



TRUENORTH
SPORTS CAMPS

Toronto Family Handbook Summer 2024



416-619-1224

info@truenorthcamps.com

truenorthcamps.com

#PlayAllDay @truenorthcamps





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 True North Sports Camps (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!

Programming was excellent; love the variety of sports, engaging schedule and entertaining coaches.

Family
Feedback

Play
All Day





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.

True North Sports Camps (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 look forward to an incredible summer of sports, learning, and fun! 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.

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!



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.

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 and Convenience

We strive to provide outstanding customer service and convenience 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. Whether it's our Lunch Program, before and after care, or our week long sessions, we strive to provide the most convenient and flexible offerings we can.



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.

Family
Feedback

92%

of 290 families rate our
coaches as excellent!

Our Leadership Team

Our leadership team expanded and TNSC welcomes Peter Fairman as our Director of Operations!

Learn about the team ↓

Blake Koester

Executive Director



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

Blake has been a part of the TNSC 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.

Sara Jacobsen

Director of Administration



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

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

Sara joins TNSC 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.



Our Leadership Team

Peter Fairman

Director of Operations

Ready to expand TNSC's family with his enthusiasm, passion, and dedication.



Peter is TNSC's Director of Operations.

Graduating with a bachelor's degree in Kinesiology at the University of Western Ontario, he comes to us with a key understanding of sport management and development. Combining his 10 years of experience in summer camps, and 4 years of experience in health coaching, he is well aware of how to create a safe and engaging environment for people to grow holistically.

Megan Kingvisser

Senior Site Director

A passion for inclusive education, whether that is in the classroom or in the realm of sports.



Megan Kingvisser is a veteran when it comes to being a Site Director here at TNSC.

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.

Jessica Tomassi

Site Director at Lawrence Park

Excited to work with TNSC and the campers this summer!



Jessica is working towards her Bachelor of Education at Brock University and is entering her final year in this program after completing an undergraduate in Child and Youth Studies. She has worked in many different settings with kids and has been involved in many different parts of her community. Jessica loves baseball, she grew up watching the Blue Jays and tagging along to her brother's baseball games.

Angelica Perri

Site Director at Forest Hill and Etobicoke

Excited to be returning to TNSC for her second year and can't wait to share her love for sports, as well as working with children!



Angelica graduated from Brock University with a degree in Child and Youth Studies and is in the last year of her Bachelors of Education. Her passion lies in teaching and working with children, so she cannot wait to get back into the swing of things this summer.

Angelica has worked in a wide range of summer camps, including overnight camp, and has participated in competitive and recreational dance since the age of three, teaching it ever since. Growing up, sports played a significant role in her life; whether on the field or in the stands cheering on her brother.



Our Leadership Team

Courtney Berger

Consultant

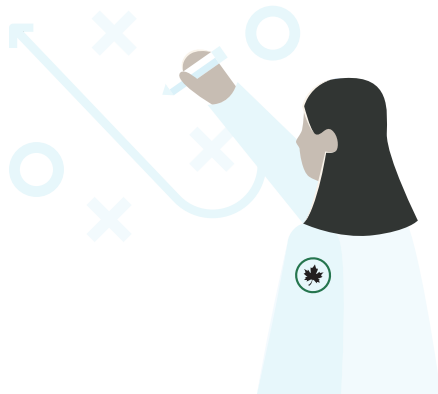
Knows what it takes to create a memorable experience for each and every camper.



Courtney joined the TNSC 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 overseeing the operations of the business, including hiring and training our staff, marketing, communications, finance and strategy.

Courtney graduated from Western University with an Honors 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 2024 summer directors, visit us at www.truenorthcamps.com/staff

A lot of fun and very active.
The staff were AMAZING!!!

The leaders in the camp
by far exceed expectations
year after year.



What's new this summer?



Expanded Forest Hill Multi-Sport Camp!

Get ready for a summer full of fun and active adventures!

Our popular Forest Hill (Memorial Park/Arena) Multi-Sport Camp has been expanded from 2 weeks to a whopping 9 weeks this year. That means even more opportunities for your child to explore a variety of sports, make new friends, and stay active throughout the summer break.

Don't miss out on this exciting expansion – secure your child's spot today!



