

15TH ANNIVERSARY

TRUENORTH

SPORTS CAMPS

2021 Summer Camp Guide

Table of Contents

- 3 Who We Are
- 4 How we are Navigating the COVID-19 pandemic
- 6 Baseball
Toronto and Etobicoke
- 7 Flag Football
Toronto
- 8 Basketball
Toronto and Etobicoke
- 9 Soccer
Toronto
- 10 Multi-Sport
Toronto and Etobicoke
- 11 Girls Summer Camps
Toronto
- 12 Different Camps Explained
Single-Sport v. Multi-sport v. Sport-Specialty
- 13 Mini Camps
- 15 More Programs
- 17 Locations
- 18 Letter from the Executive Director
- 19 Contact Us

Who We Are



True North Sports Camps offers year-round sports programming for boys and girls ages 4-14 of all skill level in Toronto and Etobicoke. 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.

How we are Navigating the COVID-19 pandemic

We understand that navigating the COVID-19 pandemic can be challenging and we wanted to do our best to provide families with flexibility when it comes to registering for our 2021 Summer Camps. Below are a few ways in which we hope to do so:

1. Pay Nothing Now:

We recognize that these are uncertain times and because of that we are allowing families to register for camp without paying until May 1st, 2021.

2. Cancellation Policy:

We have updated our cancellation policy so families can know what to expect if in fact this pandemic continues into the summer time.

OUR CANCELLATION POLICY
CAN BE FOUND HERE

We have every intention on running camp in 2021 as long as it is safe to do so. The health and safety of both our campers and staff is our number one priority. We recognize that public health recommendations are constantly changing and may be different by the time camp rolls around, in saying that we have forecasted a few health and safety policies that we are preparing to follow during camp in 2021:

1. Cohorts:

If it is required, we are prepared to run camp in cohorts. This would mean keeping campers in smaller groups along with dedicated staff. We have been planning to request more permit space in 2021 so that we are able to run camp following this model if it is required.

CONTINUED ON NEXT PAGE

2. Camper and Staff Screening:


Each day campers and staff will be screened before entering camp. Any staff or campers that fail the screening will not be allowed to attend camp that day. This screening will include contact tracing of the parents/guardians at pickup and drop-off.

3. Increased Sanitation and PPE:

We will be sure to make sanitizer and PPE available throughout the day to both our staff and campers. With regards to masks we will follow any requirements and recommendations by public health closer to camp. Equipment will be sanitized throughout the day and at the end of each day.

4. Social Distancing:

If required we will do our best to follow social distancing guidelines using tools such as: Hula-hoops, cones and other barriers to promote and encourage social distancing.



Please Note: the health and safety policies above are just ideas based on what we have forecasted that summer camp could look like in 2021. We will create and implement health and safety policies for camp closer to the summer following all public health requirements. The list above was updated as of November 24th, 2020.

Baseball | Toronto and Etobicoke

True North Sports Camps offers a variety of baseball summer camps for boys and girls ages 4 to 14 in Toronto and Etobicoke. 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

LAWRENCE PARK	Junior Baseball at John Ross Robertson Baseball at Glenview Public School Girls Baseball at Glenview Public School (Week 2)	Ages 4-7 Ages 7-14 Ages 7-14
FOREST HILL	Baseball at Memorial Park	Ages 7-14
NORTH YORK	Recreational Baseball at Bond Park Elite Baseball at Bond Park	Ages 7-14 Ages 9-14 rep level players
ETOBICOKE	Baseball at Rosethorn Junior School	Ages 7-14

* extended care available at all locations

WEEK	DATES	LAWRENCE PARK			FOREST HILL	NORTH YORK		ETOBICOKE
		Junior	Glendale	Girls	Memorial	Recreational	Elite	
1	July 5-9	✓	✓		✓	✓		✓
2	July 12-16	✓		✓	✓	✓		✓
3	July 19-23	✓	✓		✓	✓		✓
4	July 26-30	✓	✓		✓	✓	✓	✓
5	Aug 3-6*	✓	✓		✓		✓	✓
6	Aug 9-13	✓	✓		✓		✓	✓
7	Aug 16-20	✓	✓		✓		✓	✓
8	Aug 23-27				✓		✓	
9	Aug 30-Sept 3				✓			

