



# Camp Madawaska

## *2023 Family Handbook*

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# ***WHAT WE STAND FOR***

## **MISSION**

At Camp Madawaska, our mission is to create an unforgettable experience for young athletes that combines the love of sport and the outdoors with the values of family, togetherness, and inclusion. We strive to foster a supportive and inclusive environment where campers can develop their athletic skills, forge lifelong friendships, and cultivate a sense of belonging.

## **VISION**

At Camp Madawaska, we believe that sport and camp are a platform for personal development, building friendships, and embracing the values that foster a sense of community. We are committed to ensuring that each camper leaves our camp with lasting memories, strengthened skills, and a deep appreciation for the values of family, togetherness, and inclusion.

## **VALUES**

Our core values guide every aspect of our camp:

- Family: We believe in creating a camp family where every camper feels a sense of belonging and connection. We prioritize building strong relationships among campers, coaches, counsellors and staff, through quality time, fostering an atmosphere of trust, care, and support.
- Togetherness: We emphasize the power of teamwork and unity. Through cooperative drills, team-building activities, and friendly competitions, we encourage campers to work together, respect one another, and celebrate each other's successes, both on and off the playing field.
- Inclusion: We are committed to providing an inclusive environment where diversity is celebrated and differences are embraced. We welcome campers of all backgrounds, abilities, and skill levels, ensuring that everyone feels valued and respected. Our goal is to create an atmosphere where individuality is cherished and where campers can learn from one another's unique experiences.

# ***ABOUT OUR CAMPS***

“Camp Madawaska” includes two distinct and unique camps: All-Sport and Volleyball. Each camp is a one-week overnight experience that couples specific athletic activities with popular electives that make use of one of the best camping properties in North America.

Since 1972, Madawaska Volleyball Camp has had many provincial, national and international players hone their skills on our site, under the tutelage of our outstanding staff. Many current National, CIS and CCAA athletes and coaches contribute to camp as coaches and guests. Their participation is a testament to the impact that Camp Madawaska had in their lives. Your stay at Madawaska will be a learning experience. We provide maximum contacts and valuable feedback all from a most knowledgeable coaching staff. You will leave Madawaska as a better player and hopefully with a growing “passion” for the sport of Volleyball!

To highlight and utilize the beautiful Camp Madawaska property, we developed an All-Sport camp where athletes rotate between specialty sports and traditional camping stations. These speciality areas have included basketball, beach volleyball, climbing walls, swimming, canoeing, kayaking, waterskiing, wakeboarding and archery, to name a few. Campers will also have access to various evening electives based on their age and availability of programmes.

Both camps are renowned for the opportunity they provide to build friendships, life skills and independence. Coaches and athletes return annually after catching the Madawaska bug. It doesn't take long for campers to start to refer to the people they have met at Madawaska as their “Mad Family”. This sense of family, belonging and well being are the cornerstones of our philosophies and form a base for the athletic instruction that comes afterward.

## **OUR CAMPS**

### **All-Sport**

This is a one week programme for campers who are sport minded or who are passionate about camp and like to dabble in sports. Our All-Sport Camp is a residential camp where we offer a wide variety of sports in a non-competitive environment. The programme is designed for campers who have completed grade 3 (entering grade 4) to completed grade 11 (entering grade 12).

We aim for our activities to be well balanced. Campers travel as a cabin group to four 1.25-hour activity periods each day on land and on water. Individual attention is offered to all athletes with ample time devoted to competitive play. A recreational swim will be offered daily. Our Evening Electives acts as a special period of the day when campers mix with campers from other cabins and specialize in an activity of their choice. The All-Sport programme is supplemented by a well-planned social and evening programme providing all participants with an enriched camping experience. Our facilities are first rate and provide the venue for the

development of athletic and social skills. Team work, camaraderie and social integration in a camp and sports environment is what you can expect at All-Sport Camp!

PLEASE NOTE: PARTICIPATION IN WATER BASED SPORTS ACTIVITIES REQUIRES EACH ATHLETE TO COMPLETE A BASIC STANDARDIZED SWIM TEST.

Campers are grouped by age and identified sex. Please note our registration will have asked your camper to indicate their identified gender, preferred pronouns and if they feel most comfortable living in a cabin with girls or boys. If you or your camper would like to further discuss how they will feel most comfortable during their stay at camp, please contact our office and a senior staff member will be in touch.

Staff: The Madawaska All-Sport Staff are an outstanding collection of counsellors and specialists, excellent athletes in their own right, who work positively with young people.

More importantly, all staff will possess the skills to work effectively with all children, regardless of ability, to ensure a positive and successful camp experience for everyone. Our staff will participate in their own pre-camp training that will work towards improving their leadership skills and make sure that our techniques regarding the care of your child are consistent, motivating and fun-filled!

## **The Activities**

Camp Madawaska strives for a fun and wide balance of activities so there's something for every camper's taste and skills. Four 1.25-hour periods each day take cabin groups through a rotating series of activities on land and water.

