



ELITE CAMPS
— HOOP DREAMS —

Information Package

Hoop Dreams Contact Info

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Hoop Dreams Packing List

<p>CLOTHING</p> <ul style="list-style-type: none"> <input type="checkbox"/> 8 T-shirts <input type="checkbox"/> 5 Tank-Tops <input type="checkbox"/> 6 Shorts <input type="checkbox"/> 2 Sweatshirts <input type="checkbox"/> 1 Long sleeve shirt <input type="checkbox"/> 1 Light-weight Jacket <input type="checkbox"/> 1 Warm Jacket (it can get cold) <input type="checkbox"/> 1 Raincoat with hood <input type="checkbox"/> 3 Pairs of pajamas <input type="checkbox"/> 10 Pairs of underwear <input type="checkbox"/> 2 Bathing suits <input type="checkbox"/> 1 Pair of running shoes <input type="checkbox"/> 1 Pair of basketball shoes <input type="checkbox"/> 3 Pairs of sweatpants <input type="checkbox"/> 2 hats <input type="checkbox"/> 10 Pairs of socks <input type="checkbox"/> 1 Laundry bag <input type="checkbox"/> Water shoes (our lake is shallow) <p>Please Note: If your child is staying for 2 or more sessions, we provide our campers with laundry service. Please only pack what is on this list.</p>	<p>BEDDING</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 Sleeping bag <input type="checkbox"/> 1 Extra Blanket (It can get cold at night) <input type="checkbox"/> 1 Pillow <input type="checkbox"/> 1 Pillow case <input type="checkbox"/> 1 Flat Sheet (Bed size 37" X 73") <input type="checkbox"/> 1 Fitted Sheet 	<p>TOILETRIES</p> <ul style="list-style-type: none"> <input type="checkbox"/> 3 Towels (For Beach and Cabin Use) Microfiber quick-dry are a good option <input type="checkbox"/> 4 Face Cloths <input type="checkbox"/> 1 Comb and/or hairbrush <input type="checkbox"/> 1 Toothbrush with case <input type="checkbox"/> 1 Tube of toothpaste <input type="checkbox"/> 1 Bar of soap/Body Wash <input type="checkbox"/> 1 Shampoo in plastic container <input type="checkbox"/> 1 Plastic soap case <input type="checkbox"/> 1 Stick of Deodorant <input type="checkbox"/> 1 Small mirror <input type="checkbox"/> 2 Insect repellent sprays <input type="checkbox"/> LOTS OF SUNSCREEN! <input type="checkbox"/> Hand Sanitizer <input type="checkbox"/> Flip Flops/Slides 	<p>ADDITIONAL ITEMS</p> <ul style="list-style-type: none"> <input type="checkbox"/> Extra pair of prescription eye-glasses <input type="checkbox"/> Extra contact lenses <input type="checkbox"/> Letter Writing Template (download, customize, and print) and pens. <input type="checkbox"/> 2 Flashlights with batteries <input type="checkbox"/> 2 Water Bottles (labeled) <input type="checkbox"/> Lip Balm/Moisturizer <input type="checkbox"/> Sunglasses <input type="checkbox"/> 1 Knapsack/Drawstring Bag (labeled) <p>MEDICAL ITEMS (to be given to staff upon arrival)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Emergency Medications <input type="checkbox"/> Additional Medications deemed necessary (our health centre is equipped with all basic medications, i.e. Advil, Tylenol, Allergy Medications, etc...) <p>OPTIONAL</p> <ul style="list-style-type: none"> <input type="checkbox"/> Deck of Cards <input type="checkbox"/> Magazines <input type="checkbox"/> Books <input type="checkbox"/> Clock or watch <input type="checkbox"/> Journal
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***Please label all clothing to reduce the number of articles left behind.**

IPODS AND PERSONAL MUSIC DEVICES: We are a "Screen Free Camp"

Most of us adults have fond memories of sharing our favourite music with friends at camp. This is an experience we wish to provide for our campers as well, and as such, personal music devices are permitted at camp. That being said, devices with screens and/or capable of playing games, watching movies, or being used as telephones are not permitted as they have the potential to interfere with the overall camp culture.

To clarify:

Permissible Devices Include: iPod Shuffle, some older generation iPods, and MP3 players that do not possess video playback/game playing ability

Non-Permissible Devices Include: iPod Touch, iPod Nano, iPhones, iPad, Personal Game Systems (PS Vita, Nintendo Switch, Nintendo Game Boy, and Cellular Devices.