New & Improved Lunches at True North Sports Camps!

We've listened to your feedback and are thrilled to introduce a convenient new lunch option for your camper! We've partnered with Lunchbox to offer delicious meals delivered right to camp, making your mornings a breeze. No more packing lunches; just choose your camper's meal plan after you register.

Learn more about Lunchbox, our new lunch program options, and how to sign up by visiting: www.truenorthcamps.com/lunch

Below is our lunch schedule by location:

Location	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Etobicoke</u>	Burger Priest	Healthy Kidz	Subway	Healthy Kidz	241 Pizza
<u>Forest Hill</u>	Hero Burger	Freshii	Subway	Freshii	Dominos
<u>Lawrence Park</u>	Hero Burger	Healthy Kidz	Subway	Healthy Kidz	Dominos
<u>Leaside</u>	Burger Priest	Freshii	Subway	Freshii	Dominos
<u>North York</u>	Hero Burger	Healthy Kidz	Subway	Healthy Kidz	Dominos



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.

6 Lunch

Each camper can 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!

See next page for our [New and Improved Lunch Program](#) →



What you need to know about camp



6 Lunch Program

New & Improved Lunches at True North Sports Camps!

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<u>Lawrence Park</u>	Hero Burger	Healthy Kidz	Subway	Healthy Kidz	Dominos
<u>Leaside</u>	Burger Priest	Freshii	Subway	Freshii	Dominos
<u>North York</u>	Hero Burger	Healthy Kidz	Subway	Healthy Kidz	Dominos

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.



What you need to know about camp



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!

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.

Please Note

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

13 T-Shirts

Following TNSC 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.

14 Camper Code of Conduct *For Parents*

The Summer Camp Code of Conduct outlines the expected behaviour for both campers and their parents/guardians to ensure a safe, enjoyable, and inclusive environment for all participants. By adhering to this code, we aim to foster a positive atmosphere where everyone can learn, grow, and have fun.

→ We have zero-tolerance for any form of bullying, harassment or discrimination including verbal, physical or emotional.



What you need to know about camp

14 Camper Code of Conduct

For Parents

- Camp properties and resources are to be used responsibly and respectfully. Any intentional damage to camp facilities, equipment or natural surroundings will not be tolerated.
- It's essential for campers to listen to and follow instructions given by camp staff members. Disruptive behaviour, defiance, or refusal to comply with rules and guidelines may result in disciplinary action.

The steps listed are based on continued and not improving behaviours at camp:

1. Advice

We'll connect with you to discuss the behaviours and see if you have any tips and tricks on how we can improve your camper's experience.

2. Camper Behaviour Agreement

We'll create an age-appropriate Camper Behaviour Agreement that clearly outlines the expectations; we will review it with your camper and yourself.

3. Send home for the day

If the same behaviours continue, you will be asked to pick up your camper for camp for the day. They will be welcomed back the next day.

4. Send home for the remainder of camp

If the same behaviours continue, you will be asked to pick up your camper and they won't be welcomed back for the remaining week.


Please Note

We evaluate each situation individually and True North reserves the right to make amendments to the policy and make decisions on a case-by-case basis which from time to time may not align with these steps. Our ultimate goal is to create a safe space for kids, parents and staff.





What to bring to camp each day



Lunch, Snacks and Water bottle

Campers must bring their lunch, snacks and water bottle.

- 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.



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.



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!



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 (TNSC) 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' balls, 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.

Baseball



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!

