



PARENT & CAMPER MANUAL

Preparation for Camp 2011

(INCLUDES LITTLE TYKES, RESIDENTIAL, DAY AND ADULT CAMP INFORMATION)

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Parent & Camper Manual 2011



PREPARATION FOR CAMP 2011

Although a great many of our campers' families return each summer, this booklet is updated yearly. The contents are valuable and should be read thoroughly. Keep it for easy reference.

HOW TO REACH US

Winter Address (August 2010 – July 10, 2011)	Summer Address (July 10, 2011 – August 5, 2011)
155 Edward Street Aurora, ON, Canada L4G 1W3 Tel: 905-750-0011 Toll Free: 888-273-RNHC (7642) Fax: 905-750-0022 Toll Free: 888-308-CAMP (2267)	c/o St. Andrew's College 15800 Yonge Street Aurora, ON, Canada L4G 3H7 Tel: 905-750-0011 Toll Free: 888-273-RNHC (7642) Fax: 905-750-0022 Toll Free: 888-308-CAMP (2267)
E-mail: info@rogerneilsonshockey.com	Website: www.rogerneilsonshockey.com

SUMMER AT A GLANCE

July 5 – 8	LITTLE TYKES CAMP (9:00 am – noon daily)
July 10 – 15	TEAM PLAY & SKILLS DEVELOPMENT 1
July 17 – 22	TEAM PLAY & SKILLS DEVELOPMENT 2
July 24 – 29	ELITE TRAINING & CONDITIONING 1
July 31 – August 5	ELITE TRAINING & CONDITIONING 2
August 7 – 11	ADULT SKILLS DEVELOPMENT CAMP (late evenings)
August 8 – 12	DAY CAMP
August 15 – 26	TEAM TRAINING CAMPS (please see separate document)

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COMMUNICATIONS & PRIVACY

The ability to effectively communicate is the cornerstone of a strong family unit. At Roger Neilson's Hockey Camp (RNHC), particularly during the summer, we feel we are part of your family structure. With this in mind, we have tried to incorporate a number of approaches to promote healthy exchanges of information.

HOW YOU GET INFORMATION TO US

TELEPHONE: The phone lines in the office are available for you to call at any time and we are pleased to offer our families a voice mail feature on our lines which is monitored daily. Although much effort is made to have a 'live' person answer the phone when you call, if we are not in the office, we encourage you to leave a detailed message on our confidential voice mail. Please be assured that we will make every attempt to return your phone call within 24 hours, if not sooner.

FAX: We know that nothing can compare to the value of a personal call, but often the written word is more effective in relaying information (and often times preferred) – to ensure the information is clear and accurate for placement on file. If you have a need to get something to us in writing (i.e. travel plans, updated health information, etc.) please feel free to use our fax service (888-308-2267).

E-MAIL: As with our telephone calls, we aspire to respond to emails within 24 hours. Although we respond to every inquiry as soon as possible, you should be aware that we are not always able to reply immediately due to our commitment to the Camp program and our campers. We hope you know how important it is to us for you to receive an appropriate response from the person best equipped to deal with your issue; therefore, you may receive a phone call or an email from our Office Staff or a member of our Senior Staff. No matter who you speak to, please be aware that we will share information appropriately as a team. **Email: info@rogerneilsonshockey.com**

HOW WE GET INFORMATION TO YOU

THROUGHOUT THE YEAR:

FACEBOOK/TWITTER: These social media outlets allow us to communicate with our campers & families in the timeliest manner. Pertinent updates, special announcements and other useful information are constantly relayed through these services. All are encouraged to visit: <http://www.facebook.com/RogerNeilsonHockeyCamp> and <http://twitter.com/RNeilsonHockey> on a regular basis to stay in touch with RNHC and its developments.

WEBSITE: Visit www.rogerneilsonshockey.com throughout the year for current news and activities, updates, special offers, contests and multimedia. All camp forms (including this package) can be downloaded from our website.

'CONSTANT CONTACT'/ELECTRONIC MAILINGS: From time to time throughout the year, we will mass email our Camp families to update them on any news, give friendly reminders and gain your valuable feedback. Please ensure that our electronic Constant Contact correspondence is '**white-listed**' to ensure that important news is not caught in aggressive 'spam' filters. During the registration process, applicants and their families will receive a formal confirmation letter, and subsequent follow-up documents – explaining key items, details and available 'incidental' services such as airport shuttle, supervised weekend and (pre & post) Camp stayovers, camper spending money and additional items.

DURING THE CAMP SEASON:

CAMPER ISSUES: Homesickness, discipline issues and other concerns may result in a call home to parents. If we cannot reach you, we will leave a detailed message indicating the concern or how your child is adjusting. In any case, if we require follow-up from you, we will indicate this in our message. See CAMPER BEHAVIOUR AND OUR CAMP SAFE POLICY (page 6) for more details.

CAMP VOICEMAIL: When we cannot take a 'live' call during the Camp's regular office hours, parents are welcome to utilize our voicemail service to relay messages (a system checked regularly throughout the Camp day). On weekends, for items of an urgent nature (ie: transportation & stayover details/changes, missed flights, etc.) parents are encouraged to call the 'Emergency Contact' number – which will be provided on the voicemail (rather than leaving a traditional message) to ensure that the appropriate RNHC Staff member(s) are alerted and informed in a timely manner. **For emergency purposes, Mike Shiner (Associate Director) can be reached on his cell phone at: 647-833-1555.**

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YOUR PRIVACY HAS ALWAYS BEEN IMPORTANT TO US!

