

Parent Handbook 2017

BRIDGTON SPORTS CAMP

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HOW TO ACCESS MY CAMPMINDER

1. WWW.BRIDGTONSPORTSCAMP.COM
2. Click on "MENU"
3. Click on "Current Families"
4. Enter Log In information (if you forget your password, click on "retrieve password" to reset)
5. Click on "Forms and Documents"

Dear Camp Families,

I hope that everyone had an exciting and relaxing winter break. Camp will be here before we know it and preparation is well underway for another fantastic summer!

This handbook will help you prepare for camp. It contains information our our policies and procedures, travel to/from camp, a packing list, and much more. We encourage you to read through it and use it as a helpful resource.

We are thrilled that you are sending your child to Bridgton Sports Camp this summer. Our goal at camp is not only to have all of our campers improve in athletics but also to grow in our safe, structured, and spirited environment. For this to happen we need the support of both campers and camp parents. The most important way that parents can help is by following our rules and policies and by ensuring that your child understands and appreciates their values as well.

As you prepare for camp, be sure to revisit this handbook. Please don't hesitate to contact us anytime with questions or concerns. We are looking forward to a great summer.

See you soon,

Brian

Required Forms

Listed below are several important forms that need to be completed by June 1st.

All forms can be found online at www.bridgtionsportscamp.com (follow instructions to the left to access "My Campminder"). This information is very important for our planning and for your child's smooth transition to camp. We greatly appreciate your cooperation.

- Activity Selection Form
- Bunk Requests
- Camper Profile
- Parent Authorization Form
- Health History
- Physician Examination/Immunization Form - (must be signed by a doctor)
- Transportation Form

Please mail, e-mail, or fax the Physicians Examination, Parent Authorization, and Immunization forms to our winter office:

Bridgton Sports Camp
P.O. Box 82
Gladwyne, PA 19035

E-mail: info@bridgtionsportscamp.com
Fax #: 215-475-3982

Travel Information

Session 1 – Sunday June 25 – Saturday July 15
Session 2 – Sunday July 16 – Saturday August 5

Drop Off / Pick Up

Drop your camper(s) off at camp on Sunday, between 2:30 pm & 5 pm.

Pick your camper(s) up at camp on Saturday, between 8:30 am & 10:30 am.

Directions to Bridgton Sports Camp can be found on our website by clicking “About Bridgton”, then “Location”. On this page we also have dining & accommodation suggestions.

If using a GPS the address is: 11 Academy Lane
 North Bridgton, Maine 04057

Baggage: All camper baggage and sports equipment can be dropped off on arrival day and picked up on departure day.



Bus Transportation

NY/NJ Bus

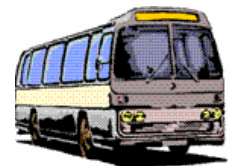
Departure to Camp: We will meet at 8 am in the parking lot of the Vince Lombardi Service Area off of the NJ Turnpike. The bus will leave promptly at 8:30 am. **Be sure to search parking lot on both sides of Service Station for the Coach Bus, as this Service Plaza allows access from both directions on the Turnpike.** Please bring a nut free bagged lunch.

Arrival after Camp: The bus should arrive at the Vince Lombardi Service Area at approximately 2:00 pm.

Directions: The Vince Lombardi Service Area is the last service area on the New Jersey Turnpike and is located between exits 18E & 18W. Coming from the South it is just past the sport complex and from the North it is the first service area after you cross the GW Bridge.

Baggage: We will reserve space for all baggage, including sports equipment on the bus to/from camp.

Cost: \$275 round trip / \$175 one way



Boston Bus

Departure to Camp: We will meet at 11:45 am in the parking lot of the Natick Service Plaza off of the Mass Pike. The bus will leave promptly at 12:30 pm. Please bring a nut free bagged lunch.

Arrival After Camp: The bus should arrive at the Framingham Plaza at approximately 9 am.

***Note that pickup and drop-off for Boston Campers are at different locations**

Directions: The Natick Service Plaza is the last service area on the Mass Pike heading East. The plaza is between exits 13 & 14. The Framingham Plaza is located between exists 13 & 12, heading West on the Mass Pike.

Baggage: We will reserve space for all baggage, including sports equipment on the bus to/from camp.

Cost: \$200 round trip / \$150 one way

Air Travel

All campers should fly into the Portland International Jetport. When booking your flight, try to arrive no later than 1 pm on arrival day and depart no later than 1 pm on departure day. Camp staff will be at the terminal in camp uniform to greet the campers. Please ensure that you have completed a “unaccompanied minor” form (available from your chosen airline). The form must accompany your child on the flight. Please contact camp with your itinerary as soon as it’s confirmed.