Personal music devices, if brought to camp, may only be used or carried in cabins. Although music devices are allowed, they are not necessary to the camp experience. When making this decision, please keep in mind that the reasonably priced iPod Shuffle carries 100 times the music content than the mix-tape library that we parents' used to bring to camp.

BASKETBALLS

Please note: If campers choose to bring their own basketball to camp it is their responsibility to make sure they keep track of it. Elite Camps is not responsible for replacing lost or stolen basketballs. Elite Camps will provide enough basketballs for each athlete.

What to Pack

WHAT SHOULD I PACK FOR CAMP? Here are a few tips when packing for camp:

- Include campers in the packing process: Assisting campers to fold and pack their own clothes not only develops their understanding of what they have brought to camp, but also assists in developing the skill of packing! We have found that this helps campers' sense of independence and feelings of "readiness" for the camp experience.
- Include parents in the packing process: Even our oldest campers can benefit from the wisdom of experienced travellers! Please assist your campers in packing appropriate clothing.
- On a typical warm summer day, campers should be dressed in simple, practical, washable, light, inexpensive, and durable clothing. Please consider the words, "It's Camp!" throughout the packing process.
- We urge families to consider sun and insect protection when packing with their campers and to pack ample amounts of sunscreen, insect repellent, and protective layers of clothing.
- No matter what the weather, camp facilities are more than adequate to carry on with full programs. When it is safe and appropriate, campers do move around camp even in imperfect weather situations and so campers should be well prepared for different kinds of weather.
- **LABEL EVERYTHING:** Please ensure that each and every article that comes to camp (yes, even the right and left sock) is marked with your child's name in full so that we are able to return labelled items in a timely fashion. Care should be taken to see that labelling is wash proof and very securely attached. Adhesive tape is recommended on such items as shoes, toiletries, and sports equipment.
- Your campers' entire belongings should be packed inside one or two large duffle bags that are able to fold flat when empty (typically about 16" X 40"). Please do not send trunks, suitcases, or baggage of any other kind.
- please do not pack more than is specified in our Packing List.

MEDICATIONS BEING SENT TO CAMP – The Medical Staff remind you that all medications sent to camp must be sent in their original containers with their original labels and sent to camp with the coach on the bus on the first day of camp. Please pack these medications in a sealed container with appropriate labelling and instructions and hand it to the coach on your child's bus at departure. Please make sure to include an ample supply. We are pleased to expend all efforts caring for your children when they are away from home – please keep us well informed by using this process for even the most common medications.

MONEY AT CAMP Hoop Dreams is one of the few camps that includes the cost of all aspects of the program in its initial fees. Your payment of our fees is what allows us to provide programs to all our campers. If your child wishes to buy items from

the Camp Store, please ensure you add credit to their Camp Store account. There is no need for your camper to bring any money with them.

BIRTHDAYS

A non-food package may be sent on your camper's birthday. Please indicate on the outside of the package that it is a birthday package.

- With the exception of birthdays, please only send letters to your camper i.e. do not send food, magazines or packages of any kind.
- If it doesn't fit under the mailroom door, it's not coming through it!
- Although encouraged not to bring food to camp, campers are permitted to bring a maximum of one plastic grocery type bag of food at the beginning of their camp stay. All food brought to camp must comply with our Food and Packaging Policy and our Nut-Safe Policy. Please note that chewing gum is not permitted at camp.

FOOD AND PACKAGE POLICY

There are many factors that have guided the development of a Package and Food Policy:

1. **NUTRITION** – Hoop Dreams provides a nutritional and well balanced menu. In addition to the desserts following lunch and dinner, campers enjoy a variety of special snacks after every evening program. The amount and variety of food at camp is more than adequate. Having food in the cabin often encourages some campers to substitute nutritional meals with less than nutritious snacks.
2. **SAFETY** – Food in the cabins often leads to unwanted wildlife in or near the camper unit that can pose a risk to camper safety.
3. **CARE FOR THE ENVIRONMENT** – Food in the cabins often leads to unnecessary garbage in camper cabins.
4. **SOCIAL CONSIDERATIONS** – As with our Packing Policy, jealousies and hard feelings can be the result of an environment when there are "Haves" and "Have Nots".
5. **WATER** – The Elite Outdoor Leadership Centre's water undergoes more treatment than most municipalities and water bottling manufacturers. Its source is a fresh water well in a relatively unpopulated and unpolluted part of the country. It undergoes regular testing conducted by certified water treatment operators and is subject to the strictest of standards in Canada. The taste of water varies from city to city based on the makeup of its inactive minerals. Our water is clear, refreshing, and indeed tastes different than your home water. Many bottled waters, although seemingly tasteless, are unregulated, and untested. **Bottled water is not permitted at camp.**

What Shouldn't I Pack For Camp?

