



# START SMART

## PARK DISTRICT OF OAK PARK SPORTS CAMPS

Did you know that studies show that an astonishing 49% of kids do not have the basic skills they need to compete in youth sports programs? Start Smart Sports Camps features the critically acclaimed beginning sports program from the National Alliance for Youth Sports that helps kids get ready for play, builds confidence and self-esteem, and makes sports fun! Throughout the summer, supportive counselors will teach all of the basic skills—throwing, catching, kicking, shooting, and batting—as campers are introduced to a variety of sports through fun games and non-competitive challenges. They also go beyond teaching basic sports skills and covering the rules though—they also help grow your child’s social and leadership skills by emphasizing the importance of teamwork, fair play, respect for others, and challenging yourself to try something new, whether it’s participating in a new sport or even just making a new friend.

### GENERAL SCHEDULE (Just a sample—each week will have its own unique games, activities, trips, and fun!)

#### MONDAY

Welcome to camp! Each camper will get the chance to meet the counselors and other campers through some fun games. Afterwards, the camp will jump right into drills and games. It’s time to get the action started!

#### TUESDAY

Batter up! Campers will practice baseball fundamentals, including hitting, fielding, and the thrill of running the bases! Afterwards, the camp will take a break on the playground for some playtime with their new friends!

#### WEDNESDAY

Everyone gets a kick out of soccer! Through fun games, campers will learn how to kick, pass, and shoot! Each camper rotates through each position, so everyone gets to try their hand at both shooting and stopping a goal!

#### THURSDAY

Nothing but net! With equipment adapted specifically for little athletes, campers will learn the basics of shooting, dribbling, and passing a basketball. Afterwards, the camp will head outside for some water games!

#### FRIDAY

Finish out the week with Olympic Day! Campers will be challenged to work together as a team using the skills they learned earlier in the week to see who will take home the gold medal and other fun camp awards.

### CAMP INFORMATION

#### CAMP SESSIONS

**Ages:** 4-6

**Location:** Mann School

**Days & Times:** Monday-Friday, 8-11am or 1-3pm

Dates:	AM Codes:	Fees:
June 7-11	#602030-01	\$89/\$133
June 14-18	#602030-02	\$89/\$133
June 21-25	#602030-03	\$89/\$133
June 28 - July 2	#602030-04	\$89/\$133
July 6-9	#602030-05	\$71/\$106
July 12-15	#602030-06	\$89/\$133
July 19-23	#602030-07	\$89/\$133
July 26-30	#602030-08	\$89/\$133
August 2-6	#602030-09	\$89/\$133

Dates:	PM Codes:	Fees:
June 7-11	#602030-11	\$89/\$133
June 14-18	#602030-12	\$89/\$133
June 21-25	#602030-13	\$89/\$133
June 28 - July 2	#602030-14	\$89/\$133
July 6-9	#602030-15	\$71/\$106
July 12-15	#602030-16	\$89/\$133
July 19-23	#602030-17	\$89/\$133
July 26-30	#602030-18	\$89/\$133
August 2-6	#602030-19	\$89/\$133

#### “PREPARING TOMORROW’S LEADERS FOR SUCCESS BOTH ON AND OFF THE FIELD...”

More than just words on a piece of paper, this mission is reinforced each and every day at camp and serves as a guideline for staff in how they plan daily activities as well as how they respond to those inevitable unplanned moments. It also helps determine the camp goals set for this summer:

- To encourage a lifelong participation in sports by ensuring that campers learn sports skills in a fun and supportive environment
- To challenge campers to push their limits by introducing them to new games, skills, people, and settings
- To take advantage of the opportunity to model responsibility, teamwork, and other social skills through each camp activity



#### ACA ACCREDITATION

The Park District of Oak Park is proud to be one of only a handful of park districts in the nation to be accredited by the American Camping Association (ACA). This nationally recognized program, developed exclusively for the camp industry, focuses on program quality, health, and safety issues. It also requires us to review every facet of our day camp operations on an annual basis.