Our top facilities and trained specialists allow campers to develop new skills in many different sports, games and activities. Some activities offered have included:

- Waterskiing/Wakeboarding
- Low Ropes
- Camp Craft
- Canoeing/Kayaking
- Climbing Walls
- Stand Up Paddleboarding
- Basketball
- Inflatables
- Archery
- Tennis
- Volleyball
- Arts and Crafts
- Camp Games

## **All-Sport Specialty: Setters and Liberos or Attackers and Blockers**

The best of both worlds! A one-week All-Sport programme for the sports minded camper, with a specialty focus for volleyball setters and liberos as well as attackers and blockers.

All-Sport Specialty campers will enjoy a week on our incredible property and will take part in some traditional All-Sport Specialty Programmes, Evening Electives and The Olympiad. They will, however, spend 2/4 of their specialty periods on the volleyball court where they will be instructed by our talented and highly qualified Volleyball Specialists and Counsellors.

Unlike Madawaska's Volleyball Camp, this Specialty camp will have a specific focus on the contacts of a volleyball rally. Campers will also receive individualized feedback on their skills, as well as instruction on fitness and nutrition.

These Specialty camps are currently only being offered to campers who have completed grade 8 or grade 9 (going into grade 9 or 10).

## **FREQUENTLY ASKED QUESTIONS REGARDING SPECIALTY CAMPS**

### **How many campers will be accepted for this camp?**

- we are planning on four cabins (two male and two female) with fourteen campers per cabin.

### **Why are the ages restricted to campers going into grade 9 or 10?**

- since there will only be two cabins per gender, it is important that we keep the ages of the campers similar for social reasons.
- this is the age in club volleyball (15U and 16U) where specialization begins to occur.

Will this be considered beach or court training?

- the focus will be on court volleyball, but the skills learned will translate to both beach and court.
- the coaching will happen on our 9X9 grass courts and/or our Sport Courts.

How are the campers grouped into cabins?

- the cabins will be grouped by gender, then by age.
- cabins will have both setters and liberos or attackers and blockers so they can train together.

### **Will the campers interact with the campers in the traditional All-Sport programme?**

- yes, while these specialty campers will focus on volleyball, they will participate in all other aspects of All-Sport camp including Opening and Closing Ceremonies, the Olympiad, Evening Electives and Togetherness.
- We consider everyone to be All-Sport campers with the difference being that they won't rotate through the same variety of specialty periods but will instead spend more time on their volleyball court.

### **Will the campers do setting/passing/digging all day?**

- of the four All-Sport periods, these campers will be participating in Volleyball training for two periods and other specialty areas for two periods
- they will share the same free time as their All-Sport friends, including access to the waterfront.

## All-Sport Specialty: Leaders-In-Training

Our Leaders-In-Training (LIT) programme is specifically designed for those campers who have completed grade 10 or grade 11 (going into grade 11 or 12).

LITs will have a balance of participating in their own programmes, while also getting hands-on experience spending time in cabin and specialty placements. They will also work with our LIT Coordinators to hone their leadership skills and will have access to sessions with members of the leadership team who will share key components to becoming a staff member at Madawaska.

Their week ends with an evaluation and one-on-one feedback from the LIT Coordinator.

## Volleyball: Court or Beach

We welcome campers for **Court** who have completed grade 6 to completed grade 10 (going into grade 7 to going into grade 11) and campers for **Beach** who have completed grade 7 to completed grade 10 (going into grade 8 to going into grade 11).

Campers will register for either our beach or court camp, and will be placed in age and grade-based groups. They practice and live in these groups, and by week's end, they are a "team" with their new friends having planned and worked together.

Our Court camp is conducted on grass (with an eye toward safety) while our Beach camp is conducted on our custom-built sand courts.

All participants will receive expert instruction in both basic and advanced volleyball skills and strategies. Individual attention will be offered to all campers, and time will be devoted to team competitions. *Beach registrants should have a strong court volleyball playing background and some beach experience.*

Volleyball activities are supplemented by a well-planned recreational programme utilizing one of the finest camp facilities in North America. These activities include swimming, camp fires, a Hootenanny, Tournament Day, Opening Ceremonies, and "Togetherness." Campers will have an opportunity to see friends in other cabins at meals, during planned social activities, and during free time.

Madawaska accepts a maximum of 540 campers – a combination of up to 350 in the court programme and 210 on the beach. Our camper to staff ratio is 4:1.

Campers come from across Canada and the U.S, and from as far away as Australia, New Zealand, Venezuela, Chile, Mexico, England, Ireland, Poland, and the Cayman Islands.

Madawaska staff return year after year with many of our staff being 15 and 20 year veterans. There is a camaraderie and sense of belonging that ignites in all who attend.

After a week, you will leave Madawaska, as thousands before you have, with improved skills, new friends and acquaintances, and an increased passion for the sport of Volleyball!

