



Buffalo Grove
Park District

Dear Parent,

Welcome to Sports Camp 2011! We are looking forward to a summer full of fun and excitement for your child. There are a few, very important items below as well as the camp schedule with lots of information enclosed. Please carefully read and keep all the information for future reference. Many questions you have will be answered in this letter and/or in the schedule.

Parent information night is Friday, June 10th 6:15-7:00pm at the Alcott Center

Please take the time during the first week as well as through the duration of camp to talk with your son or daughter's counselor and site supervisor. This helps us get to know your child a little quicker, and gives you the opportunity to comment on the camp.

PICK UP

On the first day of camp please give your child's counselor a list of people who are permitted to pick up your child from camp. Please be aware that parents/guardians may be asked to show identification when picking up children. This is for the safety of your child so please be patient with the camp staff. If your child is allowed to walk or bike to and from camp please give your child's counselor a note stating that your child has your permission to bike and/or walk to and from camp.

PROFESSIONAL BASEBALL & BASKETBALL GAMES

We will be attending the Milwaukee Brewers, Kane County Cougars and the Chicago Sky games this year. It is extremely important that every camper/parent follow the procedures set forth by the ball clubs regarding food/drinks. For the Brewers **ALL food items MUST be contained within soft-see-through containers, i.e. ZipLoc bags in order to expedite bag inspections.** At Kane County Cougars campers may **bring a brown bag lunch, drink** and eat on the bus prior to entering the stadium. **NO COOLERS, HARD-SIDED SNACK CONTAINERS ALLOWED AT ANY OF THE PARKS.** For the Chicago Sky game, no food or drink may be brought into the stadium. However, you may pack a lunch and eat on the bus prior to going into the stadium.

MEDICATION DISPENSING

The *Medication Dispensing Information Form* is now on line at http://www.bgparkdistrict.org/pr_camps.htm on the camp page. If needed, please complete this document and return to the park district office prior to the start of camp.

ABSENCES

On days your child will miss camp please email at sportscamp@bgpkr.org and let us know. You can also reach voice mail at 847-850-2139 any time of day.

ARRIVAL AND DEPARTURE

Arrival - Children should arrive at camp no earlier than 5 minutes prior to camp time, as staff will be preparing for the day's activities. Departure - Children must be picked up promptly. **If you are more than 15 minutes late, your child will be taken to the nearest Camp Connection site and a childcare fee of \$10 per 15 minutes will be assessed.**

PERSONAL ITEMS

Bring sunscreen every day. All personal items (backpacks, tote bags, lunch boxes/bags, etc.) must be clearly labeled with your child's name on it. Please do not allow your child to bring Cell phone, iPod's, MP3 players, trading cards or items that may be broken.

LUNCHES

All campers are required to bring a lunch and beverage daily. With regards to environmental matters, we encourage campers to bring their labeled lunch and beverage in a reusable lunch container. Lunches are kept in the camper's backpacks until lunch. **Refrigeration is not available.**

If you have any questions or concerns, please contact Ben Leven on the Sports Camp hotline at 847-850-2139. We look forward to a great summer.

Sincerely,
Chuck Burgess
Recreation Supervisor

Ben Leven
Sports Camp Coordinator

Parent's Meeting Agenda
Friday, June 10th at 6:15-7:00pm
Buffalo Grove Park District - Sports Camp 2011

- ◆ *Staff*
 - *Introductions*
 - *Groups Procedures*
 - ◆ *Counselors will be assigned groups alphabetically for attendance, head counts, field trips and overall*
 - ***Counselors will be their “buddy” as someone to go to (lunch, sick, injured, hangout)***
 - *This will allow the kids the opportunity to play together more frequently*
 - *We will break up into teams randomly and kids can pick their own team*
 - *They may eat lunch, swim, hangout with their friends*
- ◆ *Safety*
 - *Headcounts*
 - *Swimming (please advise counselors if your child needs assistance while swimming)*
 - ***Gym Shoes Only; No Sandals, Crocs***
 - *Sports Equipment*
 - *Do not bring any personal equipment (bats, gloves or water guns/balloons)*
 - *Safety Gear for rollerblading (Helmet, wrist, knee, elbow pads)*
- ◆ *Inappropriate Behavior*
 - *Swearing, fighting, teasing – NOT TOLERATED*
 - *Situation Reports will be completed to document situation and reported to parents at the end of day. If serious, parents will be contacted*
 - *Speak with Supervisor/Counselor*
- ◆ *Medication*
 - *Speak with Supervisor/Counselor*
 - *Forms*
 - *Must be in original bottle*
 - *Need specific details for administration*
- ◆ *Field Trips*
 - *847-850-2139 (Hotline)*
 - *Brewers/Cougars- please call hotline for pick up time*
 - *Sunscreen (campers are responsible for sunscreen, if they need help for their back counselors can assist.)*
- ◆ *Sports Days = We are at camp site*
 - *Sunscreen (campers are responsible for sunscreen, if they need help for their back counselors can assist.)*
 - *Money (SUGGESTION) buy, souvenirs or snacks on trips. Campers are responsible for money and counselors cannot handle any money or hold on to.*
 - *Water Bottle (please label with camper name)*
- ◆ *Illness*
 - *Any illness, feeling sick or sick day before...STAY HOME! We are not equipped for sick children...will get others sick as well*
- ◆ *Q & A*
 - *Activities*
 - *Field Trips*