Recently, the Government passed Legislation to insure the privacy of all individuals. Roger Neilson's Hockey Camp has always respected the privacy of our clients, their families and campers, our staff and the information we have on hand that has been provided. At RNHC, we will continue to be vigilant in the future; however, it is essential according to the Legislation that we inform you about our Privacy Policy.

ROGER NEILSON'S HOCKEY CAMP PRIVACY POLICY

In order to meet the needs of our campers and have the ability to care for them we must collect personal information about them and their families. We do so in our application and through other forms such as:

- **Registration Form**
- **Medical Form**
- **Terms & Conditions**
- **Transportation & Stayover Form**
- **Family Balance Worksheet**

All of the information gathered is stored in our files which are secured in our locked offices and processed in a secure database with access controls. The information is given only to those Staff who are directly involved in providing a service to your camper, or as required by law. When information is given to a service provider (*a company or individual such as the Bus Company*) employed by Roger Neilson's Hockey Camp, we have made certain that the service provider and its employees have a Privacy Policy that prevents them from using the information for any purpose other than that for which they were hired. Besides the care and transportation of your camper and our ability to communicate with you and your family, we do use the information on hand for statistical analysis for our camp, and to develop programs required for the future. We do retain your information to enable us to communicate with you in the future, provide your camper(s) with recognition for time spent at camp, provide you with information about our programs and to inform you of new and exciting information that may be of interest to you. **Should you have any questions or concerns about our Privacy Policy we urge you to contact Marshall Starkman, the Privacy Controller and Director of Roger Neilson's Hockey.**

By this date, you have already entrusted us with a large amount of personal information about your family and your camper and you will be asked to complete the enclosed forms or those that may be sent to you during the summer. Unless you have a concern and contact Marshall Starkman, Roger Neilson's Hockey Camp will assume that you understand that we can collect, use, disclose as necessary and store information as set out in our Privacy Policy above. If you do not accept our Privacy Policy and decline to allow us to use your personal information or that of your camper, Roger Neilson's Hockey Camp may not be able to provide the care and services to make your child safe in our setting and we will need to discuss the status of your application for your camper this summer. Thank you for taking the time to read our Privacy Policy. We know that you recognize the time and concern we have placed in continuing to maintain your privacy.

GENERAL CAMP INFORMATION

LITTLE TYKES ½ DAY CAMP – REGISTRATION, ARRIVAL & DEPARTURE TIMES

★ The Little Tykes Camp begins on Tuesday, July 5, 2011

We will be onsite to greet parents & campers on Tuesday, July 5 from 7:45 am right up until the program starting at 9:00 am. The registration area is located in the lobby of the Aurora Recreation Complex (located on the North side of Wellington Street, between Bayview Avenue & Leslie Street). Parents will be able to pick up their children as of noon each day from the assigned team dressing room – which will be identified at the morning 'check-in'. **Families are encouraged to use the 'What to Bring to Camp' checklist on page 8 of this manual to assist in further preparations.**

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RESIDENTIAL WEEKS – REGISTRATION, ARRIVAL & DEPARTURE TIMES

All Camp sessions begin on Sunday with camper registration between 12 noon and 1:30 pm.

Registration will occur in two steps:

- ① **Check-in** at the **AURORA RECREATION COMPLEX**. There, parents & campers will drop off hockey equipment, have an opportunity to tour the complex and view the individual team's dressing room.
- ② **Proceed to** the **ST.ANDREW'S COLLEGE** campus to the registration area inside the **YUILL FAMILY GYMNASIUM**. There, parents and campers will be introduced to the group's Counsellor & teammates. You will also have a chance to speak with a member of the camp's Medical Staff and take care of any last minute administrative procedures – such as missing health information, camper spending money, etc. Staff will inform you how to move your child's belongings into the residence. If you have any questions or concerns, a member of the Senior Staff will be available at this time.

Our Staff will be in full-view at both locations to help direct you. Please notify the office if you will be late or unable to attend registration. Corresponding maps can be found at the back of this booklet.

AGE DIVISION	AWARDS	RECEPTION*
ALL	3:30 pm	4:15 pm
PLEASE NOTE: The reception only applies to residential (sleepover) camp weeks. Schedule subject to change. Parents will be given a current schedule at registration.		

The camp week ends early Friday evening following our 'Awards Ceremony'. All parents and families are invited to join us for an optional informal 'Camp Reception' following your child's Awards Ceremony. Please find the schedule to the left. **NOTE: this schedule is subject to change. Revisions will be communicated, but can be confirmed by calling the Camp Office.**

You will be notified at Registration in which age division your child has been placed. The Awards Ceremonies will be held at: **KETCHUM AUDITORIUM** at St. Andrew's College. The informal reception will be held out front of the 'Great Hall' (dining room).

