. As a result, it is possible that there will be a delay in returning your calls. The Camp Office closes at 5:00pm daily; any calls received after that time will be returned the next morning.



## Important Dates

### 2018 Session Dates

WEEK	SESSION DATES
1	July 2 – July 6
2	July 9 – July 13
3	July 16 – July 20
4	July 23 – July 27
5	July 30 – August 3
6	August 6 – August 10
7	August 13 – August 17
8	August 20 – August 24
9	August 27 – August 31

### Other Important Dates

DATE		
July 2	Camp Begins!	(Cedarvale, Lawrence Park, Rosethorn, and Whitby locations closed)
August 6	August Civic Holiday	(Cedarvale, Lawrence Park, Rosethorn, and Whitby locations closed)

### Fun Friday's at Camp!

WEEK	THEME	WEEK	THEME
1	Oh, Canada!	6	When I Grow Up
2	Fifa World Cup	7	Hawaiian Hullabaloo (Beach Day)
3	Movie Character Week	8	Time Travel
4	Camp Spirit Week (Green, White and Black)	9	Pajama Day
5	Animal Planet		

### 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!



## 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.

### HEAD OFFICE

**Email:** [info@truenorthcamps.com](mailto:info@truenorthcamps.com)

**Phone:** 416.619.1224 (Toronto & Etobicoke)

**Phone:** 905.963.1157 (Hamilton, Markham & Whitby)

**Office Address:** 505 Eglinton Ave W, Unit 509 Toronto M5N 1B1

### EMERGENCY

#### In case of Emergency:

**Lauren:** [lauren@truenorthcamps.com](mailto:lauren@truenorthcamps.com)

**Julia:** [julia@truenorthcamps.com](mailto:julia@truenorthcamps.com)

**Jonathan:** [jonathan@truenorthcamps.com](mailto:jonathan@truenorthcamps.com)

**Blake:** [blake@truenorthcamps.com](mailto:blake@truenorthcamps.com)