Buffalo Grove Park District – Sports Camp 2011

Session One: 6/13 – 7/8; Session Two: 7/11 – 7/29

Monday	Tuesday	Wednesday	Thursday	Friday
6/13 Sports Day <i>1st Day of Camp</i>	6/14 <u>Willow Grove/Meridian</u> Glacier Ice Arena 11:30am-1pm <u>Twin Groves/Ivy Hall</u> Willow Stream Pool	6/15 Sports Day	6/16 <u>Twin Groves/Ivy Hall</u> Glacier Ice Arena 11:30am-1pm <u>Willow Grove/Meridian</u> Willow Stream Pool	6/17 All Sites Wheeling Aquatic Center 10am-3pm
6/20 Sports Day	6/21 <u>Twin Groves/Ivy Hall</u> Enchanted Castle 10am-1pm <u>Willow Grove/Meridian</u> Willow Stream Pool	6/22 All Sites Milwaukee Brewers Game Time: 1:10pm <i>Call hotline for pick up time at Spray 'N Play</i>	6/23 <u>Willow Grove/Meridian</u> Enchanted Castle 10am-1pm <u>Twin Groves/Ivy Hall</u> Willow Stream Pool	6/24 All Sites Highland Park Hidden Creek Aqua Park 10am-2:30pm
6/27 Sports Day	6/28 All Sites Independence Grove Forest Preserve Beach 10am-2pm	6/29 <u>Willow Grove/Meridian</u> Sports Day <u>Twin Groves/Ivy Hall</u> Willow Stream Pool	6/30 <u>Twin Groves/Ivy Hall</u> Sports Day <u>Willow Grove/Meridian</u> Willow Stream Pool	7/1 All Sites Mundelein Barefoot Bay 10am-2:30pm
7/4 <i>No Camp</i> <i>4th of July</i>	7/5 All Sites Kane County Cougars Game Time: Noon <i>Call hotline for pick up time at Spray 'N Play</i>	7/6 <u>Twin Groves/Ivy Hall</u> Bowling 1-3pm <u>Willow Grove/Meridian</u> Willow Stream Pool	7/7 All Sites Vernon Hills Aquatic Center 11:30am-3pm	7/8 <u>Willow Grove/Meridian</u> Bowling 1-3pm <u>Twin Groves/Ivy Hall</u> Willow Stream Pool
7/11 Sports Day <i>2nd Session</i>	7/12 Sports Day	7/13 All Sites WNBA – Chicago Sky Game Time: 11:30am <i>Pick up at campers specific camp site</i>	7/14 <u>Twin Groves/Ivy Hall</u> Par-King Mini Golf 10am-Noon <u>Willow Grove/Meridian</u> Willow Stream Pool	7/15 <u>Willow Grove/Meridian</u> Par-King Mini Golf 10am-Noon <u>Twin Groves/Ivy Hall</u> Willow Stream Pool
7/18 All Sites Kane County Cougars Game Time: Noon <i>Call hotline for pick up time at Spray 'N Play</i>	7/19 Sports Day	7/20 <u>Willow Grove/Meridian</u> Bowling 1-3pm <u>Twin Groves/Ivy Hall</u> Willow Stream Pool	7/21 All Sites Vernon Hills Aquatic Center 11:30am-3pm	7/22 <u>Twin Groves/Ivy Hall</u> Bowling 1-3pm <u>Willow Grove/Meridian</u> Willow Stream Pool
7/25 Sports Day	7/26 <u>Willow Grove/Meridian</u> Enchanted Castle 10am-1pm <u>Twin Groves/Ivy Hall</u> Willow Stream Pool	7/27 All Sites Independence Grove Forest Preserve Beach 10am-2pm	7/28 <u>Twin Groves/Ivy Hall</u> Enchanted Castle 10am-1pm <u>Willow Grove/Meridian</u> Willow Stream Pool	7/29 All Sites Mundelein Barefoot Bay 10am-2:30pm

**Note: Fieldtrips are subject to change*

Camp T-Shirts are REQUIRED on ALL field trips



SPORTS CAMP CONTACT
847-850-2139
sportscamp@bgpkr.org

Lunches should be packed in a cooler. Refrigeration is not available at the camp sites or trips.

