

## **INFORMATION PACKAGE 2008**

Dear Athlete,

We look forward to seeing you at MADAWASKA CAMPS 2008!  
Please read the following and save this document for future reference.

### **MAP TO CAMP:**

A map with detailed driving directions is enclosed however you may also find a printable online version on our website [www.madawaskacamps.com](http://www.madawaskacamps.com).

### **TRANSPORTATION:**

Athletes have the option of using camp transportation or arranging for their own transportation. Please complete the enclosed transportation form and return it to the camp office before July 1<sup>st</sup>. For those arriving by public transportation, a camp vehicle will be available to pick-up athletes at the Combermere or Bancroft bus terminals as long as the office has been notified in advance.

All athletes must arrive on the first day of their session only as accommodations will not be available prior to this day.

Bus transportation for our volleyball athletes can be arranged from Toronto, Barrie, Whitby, London and Ottawa (please refer to the transportation form for pick-up and drop-off locations). Costs are indicated on the enclosed transportation form. These prices include G.S.T and are non-refundable. We offer our All-Sport campers transportation from Toronto, Barrie and Whitby. \*\*Pick up and drop off locations are provided when sufficient interest is expressed.

The buses are air-conditioned and peanut-free lunches should be taken on board. Full payment must accompany the bus transportation application. Please be sure to book your seat prior to departure. Athletes will not be permitted on the bus without a reserved seat.

### **HEALTH:**

The camp provides a medical staff knowledgeable in first aid and athletic injuries. We also have a registered nurse on site at all times to deal with medical conditions as required. **WE DO NOT WANT ANY MEDICATION IN THE CABINS.** As you register on the first day of camp, please have your medication labeled with your name and ready to give to the camp nurse. Please do not bring over-the-counter allergy or pain medications. The camp's medical office is fully equipped with such medications.

Please complete the enclosed health form and return it to the camp office by July 1<sup>st</sup>.

### **WE ARE NUT AWARE:**

At Madawaska Camps we provide a NUT AWARE environment. We have a process in place that supports athletes with life threatening allergies. Although our menu does not include peanut products, unfortunately we cannot control the food items brought to camp by other campers. Proactive health teaching is provided to our staff by our medical personnel to ensure quality care and that appropriate responses take place should there be an anaphylactic reaction. Our counselors DO eat with the athletes and actively supervise lunch and snack times to help reinforce this important policy. This active supervision decreases putting athletes at risk. Athletes who regularly carry an epi-pen should provide details on the enclosed form.

**TUCK SHOP:**

A tuck shop is available at camp for the purchase of various items including snacks and supplies. Our ever-popular Overkill camp T-shirts and sweats will also be available at competitive prices. The following is a basic price guide for some of the merchandise available to purchase. All prices include taxes and are subject to change.

ITEM	COST
Madawaska Camp T-Shirts	\$25.00
Madawaska Long Sleeve Shirts	\$30.00
Overkill T-Shirts	\$25.00 - \$28.00
Overkill Long Sleeve Shirts	\$30.00
Overkill Sweat Shirts	\$55.00 - \$65.00
Overkill Sweat Pants	\$40.00 - \$50.00
Overkill Hats and Visors	\$25.00
Candy Bars, Chips, Pop, Water	\$1.50
Gatorade	\$2.50

**SUGGESTED PACKING LIST:**

- |                                   |                    |                    |
|-----------------------------------|--------------------|--------------------|
| Shorts (7)                        | Sleeping Bag       | Toiletries         |
| Jeans/Track Pants                 | Pillow             | Alarm Clock/Watch  |
| Sweat Shirts (Hoodies)            | Extra Blanket      | Flash Light        |
| T-shirts & Long Sleeves           | Towels (4-5)       | Sunscreen          |
| Pajamas                           | Laundry Bag        | Insect Repellent   |
| Sweater/Jacket                    | Small Mirror       | Lip Moisturizer    |
| Rain Gear                         | Hat                | Tuck Money         |
| Running Shoes (2 pair)            | Flip Flops/Sandals | Musical Instrument |
| Bathing Suits (2)                 | Socks/Underwear    | Disposable Camera  |
| ***Volleyball athletes: Knee Pads |                    | Water Bottle       |