* Baseball at Memorial is open on Monday Aug 2nd

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

LOCATION	Memorial Park
AGES	Ages 7-14
LEVEL	All Skill Level
CONVENIENCE	Extended Care Available

WEEK	DATES	FLAG FOOTBALL
1	July 5-9	✓
2	July 12-16	✓
3	July 19-23	✓
4	July 26-30	✓
5	Aug 2-6*	✓
6	Aug 9-13	✓
7	Aug 16-20	✓

* Toronto Flag Football Camp is open on Monday Aug 2nd

Basketball | Toronto and Etobicoke

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

LAWRENCE PARK	Junior Basketball at John Ross Robertson Girls Basketball at John Ross Robertson (Week 4) Basketball at Glenview Public School	Ages 4-8 Ages 8-14 Ages 8-14
ETOBICOKE	Basketball Sport Specialty at Rosethorn Junior School	Ages 7-12

* extended care available at all locations

WEEK	DATES	LAWRENCE PARK			ETOBICOKE
		Junior	Girls	Basketball	
1	July 5-9	✓		✓	✓
2	July 12-16	✓		✓	✓
3	July 19-23	✓		✓	✓
4	July 26-30		✓	✓	✓
5	Aug 3-6	✓		✓	✓
6	Aug 9-13	✓		✓	✓
7	Aug 16-20	✓		✓	✓

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

LOCATION	Memorial Park
AGES	Ages 4-12
LEVEL	All Skill Level
CONVENIENCE	Extended Care Available

WEEK	DATES	SOCCER
1	July 5-9	✓
2	July 12-16	✓
3	July 19-23	✓
4	July 26-30	✓
5	Aug 3-6*	✓
6	Aug 9-13	✓
7	Aug 16-20	✓

* Toronto Soccer Camp is open on Monday Aug 2nd

Multi-Sport | Toronto and Etobicoke

True North Sports Camps offers multi-sport day camps in Toronto and Etobicoke! 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

TORONTO

Lawrence Park (Glenview Public School)
Leaside (Bennington Heights)
Forest Hill (Memorial Park)

ETOBICOKE

Rosethorn Junior School

* extended care available at all locations

WEEK	DATES	LAWRENCE PARK	GIRLS (LAWRENCE PARK)	LEASIDE	FOREST HILL	ETOBICOKE
1	July 5-9	✓		✓		✓
2	July 12-16	✓		✓		✓
3	July 19-23	✓	✓	✓		✓
4	July 26-30	✓		✓		✓
5	Aug 3-6	✓		✓		✓
6	Aug 9-13	✓		✓		✓
7	Aug 16-20	✓		✓		✓
8	Aug 23-27				✓	
9	Aug 30-Sept 3				✓	

Girls Summer Camps | Toronto

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 2021, 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

LOCATION	Glenview Public School
LEVEL	All Skill Level
CONVENIENCE	Extended Care Available

WEEK	DATES	BASKETBALL (AGES 7-14)	MULTI-SPORT (AGES 4-12)	BASKETBALL (AGES 8-14)
2	July 12-16	✓		
3	July 19-23		✓	
4	July 26-30			✓

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: Basketball

This year, we are introducing 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 afternoon will be spent focused on Basketball.

SCROLL DOWN TO THE BOTTOM OF ANY CAMP PAGE ON OUR WEBSITE
TO SEE A MORE DETAILED SCHEDULE OF WHAT TO EXPECT!

Mini Camps

At True North, camp means **EVERYTHING** to us. That is why we have made it our top priority to ensure that your child(ren) have the option to remain active and social this summer. We recognize that our normal day camp setting may not be the best fit for all campers during the COVID-19 pandemic and this is why we wanted to continue to offer a smaller and more controlled camp environment.

True North Mini Camps are private programs located in your backyard or local park, operated by a dedicated instructor. Mini Camps will be offered for 2 or 3 hours per day from Monday to Friday at a time slot convenient for you. We will send an instructor to the location of your Mini Camp with all of the necessary equipment for each sport and a schedule for each day. All instructors will be senior staff members and will be specifically trained to carry out this program.

