



# TRUENORTH

SPORTS CAMPS



## SUMMER CAMP GUIDE

2020



**TRUENORTH**  
SPORTS CAMPS

## Table of Contents

<b>Who We Are</b>	<b>3</b>
<b>Baseball</b> Toronto, Etobicoke & Markham	<b>4</b>
<b>Flag Football</b> Toronto	<b>5</b>
<b>Basketball</b> Toronto, Etobicoke & Markham	<b>6</b>
<b>Soccer</b> Toronto	<b>7</b>
<b>Multi-Sport</b> Toronto, Etobicoke & Markham	<b>8</b>
<b>Different Camps Explained</b> Single-Sport v. Multi-Sport v. Sport-Specialty	<b>9</b>
<b>Girls Programs</b> Toronto	<b>10</b>
<b>More Programs</b>	<b>11</b>
<b>Locations</b>	<b>12</b>
<b>Letter from the Directors</b>	<b>13</b>
<b>Contact Us</b>	<b>14</b>



## 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 and Markham. We operate summer day camps as well as after-school and weekend programs 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.*

# Baseball

Toronto, Etobicoke and Markham

True North Sports Camps offers a variety of baseball summer camps for **boys and girls ages 4 to 14 in Toronto, Etobicoke and Markham**. Campers will be taught the FUNdamentals of throwing, fielding and hitting through a combination of drills, competitions and games. Whether you want to learn how to field a groundball or pop-fly, or how to hit a homerun or bunt, our experienced staff challenge every camper to improve. We have something for everyone!

## Summer Camp (extended care available at all locations)

<b>Lawrence Park</b>	Junior Baseball (John Ross Robertson): Ages 4-7 Baseball (Glenview Public School): Ages 7-14 Girls Baseball (Week 2 at Glenview Public School): Ages 7-14
<b>Forest Hill</b>	Baseball (Memorial Park): Ages 7-14
<b>North York</b>	Recreational Baseball (Bond Park): Ages 7-14 Elite Baseball (Bond Park): Ages 9-14 rep level players
<b>Etobicoke</b>	Baseball (Rosethorn Junior School): Ages 7-14
<b>Markham</b>	Baseball Sport Specialty (Raybeck Park): Ages 7-14

Week	Dates	Lawrence Park			Forest Hill	North York		Etobicoke	Markham
		Junior	Glenview	Girls	Memorial	Recreational	Elite		
1	June 29-July 3*				✓	✓			
2	July 6-10	✓		✓	✓	✓			✓
3	July 13-17	✓	✓		✓	✓		✓	✓
4	July 20-24	✓	✓		✓	✓	✓	✓	✓
5	July 27-31	✓	✓		✓		✓	✓	✓
6	Aug 4-7*	✓	✓		✓		✓	✓	✓
7	Aug 10-14	✓	✓		✓		✓	✓	✓
8	Aug 17-21	✓	✓		✓		✓	✓	
9	Aug 24-28				✓		✓		
10	Aug 31- Sept 4				✓				

\* BASEBALL AT MEMORIAL IS OPEN ON WEDNESDAY JULY 1ST & MONDAY AUGUST 3RD

# Flag Football

## Toronto

True North Sports Camps offers *non-contact flag football* day camps in Toronto designed to introduce campers to the game of football in a fun and pressure free environment. Throughout the week, campers will be taught the FUNdamentals of throwing, receiving, rushing and defense, as they rotate between quarter back, running back and wide receiver stations. From the skills combine to the draft, we make campers feel like they're in the pros!

### Summer Camp

<b>Location</b>	Memorial Park
<b>Ages</b>	Ages 7-14
<b>Level</b>	All skill level
<b>Convenience</b>	Extended Care Available

Week	Dates	Flag Football
1	June 29-July 3*	✓
2	July 6-10	✓
3	July 13-17	✓
4	July 20-24	✓
5	July 27-31	✓
6	Aug 3-7*	✓
7	Aug 10-14	✓
8	Aug 17-21	✓

\* TORONTO FLAG FOOTBALL CAMP IS OPEN ON WEDNESDAY JULY 1ST AND MONDAY AUG 3RD

# Basketball

Toronto, Etobicoke and Markham



True North's Basketball Camps are recreational day camps designed to focus on the **FUNdamentals** of dribbling, passing, shooting and rebounding. By rotating positions during drills and scrimmages, **players will have the chance to play all positions and learn as much as possible about the game.** In addition, several team concepts will be introduced including defensive strategies, setting screens, cutting without the ball, and of course, the pick and roll. We work hard to make sure that every single camper has a truly memorable experience!