Baggage: All baggage must be shipped 1 week prior to the start of camp. For shipment home, please prepay & schedule pickup with either Fedex or UPS for the Monday after your session ends.

The address for shipping bags to camp is: Bridgton Sports Camp
 attn: Camper Name
 11 Academy Lane
 North Bridgton, ME 04057



Packing List

- Your child’s clothes are sent out to the local Laundromat. They are picked up and will be returned to camp two days later. You should provide approximately one and a half week’s worth of clothing and several days extra in the event that unusual circumstances occur.
- Use this check off list as a guide; adjustments should be made to provide for your child’s individual interests and needs.
- The washers and dryers are commercial machines. We recommend that delicate clothing not be sent to camp
- Please use only duffle bags when packing your child for camp (limit two per camper).
- Remember everyone tends to over-pack, be careful.
- All items should be labeled with camper’s name.
- If your child wears glasses, please send an extra pair to camp. Prescription sports goggles are also required. If your child wears contact lenses, send extra contact lenses and solution which will be kept in our Health Center.
- Please do not send your child to camp with any candy/food. We do not want this in the dorms.

	Clothing	Quantity
<input type="checkbox"/>	Socks	12
<input type="checkbox"/>	Underwear	12
<input type="checkbox"/>	T-Shirts	12
<input type="checkbox"/>	Long Sleeve Shirts	3
<input type="checkbox"/>	Sweatshirts	2
<input type="checkbox"/>	Shorts	12
<input type="checkbox"/>	Sweatpants	2
<input type="checkbox"/>	Jeans or Long Pants	2
<input type="checkbox"/>	Pajamas	4
<input type="checkbox"/>	Swimwear	3
<input type="checkbox"/>	Bathrobe	1
<input type="checkbox"/>	Rain Jacket / Poncho	1
<input type="checkbox"/>	Baseball Hats	2
<input type="checkbox"/>	Nice Outfit for Final Banquet	

	Toiletries	Quantity
<input type="checkbox"/>	Toothbrush / Toothpaste	1
<input type="checkbox"/>	Comb / Brush	1
<input type="checkbox"/>	Soap (in container)	1
<input type="checkbox"/>	Shampoo	1
<input type="checkbox"/>	Plastic Drinking Cup	1
<input type="checkbox"/>	Deodorant	1

	Bedding / Linen	Quantity
<input type="checkbox"/>	Warm Blankets	2
<input type="checkbox"/>	XL Twin Size Sheets	2 sets
<input type="checkbox"/>	Pillow	1
<input type="checkbox"/>	Pillow Cases	2
<input type="checkbox"/>	Bath Towels	4
<input type="checkbox"/>	Beach Towels	2
<input type="checkbox"/>	Wash Cloths	2
<input type="checkbox"/>	Laundry Bags	1

	Miscellaneous
<input type="checkbox"/>	Flashlight
<input type="checkbox"/>	Camera
<input type="checkbox"/>	Self Addressed Stamped Envelopes with Paper
<input type="checkbox"/>	Pens / Pencils
<input type="checkbox"/>	Athletic Cup
<input type="checkbox"/>	Sunscreen
<input type="checkbox"/>	Insect Repellent
<input type="checkbox"/>	Musical Instrument (if applicable)
<input type="checkbox"/>	Mouth Guards (3)
<input type="checkbox"/>	Water Bottle
<input type="checkbox"/>	Large Fan

	Footwear	Quantity
<input type="checkbox"/>	Sneakers	1
<input type="checkbox"/>	Flip Flops	1

Campers must bring all sports equipment relative to their “majors” and “minors”

Ice Hockey	
<input type="checkbox"/>	Stick
<input type="checkbox"/>	Jersey
<input type="checkbox"/>	Skates
<input type="checkbox"/>	Mouth Guard
<input type="checkbox"/>	All Hockey Pads
<input type="checkbox"/>	Throat Protector
<input type="checkbox"/>	Athletic Cup
<input type="checkbox"/>	Helmet
<input type="checkbox"/>	Hockey Pants
<input type="checkbox"/>	Garter Belt / Hockey Socks
<input type="checkbox"/>	Gloves
<input type="checkbox"/>	Tape (2 rolls)
<input type="checkbox"/>	1 Light and 1 Dark Jersey (minimum)

Basketball	
<input type="checkbox"/>	Basketball Sneakers
Soccer	
<input type="checkbox"/>	Plastic Cleats
<input type="checkbox"/>	Shin Guards
Tennis	
<input type="checkbox"/>	Tennis Racket
<input type="checkbox"/>	Tennis Sneakers

