



## **Parent/Guardian Session Letter – Sports Camp Dunbarton HS**

**March Break: March 10, 2025 – March 14, 2025**

Welcome to **Sports Camp!** We are thrilled to have your child join us for an exciting, active, and engaging camp experience. Whether it's their first time at camp or they're returning for another adventure, we are dedicated to providing a safe, inclusive, and memorable environment for all campers. Please read the attached information carefully and do not hesitate to contact us if you have any questions or concerns.

### **Camp Details**

The camp day runs from 9:00 am - 4:00 pm (daily).

Location: Dunbarton Highschool, West Gymnasium

### **Meet Your Camp Director**

Hello! My name is Sheridan La Fleur, and I am going to be the camp director for Sports Camp at the Dunbarton High School location. I have been working with kids for around 9 years. I am very excited to be the camp director at this location and I hope to further improve my skills as a leader and I also hope to give my campers a positive and enjoyable camp experience. I look forward to seeing you soon!

### **Camper Pick-Up/Drop-Off Procedures**

Sports Camp will be held at the Dunbarton Highschool, West Gymnasium. For the safety of all campers, please drop off and pick up your child at West Gymnasium **(through the pool doors)** daily. Be sure to check your child in and out with the designated Pick-up/Drop-off counsellor.

*For safety reasons, any alternate pick-up person you designate will be required to show **photo ID** to camp staff before your child is released into their care. Please make sure they are aware of this protocol and that your child is picked up **on time**.*

### **Absenteeism / Safe Arrivals**

If you know in advance that your child will be absent or late, please email us at [camps@pickering.ca](mailto:camps@pickering.ca). If a camper is absent without prior notification, we will attempt to contact the parents.

## What To Expect

Get ready for an action-packed week at our Sports Camp, where campers will stay active and have a blast! Designed for kids who love sports and fun, this camp offers a variety of exciting activities, including basketball, floor hockey, soccer, and group games. Get ready for an exciting Pickleball workshop at Sports Camp on Friday, March 14th! Expert instructors will guide kids through the game's rules, techniques and strategies in a fun and interactive setting. It's the perfect chance to develop new skills! Whether they're shooting hoops, scoring goals, or playing team games, campers will improve their skills, make new friends, and stay active in a fun, supportive environment.

## What to Bring to Camp

- **Clothing:** Campers should wear comfortable clothes suitable for activities. Please do not send valuables, as campers are responsible for their own belongings. Remember to label all items (e.g., lunch bags, extra clothes, coats) to help prevent mix-ups. Indoor shoes (running shoes are recommended) are also required.
- Campers may be outside during the camp day so please pack appropriate clothing for outside play.
- **Lunch and Snacks:** Campers must bring a **nut-free** lunch each day. Please pack lunch in non-breakable containers (no glass). Campers will have two snack breaks and lunchtime, so extra snacks are encouraged.

## Allergy Notice:

Please be sensitive to any food allergies that may be brought to your attention (i.e. tree nut allergies that can be life threatening). For this reason, please do not pack tree nuts, tree nut products, or any products containing traces of nuts in your child's lunch for camp. If staff are unsure of snacks (i.e. granola bars), Campers will be asked not to eat them at camp. Fruit is always a healthy and allergy safe snack! Please feel free to send a copy of the ingredients of any items we may be unsure of (i.e. cookies). Your cooperation is greatly appreciated.

- **Water Bottle:** Please pack a **reusable water bottle**. There are water fill stations available at camp to keep your child hydrated throughout the day, as they may be outside.

## Special Guest Information

On Friday, March 14th, a team of expert Pickleball instructors will be joining our Sports Camp to facilitate an exciting and dynamic workshop. This special event will provide all campers with the unique opportunity to engage in the fast-growing sport of Pickleball. Under the guidance of experienced instructors, participants will learn the essential rules, techniques, and fundamentals of the game, all while enjoying a fun and interactive

experience. Whether new to the sport or looking to refine their skills, campers will leave with a deeper understanding of Pickleball and an enthusiasm to continue playing.

**The following is a list of the special theme days at Sports Camp:**

<b>Monday, March 10</b>	<b>Tuesday, March 11</b>	<b>Wednesday, March 12</b>	<b>Thursday, March 13</b>	<b>Friday, July March 14</b>
<p><b>Orientation Day!</b></p> <p>Welcome to Camp!</p>	<p><b>Superhero Day</b></p> <p><i>Dress up as your favorite superhero and unleash your super powers!</i></p>	<p><b>Crazy Hat/Hair Day</b></p> <p><i>Get wild with the wackiest hats or hairstyles you can imagine!</i></p>	<p><b>Disney Day</b></p> <p><i>Step into a magical world by dressing as your favorite Disney character!</i></p>	<p><b>PJ and Stuffie Day</b></p> <p><i>Get cozy in your comfiest pajamas and bring your favorite stuffed animal!</i></p>

If you have any questions or concerns, please feel free to contact us directly via email at [camps@pickering.ca](mailto:camps@pickering.ca)

Looking forward to enjoying a fantastic week together!

Sheridon LaFleur, Sports Camp Director DHS