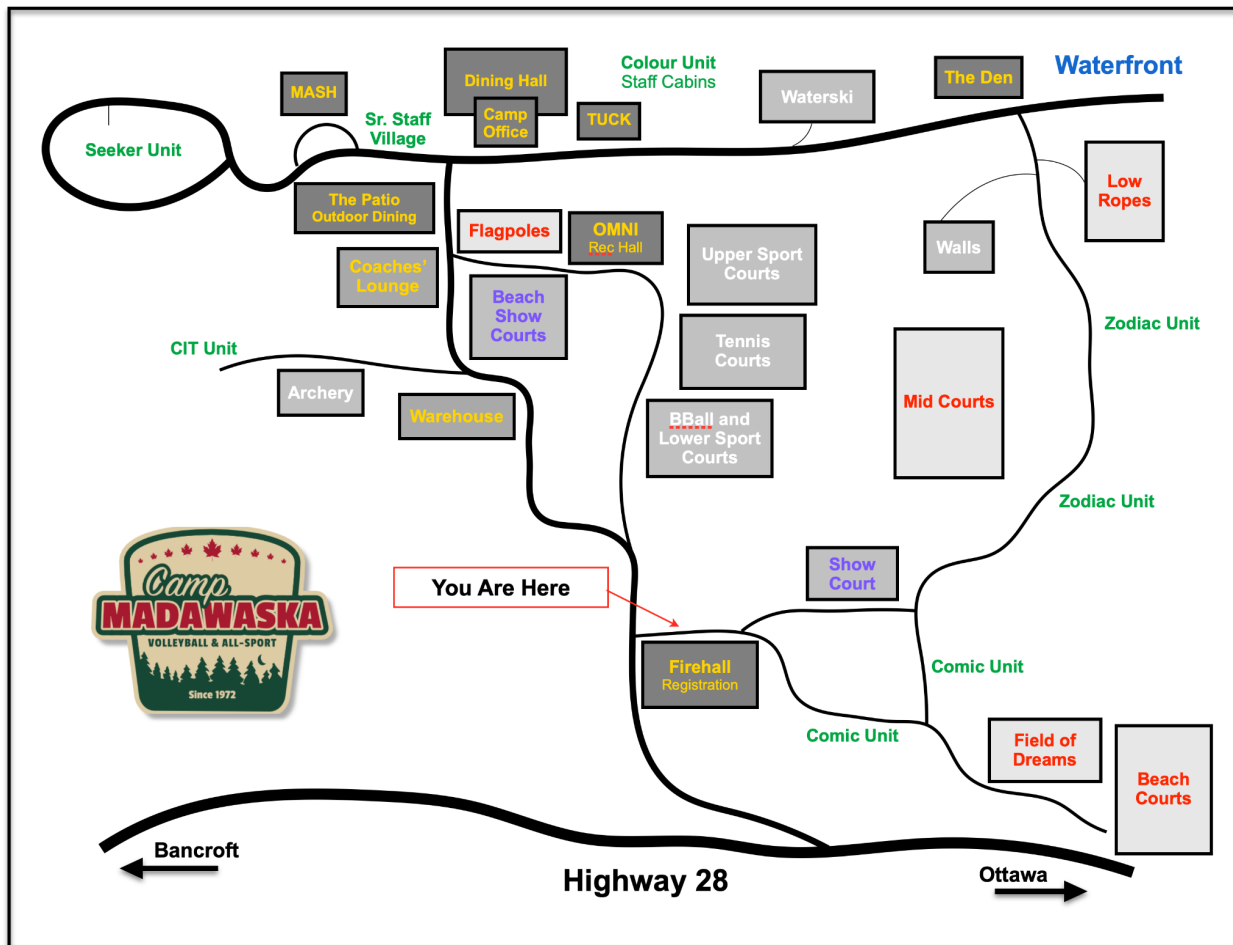
# INFORMATION

## DIRECTIONS TO CAMP

Our camp is hosted on the property of Camp Walden.

Our address is 38483 Hwy. 28, Palmer Rapids, ON. Link to Google Maps [here](#).

Use this map for reference when you arrive at our Firehall to register.



## TRANSPORTATION

Madawaska begins as soon as campers get on the bus. The journey to camp is a time for campers to make new friends, or catch up with old ones. Bus monitors are along for the ride to make sure first time campers are reassured and comfortable, and that everyone is ready to arrive at camp.

Campers have the option of using camp transportation or arranging for their own transportation (with the exception of departing volleyball camp at which time all campers ride on buses). When you registered your camper(s), you indicated your transportation choices. If you want to clarify what you chose or make a change, please get in touch with us by phone or email as soon as possible. Please be sure to book your seat prior to departure, as campers will not be permitted on the bus without a reserved seat.

All buses are air-conditioned and peanut-free lunches should be taken on board.

Cancellations and Refunds for Transportation charges will not be issued after August 1st.

Transportation pick-up or drop-off location changes after August 1st will be subject to an administration fee of \$25 + HST..

All campers must arrive on the first day of their session *only* as accommodations will not be available prior to this day. Campers should arrive between 1-3 p.m.

