

South Mountain YMCA Sports Galore Camp PARENT INFORMATION

South Mountain YMCA welcomes you to our Sports Galore camp being run by the US Sports Institute. We are very confident that they will provide a great camp experience for your child. I'm sure that you have many logistical questions about the camp that you would like the answers to before your child starts camp. The first part of this guide contains site specific information about our Sports Galore camp at Jefferson Elementary School. The second part contains pertinent excerpts from the generic Parents Information tab from the US Sports Institute's website. You can also go to their website for more information about them. Their web address is: <http://ussportsinstitute.com/>. Click on their Parents tab to get the information. It will also be very important for you each day that as you check in or check out your child from camp be sure to ask your child's counselor if there are any camp information updates that you should know about. As always, if you have any concerns or questions that the staff of US Sports cannot answer for you, then by all means contact me.

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Sports Galore Camp Site Specific Parent Information

Camp Day- Monday-Friday 9am to 3pm

Ages- 5-10 yrs. old

Camp Location- Jefferson Elementary School- 517 Ridgewood Rd., Maplewood

Camp Dates- (call the YMCA office if you forgot which session(s) your child is registered for)

Session I	July 19 - July 23
Session II	July 26 - July 30
Session III	August 2 - August 6

Drop-Off Time

8:45-9:00AM- please do not bring your child earlier. Bring your child to the rear parking lot of the school and escort them to the camp counselor signing in campers.

AM Extended Care

If your child is enrolled in YMCA AM Care then please drop off your child at the YMCA Program Center at 13 Jefferson Ave., Maplewood between 7:15- 8:15AM. Take your child downstairs and sign them in. We will transport them to the school.

Pick-Up Time

3:00PM. please be prompt. Go to the rear parking lot of the school, park, get out of your car and go to your child's counselor to sign them out.

PM Extended Care

If your child is enrolled in YMCA PM Extended Care there will be a bus waiting at the campsite at 3:00PM to pick up your child to take them to the YMCA at the Y's Program Center at 13 Jefferson Ave., Maplewood. You will be able to pick up your child there between 3:15 and 6:30PM. To serve as a double check for this arrangement, on each Monday of camp when checking in your child, have your child's sports counselor check to see if they are on the list to go on the YMCA PM Care bus.

Inclement Weather

Since we have access to the school's gym, camp will go on rain or shine but with an adapted schedule. So disregard the US Sports information about rainy days

Camper Information and Health History Form

A copy of this form that you have already completed will be given to the site director of US Sports Institute to have at the campsite in case there are any emergencies or if there is special information that they need to know about your child. Please keep this information updated with us in case you have any changes during the summer.

Medication Authorization

If your child is required to take medication at camp then download, print out, complete, sign and turn in to the YMCA office prior to the start of camp the Medication Authorization form. A copy of this form will be given to the site director of US Sports to have at the campsite. All medications must be given to the Sports Galore Camp site supervisor upon arrival at camp. Do not put the medication in your child's back pack or have your child handle the medication. Retrieve the medication from the site supervisor (or PM Care counselor) at the end of the week.

Walk Home Waiver

If you wish to have your child walk home alone from camp at the end of the day, then download, print out, complete, sign and turn in the Walk Home Waiver form to the YMCA office prior to the start of the camp.

Alternate Pick Up form

If you wish someone to pick up your child who is not listed on their Camper Information and Health History form then you must stop by or contact the YMCA office to have them send you the form. This completed form must be given to the site supervisor prior to the alternate person comes to pick up your child.

US Sports Institute Parent Information

Program Description

USSI Multi Sports Camps are dedicated to the truly sports minded youngster. The program provides campers with a fun-packed and enjoyable time in an environment where they can not only develop a wider range of sporting skills, but also develop teamwork and interpersonal skills at the same time. During the week children will have the opportunity to experience over 15 different sports from around the world, group building games and fun activities. All activities incorporated into the week allow children to develop body control, accuracy, coordination and timing. Inspired by the fun and relaxed atmosphere, your child will have the opportunity to thrive on the sports field. Variety, activity and enjoyment stand as key attributes to developing a healthy lifestyle.

Program Coordinator

The coordinator ensures the quality of the program at your site. Please speak freely to them regarding any questions you may have. Please find out your coordinators name.

Program Times

USSI requests that you drop-off and pick-up all children promptly.

Parent Observation

As parents you may want to stay and observe your child during the program; this is quite acceptable but we ask that if you do, please try to keep a distance that will encourage your child to participate and not depend on you. This is of particular importance when dealing with the 3-7 year olds

Child Safety

USSI has systems in place to ensure the safety of children on our programs. At the start of every camp or program, a USSI program coordinator will address the camp as a whole to talk through ALL safety issues. Every USSI coach is then responsible for their own group during the week. The coordinator is responsible for all groups and will ensure that safety is not compromised.

