

GAME ON!



SPORTS CAMP 4 GIRLS™

2024 Parent Handbook

WELCOME LETTER

Dear Parents and Families,

Welcome to Game On! Sports Camp 4 Girls! Our committed management team and camp staff is poised to make this our best summer yet.

This handbook includes Game On! policies and information that we feel will be helpful to make your daughter's camp experience the best it can be. Please note that you will be notified of any changes made to policies, procedures, or general information. We urge you to read through this handbook thoroughly and discuss with your daughter so everyone is prepared for a smooth transition into the camp season.

If at any time you have questions or concerns, please feel free to reach out to any member of the management team or your Camp Director for assistance. We are here for you.

Our commitment - we will not only listen, we will hear you!

Ready, set, GAME ON!

Sincerely,

The Game On! Sports Camp 4 Girls Team

CAMP CONTACT INFORMATION

During Camp Hours

Camp Office: 847-229-9959

The camp office will be open from 8:00 am until 5:00 pm Monday through Friday.

After Camp Hours or Weekends

Please leave a message at 847-229-9959 and someone will return your call as quickly as possible.

You are also welcome to email us anytime at info@gameonsports4girls.com.

GAME ON! MANAGEMENT TEAM & CAMP STAFF

National Staff

Barb Lazarus, Founder and Co-owner

Sara Hokin Rubin, Co-owner and Director of Operations

Jenny Beam Borkowski, Director of Communications

Additional Camp Staff

Game On! strives to hire the highest quality staff, all of whom are athletes and role models and share the passion to empower girls.

GAME ON! MISSION

To harness the power of sports to shape the strong girls that become the valued teammates and high achievers of tomorrow.

- To inspire or enhance a lifelong appreciation for a healthy lifestyle, including sports & fitness
- To empower/build confidence through sports
- To promote skill development for all levels through quality instruction and fun
- To teach and promote solid life skills & core values through sports
- To inspire our campers and their families to support our women's collegiate and professional sports teams through education and experience

STAY CONNECTED WITH GAME ON!

Social Media Sites

Stay informed with our daily camp updates and photos on Facebook, as well as educational and inspirational videos, articles, blog posts, and more!

Facebook - facebook.com/gameonsportscamp4girls

Instagram - @gameonsportgirl

SmugMug (Camp photos & videos) - gameonsports4girls.smugmug.com

Website

Visit our [website](#) for up-to-date news, photos, videos, and additional important information (such as this handbook).

CAMP PARTICIPATION

ELIGIBILITY REQUIREMENTS

Game On! Sports Camp 4 Girls is for EVERY GIRL in kindergarten through 8th grade, regardless of skill level.

REGISTRATION

GLENCOE: Registration is handled by the Glencoe Park District. If you have questions about your registration, please reach out to (847) 835-3030.

CHICAGO & LAKE FOREST: Registration is handled by U.S. Sports Camps. Reach out to kids@ussportscamps.com or 1-800-645-3226 if you have any registration questions.

STATEMENT OF DIVERSITY/NON-DISCRIMINATION

Game On! Sports Camp 4 Girls does not discriminate on the basis of race, religion, national and/or ethnic origin, marital status, sexual orientation, body type, physical ability, gender expression, or other individual identities in the administration of any of its programming or admissions policy. All camp activities will promote and maintain the safety of all campers and staff.

CHILDREN WITH SPECIAL NEEDS

Game On! Sports Camp 4 Girls supports the goals of the Americans with Disabilities Act. Please contact us if your child may require special accommodations.

DEVELOPMENTALLY APPROPRIATE PROGRAMMING

We strive to teach sports at the appropriate skill level and include programming fit for each camper's stage of development.

ACTIVITIES

Feel free to call the camp office for a rundown on the day's schedule. All activities are age appropriate and designed to encourage safe fun and learning for all campers. Depending on the camp location, activities may include, but are not limited to, basketball, volleyball, flag football, softball, tennis, lacrosse, soccer, field hockey, flag/touch rugby, ultimate frisbee, field and gym games, team building, swimming, creative and motivational projects and age-appropriate conversations that cover important topics in the development of girls such as nutrition, resiliency, inclusion vs, exclusion, respect, leadership, etc. If your child cannot participate in a scheduled activity, or you do not wish for them to do so, please notify the Camp Director or management team so alternative accommodations can be made.