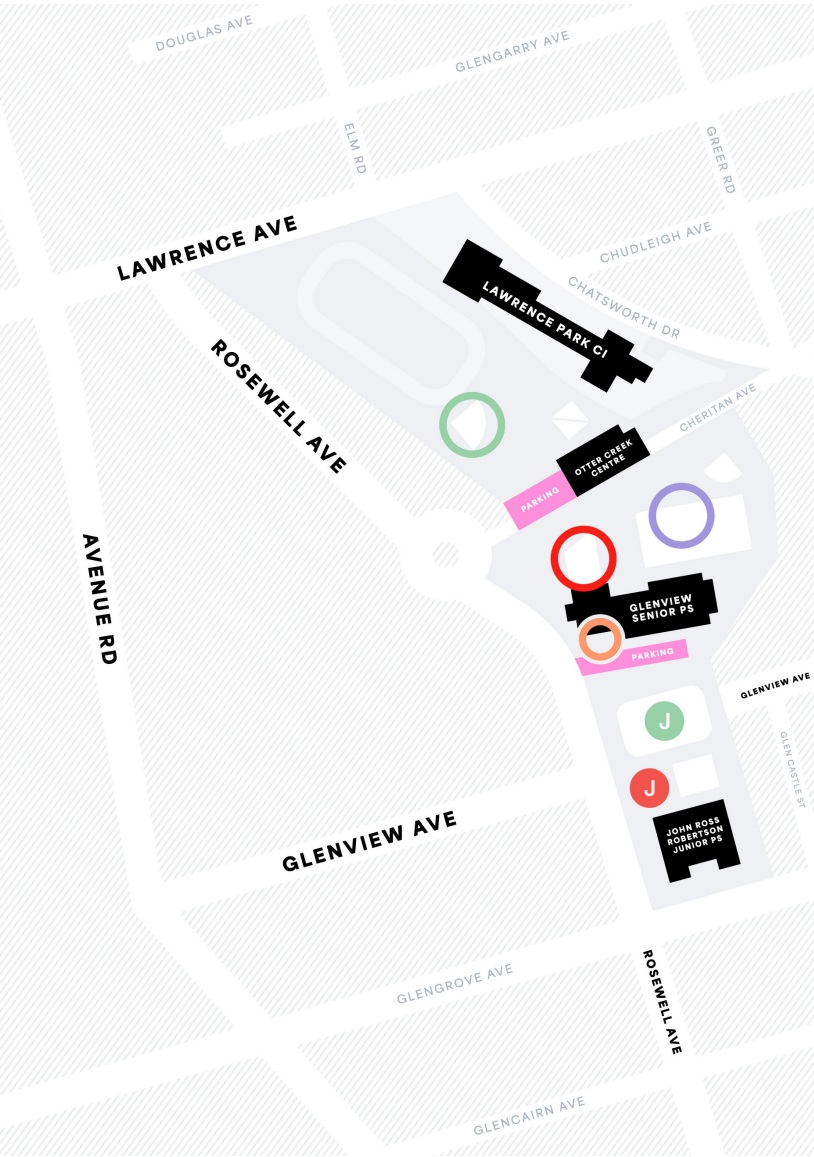
Please Note

Remember to label all personal items.



Lawrence Park at Glenview Senior PS

401 Rosewell Ave, Toronto, ON M4R 2B5



Drop off and Pick up Schedule

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

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

On the Map

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

Drop off and pick up is at the Glenview Senior PS 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)

Junior Baseball **Junior Basketball**

Drop off and pick up is at the West side of John Ross Robertson JPS off of Rosewell Ave.

- Look for the walkway leading into the back of the school's play area
- For parking head to the front of John Ross Robertson JPS, the parking lot entrance is off of Glengrove on the East side of the school

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 PS by the rock circle.