Each coach will keep a group attendance form, with a list of the children in his/her group. This form is used to sign in and out children for the rest of the week. The camp coordinator will monitor the overall sign in/out procedure. Children will always be supervised when taking water / bathroom breaks.

Under no circumstances will a child be allowed to leave camp unattended.

Sign In/Sign Out procedure

On the first day of the program please bring your child to the coordinator to sign in. After the first day you can sign in your child with their group coach. At the end of the day children will be placed in their groups ready to leave and it is your responsibility to see your child's group coach to sign out your child. Only then will they be allowed to leave. Please note that USSI will not allow a child to leave if a parent is waiting in a car or parking lot. The coordinator must have written consent given to them by the parent (not the child) if a child is leaving with someone other than their parent/guardian or if they are allowed to walk home alone.

What to Bring

For all camps, children are required to arrive in sports appropriate clothing and footwear. During the summer months, please ensure your child arrives with adequate sun protection i.e. cap and sunscreen.

Lunch is not provided on any USSI program; therefore every child should arrive with a bagged lunch and snacks (time will be given during all programs for snack and lunch break)

WATER: All children should arrive to camp with enough drinking water to last the day. At some locations, USSI is unable to have access to a supply of drink water to refill bottles. We recommend that every child bring at least 4 liters (400 Fl Oz) of water to a full day camp (6 hours). Many children run out of water, you can never give them too much.

Unlike other sports camps and programs ALL sports equipment is provided on a USSI program. The site Coordinator should be made aware of **any** physical limitations.

Camp Ratios

USSI camp ratios are typically 10:1 or 12:1 dependant on age. For our younger participants (Sport Squirts) group ratios are typically 8:1. All USSI camps have a coordinator who monitors the dynamics and safe running of the program.

Camp Staff

All staff employed by USSI undergo a thorough criminal background check. Staff employed from overseas (UK, Ireland, Australia, New Zealand, South Africa etc); all hold valid visas to work in the United States. US Sports Institute has a thorough interview process to ensure that all coaches are suitable to work with all levels of children. All camp coordinators have been trained in CPR and First Aid.

Equipment

All equipment used on camp is checked daily by the camp coordinator to ensure it is safe to use. USSI only uses sports safe equipment on all of its programs. If any sports require additional safety measures (shin guards, mouth guards, helmets, gloves), USSI staff will ensure that all children are wearing the appropriate item.

US Sports Staff Qualifications

All camp staff have a minimum of 3 years experience in sports education or teaching. Our coaches are not only selected for their sports education qualifications, but also for their ability to inspire, motivate and encourage campers. All staff have a cell phone is always present at camp in case of emergency. All staff are committed to building confidence and excellence into the lives of your kids.

What Will My Child Learn During the Week?

Regardless if you are attending a multi sport camp or sport specific camp, your child will learn the fundamental skills in all sports played throughout the week. Aside from the actual technical sports instruction each camper will experience an atmosphere that promotes positive values, good sportsmanship and teamwork.

Does My Child Need Experience To Attend?

No. Our camps are open to children of all sporting backgrounds and campers will be placed into age and ability appropriate groups. The curricula for all programs is designed to suit all participation levels to ensure that children from beginner to experienced have the opportunity to play sports in a positive, developmental and fun learning environment.

Who Will My Children Be Playing With?

Campers will be divided into age appropriate groups, typically 10 campers per group, with one coach being responsible for each group. Groups will be co-ed. Any camper who shows to be outstanding sports person will be given the option to

move to a group which will challenge them sufficiently throughout the week. If participants wish to be grouped with a friend it can be arranged provided participants are of similar ages.

What about the Heat?

We take all precautions to protect your child from the sun. Children are advised to bring hats and sunscreen which your group coach will ensure is applied frequently throughout the day. Water breaks are essential and will be taken every 10-15 minutes on very hot days to avoid dehydration and heat stroke. Also there will be shade provided to allow children to sit under and cool off.

What Is the World Cup?

This is a fun based competition which takes place for the end session of each day on our Multi Sports Camp. Campers are broken down into World Cup teams in which they will do Sporting challenges and play games over a number of sports against other World Cup Teams. There will be teamwork games, questions and other challenges which players can complete to win points for their team. The World Cup competition is designed to allow all players to contribute through out the week.

This Is My Second Time On Camp. Will My Child Learn Anything New?

Yes. Our curriculum is designed to adapt each individual age group allowing children to experience different skills which enable them to progress and become more accomplished at each sport throughout the years in which they participate on the program.