GLENGOE SAMPLE SCHEDULE

9:00 a.m.	Spirited welcome & fun games
9:20-10:05 a.m.	Sport #1
10:10-10:30 a.m.	Snack/Sunscreen
10:35-11:15 a.m.	Sport #2
11:20 a.m.-12:05 p.m.	Sport #3
12:10-12:40 p.m.	Refuel with lunch
12:45-1:15 p.m.	Healthier4Me/Team Time
1:20-2:05 p.m.	Sport #4
2:10-2:45 p.m.	Optional Activity (choices change daily)
2:25-3:00 p.m.	Minute to Win It/Pack up & pickup

CHICAGO & LAKE FOREST SAMPLE SCHEDULE

9:00 a.m.	Spirited welcome & fun games
9:20-10:10 a.m.	Sport #1
10:10-10:25 a.m.	Snack & reapply sunscreen
10:30-11:20 a.m.	Sport #2
11:25 a.m.-12:15 p.m.	Sport #3
12:20-12:50 p.m.	Refuel with lunch
12:50-1:20 p.m.	Healthier4Me/Team Time
1:25-2:15 p.m.	Sport #4
2:25-2:55 p.m.	Optional Activity #1 (choices change daily)
3:00-3:30 p.m.	Optional Activity #2 (choices change daily)
3:35-4:00 p.m.	Minute to Win It/Pack up & pickup
4:00-5:00 p.m.	After Camp Care (optional)

CAMPER BELONGINGS

Campers are encouraged to bring a backpack or closable bag to hold their belongings. Camper belongings will be individually stored in a secure area. ***Please ensure that ALL items are labeled with the camper's first and last name.***

WHAT TO BRING

- Hand sanitizer
- Water Bottle (filled to start the day)
- Sunscreen
- Bug Spray
- Towel
- Lunch and Snacks (NUT-FREE, resealable containers/baggies, no refrigeration available)
- For longer hair: headband or hair tie
- Appropriate layers for weather
- Change of clothes (including socks and underwear)
- Hat (optional, but recommended)
- Personal sports equipment such as softball glove, tennis racquet, lacrosse stick, etc. (optional)
- Mask (optional)

WHAT TO LEAVE AT HOME

- Cleats
- Chewing gum
- Cell Phones
- Other electronic devices
- Valuables
- Money
- Toys

Game On! Sports 4 Girls will not be held responsible for any lost or stolen articles. Please keep valuables, including money and electronics, at home.

DRESS CODE

Girls should come dressed and ready for an active day. We suggest comfortable clothes that allow movement and are weather appropriate. It is very important that girls wear shoes that will safely allow them to run, jump, kick balls, etc. Campers should wear running or athletic shoes and socks to prevent blistering. Please no sandals, flip-flops, boots, or open toed shoes etc.

COVID & OTHER IMPORTANT HEALTH-RELATED POLICIES

COVID & MASK REQUIREMENTS

While COVID is no longer a public health emergency, Game On! will continue to maintain certain related options and policies.

Please note that your campers are always welcome to mask should they feel safer doing so.

Please also help us to continue reminding your campers to refrain from touching other campers or sharing food and that we will be sanitizing our hands throughout the day.

As per usual, if your camper feels sick, whether COVID or not, they should be kept home. Overall, we will rely on your best judgment.

VACCINES

At this time, COVID vaccination is optional for campers, but highly recommended.

FOOD POLICIES & INFORMATION

Due to the various dietary needs of each family and camper, it is in the best interest to have campers bring their own lunches and snacks.

Game On! maintains a strict NUT-FREE environment. No nuts of any kind, please, including peanut butter and nutella. If you need ideas on nut-free lunches, snacks, or treats, please contact us for suggestions.

We also request that campers DO NOT SHARE their food under any circumstances due to possible cross-contamination or allergic reactions. Please discuss this with your camper.

Sorry but snacks and lunches will not be refrigerated.

PERSONAL HYGIENE

Campers and staff will be following strict hygiene rules and procedures at all times as demanded by Game On! and recommended by the CDC and other experts.

Please send your camper with hand sanitizer in her camp bag each day.

SUN/HEAT PROTECTION

Heat and sun safety are very important to us. Camp staff will continuously monitor campers to make sure they are hydrated and protected. We hold activities both indoors and outdoors. However, if we are having an extreme heat day, the Camp Director will determine whether to move all activities indoors.

Sunscreen: Please make sure your camper has sunscreen applied before arriving at camp each morning, and send sunblock in their bag for reapplication throughout the day. If your camper is unable to apply their own sunblock, a member of the Game On! staff will assist them.

Water: We pay special attention to keeping our campers hydrated, and encourage them to drink water throughout the day. Please make sure your camper comes each day with a labeled water bottle filled with cold water. Water refill stations will be conveniently located around camp.

Hats: While hats are not required, they are recommended for additional sun protection.

ATTENDANCE POLICIES & PROCEDURES

ARRIVAL/DROP OFF/SIGN IN

Please follow all Game On! signage to the appropriate drop-off and pick-up points. Parents will remain in the car (if driving) at drop off and pick up. Campers will be met by members of the Game On! Team and directed to the appropriate location.