What NOT to bring on BASEBALL GAMES
> Coolers, > Thermoses, > Backpacks
> Gym & Duffel bags, > Bottles, Cans, > Gloves (you may bring a clear sealed plastic bottle of water or juice, one liter).

What NOT to bring to Camp
> Radio, Walkman, Discman > MP3, iPods > Water Guns or Balloons
> Trading Card, > Game Boys
> Athletic Equipment > Cell Phones.

**Willow Grove (Boy's 3rd/4th)
Meridian (Girl's 3rd – 8th)
8:45am – 3:45pm**

**Twin Groves (Boy's 5th/6th)
Ivy Hall (Boy's 7th/8th)
8:30am – 3:30pm**



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<i>Trip Location</i>	<i>SUGGESTIONS to Bring on Trip</i>	<i>Lunch</i>	<i>Pick up at</i>
Bowling - Hawthorn Lanes	N/A	Eat lunch at camp site	Camp Site
Chicago Sky Basketball	Money	Bring Lunch, Concession Available	Camp Site
Enchanted Castle	Money (20 tokens provided)	Pizza & Drink Provided or Bring Lunch	Camp Site
Glacier Ice Arena	Pants, Sweatshirt, Warm Clothes	Bring Lunch	Camp Site
Hidden Creek Aqua Park	Towel, Sunscreen, Suit, Money	Bring Lunch, Concession Available	Camp Site
Independence Grove	Towel, Sunscreen, Suit	Bring Lunch	Camp Site
Kane County Cougars	Money	Bring Lunch, Concessions Available	Spray 'N Play
Milwaukee Brewers	Money	Food MUST be contained within soft-see through containers, i.e. ZipLoc. Concessions Available	Spray 'N Play
Mundelein Barefoot Bay	Towel, Sunscreen, Suit	Bring Lunch, Concession Available	Camp Site
Par-King Mini Golf	N/A	Bring Lunch	Camp Site
Willow Stream Pool	Towel, Sunscreen, Suit	Bring Lunch	Camp Site
Vernon Hills Aquatic Center	Towel, Sunscreen, Suit, Money	Bring Lunch, Concession Available	Camp Site
Wheeling Aquatic Center	Towel, Sunscreen, Suit	Bring Lunch, Concession Available	Camp Site

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EASING THE TEASING STRATEGIES

Children can learn the strategies listed below that will empower them and reduce feelings of helplessness. When children realize that there are effective strategies they can use in teasing situations, their coping skills are strengthened.

1. SELF-TALK

Encourage children to think about what they can say or do in a teasing situation.

Reminder: Do not react with anger or tears!

Questions: "Is the tease or insult true?" Often it is not.

"Whose opinion is more important....the teaser's or mine?"

Think about positive qualities or special experiences.

A child should say to himself, " Even though I don't like this teasing, I can handle it."

2. IGNORE

No eye contact or verbal response

Pretend the teaser is invisible.

Practice/role play

If possible, walk away and join others.

May not be effective with chronic teasing.

3. "I" MESSAGE

"I feel upset when you make fun of my glasses. I would like you to stop."

Effective in more "structured" or supervised situations.

Effective when communicated to a friend.

May not work in unstructured settings because it may lead to more teasing.

Make eye contact, speak clearly and politely.

4. VISUALIZATION

Create a mental picture that the words are "bouncing off."

Pretend there is a shield to repel the put-downs and teases.

Create own visualization. "I am going to kick the teases down the soccer field."

5. REFRAME

Accept the tease as a positive comment rather than a put- down.

Take or accept the tease as a compliment

"Thanks for noticing my glasses."

"Thanks for your opinion."

6. AGREE

Agree with the facts.

"Yes, I have poor vision."

7."SO?"

Conveys the message of "so what?" or "who cares?"

8. RESPOND TO THE TEASER WITH A COMPLIMENT

"I wish I could see as well as you."

9. USE HUMOR

Laughing or smiling defuses the mean comments.

10. ASK FOR HELP

An adult can often intervene very successfully.

Tattling vs. Reporting

THE OTHER 3 R'S

The effectiveness and success of THE OTHER 3 of the EASING THE TEASING strategies are generally dependent upon the child feeling comfortable and confident in using them. Comfort and confidence develop from "the other 3 R's": rehearsal, repetition, and review. Just as children have to consistently review math facts and spelling words, they must repeatedly practice these techniques. Frequent discussions and role-plays foster and enhance a child's successful use of the strategies.