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## **DEAR CAMP FAMILIES,**

Welcome to Bridgton Sports Camp! This handbook is designed to help you prepare for your son's summer at camp. We hope to answer many of your questions and give you an overview of the planning necessary for a successful summer.

The handbook contains information regarding our policies and procedures, travel to/from camp, communication throughout the summer, a packing list and much more. Returning families are asked to review the Parent Handbook each year. We will notify you in the mailings if there are any changes or new policies for the upcoming summer in addition to highlighting them in this handbook.

## **CAMPINTOUCH/PARENT PORTAL**

CampInTouch is our online parent portal that you experienced when you registered your son for camp. Through this portal, you can access and maintain your son's information, such as address, phone, email, and emergency contacts. You can also complete forms required for attending camp, including the camper application, medical forms, camper profile, activity selection, and more. Additionally, you can review and update your financial information and make online payments at your convenience. While your son is at camp, you may use CampInTouch to access the photographs that are posted each day and to send him one-way emails, which are printed and distributed daily. In addition to using your CampInTouch account, we encourage you to use the Companion App, which includes unique features and additional functionality, to further connect with your son's camp experience. Download the [Companion App](#) on your phone and login using your CampInTouch email/password. The app uses facial recognition to sift through hundreds of photos and tags each child to create a stream of content personalized to every parent. The photos through the app are free to download and share. We strongly recommend you set up the [Companion App](#) before the first day of camp as the facial recognition is applied as pictures are uploaded. It does not match previously loaded camp pictures. The pictures posted via CampInTouch/Companion are password protected. You may also use the app to complete camper forms and to send one way emails to your camper during the summer.

\*Please note that the forms which are required to be printed, filled out, and returned, can be uploaded in the Companion app by using the camera on your phone. If you need any assistance accessing your CampInTouch account, we are here to help! You can always contact CampMinder at 303-444-2267 for tech support, our camp office at 866-283-5943, or email us at [dani@bridgtonsportscamp.com](mailto:dani@bridgtonsportscamp.com) for further assistance.

## FORMS AND MAILINGS

To access camper forms, [login](#) to your CampInTouch account. Then click the “Forms & Documents” link. You will see a list of all the required and optional forms. **Below are several important forms that need to be completed prior to May 1st.** 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** - helps us formulate a customized camp schedule for each camper

**ROOMMATE REQUESTS** (if applicable)

**CAMPER PROFILE** - information that will help us meet the needs of our campers and more effectively manage any challenges that may arise. Please indicate any requests and concerns that you may have about your son that you have not yet expressed to a Director (e.g. unusual eating habits, afraid of thunder, etc.).

**ATHLETIC PROFILE** - information and/or requests to be shared with each sports director

**PARENT AUTHORIZATION FORM** - insurance info and permission to treat (please make sure signature is included)

**CAMP MEDS** - required for all prescription medications

**PHYSICIAN EXAMINATION/IMMUNIZATION FORM**

**TRANSPORTATION FORM** - please complete asap as space on our charter bus is limited

## GETTING TO AND FROM CAMP - 2026

**Session 1: Saturday, June 27- Friday, July 17**

**Session 2: Sunday, July 19- Saturday, August 8**

## DROP OFF/PICKUP

Drop your camper(s) off at camp between **3pm & 5pm**

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

- All vehicles will follow signs to our sign-in area. From there we will direct you to the dorm your child is staying in to unload the car.
- Counselors will be waiting for your arrival at the dorms. 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 a lineup together at 5pm. Followed by sports on the fields, dinner and counselors assisting the campers in unpacking their bags, making their bed and setting up their rooms.

Directions to camp can be found through Menu Bar => Location on our website, or by clicking [HERE](#). On this page we also have accommodation suggestions if you are planning to stay in Maine. If using 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. You may also use the shipcamp services.

## **BUS TRANSPORTATION**

### **NY/NJ Bus**

**Departure to camp:** We will meet at 8:30am 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 this service plaza allows access from both directions on the NJ Turnpike.

- BSC staff will check in your camper and direct you where to unload all bags.
- Make sure all medication is collected by a staff member along with specific instructions if any medication needs to be administered during the bus ride to camp
- 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 between 2:30-3pm.

**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:** All baggage brought to camp can come home on the bus.

**Cost:** \$295 each way

### **Connecticut Bus**

**Departure to camp:** We will meet at 10am in the parking lot of the I-95

Northbound Darien Service Plaza. The buses will leave promptly at 10:30am.

