



Summer 2018 Guidebook

TENNIS

SPORTS

GYMNASTICS

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What We Believe and Who We Are

What We Believe:

Sports Camp, Gymnastics Camp and Tennis Camp are day camps that emphasize individual growth and team building. In our camp environments, campers have the opportunity to learn and develop sports skills, as well as a sense of achievement, camaraderie and sportsmanship. Our activities help campers have fun with sports, make new friends and foster positive attitudes with Jewish values in a safe environment.

Who We Are:

We are proud of our staff. They bring years of experience and expertise to our different camps. Because of their knowledge and concern for our campers, many of our staff return each year to continually nurture and watch your child(ren) grow into responsible young adults.

Director of Camping Services

Laura Seymour

Tennis Camp Director

Polo Cruz

Sports Camp Director

Jilliane Bowser

Josh Goldstein

Gymnastics Camp Co-Directors

Julie Cruz

Amy Postel

Debbie Weinstein

When Is Camp?

Camp Dates:

Session 1 - Monday, June 11 - Friday, June 29

Session 2 - Monday, July 2 - Friday, July 20 (no camp July 4)

Session 3 - Monday, July 23 - Friday, August 10

Camp Hours:

Our camps are from 9:00am to 4:00pm each day. For the convenience of our parents, Extended Care is available for an additional charge. All campers in grades 1 - 6 who will be at the J before 8:45 am or after 4:00 pm without adult supervision, MUST be registered in the Before/After Care program.

EXTENDED CARE IS LOCATED IN THE LODGE -
AT THE END OF THE TENNIS COURT DRIVE.

Extended Care registration is available AM only/PM only or Both. Activities include swimming, crafts, games and time to visit with friends in a supervised atmosphere. Registration is taken at the Front Desk of the J and must be done prior to camp start.

Before Care begins at 7:30 am. A staff member will be at the door to assist children out of the car and check them in

After Care is available from 4:00-6:00 pm. For pick up, park in the Tennis Lot and come into the Lodge. All campers will be out of the pool and in the Lodge by 5:45pm each day.

For occasional Extended Care registration, please make reservations 24 hours in advance by emailing jcamp@jccdallas.org. The fee is \$10 per hour, which is paid by check or cash each day.

Bus Transportation:

Bus Transportation is available from four sites in North Dallas, Plano & Frisco, and Bus Counselors are assigned to work each of the buses. It is convenient and easy for children and for parents. Campers must be registered for the bus prior to camp beginning. Schedules of bus times will be sent out before camp begins. Please send a note if there are to be any bus changes for your child. We cannot allow a child to go home on a different bus or with a friend in carpool, or be picked up at the J without written confirmation. Last minute changes can be made by calling the camp before 2:30 p.m. For the safety of our children, please drive carefully and do not block the bus pick-up area or its path.

There will always be a minimum of 2 staff members on each bus. Often extra staff will be placed on the bus to help with children needing extra care. The Bus Counselor will carry all emergency numbers for every child in the Bus Bag. The Health Forms and information will be available via phone during transportation times.

Carpool, Drop Off & Pick Up Procedures

These procedures are for ALL CAMPS except Camp Simchah (preschool)!

ONE CARPOOL FOR ALL SCHOOL-AGED CAMPS!

(Chai, Gymnastics, Sports, Tennis, Performing Arts, Teen Travel Camp)

Camp Hours are 9:00 am – 4:00 pm daily.