### **ALL-SPORT ONLY (1 WEEK CAMPERS)**

We offer our All-Sport campers bus transportation from and to Toronto (York University – Keele Campus) and Barrie - more details regarding transportation to follow in specific transportation email).

Parents may also choose to drop-off their camper(s) on Sun., August 20th, 2023 between 1-3 p.m. and/or to pick-up their camper(s) on Sat., August 26th, 2023 from 12-1 p.m.

### **ALL-SPORT & VOLLEYBALL (2 WEEK CAMPERS)**

We will be providing a bus to camp from one location, York University in North York. This fee is \$75 + HST.

The journey home is included in your fees. Our fleet of buses will travel to several different locations in Ontario (eg. Barrie, Barry's Bay, Burleigh Falls, Clarington, Gravenhurst, London, Napanee, Ottawa, Scarborough, Toronto, Whitby). The exact locations in each city will be shared in the summer.

**No pick-ups from camp** are allowed at the end of Volleyball Camp.

### **VOLLEYBALL ONLY (1 WEEK CAMPERS)**

We offer bus transportation to camp from various locations or should you choose to do so, you can drive your camper(s) to camp if you'd like to see the campgrounds in person.

Parents may choose to drop-off their camper(s) on Sun., August 27th, 2023 between 1-3 p.m.

The journey home is included in your fees. Our fleet of buses will travel to several different locations in Ontario (eg. Barrie, Barry's Bay, Burleigh Falls, Clarington, Gravenhurst, London, Napanee, Ottawa, Scarborough, Toronto, Whitby). The exact locations in each city will be shared in the summer.

**No pick-ups from camp** are allowed at the end of Volleyball Camp.



## **BUSSING POLICY**

We will make all attempts to group campers of similar ages and genders on buses, however, we do not accept requests for bus seating or friends.

Changes to pick up or drop off location will be accommodated when space is available free of charge up until August 1st. After this date there will be a \$25 + HST administrative fee for bussing changes. As well, bussing changes to parent pick up or drop off are not refundable after this date.

### **Note for Parent Drop-offs:**

We are thrilled to welcome you to camp and have you help connect your camper with their counsellors and find a bunk in their cabin. We do ask that you limit the length of your stay as our parking is limited and we have many cars to accommodate. In addition, our counsellors will be eager to get our camp programming underway.

## **HEALTH**

Our health care facilities are well equipped and well staffed, providing an expert medical team available to your child at all times. Our Madawaska medical staff are a well-rounded team which includes a doctor and/or nurse practitioner, registered nurses and athletic therapists. We pride ourselves on being a teaching facility working with nursing and athletic therapy students to further develop their skills in their chosen career path. Should the need ever arise for care beyond our facilities, we are within 50 kms to two hospitals.

When your child is at Madawaska, you are assured that safety is our first priority. We take every precaution to ensure the well being of your camper. At Madawaska, accident and emergency procedures are established and implemented. Moreover, the ratio of campers to counsellors is controlled to provide optimum conditions for safety.

## **RECEIVING A CALL ABOUT AN ACCIDENT OR ILLNESS**

We seek to ensure a safe and healthy stay at camp, but in the case of an unexpected accident or illness MASH, our camp's Health Centre, will contact you.

MASH will call to inform you of any significant medical situations that have occurred at camp. Some examples of this include the doctor prescribing oral antibiotics or other medications, any situation requiring a visit to the hospital or dentist, an unusually long illness, or continuing homesickness.

For minor medical issues we do not contact the camper's family. These matters may include: the dispensing of some oral medications such as antihistamines, topical creams or lotions; minor cuts and scrapes; homesickness that lasts for short periods of time; minor colds or short term illnesses that do not require medication.

Should we need to contact you, we will make several attempts to reach you directly and will leave a detailed message on voicemail if necessary. Please make sure to provide the camp with your most up to date contact information as well as an alternate emergency contact available during your child's stay at camp.

Should your child have unique medical needs (ie. anaphylaxis allergies, diabetes, epilepsy, dietary, etc.), we ask that you provide as much detail as possible on their medical form. The form also has a box you can check indicating if you would like to speak with a member of the medical team prior to the start of camp to discuss your child's specific care plan so please make sure you check that box if applicable. We ask any campers with diabetes to please connect with one of our medical team prior to camp despite how well your child manages their health at home. Our campers will expend a lot of energy at camp, may eat a little differently than at home and may not have the same wifi accessibility for devices which help monitor their levels during their stay so it is imperative that camp and home have a clear vision of the care plan. We thank you in advance for your cooperation on this matter.

Camp is meant to be a place to have fun so we ask that you not send your child to camp if they are sick, with Covid-19 related symptoms or otherwise. If they are sick, please reach out to camp and we will work with you to see if we can accommodate a later start due to illness but we appreciate you respecting our attempts to keep camp healthy. If your child should require our medical team's intervention for feeling unwell they will be well cared for, monitored and treated accordingly. If their symptoms worsen or are not improving in 48-72 hours, impacting their ability to participate fully in camp, the medical team will be in touch to discuss their condition and possibly ask for an early pick-up. After all, there is no better place to heal than home in your own bed. Camp will not be testing for Covid-19.