DISMISSAL/PICK UP/SIGN OUT

All campers must be picked up by someone on their authorized pickup list (completed during registration). In the interest of full safety for your camper, we will not release your child to someone who is not on your authorized pickup list (this includes parents!). If you need to add someone to your list, you must email info@gameonsports4girls.com by 1 p.m. that day.

If you are picking up your camper early, you must let us know via email and come to the camp entrance to sign her out. (The earlier we know, the better!) Early pick up will require the camper to be signed out by an adult on their authorized pick-up list.

GLENCOE: Camp ends at 3 p.m. Campers must be picked up by 3:15 p.m.

CHICAGO & LAKE FOREST: Camp ends at 4 p.m. Campers must be picked up by 4:15 p.m. unless staying for after camp care which ends at 5 p.m.

WALKING/BIKING

Campers will be allowed to walk or bike to camp or leave the premises on their own with written (email) permission from their parent/guardian.

IDENTIFYING WHERE CHILDREN ARE AT ALL TIMES

Camp staff will directly supervise all campers during camp hours. They will identify the campers in their groups and take attendance at each rotation. Please stress to your camper the importance of remaining with camp staff at all times.

ABSENCES & CHANGES IN SCHEDULE

We ask that parents notify camp staff as soon as possible if their camper will be absent or if there is a change to your schedule. Please see page 1 for camp contact information.

CUSTODY, SECURITY & CONFIDENTIALITY

If there is a restraining order or custody restrictions concerning your camper(s), we must have a current copy on file in our camp office. Please discuss any special circumstances with the Camp Director. Our policy is not to release information about your child to anyone who is not on your emergency authorization list. We will contact you if anyone who we are not familiar with or who is not listed in your account tries to gain information about and/or pick up your camper.

INCENTIVE PROGRAMS

While campers are motivated to EARN the awards described below, note that out of all the rewards we offer, our biggest emphasis is on the reward of personal progress/advancement and the pride that goes with. We make a BIG DEAL out of the slightest bit of progress, helping campers to learn and feel deep down that

heart-thumping sense of pride. We hope in the end that this feeling of accomplishment outweighs any award they earn.

Game Day Friday

- All week long, campers will be working on a variety of skills in each sport, and Friday is the day they finally get to put them all together and play! Ribbons will be awarded to first and second place teams. Trophies will be awarded for campers who truly stand out when it comes to Heart & Hustle, Most Improved (observed all week long) and Most Valuable Player (Observed all week long)

Character Ribbons

- Awards for behavior and attitude that go above & beyond (sportsmanship, special achievement, effort, girlstrong, and courage)
- A ribbon will be awarded for our Sports Leader of the week

Campers of the Week

- Award for all-around attitude/behavior that goes above and beyond & serves as a model for all to follow

Team Points

- Teams will earn points in categories that include teamwork, team spirit, team sportsmanship, and team efforts that go above and beyond both on and off the field.

BEHAVIOR/DISCIPLINE POLICIES & PROCEDURES

To make camp a positive experience for everyone, we ask that all campers strive to keep themselves and others safe, act respectfully to staff, and to treat Game On! equipment and our host facility with the utmost care and respect.

Inappropriate or disruptive behavior includes, but is not limited to: damaging/stealing property; throwing objects; leaving any area without permission; disrespectful, abusive, harassing behavior and inappropriate language; hitting, bullying, roughing, or physical abuse.

If a camper interferes with the quality of care or is putting the safety of other campers or staff at risk, the Camp Director will create an incident report and contact the camper's parent/guardian immediately. When behavior presents a safety concern, Game On! reserves the right to skip steps in the disciplinary process as described below. Every effort will be made to help put an end to the problematic behavior, but it is the camper who is ultimately responsible for her conduct. Staff will document all behavior incidents.

Each camper will be given two verbal warnings about their behavior, except when her actions pose a safety concern. Game On! does not use emotional, verbal or physical abuse as forms of punishment, nor do we permit withholding food or the use of corporal punishment at camp.

Camp staff will discuss behavior issues with the camper in question, and will use redirection, positive reinforcement, and time away as forms of guidance to correct behavior.

If the behavior continues following two verbal warnings, an incident report will be completed on the third occurrence with notes on the first two as well. This third incident will more than likely warrant a call to the camper's parent/guardian. If the behavior continues after this discussion, the parent/guardian will be contacted and asked to pick up the camper.

If the undesired behavior continues to be a problem, a conference will be held with the Camp Director. Game On! reserves the right to dismiss any camper whose behavior poses an ongoing disruption or safety concern. There will be NO REFUND and fees will be forfeited in the case of a dismissal due to poor behavior.

MEDICAL POLICIES & PROCEDURES

ACCIDENTS & INJURIES

To help prevent accidents and injuries, safety rules will be reviewed with all campers and staff regularly. All full-time Game On! coaches are required to be certified in adult and pediatric First Aid and CPR.