There is very little need for anything beyond those items listed in our Packing List. In fact, it can be damaging to the camp experience when other items are sent. The magic of camp is greatest when campers are free from the pressures of inequity. In school, students are segregated by their academic performance, the groups they move with, and the "stuff" they have in their possession. Camp is unique because it is often the only time in a child's life when they can begin an experience with other children on a truly level playing field. There is another very real reason not to send items beyond those listed. So much effort has been expended to ensure that camp is a safe environment. Many items, particularly electrical appliances, although seemingly harmless, can pose a major risk to the safety of campers. We hope you understand that this policy is re-examined regularly and formulated with the assistance of experienced camp and safety professionals including our local fire department. Parents can control what is sent to camp. Camp staff can control what is kept at camp. Please share in this responsibility of making camp a safe and productive environment by ensuring that only items that appear on the Packing List are sent.

Please do not send items not listed on the packing list particularly items that:

<p>CAN BE HAZARDOUS</p> <ul style="list-style-type: none"> Butane or propane filled appliances Lamps Candles Lighters Fire-crackers Skateboards Glass Containers <p>CREATE AN ENVIRONMENT THAT IS DIFFICULT TO CLEAN-UP</p> <ul style="list-style-type: none"> Silly string Chewing gum 	<p>ELECTRICAL APPLIANCES OF ANY KIND (including but not limited to):</p> <ul style="list-style-type: none"> Cellular phones Fans Electric Kettles Laptop Computers Hair Dryers Electric Power Bars/Extension Cords Curling irons Hair straighteners Walkie Talkies DVD players Heaters Vapes Electric blankets Hotpots Television Expensive jewellery Electronic games including Game Boys/PS Vita **iPods with screens (Please Refer to Music Player Policy) 	<p>ARE CONDUCTIVE TO AGGRESSIVE PLAY</p> <ul style="list-style-type: none"> Tradable or gambling items Water balloons Weapons or anything that looks like a weapon including water guns, hatchets, or knives <p>PROMOTE JEALOUSY</p> <ul style="list-style-type: none"> Food or packages in contravention of our Food and Package Policy Portable furniture, in particular, shelves of any kind are not permitted Air or foam mattresses 	<p>ARE FRAGILE, EXPENSIVE, OR INAPPROPRIATE</p> <ul style="list-style-type: none"> Any item with a video display Bicycles Elevated shoes Expensive clothing including dresses or dress shirts Head shaving or body piercing equipment Wax Strips 	<p>LAWN CHAIRS AND LOCK BOXES</p> <p>Compact foldable lawn chairs will not be confiscated if used exclusively on the porches of cabins or as permitted by the coaches. Also, personal storage boxes will not be confiscated if they are left unlocked or if the lock used is a combination lock and the combination is confidentially shared with camp. Although the camp community is one where there is ample seating and locks are unnecessary, we know these items provide some comfort to our campers.</p>
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Overnight Camp Experience

Overnight Camp is all about having fun, but here are a few cool things your kids will pick up along the way:

Self Confidence

The coaches and campers at overnight camp accept each other as who they are. This gives kids the confidence to be themselves and to be happy with who they are without the pressure of social society that kids experience in schools, teams and other social settings during the school year.

Independence

Overnight Camp gives kids the opportunity to be away from home, allowing them to create their own sense of independence which is a key life skill.

Making Friends

Going to overnight camp gives kids the chance to meet and make new friends from different cities and towns, in a safe and positive environment.

Leadership Skills

Being at overnight camp exposes campers to positive leaders who are fantastic role models for kids. Having these leaders at camp teaches campers about what it takes to be an effective leader, a skill that can be applied to any area of their life. Leadership skills are taught and practised in every activity we do at camp.