DAY CAMP – REGISTRATION, ARRIVAL & DEPARTURE TIMES

★ The Day Camp begins on Monday, August 8, 2011

Camper registration will take place on Monday, August 8 from 7:15 am – 8:00 am. The registration area is located in the lobby of the Aurora Recreation Complex (located on the North side of Wellington Street / between Bayview Avenue & Leslie Street). As an option to registering on the Monday morning, campers can also PRE-REGISTER:

★ Day Camp Pre-Registration – Sunday, August 7, 2011

For those interested, a "pre-registration" is available on Sunday from 5:00 pm – 7:00 pm at the Aurora Recreation Complex to help alleviate the 'rush' on Monday morning. **Please notify the office if you will be late or unable to attend registration on either day.**

The Day Camp day runs from 8:15 am – 5:00 pm Monday to Thursday. **Families are encouraged to use the 'What to Bring to Camp' checklist on page 8 of this manual to assist in further preparations.** Friday's schedule will be slightly different as a result of our final 'Awards Ceremony', which is scheduled to be held at: **KETCHUM AUDITORIUM** ('The Aud') at St. Andrew's College at 6:00 pm (should these plans change, further details will be communicated to families). Though the Awards Ceremony is a completely optional event, it is a nice way to conclude the camp week and parents and families are encouraged to attend. Our Staff and appropriate signage will be in view to help direct you to this area. **Campers are asked to wear their team sweaters to the Awards Ceremony.**

NOTE: Lunch is provided each day as part of your camp fees. All other meals are the responsibility of the family/guardian(s). Please be sure to feed your child(ren) prior to delivering them to camp. You may send them with snacks if so desired, but please be aware of our 'NUT AWARE' policy (page 11).

ADULT SKILLS DEVELOPMENT CAMP:

On Sunday, August 7th, ADULT camp participants are welcome to arrive between 6:00 – 7:00 pm at the Aurora Recreation Complex. Our Staff will be setup in the front lobby for check-in. **We supply team sweaters.** The skills development program follows directly from 8:00 – 10:00 pm.

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CONTACTING CAMPERS

Campers can be mailed 'care of' the following address:

ROGER NEILSON'S HOCKEY CAMP
c/o St. Andrew's College
15800 Yonge Street
Aurora, ON, Canada L4G 3H7

You can also send your child a note through our Camp email that we will print and deliver to them. Simply visit the 'EMAIL A CAMPER' link found on the camp website. The link can be found on the left hand side of any of the web pages. Look for the large, black "Home" puck – the 'EMAIL A CAMPER' link is directly to the right. **Note: campers will NOT have an opportunity to respond online. This is simply a quick and effective way to get your child a message.** Emails sent on Fridays will likely NOT reach campers – unless they are scheduled to return in the next session.

VISITING CAMPERS DURING THE WEEK

RNHC has an 'open-door' policy where parents, friends and family are invited to watch their children at camp as much or as little as desired. All are welcome to watch both the on & off-ice activities at the Aurora Recreation Complex. Should you wish to visit the St. Andrew's campus, as it is a private facility, we ask that you check-in at the Camp Office to coordinate the visit, and receive a "Visitor's Pass". If you wish to take your child off campus at any time, you **MUST** arrange this with the Office prior to doing so, so that all involved parties (including the group's Counsellor) are made aware of pertinent details.

CAN CAMPERS CALL HOME?

"Phone calls during the summer can undermine campers' independence by breaking the continuity required for that independence. Preventing phone calls during the summer can also prevent homesickness". "The experience at most summer camps is that phone contact between parents and children makes homesickness worse. When a child hears his mom's or dad's voice, it can arouse a deep longing for home. For that reason, we do not allow children to talk to their parents on the phone except in rare emergencies."

(Excerpts taken from The Summer Camp Handbook written by: Christopher A. Thurber, PhD and Jon C. Malinowski, PhD.
- available from amazon.com

At RNHC, we gently discourage phone calls home, except in rare, extreme, or emergency circumstances – or when otherwise instructed. However, we will not deny campers the opportunity to do so if we believe it will be helpful.

RNHC has embraced using **Skype** internet phone services to connect with long distance customers and Staff members. Families are encouraged to provide a Skype address to the Camp Office to facilitate any emergency calls home (please visit www.skype.com to set up a free account).

SPENDING MONEY (residential camps only)

It is not necessary for campers to have a lot of spending money during their stay at Camp, however, it is beneficial to have a small amount. We have found that pre-depositing these funds into the "camper's account" ensures the money is kept safe until needed. Campers will have an opportunity to withdraw money each day (Mon-Fri). This money can be used in the Pro Shop for skate sharpening, laces, sticks, etc., or at the Camp's "Tuck Shop" for snacks, souvenirs and Camp apparel. **Please use the 'Family Balance Worksheet' to prearrange this or it can be taken care of on registration day. It will save time at registration if you pre-deposit the money into account prior to your arrival – as the line up can become somewhat lengthy at registration.**

CAMP SWEATERS & DVD

All campers receive a Roger Neilson's Hockey Camp sweater prior to their first ice time but are not provided with team socks. For campers that wish to personally customize their RNHC jersey, a screening service is available at Camp, which will produce desired names/nicknames on the back of the jersey. This service can be pre-arranged using the 'Family Balance Worksheet', or facilitated at Camp through campers' individual spending money accounts.

Campers will also receive a 'Slideshow DVD' of their week at Camp which will be mailed to your home around the Christmas season, as part of our final camp mailer.