1. **Car Tags: all camp cars must have a camp car tag.** Camp car tags will be used for entering the J and for carpool purposes. Both camp car tags and car pool numbers will be ready for pick up at the Front Desk starting on June 1st between the hours of 7:30am – 9am, or from 6pm – 8pm (except Fridays). For Camp Chai families, Camp Car tags will also be available for pick up at the Camp Chai Orientation on Wednesday June 6th.
2. **PLEASE BE PROMPT:** In the morning, it is best to arrive during the carpool times so that your camper starts the day with their group. In the afternoon, any campers not picked up when carpool ends will automatically go to Extended Care in the Lodge and you will be charged \$10 per hour, with no proration for partial hours.
3. **Morning Carpool is from 8:45 – 9:00 am. ALL CAMP CARPOOLS WILL USE THE FAR RIGHT LANE AND ALL CARS MUST HAVE CAMP CAR TAG TO USE THIS LANE.** Follow the signs to drop off – campers must all exit from the driver's side of the car. Proceed to Valleydale to exit.
 - a. **Late Drop-off Procedures:** If you arrive after 9:00am, you must bring your camper to Camp Central to **SIGN IN** (required) and they will be taken to their camp. Parking in the Tennis spaces and walking across the carpool line to drop off or pick up your child is not permitted. You may park in the main lot and come in the Main Lobby entrance to drop off or pick up.
4. **Afternoon Carpool is from 3:45 – 4:00 pm** and will follow the same procedures as morning carpool (see #2 above).
 - a. **Late Pick-Up Procedures:** Any campers not picked up when carpool ends will automatically go to Extended Care in the Lodge and you will be charged \$10 per hour, with no proration for partial hours. If you arrive after carpool has ended, please follow the signs to pick up your child from After Care in the Lodge.
5. **Early Pick Up Procedures:** We do not recommend early pickup, as it can be very disruptive to the campers day. If you must pick up your camper early, they must be picked up before 3:00pm or after 3:45pm (once camp carpool has started). To pick up early, send an email **no later than the day before** to jcamp@jccdallas.org with the following information: camper(s) names, camp(s)/tribe(s), time you will be picking up, and who will be picking up the camper(s). We will have your camper waiting in Camp Central at the time you specify, so please be prompt. **YOU MUST GO TO CAMP CENTRAL TO SIGN OUT YOUR CAMPER.** If you must pick up your camper for unforeseen reasons, we will do our best to accommodate requests sent at least 2 hours prior to pick up. *Requests sent less than 2 hours prior to pickup will require at least 15 – 20 minutes to bring your camper to camp central, so PLEASE PLAN AHEAD.*
6. **Carpooling with Other Families:** You must complete the carpool form on www.jccdallas.org/campforms no later than May 25th. Please list all names and camp attending. Single family carpools still need a number, but will not need to complete the carpool form.
7. **In case of inclement weather,** all drop-offs and pick-ups will be in the front of the JCC Main Lobby. Check our JCC Dallas Summer Camps Facebook or the JCC Camp Website for updates.

THINGS TO REMEMBER

- Make sure your camp car tag is always visible
- Please have your J Membership Card or Camp Friend Card with you at all times in the JCC building.

What to Wear to Camp

Campers should dress in clothes that enable them to participate in all camp activities and should bring sun block for outdoor activities. **BE SURE THAT ALL CLOTHING AND BAGS ARE LABELED WITH YOUR CHILD'S FULL NAME.** Lost and Found is kept in Camp Central and items with names will be returned to campers.

Sports Camp:

Sneakers, T-shirts with appropriate designs, socks, swimsuit (may be worn under clothes), shorts, towel, and sun block. There will be additional items needed for individual sports.

Gymnastics Camp:

Please see the Gymnastics Camp Welcome Letter for detailed information.

Tennis Camp:

Non-Marking Sneakers, socks, shorts, T-shirts with appropriate designs, swimsuit, towel, hat, sunglasses (optional), sun block (!).

All Camps:

Camp T-shirts must be worn on all field trips and picture day!

Important: Campers should not bring valuable items such as cell phones, iPods, iTouches, etc. The camps cannot assume responsibility. Money is not needed at camp except on field trips (you will be notified prior to trip date). Dangerous items, weapons and other inappropriate items are never allowed and will be confiscated immediately!!