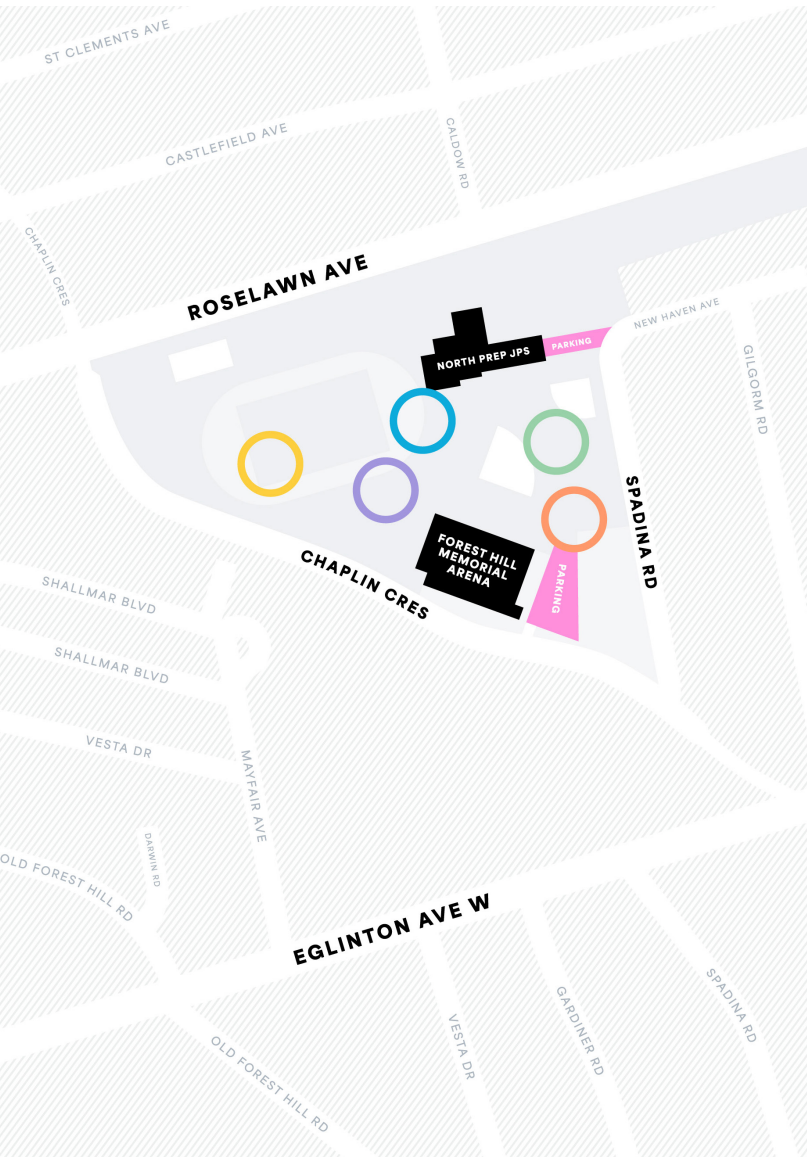
Please Note

In the event of inclement weather/rain extended care may be moved inside of Glenview Senior PS.



Forest Hill at Memorial Arena

340 Chaplin Cres, Toronto ON, M5N 2N3



On the Map

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

Multi-Sport

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/rain extended care may be moved inside of the arena.

Drop off and Pick up Schedule

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

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



North York at Bond Park

120 Bond Ave, North York, ON M3B 1C9

On the Map

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/rain extended care may be moved inside of the Bond Park clubhouse.