Lacrosse	
<input type="checkbox"/>	All Lacrosse Pads
<input type="checkbox"/>	Helmet
<input type="checkbox"/>	Lacrosse Stick
Baseball	
<input type="checkbox"/>	Plastic Cleats
<input type="checkbox"/>	Baseball Pants
<input type="checkbox"/>	Glove

Golf	
<input type="checkbox"/>	Polo Shirt
<input type="checkbox"/>	Khaki Shorts
<input type="checkbox"/>	Golf Shoes
<input type="checkbox"/>	Golf Clubs
Street Hockey	
<input type="checkbox"/>	Shin Guards
<input type="checkbox"/>	Helmet

Communication

Telephone

If your child has a cell phone he may bring it with him to camp. We will collect all of the cell phones and they will be redistributed every **Sunday** for phone calls home. You should expect a phone call at approximately **7 pm**. If your child does not have a cell phone he will call from the office between **7-9 pm**.



Letter Writing

It is important that campers receive frequent mail from home. This is especially important in helping new campers adjust to camp. We strongly urge every parent to write at least a couple of times per week (your child has mandatory letter writing 1 day per week). Some parents will write a letter before their child leaves for camp so they have a letter waiting for them when they arrive. Please send pre-stamped and addressed envelopes for your child to use.



Include the addresses of friends and family that your child may want to write during the summer.

Letters should be sent to the following address:

Bridgton Sports Camp
Your Son's Name
PO Box 17
North Bridgton, ME 04057

E-mail

Parents and approved family members will be allowed access to the password protected "My Campminder" section of the web site. You will have the ability to send email, view photos and daily updates. Emails to your child will be printed and distributed daily. All of this will be available to you online once camp gets started.



Official BSC Clothing

Each camper will receive 2 camp t-shirts when they arrive. You must visit www.bridgtionsportscamp.com, click on "menu", then current families tab, click on the Bridgton apparel graphic, and click on the Bridgton Sports Camp Catalog. Scroll to find "Bridgton Free Tee Shirt" and follow checkout instructions. You also have the ability to order extra shirts along with official merchandise that is available.

* **We recommend that you purchase the jersey for the major that your child will participate in at camp.**



Homesickness

Homesickness is, above all, a normal feeling. It is the natural result of separation from home and loved ones. In a recent study, nearly 96 percent of all boys and girls who were spending two weeks or more at overnight camp reported some homesickness on at least one day. Almost all children (and grown-ups) feel homesick when they're away from home.

Most feelings of homesickness are not problematic. In fact, missing home isn't a problem

The best at-home prevention strategies include:

- Working together as a family to plan and pack for camp
- Spending practice time away from home, such as a long weekend at a friend's house
- Experimenting with different coping strategies during this practice separation
- Preparing pre-stamped and pre-addressed envelopes to bring to camp

The best in-camp interventions for homesick campers include:

- Staying busy
- Talking with someone
- Remembering that you're not at camp for your whole life - just a few weeks
- Remembering all the fun activities that camp offers...and doing them!

Please do not make promises or 'private deals' with your child, such as, "If you don't like camp after one week, I will come and get you". These comments tend to undermine a child's ability to get through the transition from home to camp life. When parents are supportive of efforts to stay at camp, campers have the opportunity to gain independence and self-confidence while spending valuable time away from home. You are our best ally! Of course, you are always welcome to contact us for an 'update'.

PLEASE NOTE

We spend a good portion of staff orientation talking about homesickness and how to help campers overcome it.

Rules and Policies

1. The use of tobacco products, drugs or alcohol are strictly prohibited. Any camper disobeying the rule will be asked to leave after his parents are notified.
2. Bridgton Sports Camp will not tolerate disrespectful and/or inappropriate behavior to peers or staff. We also do not tolerate bullying.
3. Any camper defacing camp property will be billed for damages and will be asked to leave camp. Bridgton Academy is given to us in pristine condition and we have made a promise to the school that it stays that way.
4. No camper or staff member will be allowed to come to camp with facial jewelry, inappropriate tattoos, body piercings or earrings.

* All campers will sign a statement when they arrive at camp that they understand all policies and agree to abide by them this summer

Prohibited Items at Camp

Dart guns or any type of toy gun (nerf, foam, rubber, water, etc.), knives, laser pointers, scooters, hover boards, skateboards, scissors, lighters are all prohibited. These items can cause hazardous situations in camp.

Do not send expensive cameras, watches, or jewelry to camp. The camp will not assume responsibility for the loss or damage of campers' personal property.

PLEASE NOTE

If any of these items are found in camp, we will collect and return them to your child at the end of camp. It would be impossible to list everything that should not be brought to camp, therefore we need your help and parental authority when packing your child for camp.

