

# Parent Handbook 2023



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Dear Camp Families,

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 value as well.

The purpose of this handbook is to help you prepare for camp. It contains information on our policies and procedures, travel to/from camp, a packing list and much more.

Over the past three summers our Parent Handbook has been updated to include important information regarding COVID19. Our success in the COVID era has started with our plan to ensure each camper's safe and healthy arrival, as well as our preventative and containment measures. With camp still many months away our plan could change as we receive updated guidance from healthcare professionals. For this reason we have taken COVID protocols out of the handbook and we will communicate any/all policies closer to camp.

After thoroughly reading this Handbook, please don't hesitate to contact us anytime with questions or concerns. We are looking forward to a great and much needed summer.

Best,  
Brian

## CampInTouch

CampInTouch provides families online access to camp throughout the year. Please log in to complete all required camp forms, during the summer you can read camp blogs, view photos, videos, and email your camper, and in the fall you will be able to easily re-enroll your camper for the following summer.

**There are 2 ways you can access CampInTouch. Both methods provide similar access, however the Campanian App includes new features and additional functionality!**

### Campanian App.

- Download the Campanian App by CampMinder
- Log in using your camper account email address and password
- Complete online forms and upload completed paperwork right in the app
- View daily camp photo albums
- Download/share photos from the albums
- Face finder technology will provide a personalized stream of photos of your camper
- Receive notifications and micro posts that provide important updates from camp
- Send your camper emails

### Online Access **\*Log in on website**

- Visit [www.bridgtonsportscamp.com](http://www.bridgtonsportscamp.com)
- Click on "MENU"
- Click on "Current Families"
- Log in using your camper account email address and password
- Access and complete forms
- Update Financial information
- View photos from camp (does not include face finder technology)
- Send your camper emails

## Required Forms

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

All forms can be found online at [www.bridgtonsportscamp.com](http://www.bridgtonsportscamp.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 note that the forms which are required to be printed and filled out (**Parent Authorization, Physical Examination, Immunization**) can be upload in the Campanian app using the camera on your phone (so much easier!). If you need help with any of this, please email [dani@bridgtonsportscamp.com](mailto:dani@bridgtonsportscamp.com)

## Travel Information

**Session 1 - Saturday, June 24 - Friday, July 14**  
**Session 2 - Sunday, July 16 - Saturday, August 5**

### Drop Off/Pick Up

Drop your camper(s) off at camp on arrival day between 3pm & 5pm

Pick your camper(s) up at camp on departure day between 8:30am & 10:30am

- Follow the signs when you arrive at camp to a welcome table where staff will assist you
- Camp Staff will greet you and assist with all bags and athletic equipment
- Counselors will be waiting for your arrival and after a week of orientation will be so excited to meet the campers and to show them around camp. This is when the campers will say goodbye, so their 3 week camp adventure can begin!
- The entire camp will have dinner together at 6pm; after the busses arrive
- After dinner, counselors will assist the campers in unpacking their bags and setting up their room, followed by fun ice breaker activities so we can learn more about everyone.

Directions to camp can be found at [www.bridgtonsportscamp.com](http://www.bridgtonsportscamp.com) by clicking on “Menu”, then “Location”. On this page we also have dining & accommodation suggestions if you are planning to stay in Maine.

If using a GPS the address is:

**11 Academy Lane**

**North Bridgton, Maine 04057**

**Baggage:** All campers 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 8am in the parking lot of the Vince Lombardi Service Area off of the NJ Turnpike. The buses will leave promptly at 9:00am. **Be sure to search the parking lot on both sides of the service Station as it can be confusing but this Service plaza allows access from both directions on the NJ Turnpike.**

- Once you locate the buses please wait in the car for loading instructions from our staff.
- We will load the buses one car at a time to prevent a crowd.
- Pack a nut free lunch/snacks/drink. The bus will not stop.
- We will send an email once the bus arrives at camp

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

**Directions:** The Vince Lombardi Service Area is the last service area on the NJ Turnpike and is located between exits 18E & 18W. Coming from the south it is just past the sports complex and from the north it's 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:** \$245 each way

- **Boston Bus**

**Departure to camp:** We will meet at 12:15pm in the parking lot of the Natick Service Plaza off of the Mass Pike. The buses will leave promptly at 1:00pm. Please bring a nut free, bagged lunch with drinks for the ride

- Once you locate the buses (they will be driving up from NJ so could be a few minutes late with traffic + covid testing) please wait in the car for loading/testing instructions from our staff. We will load the buses one car at a time to prevent a crowd.
- Pack a nut free lunch/snacks/drink The bus will not stop.
- We will send an email once the bus arrives at camp

**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 exits 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:** \$175 each way



## Air Travel

Campers can fly into Portland International Jetport and we will pick up at no charge. When booking your flight, try to arrive between 12-4pm on arrival day and depart no later than 12pm on departure day. Camp staff will be by the baggage claim in a camp uniform to greet the campers. Please ensure that you have completed a “unaccompanied minor” form (available from your chosen airline) if your child is flying unaccompanied. The form must accompany your child on the flight. Please contact camp with your itinerary as soon as it's confirmed.