Lunch and Snacks

1. Please send a lunch with your child Monday through Friday. All drinks and snacks will be provided by the camp. Please use paper sacks or lunch boxes clearly marked with your camper's name.
2. The staff will collect lunches when your child arrives at camp, and store in a cool place. However, we ask that you not send food that spoils easily.
3. **THE J PRACTICES A KASHRUTH POLICY:**
 - a. Please send either kosher meat or a dairy sandwich. All meats should be on pareve bread.
 - b. Do not mix milk and meat products within the lunch you send.
 - c. Under no circumstances should you send shellfish, pork or lard products.
4. Fino will be offering a lunch program and you may register for this service by the three-week session.
5. For birthday or special group treats, we request that you send only kosher items with a recognized marking. If you are not sure what to buy or where to buy it, please call us and we will be glad to help.

Health and Safety

We are concerned with the health and safety of every camper at Sports Camp, Gymnastics Camp, and Tennis Camp. The full-time Sports and Fitness Staff is trained and certified in basic First Aid, AED and CPR, and is available to help with any problems that require special attention.

Medication Procedures

1. If your child has any allergies or activity restrictions, it is important that you indicate this on the medical form.
2. If your child must take medication during the day, please send the **prescription bottle** with complete instructions including the name of the child, the name of the drug, frequency and reason for giving. We cannot give medication without this.
3. All medication must remain in Camp Central. We cannot give over-the-counter drugs without written notification. A prescription/note must be sent in.
4. Please use the **Authorization for Dispensing Medication Form**.

Please help us by keeping your camper home if he/she is ill. Our staff will call you if your camper becomes ill at camp. In order for us to quickly contact you, please provide accurate personal and emergency contact numbers on your medical form.

Insurance

Camp insurance is provided by the JCC for all campers who attend camp. The maximum benefit is \$25,000 per injury with no deductible. Dental is treated as medical under the plan as long as the treatment pertains to the injury. This is supplemental insurance and you must submit to your own insurance company first.

Security

Our goal is to assure your child's safety and security at all times. For this reason, children may leave camp only if they have dated written permission from a parent or if the parent is present to pick them up. Otherwise, campers are to stay with their group and their assigned counselors at all times. Campers are never left unattended, as counselors are with them at all times throughout the day.

Special Programs

Field Trips

Each camp will take special field trips away from camp during each session. The experiences vary by camp and age group. Prior to each trip, specific information and details will be sent home.

We recognize the safety issues necessary for trips away from camp, and we plan with these issues in mind.

1. On each trip, additional staff will join the group to help with supervision. Our goal is to lower the camper/counselor ratio. Additional staff also attend each trip to staff specific responsibilities such as watching entrances and exits to make sure no camper leaves a facility, handling possible emergencies and dispensing medications.
2. All campers **MUST** wear camp t-shirts to help with identification.
3. The rules, expectations and safety measures are reviewed with the campers prior to each trip.

We have been taking campers on trips for many years, and at every facility our staff and campers have been complimented on our organization and care for campers. Not only do we take care of the details, but we also take care of the worry so you don't have to! If you have specific questions when the trip information comes out, please call .

Camp Odds and Ends

1. Children may leave camp only if they have dated, written permission from a parent. If someone other than the parent will be taking the child, please notify the camp of that person's name and relationship in writing. Identification will be required.
2. If your child will be absent from camp or late, please notify us.
3. Personal equipment such as iPods, iTouches, cell phones, skateboards, hockey sticks, etc. should not be brought to camp unless the parent has spoken with the Camp Director and special arrangements have been made. The camp is not responsible for items brought to camp. Any inappropriate or dangerous items will be confiscated immediately. The camp reserves the right to check the camper's bag with the camper present.
4. When it is necessary to leave a message for your child during camp hours, please call Camp Central at 214-239-7166. *Please make sure all messages are left prior to 3:00 pm; otherwise, we cannot guarantee your child will receive the message.*
5. It is not necessary to bring money to camp unless it is required as spending money for a field trip.
6. Please do not extend gratuities. There are opportunities to honor staff through contributions to the Camp Scholarship Fund.