*Note: Weather varies at this time of year. Bring a variety of clothing. Please make sure to label all items to reduce the number of articles left behind.*

**WHAT NOT TO BRING!**

- Cell Phones – they don't work up there anyway.
- Cigarettes, drugs or alcohol – we have a "No Tolerance" policy and the first infraction will result in an early departure at the family's expense.
- Expensive electronics and jewellery. If necessary, valuables should be checked at the camp office when you register.
- Butane or propane filled appliances.
- Digital Cameras
- Candles, lighters or firecrackers.
- Lamps
- Electric blankets.
- Hair straighteners
- Walkie-talkies
- Silly string
- Hatchets, knives
- Water balloons, weapons or anything that looks like a weapon (including water guns).

**PHONE USAGE:**

Campers will not be allowed to call home unless there is an emergency or if the head staff deems it appropriate. Should the situation arise where a camper is anxious or uncomfortable, the staff are trained and dedicated in helping ease anxiety and will positively assist the camper with assimilating into the camping lifestyle. We view this week as a growth period for your child both socially and emotionally and we appreciate your support in this area. Of course, as you are the best informed of your child's personality and well-being, we appreciate the opportunity to use you as a resource should we feel a need. While your child is at camp, your anxiety might also be heightened so remember, no news is GOOD news!

**VOLLEYBALL CAMP ONLY:**

Those athletes not receiving a volleyball as part of the early bird bonus are encouraged to bring one of their own. Athletes who require a volleyball will be assigned one for the duration of camp. There is a deposit of \$20 required to cover loss or negligent damage. Upon return of the volleyball at the end of the camp, the deposit will be returned.

**LAUNDRY SERVICE FOR TWO WEEK CAMPERS:**

We provide a laundry service for those campers staying two weeks. It is very important that you label all of your clothing.

**CAMP REGISTRATION:**

Registration for athletes is on the first day of camp session from 1:00 pm to 3:00 pm. Camp will end on Saturday at 11:00 am. All athletes are expected to stay until this time unless other arrangements have been made with the office in advance.

**BALANCE OF FEES:**

The balance of your camp fee is due by July 1<sup>st</sup>. Please note that deposits will not be returned after July 1<sup>st</sup>. Please refer to the invoice enclosed for your balance. Payment by VISA or MasterCard is available over the phone by contacting the camp office.

Please make cheques payable to Madawaska Camps and send to:

P.O. Box #70570, 1801 Dundas Street, East  
Whitby Ontario L1N 9G3

Please do not send cash by mail. Receipts will be provided by mail.

**CORRESPONDENCE WHILE AT CAMP:**

From August 17<sup>th</sup> to August 30<sup>th</sup> you may send letters to campers at the following address:

Madawaska Camps  
c/o Camp Walden  
RR#2, (38483 Hwy-28)  
Palmer Rapids, Ontario  
K0J 2E0  
1.866.553.0655

## A MESSAGE TO ATHLETES

We wish to make your stay with us at MADAWASKA a memorable experience. We promise to do our best to welcome you into our Madawaska “family” but we need your assistance!

Here are some helpful hints to help new and returning athletes adjust to Madawaska’s spirit:

- (i) “Smiles” and “Hellos” are mandatory! Whenever you walk, play, or socialize, smile and say hello to those around you!
- (ii) Your coaches and counsellors are your friends. If you have any questions or concerns, please let them know. They are there for more than just the instruction of your sport. They care about you as a person, and need to know “what’s on your mind.”
- (iii) The camp experience is designed to help you make new friends. If you came to camp with a group of friends, you may not all be together in the same group. Accept the challenge of making these new acquaintances! You will have loads of opportunity to see your school/club “buddies” during evening, option, and recreation times.

A Note to our Volleyball Campers:

- We strive to have homogeneous groups, and in every group there will be a range of abilities. Upon arrival, our experienced Senior Staff take extra care in assessing every athlete’s skill level and as a result create cabin teams that will be in the best interest of our athletes. Our hope is that everyone’s goal is to work hard and become an improved volleyball player at the end of your stay at Madawaska Camps.

**LEARNING IS IMPORTANT – HAVING FUN IS VITAL!**