- BSC staff will check in your camper and direct you where to unload all bags.
- Make sure all medication is collected by a staff member along with specific instructions if any medication needs to be administered during the bus ride to camp
- 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 I-95 Southbound Darien Service Plaza between 12:30 and 1pm.

**Directions:** To camp, I-95 Northbound Darien Service Plaza is between exits 12 & 13. Arriving home after camp, I-95 Southbound Darien Service Plaza is between exits 10 & 9.

**Baggage:** All baggage brought to camp can come home on the bus.

**Cost:** \$275 each way

## **Boston Bus**

**Departure to camp:** We will meet at 1:00pm in the parking lot of the Natick Service Plaza Eastbound off of the Mass Pike. The buses will leave promptly at 1:30pm.

- Buses will be arriving from NJ or CT so could be a few minutes late depending on traffic.
- BSC staff will check in your camper and direct you where to unload all bags.
- Make sure all medication is collected by a staff member along with specific instructions if any medication needs to be administered during the bus ride to camp.
- Pack a nut free lunch/snacks/drink. The bus will not stop.
- We will send an email/notification once the bus arrives at camp

**Arrival after Camp:** The bus should arrive at the Framingham Plaza at approximately 10 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:** All baggage brought to camp can come home on the bus.

**Cost:** \$255 each way

## **AIR TRAVEL**

We offer transportation to and from Portland International Jetport. 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 an “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 the camp with your itinerary as soon as it’s confirmed.

**Baggage: If your child is flying to camp, all baggage must be shipped using the Ship Camps service. We are not able to accommodate bags checked under the plane.**

## **SHIP CAMPS**

Bridgton Sports Camp has teamed up with Ship Camps to make baggage delivery to and from camp easier for everyone. Ship Camps offers round-trip, door-to-door service with outstanding customer support and an experienced operations team that ensures on-time delivery, continuous baggage monitoring, and tracking as well as detailed coordination with our camp staff. Furthermore, Ship Camps will now ensure that each camper traveling by plane will have their belongings in their dorm room upon arrival to camp and all bags will be safely delivered at your desired location 3-5 days after departure. It is required that families traveling by plane, use the Ship Camps service. Setup with Ship Camps is quick, taking just a few minutes. You can visit [HERE](#) or call 855.540.2267 to book the service. Once setup is complete, Ship Camps will mail you your shipping labels, pick your bags up from home prior to the camp session AND drop off at your desired location after camp. Through our partnership, Ship Camps has guaranteed the best flat rate pricing for our families.

\*Be sure to use the Ship Camps link we provide here to access our discounted rates.

We strongly encourage getting orders booked with Ship Camps by or before April 15th, 2026!

## **WHAT TO PACK**

The campers should bring clothing for their major and the dress for all other camp activities is casual. Please try to not bring more than the amount indicated next to each item on the packing list. Space is limited, and many children have difficulty organizing and keeping track of too many belongings. Although laundry is washed individually, things inadvertently get misplaced and as you can imagine the lost/found pile at camp can become big. We recommend labeling all clothing for this reason. Your child's clothes are sent out to the local laundromat. They are picked up and will be returned to camp two days later. We repeat this cycle twice while at camp. Please follow the packing list. closely below and be sure not to overpack. If your child wears glasses or prescription sports goggles, please send an extra pair to camp. If your child wears contact lenses, send extra contact lenses and solutions which will be kept in our Health Center.

Most importantly, please do not send your child to camp with any candy/food. We are a 100% nut free facility and we do not allow food in the dorms.

# Packing List

## Clothing and Footwear

- Poncho/raincoat
- Ball cap/hat for sun
- Sunglasses
- T-shirts/tanks (12)
- Shorts (12)
- Sweatshirts (2)
- Jeans/  
sweatpants (2)
- Underwear  
(12)
- Socks (12)
- Pajamas (4)
- Swimsuits (2)
- Nice outfit (khaki  
shorts/collard shirt)  
for banquet
- Slides
- Sneakers (2)
- Shower shoes/crocs

## Toiletries

- Bar soap (in  
container)/body  
wash
- Shampoo/  
conditioner
- Toothbrush
- Toothpaste
- Hairbrush
- Deodorant
- Sunscreen
- Shower caddy

## Bedding and Linens

- Comforter or 2 warm  
blankets
- XL twin size sheets  
(2 sets)
- Pillow
- Pillow cases (2)
- Bath and beach  
towels (4)
- Laundry bag