Drop off and Pick up Schedule

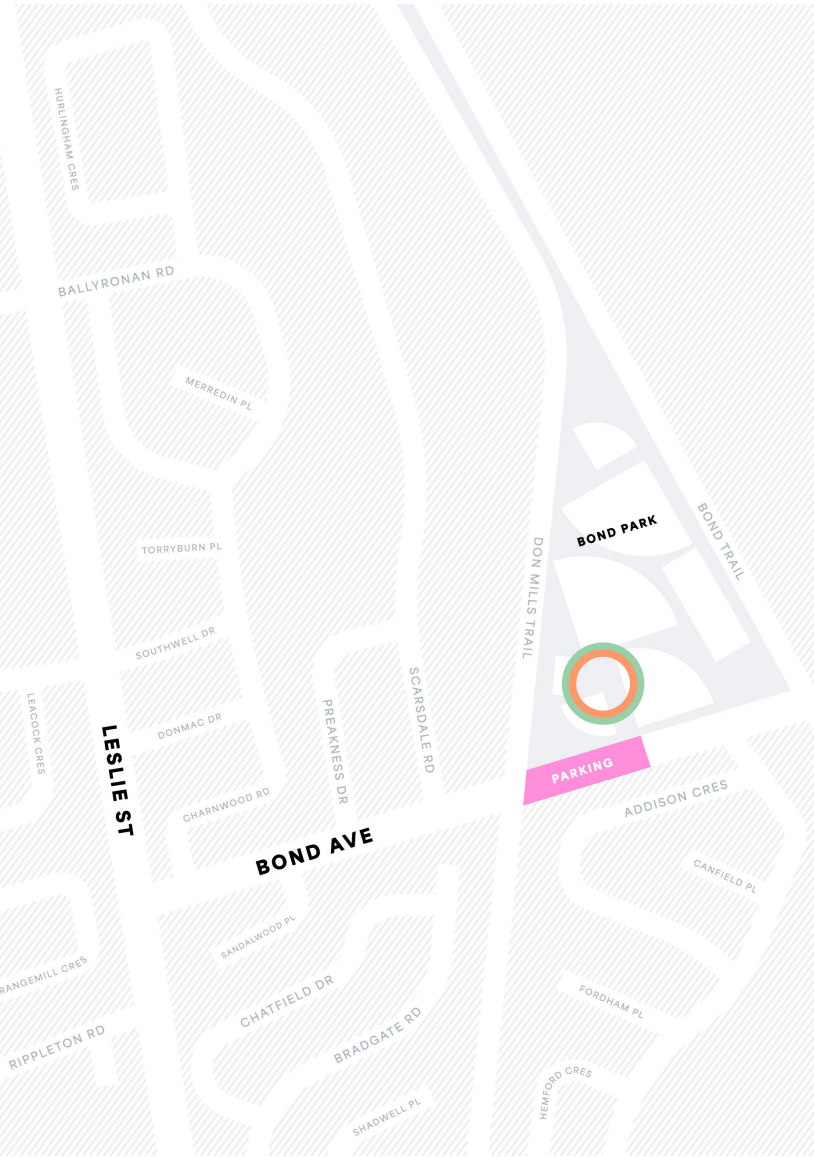
Camp runs daily from 9:00am to 3:30pm

Drop off

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

Pick up

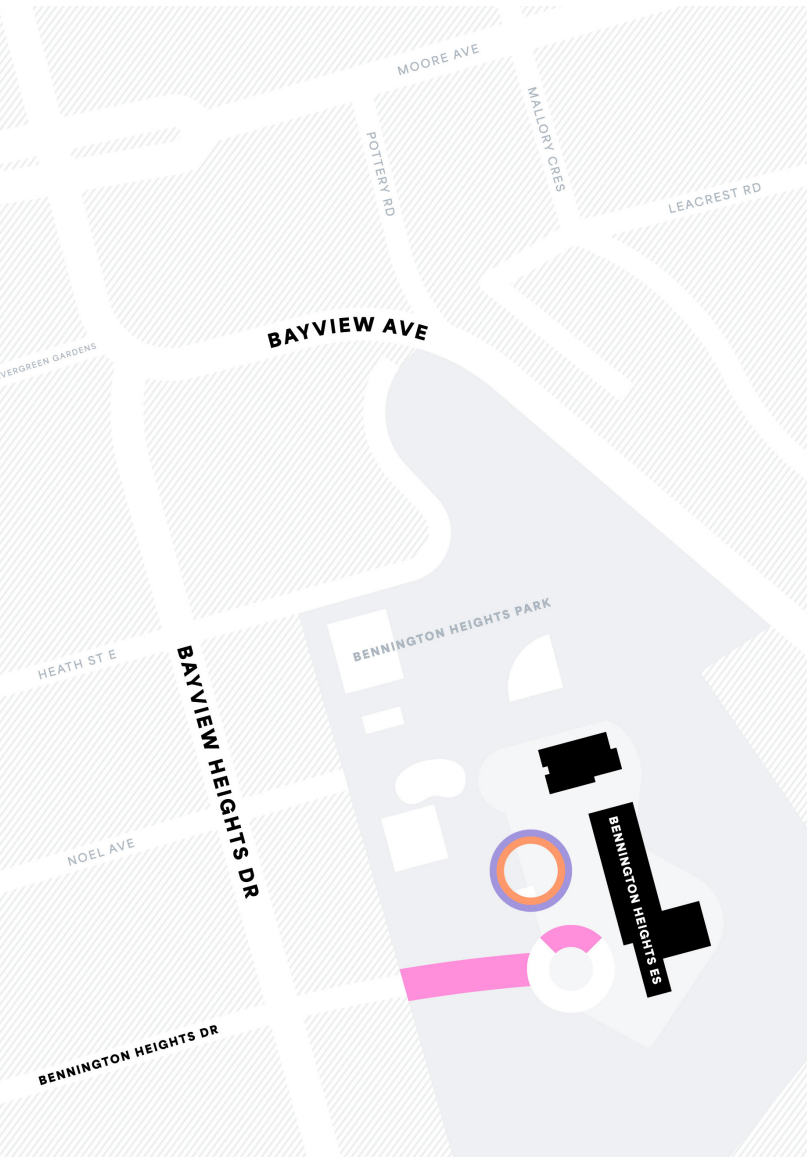
Between 3:30 and 4:00pm
Extended Care ends at 5:00pm





Leaside at Bennington Heights ES

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



On the Map

Camp Directions

Multi-Sport

Drop off and pick up is at the north end of the round-about 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/rain extended care may be moved inside of the school in the gym.