AGE DIVISIONS, TEAM PLACEMENTS & TEAMMATE REQUESTS, BODY CONTACT

We have always felt that one of the greatest benefits of Camp is the development of good social skills. When campers are supported by their parents and Camp Staff, the environment can offer an opportunity for campers to learn how to be accepted as part of a group. We make every effort to provide comfort to campers by matching them with some friends from home while still providing opportunities for new friendships. **In forming our age divisions and individual teams, our Senior Staff are conscious of the following:**

- ★ AGE (year and month)
- ★ TEAMMATE REQUESTS
- ★ SKILL LEVEL
- ★ HEIGHT & WEIGHT
- ★ CAMPER'S POSITION
- ★ POSITIONAL NEEDS OF A SPECIFIC TEAM
- ★ REGISTRATION NUMBERS

BODY CONTACT AT CAMP

In certain age divisions, body contact will be gradually introduced in practices as a teaching tool (gender sensitive). Providing players with the knowledge of how to give and take a hit and how to protect themselves along the boards is a key component of their development. At RNHC, games are about skill development and we do not want campers playing to hurt each other. As such, we strongly discourage the 'big hit' and remind players of the camp's philosophy. **Contact will be permitted in games pursuant to the age divisions set out by the rules of Hockey Canada.** In the oldest age division practices, contact will be introduced on Day 1, while it will be progressively introduced in the younger divisional practices. **THERE IS NO BODY CONTACT IN THE YOUNGEST DIVISION GAMES.**

Age divisions are determined primarily by registration numbers. At RNHC, we always try to accommodate 'Teammate Requests' whenever possible — given the additional qualifications noted above. As such, please consider the following before making any requests:

- A. Being grouped with friends may sometimes create more anxieties than they alleviate.
- B. Requests (and non-requests) should be made by the families of all campers, **in writing**, either on the application form or on a separate note.
- C. Teams have a maximum size and as a result, we may have to limit the number of requests for any one group.
- D. RNHC will not guarantee requests for groups larger than 4 campers. In such cases, groups will be split amongst teams to ensure appropriate team balancing and to minimize the development of 'cliques'. In such cases, campers will at the very least be paired with one of their requests.
- E. Siblings who have requested to be teammates but do not fall within the same age division will not necessarily be paired up.
- F. The Camp Staff reserves the right to assign campers as determined to be in the best interest of the program and the camper.

Our Staff works diligently to meet teammate requests while setting our age divisions and balancing our camp teams. It can be a tremendously complicated exercise. In spite of our best efforts, what looks good on paper often needs refining once campers arrive on registration day. Please recognize that while we collect requests, we do not (and sometimes cannot) always accommodate them. We welcome your registration with the trust that we will do everything possible to assist your child in enjoying his/her Camp experience. Campers placed on the same team will have the opportunity to room together. **You are encouraged to contact the Camp Office to discuss any concerns you have prior to registering or arriving at camp. Any grouping concerns can also be discussed on registration day (see step 2 – check-in at Yuill Family Gymnasium on page 4).**

CAMPER BEHAVIOUR AND OUR CAMP SAFE POLICY

Every child has the right to feel safe in our camp environment. The Staff we employ are well trained, and the program we deliver is inclusive and non-threatening. As challenges present themselves, a problem solving format will be utilized to support all those involved. Discipline will be fair and progressive and used as much as a teaching tool as possible. Clear and consistent consequences will be put into place, depending on the situation. Our hope, like that of any educational setting, is to help create responsible, caring, and productive members of society. Issues of bullying, in all of its forms, can occur in any social environment. Roger Neilson's Hockey Camp is ready to respond at all times to issues of verbal or physical intimidation, put downs of any kind, or any situation that creates discomfort. **Please discuss the issues of positive relationship formation with your children before camp so that our problem solving approaches are simply extensions of what has already been reinforced at home.** A safe environment requires the complement of safe practices. The possession, being in the presence of, or the use of drugs, alcohol, tobacco or any related paraphernalia on the grounds of our camp (or at a Camp sponsored activity) by any camper, or CIT, is enormously unsafe and strictly prohibited.

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RELUCTANT OR FIRST TIME CAMPERS

As the summer approaches and our campers prepare themselves for Camp, a few may experience a great deal of apprehension. For them, a new or changing environment, meeting new friends, adjusting to a new Counsellor, or traveling on a strange bus (or flight) may be the cause for some discomfort. However, as you know, children's feelings are often complex, and may often represent other non-communicated problems. Please don't panic if you hear the words, "I don't want to go!" or "I won't go!" With care and a positive exposure to camp, apprehension disappears quickly in most cases. Here are some tips on preparing your child(ren) for our Camp:

TALK ABOUT HOMESICKNESS: Discussing homesickness does not make it happen. On the contrary, it reassures children that homesickness is a normal process. Focusing the discussion on ways to cope with these feelings can give your child a sense of control over the situation when it arises. Just knowing that it is a normal feeling and that they have the power to deal with it can make all the difference.

PLAN FOR CAMP TOGETHER: Make sure that your child knows when Camp starts, how long the session is, and how they are getting home.

PUT THE TIME SPENT AT CAMP INTO PERSPECTIVE: Younger children have difficulty conceptualizing time. Compare the session length to another 'time frame' the child has experienced (i.e. winter vacation).