Please note, we are all too happy to support camper wellness but we are not a facility who employs medical professionals in the field of mental health. If your child is managing some mental health challenges and has strategies in place to work through these challenges please include that in your camper notes to best equipped our staff to support your child. In addition, as our campers will be very active during their stay, it is imperative they are eating well at camp and consuming a healthy number of calories. If your child struggles with an eating disorder we ask that you reach out to our Medical and/or Leadership Team in order to work together to ensure your child can have a healthy and successful time at camp.

## **MEDICATIONS ARE NOT PERMITTED IN CABINS**

As you register on the first day of camp, please have your medication labeled with the camper's name in the original container and have it ready to give to the camp medical staff. Please do not bring over-the-counter allergy or pain-reliever medications. The camp's medical center is fully equipped with such medications.

Inhalers/puffers and epi-pens should always be carried by the camper.

The camper health form can be filled out online. We will be sending out an email reminder. This form must be completed by July 1. If there are any changes to health after July 1 and before the start of camp, please get in touch with our office.

## **WE ARE NUT AWARE**

At Madawaska Camps, we provide a NUT AWARE environment. We have a process in place that supports campers with life threatening allergies. Our menu does not include peanut products and we ask the cooperation of our families to refrain from sending any foods which may include nut products. However, we unfortunately 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 counsellors perform cabin checks and will remove any food items containing nuts which are brought to camp. Campers who regularly carry an epi-pen should provide details on the medical form, when it is available to complete.

## **CAMPERS WITH DIETARY NEEDS**

We can accommodate most special dietary needs when informed prior to the camper's arrival. At the first meal in the dining hall, we will introduce campers to our chef and kitchen staff. They will be able to answer any food-related questions campers may have. Campers will be shown the "special diet" area where they will be able to pick up their food at every meal. We also have separate toasters for our gluten-free campers and staff. We also encourage you to pack some nut-free snacks from home. If your food requires refrigeration, please do not hesitate to let our kitchen staff know.

## FOOD

Oatmeal, yogurt, fruit, cold cereal, and hard-boiled eggs are available everyday at breakfast in addition to the main meal.

Every day at lunch (except on BBQ days) we offer a salad bar with unlimited quantities of fresh ingredients and an assortment of dressings.

Homemade soups are offered at lunch and dinner – vegetarian when the main course served is meat. Our soups are never made with MSG.

Each day we serve one “sweet” dessert (often freshly baked in the Madawaska kitchen) and one fruit dessert.

We are prepared to accommodate special dietary needs or restrictions, including, but not limited to, vegetarian, lactose-free, or Kosher.

## CAMPER & FAMILY CONTRACT

The camper & family contract will be a form for you to read and agree to online. This form goes through behavioral expectations and standards for campers while at camp. All staff and campers are expected to respect and value the diverse and unique intersecting identities of all individuals at camp. Actual or threatened violence, verbal, physical or visual harassment, abusive language, bullying, or any conduct threatening safety will be subject to discipline up to and including removal from the programme. We will be sending out an email reminder.

## FREE CAMP T-SHIRT

Every camper will receive a free t-shirt at registration as well. The size of the shirt will reflect the size chosen when you registered your camper(s).

## CAMPER PICTURES

Having your child’s photo readily on hand will provide us with the ability to personalize our service to you and your child. We would greatly appreciate you emailing a digital jpeg photo of your child to our office ([info@madawaskacamps.com](mailto:info@madawaskacamps.com)), if you have not already uploaded one during registration. Thank you in advance!

## TUCK SHOP

A tuck shop is available at camp for the purchase of various items, including snacks, drinks and clothing. Campers pre-load their Tuck Shop account prior to camp with a Credit Card. You can do this through your login, or can send any questions to [info@madawaskacamps.com](mailto:info@madawaskacamps.com). We ask that families have tuck funds added to their accounts by August 1st. A separate email will be sent in July as a reminder for this process.

## WHAT NOT TO BRING!

- Cell Phones (contraband items – there is no service anyway!)
- Cigarettes, vape, 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 & jewellery. If necessary, valuables should be checked at the camp office when you register.
- Digital cameras
- Candles, lighters, firecrackers
- Lamps
- Electric blankets
- Hair straighteners (fire hazard)
- Good indoor shoes (they will get dirty!)
- Peanut Products

Unfortunately, theft can be an issue. Please encourage your campers not to bring anything to camp that they are not prepared to lose.

## ELECTRONICS POLICY

As parents and educators, we know that young people use and adapt to new technology at dizzying speeds. Electronic devices are often a useful and necessary part of children's educational and social development during the school year. But we also think that summer should stand apart from the rest of the year.