Mini Camps are designed to be an organized multi-sport program that is customizable by a Host Family in terms of programming and attendees. Our goal is to provide the highest quality supervision and sport instruction of your children in a smaller group format compared to our regular camps.

COVID-19 Safety

First and foremost, our goal is to create a safe environment for your children during COVID-19. We are adhering to all Public Health requirements, which are constantly evolving. Please find below our COVID-19 safety policies, which were last updated November 24, 2020:


- Operating with a 5:1 camper to staff ratio
- We strongly suggest that groups are made up of campers within the same social bubble or school cohort

CONTINUED ON NEXT PAGE

- Staff will be wearing a face mask at all times
- Physical distancing will be implemented and encouraged to the best of our abilities
- No sharing of water bottles or snacks
- Each participant and staff member will complete a questionnaire prior to the start of the camp to confirm they are not experiencing any symptoms. If any participant is experiencing symptoms, they will not be allowed to participate
- Equipment will be washed and sanitized after each daily session
- Campers will be provided with hand sanitizer prior to each session and at the conclusion of each session
- All programs will take place outdoors only

What is a Host Family?

True North Mini Camps would not be possible without the support and initiative of our Host Families. Host Families will be responsible for providing a location – either a backyard or local park – as well as grouping together up to 5 participants. Based on current guidelines, participants may be siblings, neighbours, or friends. Think of it like hosting a birthday party!

A photograph of four young boys standing on a grassy field, smiling. They are wearing various sports caps and t-shirts. The boy on the far left is wearing a black t-shirt and a black cap with 'NBA 2019' on it. The boy next to him is wearing a green t-shirt and a blue and red cap. The boy in the center is wearing a red t-shirt and a red cap with a white 'P' on it. The boy on the far right is wearing a maroon t-shirt and a blue and white cap. In the background, there are trees and other people sitting on the grass.

Please Note: we will not be taking registrations for our Summer Mini Camps until February 1st, 2021. If you have any further questions about the booking process or our Mini Camps feel free to email us at info@truenorthcamps.com or call us at (416) 619-1224.

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 2021.

COVID-19 Cancellations

At True North Sports Camps we typically run a variety of sports programs for ages 4-14 throughout the year. Unfortunately, due to COVID-19, we have had to cancel or delay many of our regular programs. Our 2020-2021 indoor winter programs are cancelled but we will be adding more information to our website if anything changes.

Year-Round Mini Camps

We are excited to continue offering our Mini Camp programs throughout the year. True North Mini Camps are private programs located in your backyard or local park, operated by a dedicated instructor. Mini Camps will be offered for 1-3 hours per session and can be customized to work around your child's school schedule.

CONTINUED ON NEXT PAGE



Spring Programs - Toronto

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

Birthday Parties and Team Lessons | Toronto and Etobicoke

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 for more information!



Locations

We are thrilled to be continuing the True North experience in Toronto and Etobicoke in 2021! 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 Memorial Park – Spadina & Eglinton	LAWRENCE PARK Glenview Public School – Avenue & Lawrence	NORTH YORK Bond Park – Leslie & York Mills	LEASIDE 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 7-14)	Basketball (Ages 8-14)		
Multi-Sport (Ages 4-12) *Weeks 8 & 9	Junior Basketball (Ages 4-8)		
	Multi-Sport (Ages 4-12)		
	Girls Camps – Baseball, Basketball & Multi-Sport		

In addition to our summer camps, we plan on offering spring programs in 2021!
Look out for registration to launch in early 2021!

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!



Letter from the Executive Director

TRUENORTH
SPORTS CAMPS



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

2020 was a challenging year for everyone. As the Executive Director of True North Sports Camps, I recognize the positive impact that camp and sports can have on the development of children, and that's what made cancelling this past summer's programs such a difficult decision for us to make. However, we are confident it was the best decision for our campers and our staff, and we have been working tirelessly to ensure that 2021, our 15th summer, is our best yet.

At True North, 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 for our 15th year anniversary in 2021!

Warmest Regards,

Blake Koester

Executive Director

Contact Us

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
Website	truenorthcamps.com
Phone	416-619-1224
Office Address	510 Eglinton Ave W, Unit 3 Toronto M5N 1A5
Social Media	@truenorthcamps