Teamwork

There are going to be many situations and settings in life where kids will experience teamwork. It's a great skill to have and to experience it at an overnight basketball camp, allows children to really practise their teamwork skills on a daily basis.



Health & Safety

Health

The Hoop Dreams program has full access to our private health care facilities, which are well equipped and well staffed, providing an expert medical team available to your child at all times. There is always a nurse on-site, and should the need ever arise, we are within 10 kilometres of a hospital.

FOR CAMPERS TAKING DAILY MEDICATIONS

The Health Centre staff looks for the best possible way to manage your child's medication while at camp. We are asking to have your child's oral medications that are in pill, capsule, or caplet form, pre-packaged in "Bubble Packs" or "Blister Packs" by your local pharmacy in advance of their arrival in camp. Most local pharmacies will provide this service to you if you have the medication dispensed at that pharmacy. All medications of any type must be clearly labeled with your child's name, the Physician's name, the name of the medication, and the required dosage. This assures that the medications your child must take are delivered as efficiently as possible to get your child back to the activities of camp and to allow us to track and double check that your child has received his/her medication. Our goal is always to bring the best possible health care to campers and staff at Hoop Dreams.

Hoop Dreams IS NUT-SAFE

The Dining Hall is a Nut-Safe Space. This means that peanut butter will not be available at camp and no outside foods are permitted to be brought into the Dining Hall (including soups, cereals, sandwiches, etc.).

We insist that parents only send Nut-safe foods as part of the allowed shopping bag of food brought up at the beginning of camp. That is to say that all food sent up to camp must not have any nut products in the ingredients. Those products that are labeled as "Safe to Share" should be preferred over those that use language like "may contain traces of nuts". We recognize that finding foods that are completely "nut-safe" is becoming increasingly difficult; however, your added sensitivity when doing camp shopping will have a direct impact on the comfort of our campers and staff that live with this allergy.

Although peanut butter is often thought of as a camp "staple", we are to be committed to providing new and various meal and snack food options that are healthy and "camper friendly". The Kitchen team in conjunction with our caterers, continues to research new opportunities for nutritious foods to complement the menu. In addition to our regular three meals, campers can look forward to a morning, afternoon and great evening snacks, lots of fruit and vegetable selections, and access to water all around camp!

Hoop Dreams is A "NON-DIETING" CAMP

We do aim to offer a model for a healthy, balanced lifestyle with alternatives and choices available. We are committed to providing our athletes with the fuel they need to get through our active days. The Kitchen Team works hard to ensure that our meals and snacks are nutritionally balanced, extremely tasty, and satisfying. We know that kids and staff can feel pressure through the media, their peers and other environmental influences to manage their food intake through a number of different

types of diets. Our concern is that dieting, in some cases, can have a negative influence on a camper's life, and in some instances result in an eating disorder when they are not professionally monitored.

We want to ensure that our campers, staff and families recognize that our camp is a "non-dieting camp" – where we all are committed to eating well.

If you know that your camper has had some issues around eating we encourage you to share the information with us. We do not want to label that individual but rather help to ensure that camp will be a safe and successful experience for everyone involved. The literature has shown that once someone begins to experience issues related to an eating disorder medical intervention is often required. Although we do have a very dedicated health staff at camp the type of intervention required is often beyond their scope. Our other concern is that we want to encourage overall healthy living and do not want to expose campers to negative eating habits.

We do understand that some people have medical reasons as to why they need to monitor and adapt their diet (such as lactose intolerance, obesity, celiac disease) and with those circumstances we welcome you to touch base with us at the office so that we can work together as a team towards a realistic solution to meet that camper's needs.

We hope that you discuss the importance of healthy eating habits openly with your campers as we will be addressing it firmly with our staff – so that we all can live together in a healthy camp community.

SUN SAFETY

Taking care of ourselves in the sun is crucial to our health and safety at camp. Even on cloudy days, the sun can do permanent damage to our skin. Please prepare your child for a safe summer by encouraging them to:

1. Pack and wear a hat.
2. Wear protective clothing, in particular light coloured, loose fitting clothing.
3. Always wear sunscreen – The Canadian Dermatology Association and the Canadian Cancer Society recommend a S.P.F. of 15 or higher. Waterproof sunscreens are expected to last the entire day, however our staff will encourage re-application as often as possible.
4. Protect their eyes with sunglasses.
5. Avoid sunbathing.
6. Stay hydrated by drinking lots of water.