We want campers to experience nature with all their senses, and engage directly with each other without the separation of a screen. At Madawaska, we encourage children to develop their sense of accomplishment and well-being through hands-on activities, whether they are sports or play or dance or music. And, we want them to get those hands dirty! Which is why we need campers to leave most electronics at home. Help us preserve "endangered tech-free time" by supporting our policies.

## MADAWASKA IS A "SCREEN FREE" CAMP

To cut down on distraction and increase campers' enjoyment of camp, we have a "Screen-Free" policy at Madawaska. Your understanding and support of this policy helps us ensure campers have a refreshing and engaging summer experience.

## PROHIBITED DEVICES

Devices that are capable of playing games, watching movies, tv shows or videos, uploading or downloading data of any kind, or being used as telephones are PROHIBITED. Please note, that this list is by no means exhaustive.

## PHONE USAGE

Campers will not be allowed to call home unless there is an emergency, or if the head staff deems it necessary. Should the situation arise where a camper is anxious or uncomfortable, the staff are trained in and dedicated to helping ease anxiety and will positively assist the camper with assimilating into the camping lifestyle. We view the 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 the need. While your child is at camp, your anxiety might also be heightened- so remember- no news is good news!

## CORRESPONDENCE WHILE AT CAMP

As we are a short camp we do not provide dedicated times to letter writing. You may however still choose to send mail for your camper. Remember they cannot email, text or call you back. We would like to tell you they will write you back but the reality is they will likely be too busy having fun to get back to you so as mentioned above, no news is good news. We do however understand you may want to send something special in writing for your kiddo, we get it, we are after all parents too (if it doesn't make our kids feel better it definitely helps us parents). So a few pro tips about mail:

- If you intend to send mail, you should mail it prior to your camper leaving for camp to ensure a timely delivery. Campers love to receive letters from home! To ensure your camper receives mail during their stay with us, mail your letters early to this address:  
Madawaska Camps  
c/o Camp Walden  
38483 Hwy 28 (RR #2)  
Palmer Rapids, ON K0J 2E0
- You can also consider hiding notes in your camper's luggage with the day of the week you want them to open it or hand in letters you would like delivered at registration.
- Note, if you suspect your camper may struggle with homesickness we would recommend only two letters otherwise they will have a hard time letting go of home. We also recommend those letters be encouraging and instill confidence in your child's ability to enjoy camp.

## **HOW TO CONTACT THE CAMP**

PHONE: 1 (866) 553-0655 (toll free)

EMAIL: [info@madawaskacamps.com](mailto:info@madawaskacamps.com)

Madawaska's camp office is staffed from 9am – 4pm. After hours, confidential voicemail is available and checked regularly. Any concerns or questions will be directed towards the appropriate member of our Leadership Team.

## **BALANCE OF FEES**

The balance of your camp fees are due July 1.

During registration, your remaining balance was set up as a post-dated credit card payment for July 1. If your credit card number has changed or it has expired since registration, please call our office to have that changed.

We do not accept cash or cheques, credit card payment only.



# PACKING LIST

## Bedtime

- ☐ Sleeping bag and/or sheets and comforter
- ☐ Extra blanket (August nights and mornings can get chilly)
- ☐ Pillow
- ☐ Favourite Stuffy
- ☐ Flashlight
- ☐ Book(s)

*\*Pro Tip: If your child prefers sleeping in sheets and a comforter then send a sleeping bag too. It can serve as an extra blanket but when laid over other bedding during the day and acts as a good barrier to sand or a wet towel that parents know kids are bound to leave on their bed 😊*

## Toiletries

- ☐ Bath towel (additional hair towel for long hair)
- ☐ Face cloth and hand towel
- ☐ Flip flops/slides/crocs for wearing to and from the shower house
- ☐ Shower caddy to hold all toiletries
- ☐ Toothbrush
- ☐ Toothpaste
- ☐ Shampoo
- ☐ Conditioner
- ☐ Soap
- ☐ Deodorant (preferably not sprays, must be used outside of buildings)
- ☐ Sanitary products (if applicable, please note this product is available at camp should you not be able to afford sanitary products at this time)
- ☐ Cleansers or skin routine products
- ☐ Contacts and Solution (if applicable)
- ☐ Sunscreen
- ☐ Bug repellent (must be applied outside of buildings)
- ☐ Hand sanitizer (we will have this available all over camp but you may want a small one for backpacks)



## Swimming and Sun-safety

- ☐ 2-4 Bathing suits
- ☐ 1-2 Beach towels
- ☐ Goggles (optional)
- ☐ UV Swimshirt (optional)
- ☐ Hat
- ☐ Sunglasses
- ☐ Sunscreen (mentioned twice in case you missed it above)
- ☐ Backpack or drawstring bag for day use
- ☐ Flip flops/slides/crocs or sport sandals for to and from waterfront (can be the same as shower shoes)

**Medical** *\*Your child's medical information must be current. All medications are registered with MASH.*

- ☐ Epi-pens (if applicable)
- ☐ Inhalers (if applicable)
- ☐ Other medications (if applicable)