## Miscellaneous

- Self addressed  
stamped envelopes  
with paper
- pens/pencils
- Insect repellent
- Refillable water  
bottles (2)  
\*LABELED
- Drawstring bag or  
backpack
- Fan (box fan,  
window fan, or table  
fan)
- Crazy creek chair  
(optional)
- Books (optional)

## SPORTS EQUIPMENT

\*Campers must bring all sports equipment needed for their major sport. We will have sports equipment available to use for sports the campers would like to try. **The only exception is lacrosse. All equipment must be brought to camp for your child to play.**

| Ice Hockey                  | Lacrosse          | Soccer             | Basketball | Baseball          |
|-----------------------------|-------------------|--------------------|------------|-------------------|
| Stick                       | Stick             | Jersey             | Jersey     | Tape (2 rolls)    |
| Skates                      | Helmet            | Shin Guards /Socks | Sneakers   | Helmet            |
| Mouth Guard                 | All Lacrosse Pads | Plastic Cleats     |            | Plastic Cleats    |
| Helmet                      | Mouth Guard       | Turf Shoes         |            | Baseball Pants(1) |
| All Hockey Pads             |                   |                    |            | Gloves            |
| Neck Guard                  |                   |                    |            |                   |
| Hockey Pants                |                   |                    |            |                   |
| Garter Belt                 |                   |                    |            |                   |
| Hockey Socks                |                   |                    |            |                   |
| Goalie Pads (if applicable) |                   |                    |            |                   |

## **WHAT NOT TO PACK**

We trust that you will not allow your son to bring any of the items below to camp this summer:

- CASH – campers do not need money at camp. Information regarding spending money for trips can be found later in this handbook.
- CAMERAS AND ELECTRONICS (SEE ELECTRONICS POLICY)
- ELECTRIC BLANKET
- THUMB TACKS OR PUSH PINS
- FOOD AND DRINKS
- SLIME, PUTTY, SILLY STRING OR OTHER STICKY/SLIMY SUBSTANCES
- SCOOTERS, HOVERBOARDS, SKATEBOARDS
- KNIVES, LIGHTERS, SCISSORS
- ANYTHING THAT WOULD UPSET YOUR CHILD IF IT WAS LOST!

## **ELECTRONICS AND DEVICES POLICY**

Every year we spend a lot of time contemplating our electronics policy to provide the best possible camp experience for your child. We want to help you and your son understand the challenges that some technologies pose to the camp experience and the fundamental reasons why we don't think certain devices belong in camp.

Many of our children rely on electronic devices as a source of entertainment and a vehicle for socialization where play is often centered around the newest game or app. Reading, playing cards, writing letters, puzzles, and especially talking are often eclipsed when electronics are accessible. Without the distraction of cell phones, TV, iPads, laptops and video games, campers are able to spend quality time interacting with their friends on a human level. Even with all the fun activities going on in camp, one of the best things is spending time in the dorms with your friends. The "down times" at camp are a great opportunity for campers to shape the strong bonds that we expect will be formed at camp.

Therefore, with the exception of calls home on Sundays (see policy below), we don't permit anything with WIFI capability at camp.

We do believe that listening to music in the dorms, individually or as a group, is compatible with camp life. Whether it's singing together during clean up or helping campers to unwind at night, we feel that music is good for the soul. Therefore, we do permit MP3

Players at camp. If campers/staff want to listen to music outside of the dorm with speakers that's okay too but they may not walk around campus with earphones on.

### **ELECTRONICS PERMITTED AT CAMP AND IN THE DORMS INCLUDE:**

MP3 Player: We support the Campfire Player. In addition, here are a few examples of less expensive devices: The Mighty MP3 Player, a refurbished iPod Nano or Shuffle (Amazon) and the SanDisk Clip Jam/ Sport/ or Sport Plus. All devices should be labeled with your child's first and last name.

### **ELECTRONICS NOT PERMITTED INCLUDE:**

Cell Phone/Texting Device (with or without SIM Card)\* Apple Watch or any other brand of smartwatch (see cell phone policy below)

iPod Touch, Camera, including Polaroids and disposable cameras Video Camera/GoPro  
E-readers (bring books), Video Games, iPad, Laptop/Computer, TV

## **PHONE CALLS HOME**

**Each camper is allowed one device (cell phone, iPad, watch etc that has wifi capability)** that can be used for phone calls home. We will collect this device, along with a charger, upon arrival to camp. On Sunday after lunch, following the first and second week of camp, the devices will be redistributed for phone calls home. All Senior campers (Grades 8/9) will receive their phones Sunday night. If your child does not have a device, he will call from the camp office (that will be a shorter call as we have limited phones). We will communicate the timing of phone calls a few days in advance.