## Summer Camp (extended care available at all locations)

<b>Lawrence Park</b>	Junior Basketball (John Ross Robertson): Ages 4-8 Girls Basketball (Week 4 at John Ross Robertson): Ages 8-14 Basketball (Glenview Public School): Ages 8-14
<b>Etobicoke</b>	Basketball Sport Specialty (Rosethorn Junior School): Ages 7-12
<b>Markham</b>	Basketball Sport Specialty (Raybeck Park): Ages 7-14

Week	Dates	Lawrence Park			Etobicoke	Markham
		Junior	Girls	Basketball		
1	June 29-July 3			✓	✓	
2	July 6-10	✓		✓	✓	✓
3	July 13-17	✓		✓	✓	✓
4	July 20-24		✓	✓	✓	✓
5	July 27-31	✓		✓	✓	✓
6	Aug 4-7	✓		✓	✓	✓
7	Aug 10-14	✓		✓	✓	✓
8	Aug 17-21	✓		✓	✓	

# Soccer

## Toronto



True North Soccer Camp is a **recreational day camp for girls and boys of all skill levels!**

Our program is designed to teach campers the FUNDamentals of soccer, while introducing advanced skill development for more experienced players (i.e. spacing, player support and ball movement). Our low camper-to-staff ratio allows our experienced coaches to ensure that the skills, drills and games are tailored to each player's needs. We work hard to ensure that each and every camper has fun, stays active and learns new skills!

### Summer Camp

<b>Location</b>	Memorial Park
<b>Ages</b>	Ages 4-12
<b>Level</b>	All skill level
<b>Convenience</b>	Extended Care Available

Week	Dates	Soccer
1	June 29-July 3*	✓
2	July 6-10	✓
3	July 13-17	✓
4	July 20-24	✓
5	July 27-31	✓
6	Aug 3-7*	✓
7	Aug 10-14	✓
8	Aug 17-21	✓

\* TORONTO SOCCER CAMP IS OPEN ON WEDNESDAY JULY 1ST AND MONDAY AUG 3RD

# Multi-Sport

## Toronto, Etobicoke and Markham

True North Sports Camps offers multi-sport day camps in Toronto, Etobicoke and Markham! Our recreational day camps expose campers to **a wide variety of sports** and activities allowing campers to develop fundamental movement and sport skills with an emphasis on **fun, teamwork and fair play**. Campers will have a chance to challenge themselves and stay active while playing baseball, basketball, flag football, soccer, floor hockey, badminton and more! Our experienced coaches work hard to create a culture that ensures every camper has a truly memorable experience.

### Summer Camp (extended care available at all locations)

<b>Toronto</b>	Lawrence Park (Glenview Public School) Leaside (Bennington Heights) Forest Hill (Memorial Park)
<b>Etobicoke</b>	Rosethorn Junior School
<b>Markham</b>	Raybeck Park

Week	Dates	Lawrence Park	Girls (Lawrence Park)	Leaside	Forest Hill	Etobicoke	Markham
1	June 29-July 3	✓				✓	
2	July 6-10	✓		✓		✓	✓
3	July 13-17	✓	✓	✓		✓	✓
4	July 20-24	✓		✓		✓	✓
5	July 27-31	✓		✓		✓	✓
6	Aug 4-7	✓		✓		✓	✓
7	Aug 10-14	✓		✓		✓	✓
8	Aug 17-21	✓		✓		✓	
9	Aug 24-28				✓		
10	Aug 31- Sept 4				✓		



A group of children sitting on a grassy field, some wearing baseball caps and jerseys. The image is slightly faded to serve as a background for the text.

## Different Camps Explained

### Single-Sport v. Multi-Sport v. Sport-Specialty

#### Single-Sport Camps: Baseball, Basketball, Soccer & Flag Football

From our first summer in 2007, we have offered sport-specific camps including baseball, basketball, flag football and soccer. When registering for one of these programs, campers can expect to spend the majority of their week playing a variety of drills and games all related to the one particular sport.

#### Multi-Sport Camps

Our Multi-Sport Camps allow campers to try out a variety of sports throughout the week. Campers will participate in drills and games focused on two sports per day (including, for example, soccer, ball hockey, flag football, baseball, basketball, etc.). Our schedule will likely also include other high-energy activities such as dodge ball, capture the flag, track and field events, and more!

#### Sport-Specialty Camps: Baseball & Basketball

This year, we are introducing Baseball and Basketball Sport-Specialty programs in Markham, and a Basketball Sport-Specialty program in Etobicoke. Instead of focusing on a single sport all week long, campers taking part in our sport-specialty camps will participate in a variety of camp-wide sport activities in the mornings (including flag football, ball hockey, soccer, basketball, etc.) and the afternoons will be spent focused on the sport-specialty of choice (either baseball or basketball).