KEEP DOUBTS TO YOURSELF: Make sure your child knows that you are confident that they will have a great time and that you trust the camp you've chosen.

PRACTICE: Organize some time away from home. Try to simulate the Camp experience as much as possible (i.e. when it comes to communicating – write a letter or send an email but avoid talking on the phone). After their time away, follow up with some discussion about how they felt, how they coped, and what would make it easier for next time.

SEND E-MAILS BEFORE/DURING CAMP: Electronic letters are a great way for campers to feel connected to home. Sending an email early (or during Camp), can often help ensure that your child acclimates to the camp environment.

DO NOT MAKE DEALS ABOUT EARLY PICK-UPS: Set your child up for a successful experience by setting the expectation that they will stay at camp for the entire session. If a camper knows that their parents will come to pick them up when things get difficult, they are not motivated to develop their independence and cope with some bumps along the way.

VISITING CAMP: RNHC has a complete 'open-door' policy and parents, relatives and friends are welcome to watch all aspects of our program. A personal visit by a loved one can often help (or hinder!) a struggling camper overcome their bout with homesickness. Please consider the positive or negative ramifications a visit may have before making one.

PACKING FOR CAMP

HOW SHOULD I PACK FOR CAMP?

Here are a few tips that will help when packing for our Camp:

1. **Include campers in the packing process.** Even our youngest campers can pack quite well for themselves! Assisting campers to fold and pack their own clothes not only develops their understanding of what they have brought to Camp, but also assists in developing the skill of packing! We have found that this helps campers' sense of independence and feelings of "readiness" for the camp experience.
2. **Include parents in the packing process.** Even our oldest campers can benefit from the wisdom of experienced travelers! Please assist your campers in packing appropriate clothing. The packing of a cut-off shirt, tank top, or bikini can often serve as a useful springboard into a valuable discussion about fashion, body image, self-esteem and appropriateness.

3. On a typical warm summer day, campers should be dressed in simple, practical, washable, light, inexpensive, and durable clothing. Please **consider the words, "It's Camp!"** throughout the packing process.
4. We urge families to **consider sun safety** when packing with their campers and to pack ample amounts of sunscreen and protective layers of clothing – including a hat.
5. No matter what the weather, camp facilities are more than adequate to carry on with full programs. When it is safe and appropriate, campers do move around camp (even in imperfect weather situations), so they should **be well prepared for different kinds of weather.**
6. **LABEL EVERYTHING!** Please ensure that each and every article that comes to camp (yes, even the right and left sock) is marked with your child's name in full so that we are able to return labeled items in a timely fashion. Care should be taken to see that labeling is wash proof and securely attached. Adhesive tape is recommended on such items as shoes, toiletries, and sports equipment (see details on following page).

We have a great relationship with a company called MABEL'S LABELS. This company produces durable, personalized name labels in bright colours & cool icons. If you are interested in utilizing this service, we encourage you to visit: <http://www.rogerneilsonsmabel.ca/>

7. Campers staying multiple weeks will have the opportunity to do laundry during the formal weekend stayover program (we provide the detergent). Please **pack an appropriate amount of clothing** as recommended in our 'What to Bring to Camp' list.

WHAT TO BRING TO CAMP

1. **Full hockey equipment** (Hockey Canada, USA Hockey or IIHF approved for Minor Hockey):

PLAYERS

- Certified Helmet
- Mouth guard (mandatory to wear in the OMHA)
- Facemask
- Neck Protector (mandatory for minor hockey)
- Shoulder Pads
- Elbow Pads
- Hockey Pants
- Shin Guards
- Skates (sharpened)
- Gloves
- Garter belt / Socks
- Jock / Jill
- Sticks
- Under-garments (3 ice times per day)

GOALIES

- Goalie Upper Body Protection
- Goalie Skates (optional) - sharpened
- Certified Helmet & Cage or Mask
- Mouth Guard (mandatory in the OMHA)
- Neck Protector (mandatory for minor hockey)
- Garter Belt / Socks
- Goalie Jock / Jill
- Goalie Pads
- Goalie Gloves
- Goalie Pants (optional)
- Goalie Sticks
- Under-garments (3 ice times per day)

*Please note: there is a 'Pro Shop' at the arena for all of your equipment and skate care needs, operated by Rec Cycle 'N Sports. They also have a full service store just 5 minutes away. Campers receive a 10% discount on all equipment purchases. **Please sharpen skates before arrival at Camp as there may not be time to get them done prior to your child's first ice-time***

2. Sleeping bag, pillow and pillow case (**RNHC does not provide linens** - you must bring these if you would like to have them). Beds are 'single' mattresses. **Residence rooms are NOT air-conditioned, so campers are welcome to bring small, portable fans with them.**
3. Toiletries: towels, soap, shampoo, tooth brush and tooth paste, etc. Shower shoes are recommended.
4. Sweater or a light jacket (rain suit optional), a pair of long pants.
5. Hat (for the sun), sunscreen, insect repellent.

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6. Practical clothing for athletics including running shoes.
7. Several T-shirts, underwear and socks. Campers are encouraged to change these daily, especially given the 'athletic' nature of our programs.
8. Bathing suit and pool towel (goggles & ear-plugs if necessary).
9. Knapsack to carry belongings around Camp.
10. **OPTIONAL ITEMS:** Street hockey stick(s), softball glove. Please do not purchase to attend Camp.