## **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 BSC. Unfortunately, once in a while we find the actions of a few campers at home have negatively impacted other campers and it has led to hurt feelings, exclusion, and even someone not returning to camp. Pictures and posts can also damage a camp's or individual's reputation. If you choose to identify yourself as a camper at BSC on social media some may view you as a spokesperson for camp. Keep in mind that even private postings may become public and can reflect poorly on yourself or our camp and others. We ask that in order to continue the philosophy we carry out during the summer, our campers

follow the guidelines below when referring to camp, its activities, campers, and/or staff on social media. Campers must be positive and respectful in ALL communications related to camp, other campers, and its staff.

No use of obscenities or vulgar language. Do not say mean, humiliating, or threatening comments to or about other campers or staff, including their family members.

Do not post pictures or videos online that could embarrass or violate anyone's privacy. Do not pose as another camper online or spread false information about anyone, or say damaging things to or about anyone.

Do not ever use social media to harass, bully, or intimidate other campers or staff. A behavior that constitutes harassment and bullying include, but are not limited to, comments that are derogatory with respect to race, religion, gender, sexual orientation, or disability. Negative depictions of BSC or its logo, name or other identifying characteristics on any form of social media are 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\***

If your child receives an upsetting or threatening message, here is how you can support your child: Do not respond to the message or retaliate because it might encourage the sender or get you into trouble. If possible, take a screenshot of the message, copy it /or print out a copy. Then close it, but do not delete it. If you suspect that the sender is from camp, call us immediately. In the rare case where there is a negative message to other campers or staff, our policy is to first call the parents of the camper who sent the message and share the content with them. 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 Bridgton community feels valued and safe.

## **HEALTH CARE**

We have two nurses and a trainer on campus who are on call 24 hours a day, so there is always a healthcare professional on duty. When a camper stays overnight in the Health Center or receives medical care that is beyond normal first aid, the nurse or the director will call you. If your child is admitted to the Health Center at night for something relatively minor, such as a fever or upset stomach, we will call you the following morning.

If your child has a dental or orthodontic problem that arises at camp, we will call you. If your child wears braces, please send up extra wax. If your child wears glasses please send

up a second pair. We will keep the second pair in our health center and we will let you know if he is unable to use his original pair for any reason.

Our Medical Staff and Directors review each camper's medical history carefully before his arrival at camp. The more we know about your child's medical history, the better care we can take of him. Information pertaining to his psychological development can also assist us to make this a successful camp experience. Please advise us if your child has recently worked with a therapist or has come in contact with any contagious disease after June 1st. If you have any health related questions or concerns during camp feel free to reach out to the Health Center at [nurse@bridgtonsportscamp.com](mailto:nurse@bridgtonsportscamp.com) or call the camp office.

## **CAMP MEDS**

We require our 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 your CampInTouch account to learn more about CampMeds and to enroll your child for the summer). CampMeds will manage both prescription and non-prescription medications, encompassing vitamins and supplements. 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. This will give our nurses time to review and organize all medication and allow them time to contact you if further information is needed prior to the start of camp. 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.

## **MAIL, EMAIL AND PHOTOS**

Every day, you will be able to view pictures about what went on the previous day using your CampInTouch account/Campanion App. This will help you follow and share in your child's camp experience. Through your CampInTouch account/Campanion App, you will also be able to send one-way emails to your child. Emails are printed and delivered along with the regular mail after lunch.

If you require technical assistance with your CampInTouch account/Campanion App, you may contact CampMinder at 303.444.2267.

It is also important that you write to your child throughout the summer. We have found that most children prefer 'snail mail' because they like to see their parent's handwriting.