Our staff are trained to reinforce these guidelines while your campers are at camp.

Lice Check

After every change over, each camper will go through a mandatory lice check to ensure that lice are not brought to camp and to reduce the possibility of lice spreading. If a camper has lice, they will immediately be taken to the health centre to be treated and then to return to activity as soon as possible once cleared.



ELITE CAMPS
— HOOP DREAMS —

Swim Test

At the beginning of each session, all campers will participate in a mandatory swim test to ensure the safety of all campers and waterfront staff. We encourage you to let us know if your child is a non-swimmer or inexperienced swimmer so that we can provide the necessary support through the swim testing process.

Communication

The ability to effectively communicate is the cornerstone of a strong family unit. At Elite, particularly during the overnight summer camp, we feel we are part of your family structure. With this in mind, we have tried to incorporate a number of approaches to promote healthy exchanges of information.

HOW YOU GET INFORMATION TO US

TELEPHONE: The phone lines in the Hoop Dreams office are available for you to call at any time and we are pleased to offer our families a voice mail feature on our lines which is monitored daily. Although much effort is made to have a “live person” answer the phone when you call, the Hoop Dreams administrative staff is typically most available to answer your phone calls “live” from 9 am until 6 pm except when all of camp enjoys lunch together between 12 and 1 pm. The Elite Camps–Hoop Dreams voicemail will be checked frequently by our administrative staff, or our director, Kevin Churchill. Whether leaving a detailed message with the administrative staff or on our confidential voicemail please be assured that Kevin or another staff member will return your phone call within 24 hours. We will be using this time to gather information with regard to your question or concern to ensure that we are able to provide you with accurate information.

EMAIL: As with our telephone calls, we will respond to emails within a day. If your email is of an informational nature (i.e. “Attached is our travel itinerary for our summer holiday while the kids are at camp” or “What time are the busses arriving?”) then you can expect to receive a “confirmation of receipt” within 12 hours. If your email is a concern that requires follow up then you can expect that it will be treated like a phone call and will warrant a phone call in return. We prefer to deal with camper concerns over the phone as it allows for open dialogue and efficient problem solving. Although we respond to every inquiry as soon as possible, you should be aware that we are not always able to reply immediately due to our commitment to the camp program and our campers.

HOW WE GET INFORMATION TO YOU

WHEN CAN YOU EXPECT A CALL HOME FROM THE HEALTH CENTRE?

For the most part you will not hear from camp’s Health Centre while your child is at camp; however, there are a few situations when one of the Health Centre staff may need to contact home during the Hoop Dreams Camp Session. For this reason, please make sure to provide camp with the most up to date contact information. We strive to ensure that every camper has a healthy and safe stay at camp, but at times accidents happen and kids do get sick no matter how careful we are. The Health Centre will call you at home to inform you of any significantly irregular medical situations that have happened at camp. Some examples of this may include incidents where the Doctor prescribes oral antibiotics or other medications that your child does not normally take, when a child needs to go to the hospital or dentist, unusually long illnesses, or

homesickness. Many of the issues we deal with at camp do not require a phone call home, although we try to touch base with parents even for minor situations. These may include the prescribing of some oral medications such as antihistamines, topical creams or lotions, minor cuts and scrapes, homesickness that lasts for short periods of time, minor colds or short term illness that do not require medication. When we do call home, we will endeavor to make several attempts to reach you and will leave a detailed message on your answering machine if necessary.

HOW DO CAMPERS AND PARENTS STAY IN TOUCH OVER THE SUMMER?

MAIL

Letter writing and receiving mail from home is an exciting part of the camp day! Please consider the following items when exchanging mail with your campers:

- Families are encouraged to write regularly, using our email letter system, which is explained below.