WHAT NOT TO BRING TO CAMP

1. Televisions, video games (including portable), stereos, MP3 players, iPods, or other valuables including cell phones.*
2. RNHC recommends that campers who use composite sticks **LABEL THEM WELL**, since they are very expensive and can be misplaced or mixed up with other similar sticks at Camp.
3. Be cautious of using Camp to 'break-in' new skates. With up to 3 ice times per day, blisters can pose a real problem.

**RNHC encourages campers to leave cell phones at home. Aside from the obvious risks of bringing valuables to camp, the use of cell phones can become a distraction to other campers and be a catalyst of homesickness. RNHC does not assume responsibility for lost, damaged or stolen valuables.*

MEDICAL INFORMATION

RETURN FORMS AND INFORMATION ABOUT YOUR CHILD

All forms must be returned to the Camp Office prior to your child's commencement in any camp program. Be sure all areas requiring a signature have been completed. Some parents hesitate to provide us with personal information about their child's behavior or past experiences. Some fear the information may be misused, while others are concerned about their child being labeled, singled out, or treated differently. All parents want to see their child have a strong fresh start at Camp, unencumbered by past problems. As seasoned Directors, we appreciate these concerns. We also know how invaluable such information can be in assisting us to help your child make as smooth and happy an adjustment to camp as possible – something we know all parents want for their children! Having prior knowledge about a learning difficulty, bed-wetting problem, recent loss or major change in the family makes a tremendous difference in helping us to be sensitive to your child's need for patience, understanding and reassurance – especially in the first few days of camp. Because children often use their behavior rather than their words to communicate something is bothering them, having advance knowledge of areas that might be difficult for your child, helps us understand the message in his or her actions. The better we understand your child, the more we can assure you of a better summer for him or her. Our commitment is to use such information only to help your child adjust at Camp with the greatest of discretion. If there is anything we should know about your child, please do not hesitate to include a note with your forms. We encourage you to make us a full partner in planning for your child's summer.

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HEALTH HISTORY

Help us make certain that we have the best and most up to date health information concerning your child. Even if your camper is perfectly healthy, we need to have that information on file so that we know how to respond to any immediate need without hesitation. During the year, we recommend that you keep accurate records of vaccinations and medications and the dates they were given to your child. Also, please record any pertinent information shared with you by your family physician at each visit. If there has been a change in the health status of your child since you sent us their form, please notify us in writing immediately so that we can make the necessary adjustments on file.

HEALTH CARE AT CAMP

Health and safety top our list of priorities at RNHC. It is our belief that our on-site Health Centre, operated by our Medical Staff – consisting of a Student Nurse(s), mentor (Registered Nurse) plus certified trainers and ‘first responders’, is the best way to ensure the well-being of our campers and Medical Staff. Not only are our Staff well-informed and well-trained, but they make certain to thoroughly communicate with parents when there is a need. We are pleased to have 911 services available to us and Southlake Regional Hospital (in Newmarket) is a mere 10 minutes away from our ‘split’ camp locations of St. Andrew’s College and the Aurora Recreation Complex. **Medical Staff are accessible at Camp 24 hours per day for your child(ren)’s needs.**

WHEN CAN YOU EXPECT A CALL HOME FROM THE HEALTH TEAM?

For the most part you will not hear from the camp’s Health Centre while your child is at camp. However, there are a few situations when one of the Medical Staff members may need to contact home during the summer. For this reason, please make sure to provide Camp with the most up to date contact information. We strive to ensure that every camper has a healthy and safe stay at camp, but at times accidents happen and kids do get sick no matter how careful we are. A Medical Staff member will contact you should any significantly irregular medical situations arise at camp. **Some examples of this may include:**

- **Clearance for the use of an oral antibiotic or other medication that your child does not normally take.**
- **Should a child need to go to the hospital or dentist.**
- **Unusually long illnesses, or persistent homesickness.**

Many of the issues we deal with at Camp do not require a phone call home. These may include the prescribing of some oral medications such as antihistamines, topical creams or lotions, minor cuts and scrapes, homesickness that lasts for short periods of time, minor colds or short term illnesses that do not require medication. When we do call home, we will endeavor to make several attempts to reach you and will leave a detailed message on your answering machine if necessary. **In emergency situations, parents will be called first and then the ‘Emergency Contact’ will be tried if a parent cannot be reached.**

MEDICATIONS AT CAMP

Our Medical Staff asks that all medications brought to camp should be in their original containers with their original labels and introduced to a member of our Medical team at the time of registration. During these registration periods, parents will also have the ability to meet and communicate with members of our Medical Staff – as to specific instructions, dosages, frequencies, etc. Should a parent not be able to attend in person, we ask that the medication(s) arrive sealed and complete with instructions. Please make sure to include an ample supply. We are pleased to expend all efforts caring for your children when they are away from home – please keep us well informed by using this process for even the most simple of medications. Families of campers who wear eye-glasses or contact lenses are encouraged to send an extra pair to ensure that there is always a spare pair kept safe and clean. **This is especially important for campers who have traveled a great distance to be with us.**

HEALTH CARE BILLING

All campers, regardless of their province, state, or country of origin, receive the same high quality of health care while at camp. The way in which billing is made may vary from camper to camper.