**Scroll down to the bottom of any camp page on our website to see a more detailed schedule of what to expect!**

# Girls Summer Camps

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. In saying that, we understand that there are social barriers when it comes to participation in sport especially in programs that can be heavily dominated by boy participants. In 2020, we are pleased to announce the expansion of our **GIRLS ONLY** camps. We've had tremendous success with our Girls Only baseball programs in the past and are now looking to expand into other sports.

## Summer Camp

<b>Location</b>	Glenview Public School
<b>Level</b>	All skill level
<b>Convenience</b>	Extended Care Available

Week	Dates	Baseball (ages 7-14)	Multi-Sport (ages 4-12)	Basketball (ages 8-14)
2	July 6-10	✓		
3	July 13-17		✓	
4	July 20-24			✓



## More Programs

True North Sports Camps offers a variety of programs in addition to our summer day camps! Please see below for additional information about our other programs offered in 2020.

### Weekly Programs (after-school & weekends) • Toronto

We offer weekly skill-development clinics and league programs from September to June at several locations in midtown Toronto. For 60 to 90 minutes each week, players will have an opportunity to improve their skills in baseball, basketball, flag football and/or soccer! Our weekly programs offer a great way for young athletes to stay active, have fun and learn something new in a pressure-free environment.

### March Break Camp • Toronto

Join us for a week of high-energy sports programming at our Multi-Sport March Break Camp! Our recreational day camp is for girls and boys ages 4-12 years old and will expose campers to a wide variety of sports in order to develop fundamental movement and sport skills with an emphasis on fair play and teamwork.

**Location:** Branksome Hall

**Dates:** March 12-16

**Ages:** 4-12

**Level:** All Skill Levels

**Convenience:** Extended Care Available

### Birthday Parties & Team Lessons • Toronto, Etobicoke & Markham

Our coaches are available to run a series of practices or lessons for house league and rep teams as well as pre-organized groups. Instructors will provide the direction and knowledge to help players succeed individually and as a team.

We can also help you host a baseball, basketball, flag football, soccer or general sports themed birthday party! Our coaches will come to the location of your party with all necessary equipment for each sport.

**Please contact us to learn more!**

# Locations

We are thrilled to be continuing the True North experience in Toronto, Etobicoke and Markham in 2020! Please see below for more information about our program offerings in each location.

## Toronto

Our baseball, basketball, soccer, flag-football and multi-sport summer camps are located at several parks throughout Toronto.

Forest Hill	Lawrence Park	North York	Leaside
Memorial Park- Spadina & Eglinton	Glenview Public School- Avenue & Lawrence	Bond Park- Leslie & Yorkmills	Bennington Heights- Bayview & Moore
Baseball (Ages: 7-14)	Baseball (Ages: 7-14)	Recreational Baseball (Ages: 7-14)	Multi-Sport (Ages: 4-12)
Soccer (Ages: 4-12)	Junior Baseball (Ages: 4-7)	Elite Baseball (Ages: 9-14)	
Flag Football (Ages: 4-12)	Basketball (Ages: 8-14)		
Multi-Sport (Ages: 4-12) *Week 9 & 10	Junior Basketball (Ages: 4-8)		
	Multi-Sport (Ages: 4-12)		
	Girls Camps - Baseball, Basketball & Multi-Sport (Ages: 4-12)		

In addition to our summer camps, we offer a March Break Multi-Sport Camp as well as after-school and weekend sports programs throughout mid-town Toronto.

## Etobicoke

Our Etobicoke baseball (ages 7-14), multi-sport (ages 4-12) and basketball (ages 7-14) summer camps will be located at Rosethorn Junior School and will run 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!

## Markham

Our Markham multi-sport (ages 4-12) and sport-specialty camps (Baseball/Basketball ages 7-14) will be located at Raybeck Park and will run 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!

## Letter from the Directors

*A message from the Camp Leadership Team:  
Courtney Berger, Blake Koester and Justin Atkinson*

---

Thank you for taking the time to learn about True North Sports Camps!

As the Directors of True North, we recognize the positive impact that camp and sports can have on the development of children. At True North Sports Camps, we provide a fun and safe environment that encourages campers to be active, socialize and develop their athletic skills. We believe that the campers' experience is driven directly by the quality of our staff, and as a result, we focus on hiring passionate and dedicated coaches that ensure that every athlete has a truly memorable experience. We sincerely appreciate your interest and recognize it can be difficult to get a feel for our culture and values by reading a digital catalogue or online profile. At your convenience, we encourage you to contact us to find out more about our programs and what makes us so special.

**We hope to see you in 2020!**

Warmest Regards,  
Courtney, Blake and Justin





**TRUENORTH**  
SPORTS CAMPS

## 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

**Office Address:** 510 Eglinton Ave W, Unit 3 Toronto M5N 1A5

**Social Media:** [@truenorthcamps](#)