LETTER WRITING

Email! A new approach to an old fashioned process

To Camp

Parents, friends, family, are invited to send emails to Hoop Dreams campers! Here is what you need to know:

- Emails can be sent to your camper through our registration system, CircuiTree. Each day, we will print off all emails that come in, and they will be handed to your camper.
- One email per camper per day (yes, that's per camper, not per parent)
- Please no images or attachments

From Camp

Hoop Dreams has come up with a way to have your child's hand-written letters arrive directly in your inbox in email form! **Using the Word document "Letter Writing Template" that our administrative staff will email you prior to camp, parents can replace the "placeholder" email address with their own email address (or those of other family members, friends, etc.),** and print off enough copies to carry their child through their time at camp. Letters will be scanned and converted to PDF, which is how they will arrive in your inbox! Some important notes about this system:

- It does not require a login or password (just a correct email address on the page)
- Campers should use blue or black ink (no pencil, it will not show up)
- Campers must use the special stationary for letters to be emailed, we cannot scan and email regular letters

Parents, you have some homework! Here's what you need to do before camp so that your child's letters can be delivered to your email:

1. Download the Word document "Letter Writing Template" that our administrative team sends you by email
2. **Replace the placeholder with your most commonly used email address**
3. Print off as many copies as you think your child will need to write to you while they are at camp
4. Repeat steps 2 and 3 with the email addresses of any other friends or family members that your child may want to write to
5. Explain to your child what the papers are for and how to use them (more applicable to younger campers...if your child is unfamiliar with any of the email addresses, you may want to label them at the top)
6. **Make sure that these pages get packed for camp!**

WHAT IF I RECEIVE A NEGATIVE LETTER FROM MY CHILD?

It is common for children to write letters home during what they feel is a difficult time and they may express feelings of homesickness or unhappiness. Often, by the time you receive the letter, they have resolved their problems on their own and have been enjoying camp since they wrote it. Even if this is the case, we encourage you to call the office where our administrative staff and/or directors will be happy to discuss any concerns. If there is a continuing problem, we will work together with you to help your child have a successful experience at camp. With your help, we will make decisions that best meet the unique needs of your child.

CAN CAMPERS CALL HOME?

Campers celebrating a birthday while at camp may call home before breakfast (between 8:00 and 9:00 a.m.) on the morning of their special day! Otherwise, we do not allow campers to make phone calls home during the summer. This is a policy that we feel supports the growth and development of independence in campers. Phone calls during the summer can undermine campers' independence by breaking the continuity required for that independence. By contrast, letters take a few days to go back and forth, and so they actually foster independence and offer support at the same time. Preventing phone calls during the summer can also prevent homesickness. The experience at most summer camps is that phone contact between parents and children makes homesickness worse. When a child hears his mom's or dad's voice, it can arouse a deep longing for home. For that reason, we do not allow children to talk to their parents on the phone except in rare emergencies.

Preparing for Camp

Health History and Swim History

Some parents hesitate to provide us with personal information about their child's behavior or past experiences. Some fear the information may be misused, while others are concerned about their child being labeled, singled out, or treated differently. All parents want to see their child have a strong fresh start at camp, unencumbered by past problems. As seasoned camp directors, we appreciate these concerns. We also know how invaluable such information can be in assisting

us to help your child make as smooth and happy an adjustment to camp as possible – something we know all parents want for their children! Having prior knowledge about a learning difficulty, bed-wetting problem, or recent loss or major change in the family, makes a tremendous difference in helping us to be sensitive to your child's need for patience, understanding and reassurance – especially in the first few days of camp. Because children often use their behaviour rather than their words to communicate something is bothering them, having advance knowledge of areas that might be difficult for your child, helps us understand the message in his or her actions. The better we understand your child, the more we can assure you of a better summer for him or her. Our commitment is to use such information only to help your child adjust at camp with the greatest of discretion. If there is anything we should know about your child, please do not hesitate to send us additional notes. We encourage you to make us a full partner in planning for your child's summer.

HEALTH HISTORY Help us make certain that we have the best and most up to date health information concerning your camper. Even if your camper is perfectly healthy, we need to have that information on file so that we know how to respond to any immediate need without hesitation. During the year, we recommend that you keep accurate records of vaccinations and medications and the dates they were given to your child. Also, please record any pertinent information shared with you by your family physician at each visit. With this information, please complete the Health History Form. If there is a change in the health status of your child after you send us your form, you must notify us in writing at that time and update your child's health form online.