ONTARIO RESIDENTS: are treated in the same way that they are regularly treated under the regulations of OHIP. Please ensure that we have an accurate and valid Health Card number on file.

OUT OF PROVINCE & INTERNATIONAL CAMPERS: RNHC’s insurance policy covers emergency medical and doctor visits for ‘out of province’ participants. However, we recommend individuals arrange for their own ‘Travel Medical Insurance’ to ensure coverage meets your satisfaction. Please contact the Camp Office with any questions as to the value and limitations of the camp’s insurance. For non-emergency visits, we ask that a credit card is supplied to be used for billing purposes.

SUN SAFETY

Taking care of ourselves in the sun is crucial to our health and safety at Camp. Even on cloudy days, the sun can do permanent damage to our skin. **Please prepare your child for a safe summer by encouraging them to:**

1. Pack and wear a hat.

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2. Wear protective clothing, in particular light-coloured, loose fitting clothing (preferably with sleeves).
3. Always wear sunscreen – The Canadian Dermatology Association and the Canadian Cancer Society recommend a SPF of 30 or higher. Waterproof sunscreens are expected to last the entire day.
4. Protect their eyes with sunglasses.
5. Avoid prolonged exposure/sunbathing.
6. Stay hydrated by drinking lots of water (*There are several water fountains & drink stations set up throughout the SAC campus and the Aurora Recreation Complex*).
7. On extremely sunny days, stay in the shade as much as possible. Our Staff are trained to reinforce these items while your campers are at camp.

FOOD, DIET & ALLERGY CONCERNS

FOOD & PACKAGE POLICY

Campers are permitted to bring some basic snacks & beverages to Camp, but are encouraged to keep them to a minimum with the following conditions in mind:

1. **NUTRITION:** Camp provides a nutritional and well-balanced menu. The amount and variety of food at Camp is more than adequate. Having food at the residences often encourages some campers to substitute nutritional meals with less than nutritious snacks.
2. **SAFETY:** Food at the residences can impact or trigger individual food allergy concerns with teammates and other campers (see following page).
3. **CARE FOR THE ENVIRONMENT:** Food at the residences often leads to excess garbage & clutter in camper rooms, hallways and in & around the S.A.C. campus. Daily 'room checks' encourage campers to keep their space clean.
4. **SPACIAL CONSIDERATIONS:** Each residence is equipped with small, kitchens – which are shared by the various floors and contain only one refrigerator. Individual rooms do not have their own. If you feel you must pack your camper with some kind of 'extra' snack or beverage, please try to keep the care package to a minimum.

FOOD ALLERGIES

Roger Neilson's Hockey Camp is 'Nut Aware'

Our Dining Hall is a 'NUT AWARE' space. This means that peanut butter will not be available at camp and no outside foods are permitted to be brought into the Dining Hall (including soups, cereals, sandwiches, etc.).

All food sent to camp must **NOT** contain any nut products in the ingredients. Those products that are labelled as 'Safe to Share' should be preferred over those that use language like 'May Contain Traces of Nuts'. We recognize that finding foods that are completely 'nut free' is becoming increasingly more difficult. However, your added sensitivity when doing camp shopping will have a direct impact on the comfort of our campers and staff that live with severe food allergies.

A SPECIAL NOTE FROM ONE PARENT TO OTHERS

Dear Fellow Parents,

My child is one of many young children who live with a life threatening allergy to peanut and tree nut proteins. An exposure to any food products containing these proteins may result in an anaphylactic reaction. As you probably already know, an anaphylactic reaction is an allergic reaction so severe that it can cause death. Other symptoms of an anaphylactic reaction include facial swelling, hives, rashes, difficulty breathing, choking, nausea and loss of consciousness, to name a few (there are more).

CONTINUED ON NEXT PAGE...

Recently, my son was involved in an incident where he was participating with other children in a communal play area when a playmate accidentally scratched him on the forehead. This resulted in an open cut that was bleeding. Approximately 10 minutes later, my son became noticeably uncomfortable and was complaining that his face was itchy. I saw that on the side of his face where he had been scratched, he was breaking out in hives and his eye and cheek had become swollen. After a brief consultation with the parent of the other child, I learned that the child had eaten a peanut butter sandwich an hour earlier. The child had peanut butter under his fingernails, and my son ingested the peanut proteins through his open wound and developed a severe allergic reaction. He was immediately taken to the hospital for treatment.

We all want to protect our children. As parents we consistently strive to keep them safe from all harm, happy and content in their world, participating in fun and worthwhile activities, and above all, healthy. We are attentive to the dangers lurking in a society that we cannot always predict. But for me and other parents of allergic children, those dangers are not always obvious ones. My family appreciates the increased understanding being shown by other families across Canada. This is particularly true at camp, where Peanut Butter and other products have been a staple for so many years. There is a growing incidence of anaphylactic children and it may be difficult to imagine how it would feel if such an allergy were developed by someone in your family. For anaphylactic children, any exposure to the allergens may prove fatal and as a parent of an otherwise 'normal' child, it is so difficult for me to safeguard that which is most precious, my child's life, without the support of our community.

On behalf of my child and the rest of my family, I thank you for caring.