#### CONTACT US

Camp-specific contact information and more details will be provided at the beginning of each session. In the meantime, feel free to address any questions to the following:

**Spots still available in most sessions, but many are filling up fast! Register today at [www.oakparkparks.com](http://www.oakparkparks.com)!**

**Bobbi Nance, CPRP**  
 Recreation Manager  
 bobbin@oakparkparks.com  
 (708) 725-2100

**Chris Skidmore**  
 Sports Camps Coordinator  
 chriss@oakparkparks.com  
 (708) 932-2249

## PREPARING FOR THE CAMP DAY

- Bring a reusable water bottle to help keep your camper hydrated throughout their active day.
- Please apply sunscreen to your camper before leaving home. Pack additional sunscreen so that it may be reapplied by campers throughout the day.
- Dress campers in comfortable clothing that can get dirty. Make sure that they are wearing shoes that the camper can play a variety of sports in; tennis shoes are strongly recommended.
- Pack a healthy snack marked with your camper's name. Do not send mayonnaise or milk-based products as refrigeration is not available. Due to potential allergies, please do not send peanut-based products (including peanut butter) or any other tree-nut based products.
- Check the weekly schedule sent home on the first day of the session for any additional needed items such as a towel and swimwear.
- We've got plenty of fun packed into each day at camp. Please leave all toys, electronic equipment (including cell phones), and any other valuable items. They only serve as a distraction that can lead to behavior problems or disappointment if the item is lost, stolen, or damaged.

## SIGN-IN/SIGN-OUT PROCEDURES

- Parents are responsible for signing their child both in and out of camp at the designated pick-up and drop-off locations. Parents may designate other responsible parties to pick-up or drop-off their child, but this must be indicated on the Participant Emergency Form.
- In order for the staff to properly prepare for the camp day, camper sign-in will begin at the scheduled camp start time. If you should arrive to camp early, please be prepared to wait outside of the camp location with your child.
- Campers who walk or bike to camp must have written permission in advance from a parent. Children must be at least 10 years old in order to be able to sign themselves in and out of camp.
- Any adults picking up a child from camp must be prepared to show a picture ID to staff until they become familiar with those authorized to pick campers up. We realize that this is a slight inconvenience, but hope that you understand that it is for the safety of your child.
- Late pick-ups result in a substantial cost for the Park District. A late fee will be billed to you at the following rates for each occurrence that your child is picked up late:

1-15 minutes:	\$10
16-30 minutes:	\$20
31-45 minutes:	\$30
over 46 minutes:	\$40

## REGISTRATION DEADLINES & FORMS

So that staff can be adequately prepared for the first day of each camp session, all campers must be registered and have Participant Emergency Forms on file by 5pm on the Thursday before each camp session. Staff are unable to accept registration on-site. **Please be aware that your child will not be allowed into camp unless he/she is pre-registered and has a Participant Emergency Form on file.** All registration information and forms are available online at [www.oakparkparks.com](http://www.oakparkparks.com).

## IF YOUR CAMPER ISN'T FEELING WELL

For the benefit of everyone attending our camps, we require that any campers suspected of having (or have been diagnosed as having) a contagious illness stay home from camp. If a camper begins exhibiting symptoms such as those listed below while at camp, parents will be contacted to pick their child up.

- Fever of 100.5 or higher
- Persistent, deep, or hard cough
- Runny nose with green or yellow discharge
- Vomiting or Diarrhea (camper must be symptom-free for 24 hours before returning to camp)
- Contagious infections or infestations such as pinkeye, lice, ringworm, unexplained rashes, scabies, or impetigo

## IF YOUR CAMPER WILL MISS A DAY OF CAMP

If your child will miss camp for any reason, you should call the camp Site Supervisor to notify the camp of the absence. If we do not hear from you by phone or written note, your child will be marked absent and staff will make every attempt to contact you by phone. Please help the staff avoid unnecessary phone calls by reporting your camper's absence or late arrival.

## CAMPER RESPONSIBILITIES

We want camp to be a great experience for everyone involved. In order for this to happen, everyone needs to play a role in creating a positive and safe environment. Campers have a responsibility to help with this as well including:

- Showing respect to all campers, staff, equipment, and facilities
- Only using appropriate, kind, and positive language with others
- Using caution when playing games & sports so as to avoid causing bodily harm to participants or staff

Consequences for not following these or any other rules developed for specific camps will be shared with the campers each session. Staff will address each incident with the camper (and parent if the situation requires) in a positive and fair manner meant to help teach campers how to make better choices. The Park District reserves the right to dismiss a participant whose behavior endangers the well-being of themselves or the camp and no refunds are issued in these circumstances.



## INCLUSION

The Park District of Oak Park works cooperatively with the West Suburban Special Recreation Association (WSSRA) to integrate campers with disabilities into recreational programs. Inclusion aides may be present at camp to work one-on-one with a specific camper, only intervening when necessary. If you feel that your camper would benefit from additional assistance at camp, be sure to communicate the necessary information to the Park District or WSSRA's Inclusion Coordinator. There is a 2-week minimum notice required by WSSRA for proper staffing and training purposes.