



# SHOW THEM WHAT IT REALLY MEANS TO THROW LIKE A GIRL!

Exclusively for girls, *You Throw Girl!* Sports & Fitness Camp will inspire girls of all athletic abilities to develop a life-long love of sports and fitness. Each girl will be challenged to try something new as well as improve their skills in their favorite sports through daily activities including soccer, volleyball, softball, yoga, lacrosse, tennis, dance, basketball, and many others. Each week of camp includes a visit from a special instructor and a fun field trip—some sessions even include the chance to meet, receive instruction from, or watch professional female athletes from teams like the Chicago Sky (basketball) and Bandits (softball) in action! Studies have shown that girls that participate in sports are healthier, have a higher self-esteem and better body image, and even do better academically. Offering great instruction and even greater role models, empower your daughter to become a leader on and off the field by signing up today!

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

### MONDAY

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

### TUESDAY

Special visitors from area colleges, women's pro sports teams, and other organizations visit camp to speak to the girls and provide some higher-level instruction on specific sports. After lunch, the camp will head to the pool for an afternoon swim!

### WEDNESDAY

Sports instruction continues and the skill development is kicked up a notch as the girls are challenged to use what they've learned earlier in camp to take their game to a higher level. In the afternoon, the camp will head to the pool for swimming!

### THURSDAY

Get on the bus! Each Thursday, the girls will go on a cool field trip to places like water parks, women's pro sporting events or to visit cool sport facilities not available in Oak Park. Some trips even include the chance to meet a professional athlete!

### FRIDAY

Finish out the week with a bang! The girls will be challenged to work as a team in some traditional and not so traditional competitions followed by camp awards. Afterwards, the camp will head to the pool for an afternoon swim!

## CAMP INFORMATION

### CAMP SESSIONS

**Ages:** 9-12

**Location:** Longfellow Center & Park

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

Dates:	Field Trip:	Codes:
June 8-10	-	#612020-01
June 13-17	Fleetwood Roller Rink	#612020-02
June 20-24	Mystic Waters Water Park	#612020-03
June 27-July 1	Brunswick Zone Bowling	#612020-04
July 5-8	Chicago Bandits Softball Game	#612020-05
July 11-15	Chicago Sky Basketball Game	#612020-06
July 18-22	Atcher Island Water Park	#612020-07
July 25-29	Xtreme Trampoline	#612020-08
August 1-5	Vertical Endeavors Climbing	#612020-09

**Spots still available in all sessions!**

**Register today at [www.oakparkparks.com](http://www.oakparkparks.com)!**

### CONTACT US

Camp-specific contact information and more details will be provided to all parents at the beginning of each session. In the meantime, feel free to address any questions about *You Throw Girl!* to the people below:

**Chris Skidmore**  
Youth Athletics Sup.  
[chris@oakparkparks.com](mailto:chris@oakparkparks.com)  
(708) 725-2100

**Mike Gutzwiller**  
Sports Camps Coordinator  
[mikegu@oakparkparks.com](mailto:mikegu@oakparkparks.com)  
(708) 932-2249

## "PREPARING TOMORROW'S LEADERS FOR SUCCESS BOTH ON AND OFF THE FIELD..."

More than just words on a piece of paper, the mission of all Park District of Oak Park sports camps is reinforced each and every day at camp and serves as a guideline for staff in how they plan daily camp activities as well as how they respond to those inevitable unplanned moments. It also helps determine the camp goals that have been 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 leadership 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. We have voluntarily submitted to this independent audit by camp experts and are proud to have earned this mark of distinction.

## 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 lunch and 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 or waivers or special clothing for a fieldtrip.
- 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
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.