1. **RELUCTANT OR FIRST TIME CAMPERS:** As the summer approaches and our campers prepare themselves for camp, a few may experience a great deal of apprehension. For them, a new or changing environment, meeting new friends, adjusting to a new coach, and travelling on a strange bus may be the cause for some discomfort. However, as you know, children's feelings are often complex, and may often represent other uncommunicated problems. Please don't panic if you hear the words, "I don't want to go!" or "I won't go!" With care and a positive exposure to camp, apprehension disappears quickly in most cases. Here are some tips on preparing your campers for camp:
 1. **Talk about homesickness:** Discussing homesickness does not make it happen. On the contrary, it reassures children that homesickness is a normal process. Focusing the discussion on ways to cope with these feelings, can give your camper a sense of control over the situation when it arises. Just knowing that it is a normal feeling and that they have the power to deal with it can make all the difference.
 2. **Plan for camp together:** Make sure that your child knows when camp starts, how long the session is and how they are getting home.
 3. **Put the time spent at camp into perspective:** Younger children have difficulty conceptualizing time. Compare the session length to another time the child has experienced (i.e. winter vacation).
 4. **Keep doubts to yourself:** Make sure your child knows that you are confident that they will have a great time and that you trust the camp you have chosen.
 5. **Practice:** Organize some time away from home. Try to simulate the camp experience as much as possible, i.e. when it comes to communicating; write a letter and avoid talking on the phone. After the visit, follow up with some discussion about how they felt, how they coped, and what would make it easier for next time.
 6. **Send letters before camp:** Letters are a great way for campers to feel connected to home. Sending a letter early, through our email letter system, ensures that your camper will receive a letter on the first day of camp and help to ease the initial transition.

7. **Do not make deals about early pick-ups:** Set your child up for a successful experience by setting the expectation that they will stay at camp for the entire session. If a camper knows that their parents will come to pick them up when things get difficult, they are not motivated to develop their independence and cope with some bumps along the way. (Excerpts taken from The Summer Camp Handbook written by: Christopher A. Thurber, PhD and Jon C. Malinowski, PhD. available from amazon.com)

CAMPER BEHAVIOUR AND OUR CAMP-SAFE POLICY

Every child has the right to feel safe in our camping environment. The staff we employ are well trained, and the program we deliver is inclusive and non threatening. As challenges present themselves, a problem solving format will be utilized to support all those involved. Discipline will be fair and progressive, and used as a teaching tool. Clear and consistent consequences will be put into place, depending on the situation. Our hope, like that of any educational setting, is to help create responsible, caring, and productive members of society. Issues of bullying in all of its forms can occur in any social environment. Hoop Dreams staff are ready to respond at all times to issues of verbal or physical intimidation, put downs of any kind, or any situation that creates discomfort. Please discuss the issues of positive relationship formation with your campers before camp, so that our problem solving approaches are simply extensions of what has already been reinforced at home.

A safe environment requires the complement of safe practices. The possession, being in the presence of, or the use of drugs, alcohol, tobacco or any related paraphernalia on the grounds of camp or at a camp sponsored activity by any camper or staff is enormously unsafe and strictly prohibited.

A Typical Day at Hoop Dreams

As a parent, do you ever find yourself wondering what your child is doing at a given moment while she/he is at camp? Of course, each day at Hoop Dreams is unique and filled with a mixture of basketball, traditional overnight camp activities and lots of fun, but there are certain elements of every day that you can count on to be consistent. Here is what a typical day at Hoop Dreams will look like. Please note that this schedule is subject to change.

Time	Activity	
7:45	Wake up	
8:15-8:50	Breakfast	
9:00-9:25	Clean Up Cabins	Health Centre Clinic Hour 9:00-10:00
9:25-9:45	Transition to Basketball	
9:45-11:00	Basketball Period	
11:00-11:15	Snack	
11:15-12:40	Basketball Period	
12:40-1:10	Transition to Lunch	
1:10-1:40	Lunch	
1:40-2:30	Rest	Health Centre Clinic Hour 2:30-3:30 Tuck Shop Open
2:30-3:30	Basketball Period	
3:30-3:45	Transition to Water/Land Activities	
3:45-4:45	Choice Period Water/Land Activities	
4:50-5:50	Free Period Water/Land Basketball/Fitness Activities	
6:15-6:45	Dinner	
6:45-7:15	Transition + Change for every athlete	
7:30-8:10	Game Time	
8:20-9:00	Evening Program	
9:00-9:30	Snack	
9:30-10:00	Get Ready For Bed	
10:00	Lights Out	

*Just like at home, where the adults stay up later than the kids but still have a designated bedtime, our staff have a set curfew each night. This allows them some time to relax and socialize with friends; however, each night there are staff members that are designated as “on duty” in each cabin and are available to assist campers if the need arises.