## Weather

- ☐ Raincoat
- ☐ Rain boots or shoes that can get wet and dirty
- ☐ Running Shoes
- ☐ Skull cap or toque (in case we get some of those cool August nights or mornings)
- ☐ Reusable Water bottle to stay hydrated in all weather

## Clothing

- ☐ Mesh bag for washing masks (only applicable to two week campers) (optional)
- ☐ 8-10 pairs of underwear
- ☐ 8-10 pairs of socks
- ☐ 3-5 bras (if applicable)
- ☐ 2-4 pajamas (some for hot and some for cold weather)
- ☐ Slippers or shoes for in the cabin (optional)
- ☐ 3-4 shorts
- ☐ 3-4 pants (at least 1 pair of joggers for warmth)
- ☐ 7-10 t shirts/tank tops
- ☐ 3-4 long sleeve shirts
- ☐ 3-4 warm sweaters
- ☐ 1 jacket

- ☐ All-sport campers - clothing with Olympiad colours (you don't know which team you will be on so try to bring something red, blue, green and black).
- ☐ Volleyball - red and white clothing for Canada Day celebration
- ☐ Volleyball - something "dressy" for the Friday Banquet
- ☐ Volleyball - knee pads (optional)

*\*Two week campers do receive laundry service toward the end of week 1.*

## Snacks

While the tuck shop will be available, we appreciate that some people may want to bring snacks. We are a nut aware camp and ask that you send only nut free foods as we have campers with nut allergies in cabins. Counsellors will be confiscating any foods containing nuts and returning it to campers once they get off the bus.

Only send snacks if you are also sending a sturdy plastic container (rubbermaid or toolbox style) for storage so we can avoid critters.

## Mail

If you intend to send snail mail, you should mail it prior to your camper leaving for camp to ensure a timely delivery. You can also consider hiding notes in your camper's luggage with the day of the week you want them to open it or hand in letters you would like delivered at registration. Note, if you suspect your camper may struggle with homesickness we would recommend only two letters otherwise they will have a hard time letting go of home. We also recommend those letters be encouraging and instill confidence in your child's ability to enjoy camp.

## Do not pack

- Money - *all tuck is done through credit card so cash is not necessary on site*
- Electronics (no phones, screens, hair dryers, curlers, straighteners, etc.)
  - *Any phones brought to camp must be handed in for safe storage and will be returned to campers on the bus or upon parent pick-up (All-Sport only).*
  - *Consider bringing an MP3 player and digital camera as phones/screens are not permitted*
- Food containing nuts
- Do not bring your good court shoes - they will get dirty
- Knives
- Lighters, Matches or Firestarter - *tools required for campcraft skills will be provided under supervision of the area specialist.*
- Cigarettes, Vapes, Alcohol or non-prescription drugs - *possession of these items will result in an immediate dismissal from camp*

- Fans
- Kettles
- Power bars
- Lamps
- Heaters
- Electric blankets
- Glass containers

Some extra packing notes:

**TOGETHERNESS:**

- Each morning, we participate in Togetherness (at sunrise, outdoors). Campers should plan to dress accordingly for cool and/or damp mornings.

**OLYMPIAD (ALL-SPORT ONLY):**

- Red, Blue, Green or Black clothing for your assigned team

**VOLLEYBALL ONLY:**

- Nice outfit for Awards Banquet
- Canada Day clothing (a Wednesday morning tradition)

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.

# ***PARENT FAQs***

## **How much money should we deposit into the Tuck Shop?**

Even though our campers are provided three full meals and one night time snack per day, they do burn a lot of calories during their sessions at camp. Our tuck shop sells candy bars, chips, Gatorade, pop and water. Campers find the tuck shop to be a great social meeting place during their scheduled free-time.

Note: Our camp water is suitable to drink and portable water bottles are encouraged.

Our ever popular camp T-shirts and sweats are available for purchase at competitive prices. Please refer to the Tuck Shop Price List emailed prior to camp.

On average, campers spend between \$5-\$7 per day on snacks and drinks and usually purchase at least one clothing item. This information is intended to be a guideline only and ultimately the final decision should be made by the parent or guardian.

## **Does my child have to deposit their Tuck money into their account or can they keep it with them in their cabin?**

We do NOT encourage keeping money in the cabins. Tuck Shop camper accounts must be pre-loaded using a Credit Card before camp either at the time of registration or by emailing [info@madawaskacamps.com](mailto:info@madawaskacamps.com).

## **My child is coming to Madawaska for the first time. Is it possible for us to call you after the first few days to find out how they are doing and if they adjusted well?**

Absolutely! If you have any worries or concerns, please feel free to call or email us so we can have our head counsellors check in on your child and provide an update to their status and comfort level. The campers will not be allowed to call home unless there is an emergency or if the head staff deems it necessary.

We view this week as a growth period for your child both physically and emotionally and we appreciate your support in this area. Of course 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.