In the case of a severe injury that requires medical attention, camp staff will call emergency responders first, followed by the parent or legal guardian. In the event of a hospital transport, whenever possible, a Camp Director or full-time team member will meet the parents and child at the hospital.

ILLNESS

If a camper becomes ill while at camp, staff will isolate them from others and call the parent/guardian to have their child picked up. Staff will provide water and a place to rest until an authorized person arrives for pick up. If your child feels sick prior to coming to camp, they are required to stay home.

IMMUNIZATIONS

We strongly encourage that our campers are vaccinated for Covid and Measles, along with all others recommended by CDC, State and local guidelines.

STORING AND ADMINISTERING MEDICATION

Medication refers to skin creams, lip balms, over the counter drugs, prescription drugs, homeopathic and alternative medicine, vitamins, and some health drinks, vitamin water and foods. Please check with your director before bringing medication to camp. Parents are welcome to come to camp and talk to our Camp Director about their daughter's medications.

- All medication must be in a labeled plastic bag with your camper's photo and detailed instructions including dosage, frequency, and any other details we should know.
- Medication must be in its original container.
- Medication must be given directly to the Camp Director.
- We cannot keep more than one week's supply of medication.
- We can only accept non-perishable medications.
- If your camper takes prescription medication which is mood/behavior altering, she MUST be administered her medication before entering the camp premises. Unless medication has been administered, she will not be permitted onto campgrounds.

Note that refrigeration is not available to store medications. Prescription medication will be stored in a locked bag and remain in the custody of our Camp Director. These medications will not travel with your camper throughout the camp day - medication should never be on a camper's person or in their belongings. (Medications that seem harmless may cause allergic reactions or injury to other campers.) The only possible exception to this rule may be Epi-pens and inhalers, but only after discussion and agreement between a parent/guardian, the Camp Director and the camper's coach. Note also that if your daughter takes medication that cannot be given by mouth or applied to the skin, we may be unable to administer.

EMERGENCY PROCEDURES

SCHOOL EMERGENCIES

- Evacuation routes are posted at each site and are the responsibility of the host site.
- Internal/External Threats: Lockdown procedures will be implemented for internal threats. Lockout procedures will be implemented for external threats. These procedures are again created, organized and executed by the host site.

TORNADO, HAIL & WEATHER-RELATED EMERGENCIES

If severe weather threatens, campers are to stay in one place.

- Staff will remain updated to the extent possible.
- Staff and campers will move to a designated safe place.
- Face to name attendance will be taken.
- When inside, campers will line up against an interior wall on their knees with heads down and hands over the back of the neck.
- Local security or law enforcement will be called to check out building damage.
- In case of a natural disaster, the campers will follow the school's/camp site's disaster plan.

MEDIA POLICY

Occasionally, campers may view short videos or clips that align with a sport, theme or topic we are discussing that week. If you have concerns or questions about these videos/clips, please contact the Camp Director.

Game On! staff may take photos or video of campers for educational, promotional or special project purposes, unless you notify us during the registration process or thereafter by email. Please note we will never share your camper's full name publicly without consent. If you have concerns, please discuss this with the Camp Director and provide any new exceptions by email.

CONCERNS & COMPLAINT PROCEDURE

It is very important to us that we maintain an open line of communication with our camp families. If you have a question or concern about Game On! or any of its programming, please feel free to address your issue with the Camp Director. It is expected that all parties involved will remain professional and respectful when discussing difficult issues that may arise so as to resolve them as effectively as possible.

If the Camp Director and parent or guardian are unable to address an issue to everyone's satisfaction, either party may ask for a supervisor or member of the management team to join the conversation.

REPORTING CHILD ABUSE & NEGLECT

State law requires anyone who works with children to report possible signs of child abuse or neglect. Some examples are suspected verbal abuse, physical abuse, sexual abuse, lack of basic care in the areas of personal hygiene or nutrition, or leaving a child alone or in the care of another child under the age of twelve. After a report is made, it is up to the proper authorities to investigate. A report should be seen as cause for

concern, not accusation. Game On!, including all representatives and agents, are not permitted to discuss the situation with parents before making a report.

DONATE TO THE GAME ON! SCHOLARSHIP FUND

The Game On! Scholarship Fund provides the opportunity for deserving, underserved girls ages 5 -14 to attend Game On! summer camps & school year programs.

Donations can be made via zelle to info@gameonsports4girls.com or Venmo to [@gameonsports](https://www.venmo.com/@gameonsports). Please make sure to type 'Scholarship Fund' into your note before sending. Note that these donations are not tax deductible.

THE GAME ON! PLEDGE

I strive to be GIRLSTRONG
Strong in BODY
Strong in MIND
and Strong in TEAM
GAME ON!