Food at Camp

Elite Camps takes great pride both in the beauty of their dining hall and the food that they serve. Meal times are so much more than the chance to eat; three times each day Hoop Dreams campers come together in one place to enjoy a meal together.

Elite serves upwards of 150 people at each meal, so you can imagine that it is quite a production! The catering and kitchen staff use wholesome ingredients to carefully prepare and assemble wonderful meals. The food philosophy is to enjoy classic camp meals and treats from time to time, but to spend most of our efforts figuring out ways to provide meals that are both kid-friendly and nutritious.

Elite Camps offers an array of top quality foods, and the meals are varied and balanced. We serve our meals family-style, with the food on platters to be passed around the table. This style of serving promotes a feeling of community around mealtime, and also allows campers to choose what they want to eat...maybe try a little bit of something new...and take more if they enjoy it!

Some things to know about the food at Elite:

- Oatmeal, yogurt, fruit, cold cereal, and hard-boiled eggs are available everyday at breakfast IN ADDITION to whatever the main meal is that day.
- Every day at lunch, Hoop Dreams offers a beautiful salad bar with unlimited quantities of fresh ingredients and an assortment of dressings.
- Each day we serve one “sweet” dessert (often freshly baked by our catering company), and one fruit dessert
- We are prepared to accommodate any special dietary needs, including (but not limited to) foods that are vegetarian, gluten-free, and lactose-free.

Please know that Hoop Dreams is a Nut-safe camp, and does not serve any food containing Nuts.

Transportation

GENERAL TRANSPORTATION INFORMATION

For us, even though we are thinking and planning for camp year-round, we mark the official beginning of the camp experience as soon as that first camper gets on the bus and don't mark its end until all of our campers have arrived home safely. The bus ride is often a time for campers to make new friends and/or reacquaint with old ones. For reluctant or first time campers, the bus ride can often serve as a valuable "transition time". Our skilled coaches spend time with each of our campers on the bus to ensure that they are prepared and comfortable for their arrival at camp. Our mandate is to provide a safe, enjoyable, and efficient trip to and from camp for all of our campers. Our bus company is of the best in the business. For all of these reasons we encourage families to use our bus system even when it may seem more convenient to drive their camper to camp. Please find below, all the specific transportation information you will need to assist your camper in travelling to and from camp.

TRANSPORTATION INFORMATION CAMPERS: CAMPER AND BAGGAGE DEPARTURE –

Camp Session	Camp Dates	Bus Departure Time and Location
Session 1	June 28 - July 4, 2020	Elite Training Centre June 30 8:45 AM
Session 2	July 5 - 11, 2020	Elite Training Centre July 7 8:45 AM
Session 3	July 12 - 18, 2020	Elite Training Centre July 14 8:45 AM
Session 4	July 19 - 25, 2020	Elite Training Centre July 21 8:45 AM
Session 5	July 26 - August 1, 2020	Elite Training Centre July 28 8:45 AM
Session 6	August 2 - 8, 2020	Elite Training Centre August 4 8:45 AM
Session 7	August 9 - 15, 2020	Elite Training Centre August 11 8:45 AM
Session 8	August 16 - 22, 2020	Elite Training Centre August 18 8:45 AM
Session 9	August 23 - 29, 2020	Elite Training Centre August 25 8:45 AM

TORONTO

All campers from Toronto and surrounding areas attending Hoop Dreams have the option of taking the camp bus from the Toronto location. Toronto buses will be leaving from The Elite Training Centre (ETC). Buses will leave at 8:45 a.m. sharp, so

please arrive no later than 8:15 a.m. Please bring campers' baggage with them to the buses and make sure they are labelled with your camper's name.

Our Hoop Dreams staff will be at the buses ready to greet and sign you in. You will be able to identify them easily as they will be wearing Elite Camps t-shirts.

DROP OFF/PICK UP LOCATION

Elite Camps Training Centre - Unit B, 20 Scarsdale Rd, North York, ON M3B 2R2

Please use the following link for exact drop off and pick up location:

https://www.google.ca/maps/place/Elite+Camps+Training+Centre/@43.7450265,-79.3542376,15z/data=!4m2!3m1!1s0x0:0x43450447b1f609c4?sa=X&ved=2ahUKEwiP-Nrow7jdAhXr6oMKHZbsAhUQ_BlwCnoECAsQCw