We are passionate about helping our campers adjust to the residential camp environment and are motivated to help them have the very best summer camp experience! Our email address is: [info@madawaskacamps.com](mailto:info@madawaskacamps.com)

## **My child is staying two weeks. Are there laundry services provided?**

Yes! All two-week campers and staff will be asked to pack their clothing in camp-provided laundry bags for cleaning. Please be sure to label all clothing prior to arrival at camp.

## **My child is participating in the Beach session of camp. Do they need to bring running shoes?**

Yes! All campers are required to bring a pair (or two) of running shoes for non-beach activities.

## **I understand all medication must be given to the camp nurse and not stored in the cabins for the safety of all campers. What if my child has an epi-pen or puffer that must be on their person at all times?**

For the safety of all campers, all medication (prescription and over-the-counter) must be stored with our camp nurse for proper dispensing. Should your child be required to carry an epi-pen or puffer with them at all times, the camp nurse and cabin counsellor should be notified and will be prepared to assist your child be responsible for these items.

## **Why do you only run your two camps at the end of the summer?**

The camp grounds are used by our sister Camp Walden from the end of June until mid-August. Therefore, we only have those two weeks to provide our programmes. Additionally, because we draw the top club and university coaches from across the province, they are usually only able to dedicate one week out of the summer to our camp.

## **How do I communicate with my camper?**

Getting mail from home is an anticipated part of the camp day. Mail to camp should be labelled clearly with your camper's name and cabin, along with our full summer mailing address.

If you want your child to receive mail within the first few days of camp, try mailing a few letters before campers depart.

### **How do we make a cabin request for my camper?**

We have always felt that one of the greatest benefits of camping is the development of good social skills. When campers are supported by their parents and camp staff, camp can offer an opportunity for campers to learn how to come out of their comfort zone, build independence and find their rightful place in a group of new people.

Although we do not encourage grouping requests, we will consider mutual requests for one friend. Parents should be aware that there are a number of things we consider when building cabins, such as: maximizing opportunities for campers to take full advantage of meeting new people, providing new experiences which means not just being with your team from home in a new space but being with new people too, minimizing cliques and making sure campers who have come to camp as individuals will feel as welcome as those who know many people at camp, and appropriate age groupings, etc.

It is for these reasons that we ask parents to consider the following carefully before influencing the grouping process:

Being grouped with friends or teammates from home may sometimes create more anxieties than they alleviate.

Requests (and disrequests!) should be made by the families of both campers, in writing on the application form.

Cabin groups have a maximum size and as a result, we limit requests to one mutual request per camper.

We are grouping campers primarily by court or beach and their age. Coaches will work hard to coach and challenge all players at their appropriate level, thus we will not be adjusting cabin groupings according to the club they play for or their level of play within the club. We do not place campers in older cabins even if they "play up." Please recognize that although we collect requests, we do not (and sometimes cannot) always accommodate them.

Although we can make guarantees about spaces available in each unit, we cannot guarantee cabin grouping at any time. We welcome your registration with the trust in us that we will do everything possible to assist your camper in enjoying their camp experience. We will not accept registrations that are contingent on cabin grouping requests.

Please be advised, that cabin mate requests must be mutually requested by both families, and both campers must be in the same programme to allow us to put them together.

All cabin mate requests should be submitted by July 1st to be considered.

### **What does a typical day look like?**

Please find our sample schedules below (subject to change)

# SAMPLE ALL-SPORT DAILY SCHEDULE

**Sunday:** Arrival, Camp-Wide Game, Opening Ceremonies

Time	Monday	Tuesday	Wednesday	Thursday
7:00	Wake Up			
7:20	Togetherness			
7:40	Breakfast			
9:00	Period 1			
10:30	Period 2			
12:00	Lunch			
1:15	Period 3			
2:45	Free Time (Tuck, Free Swim and Rest)			
4:00	Period 4			
5:30	Dinner			
6:45	Evening Elective			
8:15	Cabin Free Time/Snack			
8:45	Cabin Round-Up (Olympiad Opening Ceremonies Thursday)			
10:15	Lights Out			

**Friday:** Olympiad, Sports Desk and Closing Ceremonies

**Saturday:** Cabin Clean-Up and Departure

# ***SAMPLE VOLLEYBALL DAILY SCHEDULE***

**Sunday:** Arrival, First On-Court Session, Opening Ceremonies

Time	Monday	Tuesday	Wednesday	Thursday
7:00	Wake Up			
7:20	Togetherness			
7:40	Breakfast			
9:00	General Session			
9:30	Morning On-Court Training			
11:30	Free Time			
12:00	Lunch			
1:15	Free Time			
2:00	General Session			
2:30	Afternoon On-Court Training			
4:30	Free Time			
6:00	Dinner			
7:00	Evening On-Court Training			
8:30	Cabin Free Time			
9:15	Quality Time	Vollapalooza	Hootenanny	Camp Fires
10:30	Back to cabins			
11:00	Lights Out			

**Friday:** Final On-Court Session, Tournament, Banquet, and All-Star Matches

**Saturday:** Cabin Clean-Up and Departure