Mail delivery to camp can be slow, both ways, so please take that into consideration when sending. Some parents will write a letter before their child leaves for camp so they have a letter or email waiting for them when they arrive. Please send pre-stamped and addressed envelopes for your child to use for outgoing mail. Include the address 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  
Attn: campers name  
PO Box 17  
North Bridgton, Maine 04057

**PACKAGES**

Packages can create competition amongst campers and parents. In an effort to promote a non-materialistic camp environment and in fairness to all campers and parents, our camp has implemented a NO package policy. Envelopes with magazines/books/newspapers are fine, we just want to eliminate all the extra stuff that ultimately is thrown out at camp. If your child forgets to pack or needs an essential item, please contact us at the camp office and we will arrange for your child to receive these items. If your child has a birthday while at camp, they are allowed to receive ONE birthday package. Please ship: attention "OFFICE-BIRTHDAY PACKAGE", your child's name and the date it should be delivered to your child. As always, your cooperation is greatly appreciated.

**TRIPS AND EXTRA CHARGES**

**Out of Camp Trips**

All trip costs are covered by tuition (excluding the senior overnight rafting trip & CIT overnight trip). If you would like your child to have additional spending money on trips, you can send your child to camp with a VISA gift card (no more than \$100).

**Senior Rafting Trip**

8th-9th graders have the option of going on this overnight whitewater rafting trip. Information will be available online in the "Form and Documents" section of "CampInTouch".

## **CIT Trip**

10th graders have the option of going on an overnight trip. Information on this trip will be emailed in the spring and available online in the “Forms and Documents” section of “CampInTouch”.

## **Ice Hockey**

There is an Ice Hockey arena/maintenance fee. Ice Hockey majors will be charged \$325 during the enrollment process.

## **Transportation**

The transportation fee is for use of a chartered coach bus to/from camp and includes space for all bags and sports equipment. This fee is only for campers who use this method of transportation

## **HOMESICKNESS**

Homesickness is a common, normal emotion felt by many children when they come to camp. Most children need a few days to adjust to life at camp and being away from home. Remember—No news is good news!

We will keep close contact with your child's division leader and counselors to find out how he is adjusting. If there are any concerns we will give you a call. We expect that every child will experience some form of missing home during the first few days of camp, especially during down time, by thinking of their family, home, pets or friends. Our staff members are warm and caring and are there to help your child along the way. With help from our staff and other campers, we are confident that your son will get involved and become a full participant in his major and the exciting camp activities we have planned for him!

While we are well equipped to help campers work through their homesickness, there are many things that you can do before camp to prevent homesickness. Below are some tips for preparing your child for the feelings of missing home.

- Let them know that it is very normal and even expected that children experience some feelings of missing home

- Help them to understand that missing home is a sporadic feeling and that most of the time he will be active and have lots of fun
- Reassure them that you will be writing letters and sending emails
- Communicate your confidence in his ability to handle being away from home
- Include your child in camp planning
- It is a great idea for your child to bring a stuffed animal, photos of home, or anything that will be comforting to him
- Let your child know that he can always talk with his counselor, division leader or director if he is missing you. Our counselors are trained to recognize and handle homesickness. They are very caring and will be there to comfort your child

And of course there are things NOT to say which would make it harder for your child to adjust to camp:

- **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.**
- Avoid telling your child about exciting things that are happening at home that could make him jealous. You can include in your letters and emails some of the mundane activities that you do every day (i.e. “Today I went to the gym...”) but the majority of the letter should be inquiring about his experiences at camp.
- When you write to your child and tell him that you miss him, let him know that even though you are thinking of him, you are proud of him and are so happy that he is making friends, learning new skills, participating in the camp sports, etc.

## **GENERAL RULES AND POLICIES**

1. Bridgton Sports Camp will not tolerate disrespectful and/or inappropriate behavior to peers or staff. We also do not tolerate bullying. Campers displaying this behavior will be asked to leave.
2. Vaping, drugs, and alcohol are strictly prohibited. Any camper disobeying this rule will be required to be picked up immediately.
3. Any camper defacing camp property will be billed for damages and will be asked to leave camp. Bridgton is given to us in pristine condition and we have made a promise to the school that it stays that way.

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

## **WRAP UP**

We hope this handbook helps prepare you and your camper for the coming summer. This information, and all the information we gather from you, help us to prepare in providing your child with a FUN and meaningful summer experience. If there is anything else that you would like us to be aware of, or any requests or special needs that don't fit on any of the other forms, just give us a call or send an email.

## **CONTACT US**

### **Summer Address:**

Mail and Packages:

P.O. Box 17

North Bridgton, ME 04057

Phone: 866-283-5943

### **Winter Address:**

140 Ivy Lane

Suite 100

King of Prussia, PA 19406

Phone: 866-283-5943

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