Electronics Policy

To ensure camp is a wholesome experience where campers focus on activities and each other, **we prohibit DVD players, ipad, itouch, and ALL other electronic video playing devices. Furthermore, all electronic devices with internet capability (3g, 4g, lte, wifi) are prohibited.** Campers are allowed to listen to music from an iPod shuffle, iPod Nano, or other music only playing devices. Hand held gaming toys (eg. Game Boy, Nintendo DS) are permitted but can only be used at rest hour and before campers go to sleep. A kindle and other types of electronic reading devices are allowed (**only models with no internet connectivity**). We are not responsible for any loss or damages to these items.



Extra Charges

Out of Camp Trips

All trip costs are covered by tuition. * DO NOT send your child to camp with cash as it's not necessary and we cannot be held responsible for it. We recommend purchasing a VISA gift card if you would like your child to have some extra spending ability at concession stands outside of camp. (No more than \$100.)

*excluding senior rafting trip

Transportation

The transportation fee is for use of camp buses to/from camp. This fee is only for campers who use this method of transportation

Tutoring

Tutoring is available in remedial work and school subjects and can be arranged on a private, individual basis. Our tutors will contact you directly to discuss requirements and fees.

Senior Rafting Trip

8th-9th graders have the option of going on this trip. Information is available online in the "Form and Documents" section of "My Campminder".

Ice Hockey

There is an Ice Hockey arena/maintenance fee. Ice Hockey majors will be charged \$185 during the enrollment process.

Health Care

Communicable Diseases

Please be sure to check your child for the presence of head lice two or three weeks prior to camp and immediately before camp begins. In addition, check for ingrown nails, planters warts, rashes, etc. and take care of these before camp begins. Please notify the camp of any medical issues prior to camp. We have a brief nurses inspection at camp every Sunday and you will be contacted if health issues arise.

Dental Checkup

Parents of campers undergoing orthodontic treatment should relay any special instructions to us. During the summer, the local orthodontist will make your child comfortable if a wire snaps or another problem arises.

Prescription Medication

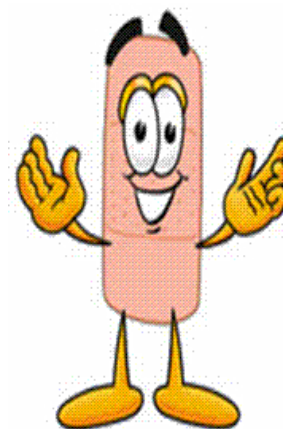
Our Health Center stocks basic over the counter medication. If a camper requires prescription medication from a pharmacy, the charge will be made to your medical carrier. Parents are responsible for payment of all special orders for prescription and non-prescription medications

PLEASE NOTE

We require families to use CampMeds pharmacy for packaging of all medication in pill form. We will only dispense pills that have been dispensed and packaged by the CampMeds pharmacy (**you can login to "My Campminder" to learn more about CampMeds and to enroll your child for the summer**). This is only necessary if your child requires medication in pill form for the summer. All medication in non-pill form should be clearly marked and sent to camp via FedEx or UPS, to arrive no later than one week before the start of your session.

If your child requires medication that needs to be refrigerated, the counselor at your departure point will collect it. If your child needs the medication while on the bus to camp, please give that dose to the counselor with your child's name and the time he needs to ingest it. Do not pack medication in your child's bag.

Our camp nurse will be available at drop off and/or by phone to speak with you regarding medication.



Packages, Gifts, & Food

Only flat envelopes will be accepted at camp. If you need to send a larger package, please call our camp office to make arrangements. Food, candy, and any type of liquid is not permitted and will be donated. We suggest that you send magazines, books, games, and letters. Please advise friends and relatives of this policy.

Birthday Packages

You may send a package for your child's birthday. Please mark it clearly "Birthday Gift" with the date of the birthday outside. We provide cake and a special birthday celebration for each camper whose birthday falls during the camp season. Your child will also have the opportunity to speak with you on his birthday. Please do not send balloons.

Visiting Camp

Because we are a three week camp, we don't have an "official" visiting day. If you are dropping off your child, we recommend taking some time to tour the camp and meet the staff.

We do not allow unannounced visitors to enter the camp premises, therefore please call the camp office to make the necessary arrangements should a visit be required.



Contact Us

Winter Address:

P.O. Box 82
Gladwyne, PA 19035

Summer Address:

P.O. Box 17
North Bridgton, ME 04057

Phone: 866-283-5943

Fax: 215-475-3982

Email: info@bridgtonsportscamp.com