Drop off and Pick up Schedule

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

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



FAQ



1 How long has True North Sports Camps (TNSC) 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 (TNSC)?

Our Executive Director is **Blake Koester**.
Our Director of Administration is **Sara Jacobsen**.
Our Director of Operations is **Peter Fairman**.
Our Senior Site Director overseeing all of our camp sites is **Megan Kingvisser**.

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

Location	Site Director
<u>Etobicoke and Forest Hill</u>	Angelica Perri
<u>Lawrence Park</u>	Jessica Tomassi
<u>Leaside and North York</u>	Peter Fairman

3 My child has not played many sports before, is True North Sports Camps (TNSC) 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.
- 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. Extended Care is available before camp beginning at 8:00am and after camp between 4:00pm to 5:00pm for an additional fee. Please call the camp office if you would like to register.

Phone → 416-619-1224

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.



FAQ



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

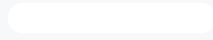
7 What is North Toronto Baseball Camp (NTBC)?

True North Sports Camps (TNSC) 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 www.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 www.truenorthcamps.com/blog



Newsletter 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 (TNSC) 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.



#PlayAllDay
@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: campself.active.com/TrueNorthCampsLtdCAD

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

Email → info@truenorthcamps.com
Phone → 416-619-1224

4 When should I keep my camper at home?

Should your son or daughter be diagnosed with a contagious illness (i.e., chicken pox) or COVID-19, please let us know so that we can inform other parents if necessary.

5 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



Health and Safety



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 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.

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.

Our Camper Behavior Policy outlines the expected behaviour for both campers and their parents/guardians to ensure a safe, enjoyable, and inclusive environment for all participants. By adhering to this code, we aim to foster a positive atmosphere where everyone can learn, grow, and have fun. For further information, see [page 11](#).

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.

Email → info@truenorthcamps.com
Phone → 416-619-1224



Important Dates



Summer Camp Dates

Week	Dates
Week 1	July 1/2 -July 5
Week 2	July 8 - July 12
Week 3	July 15 - July 19
Week 4	July 22 - July 26
Week 5	July 29 - August 2
Week 6	August 5/6 - August 9
Week 7	August 12 - August 16
Week 8	August 19 - August 23
Week 9	August 26 - August 30

Fun Fridays at Camp

Week	Theme
Week 1	Oh, Canada!
Week 2	Jersey Day
Week 3	Wild West Day
Week 4	Backwards Day
Week 5	Pyjama Day
Week 6	Wacky Hair, Hat and Socks Day
Week 7	Halloween Day
Week 8	Astronauts and Aliens
Week 9	Superhero Day

Fall Clinics and Afterschool Programs

Our outdoor fall programs (September and October) are NOW OPEN for registration! Register now to continue your True North Sports Camps (TNSC) experience all year long!

Fall Indoor Schedule

We anticipate having our indoor fall schedule (October to December) on our website by mid-July.



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.

Camp Office

Phone 416 619 1224

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

Email info@truenorthcamps.com

Website truenorthcamps.com

Social Media [@truenorthcamps](https://www.instagram.com/truenorthcamps)



TRUENORTH
SPORTS CAMPS

#PlayAllDay @truenorthcamps

Amazing and
enthusiastic staff,
kids had a blast,
great program!

They were excited
to go every day!

Fantastic coaches!
Welcomed children in the morning
and provided helpful feedback at
the end of the day.

Family Feedback

Kept children
occupied, active and
happy all day.

Great Camp!

Your team of coaches are so wonderful!
They are a true credit to True North.

Kind, encouraging, fun and don't let the
heat get to them. They are attentive and
sweet and my kids adore them.

Thank you for another truly lovely week
of summer camp.

We appreciate you all so much!