**Baggage: If your camper is flying to camp, 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 following camp.

The address for shipping bags to camp is:

**Bridgton Sports Camp**

**Attn: Campers 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 & Casino Night	

	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"/>	<b>Water Bottle (2) must be labeled</b>
<input type="checkbox"/>	Large Fan

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

## SPORTS EQUIPMENT

**\*All campers must bring all sports equipment relative to their “major”.**

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

## 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 until it becomes a preoccupation.

### PLEASE NOTE

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

#### 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'.

## 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 upon arrival and they will be redistributed every **Sunday** for phone calls home. If your child does not have a cell phone he will call from the office. We will communicate the timing of phone calls prior to the start of camp.

### 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 "CampInTouch", which is accessed through the website or the Companion App. This is where you will be able to send Emails to your child which will be printed and distributed daily. This feature will be available to you once camp gets started.

## Official BSC Clothing

Each camper will receive an official camp t-shirt when they arrive. To order extra shirts along with other official clothes and merchandise, you can visit our online store, by visiting [www.bridgtonsportscamp.com](http://www.bridgtonsportscamp.com), click on Menu => Current Families => (scroll down) Online Store.



## 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**

## Social Media Policy

We view social media as a great way to keep in touch with friends and encourage our campers to stay connected over the winter. When communicating with our camp family, we expect the same good judgment and respect that we do while we are together at Bridgton

1. Campers must be positive and respectful in ALL communications related to camp, other campers and its staff.
2. No use of obscenities or vulgar language.
3. Do not say mean, humiliating, or threatening comments to or about other campers or staff including their family members.
4. Do not post pictures or videos online that could embarrass or violate anyone's privacy.
5. Do not pose as another camper online or spread false information about anyone or say damaging things to or about anyone.
6. Do not ever use social media to harass, bully, or intimidate other campers or staff.
7. Negative depictions of BSC or its logo, name or other identifying characteristics on any form of social media is strictly prohibited. Bridgton Sports Camp has its own social media platforms that are the official accounts of the camp and campers are encouraged to join. They are not permitted to create accounts posing as the camp.

**\*WE RESERVE THE RIGHT TO REVOKE A CHILD'S ENROLLMENT FOR THE COMING SUMMER IF HE VIOLATES ANY OF THE ABOVE POLICIES\***

We think it's great when everyone stays in touch and uses social media in a positive way! Please consider other people's feelings when communicating through social media so that every camper and member of our camp community feels valued and safe.

## Prohibited Items at Camp

Knives, scooters, hover boards, skateboards, scissors, lighters, candles, slime, silly string, tacks, push pins, cameras, lockboxes are all prohibited.

**Do not send watches, jewelry, or other valuables that would upset your camper if they were lost.** The camp will not assume responsibility for the loss or damage of campers' personal property.

**Please DO NOT pack food with your camper. We are not a free facility.**

### 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

There is **NO WIFI** access at camp, with the exception of phone calls home. We want the campers to unplug while they are with us. To ensure camp is a wholesome experience where campers focus on activities and each other, we prohibit DVD players, iPads, iTouch, old phones and ALL other electronic video playing devices. Video gaming devices are also prohibited. Furthermore, all electronic devices with internet capability (3g, 4g, 5g, LTE, Wifi) are prohibited, this includes Apple Watch or any other watch that connects to wifi. Campers are allowed to listen to music from an iPod shuffle, iPod Nano, or other music only playing devices. A Kindle e-reader is allowed but all books must be downloaded prior to arrival as there is no way to do that once they are at camp. We are not responsible for any item that is lost or damaged.



## Extra Charges

### Out of Camp Trips (to be determined due to COVID)

All trip costs are covered by tuition (excluding senior rafting trip). **\*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 \$275 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.

## Contact Us

**Winter Address:**

140 Ivy Lane, Suite 100  
King of Prussia, PA 19406

**Summer Address:**

P.O. Box 17  
North Bridgton, ME 04057

**Phone:** 866-283-5943

**Fax:** 215-475-3982

**Email:** [info@bridgtonsportscamp.com](mailto:info@bridgtonsportscamp.com)