- A concerned parent

For further information about this kind of allergy and others, you can read the Anaphylaxis Network of Canada Website at www.anaphylaxis.ca

Regardless of **ANY** food, drug or 'other' type of allergy, it is imperative that you take the time to include all details on the **MEDICAL FORM**. The form is used to update electronic camper files — where crucial information is communicated to all pertinent Staff members — including our camp's Administrative Staff, Medical Staff, Supervisory Staff, Counsellor(s), Kitchen Staff, etc.

TRANSPORTATION INFORMATION

FORMS

ELECTRONIC VERSIONS OF ALL FORMS CAN ALSO BE FOUND ON OUR WEBSITE — SEE THE 'REGISTRATION INFO' PAGE.

TRANSPORTATION & STAYOVER FORM: Use this form to view and request various stayover options and list important flight details. Note - prices are listed in Canadian funds (U.S. checks will be accepted at par). If paying by Visa or MasterCard, you will be charged in Canadian funds. Prices are subject to HST (13%) tax, as mandated by the Canada Revenue Agency.

FAMILY BALANCE WORK SHEET: Use this form to help you calculate your child(ren)'s total balance owing — including any 'incidental' service fees, spending money and pre-arranging your child's customized RNHC hockey sweater.

TRANSPORTATION RELEASE and CANADA CUSTOMS & IMMIGRATION: These forms are available for download from our website, and help inform relevant agencies:

- **Whom at RNHC are authorized to pick-up campers at the airport — especially important for 'Unaccompanied Minors' traveling. Please note, this is a service that must be pre-arranged with the airline and communicated to the RNHC Office.**
- **The purpose/explanation of a camper's visit to Canada.**

Parents/guardians should sign these and have campers carry them as they travel. *Please do not send these forms to the camp Office.*

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FLIGHT INFORMATION & AIRPORT PICK-UPS

Campers arriving by air should be flying to Toronto Pearson International Airport unless otherwise prearranged with us. When the distance traveled permits, the most ideal time to arrive is on the Sunday morning of registration, preferably arriving prior to 11 am. This allows for 'travel time' to get the campers from the airport to Aurora for the start of the program. If this is not possible, then we suggest campers arrive on the Saturday before camp starts. International campers will benefit by arriving on the Saturday prior to the start of their camp session as it will provide them time to sleep off their jetlag and assimilate to the time change.

RNHC offers an 'airport shuttle' service for those campers requiring transportation from the airport and/or back. RNHC is approximately 45 minutes from the airport. If you would like us to provide this service, please complete the 'Transportation & Stayovers' form and return it to the camp office along with a photocopy of your flight itinerary. **We must receive flight details in writing – phone confirmations must be followed up by written confirmation of the details.**

IMPORTANT!! Camp Staff will meet campers arriving by air as they exit the secure baggage area in their arrival terminal. RNHC Staff will be very visible with Staff uniforms and a RNHC sign. Our Airport Staff will usually identify and locate campers immediately as they pass through the exit. If a camper does not see the RNHC Staff as they exit, they should wait for 10 minutes and then make their way to a designated meeting place in the airport called '**TRAVELLER'S AID**'. Our Staff will then find them there. Each terminal in Pearson International has its own 'Traveller's Aid' meeting location. 'Unattended Minors' will be cleared through customs by the Airline Staff person assigned to them, who will then help them locate the RNHC representative as they exit the secure area. **If necessary, campers should call the camp Office 'Weekend Hotline' – instructing them how to reach our Weekend Supervisor: 888-273-7642.** The Weekend Supervisor will be able to contact the Airport Staff with any critical updates. Please use this number to communicate any last minute itinerary changes (ie. late arrivals, missed flights, etc.)

STAYOVERS

RNHC offers a fully supervised '**weekend stayover**' program for multiple week campers who will be staying at Camp during the days/nights between sessions. All meals, accommodations and recreational activities are a part of this optional service.

For campers who must fly into Toronto on the Saturday before Camp starts, or for those who must fly out on the Saturday following their Camp session, participation in the 'stayover' program is also possible. Simply let us know your needs and we will make the necessary arrangements. Please see the '**Transportation & Stayover**' form for complete details.

INTERNATIONAL CAMPERS (Though all are encouraged to read...)

We are so excited to have your family joining us at Roger Neilson's Hockey Camp. To help make your experience a smooth one, please call our Office and alert us to any travel plans you have made to send your child to camp. For those sending campers over the border unaccompanied by a parent, it is recommended that the traveling camper have a notarized letter from both the parent/guardians and Roger Neilson's Hockey Camp. The forms used are available online at www.cic.gc.ca/english/study/minors.html or you can request a hard copy by calling the Camp Office. Please notify us as soon as possible if you require a letter from us.

If requesting any of the ground transportation or weekend stayover services, remember, we **MUST** receive all requests in writing (hard copy, letter, fax or email) in order to make the necessary arrangements. **Telephone conversations must be followed up by written confirmation.**

RNHC DETAILS

SUPERVISORY 'SENIOR' STAFF AT ROGER NEILSON'S HOCKEY CAMP

We are very proud to be entering our 35TH season! Roger Neilson's Hockey Camp's Senior Staff meets regularly throughout the year to plan and prepare for the summer ahead. The Senior team is assembled in hopes that each team member can bring a unique perspective and expertise to our group. Together, our team makes every effort to ensure that campers, families, and Staff are afforded the best possible RNHC experience!

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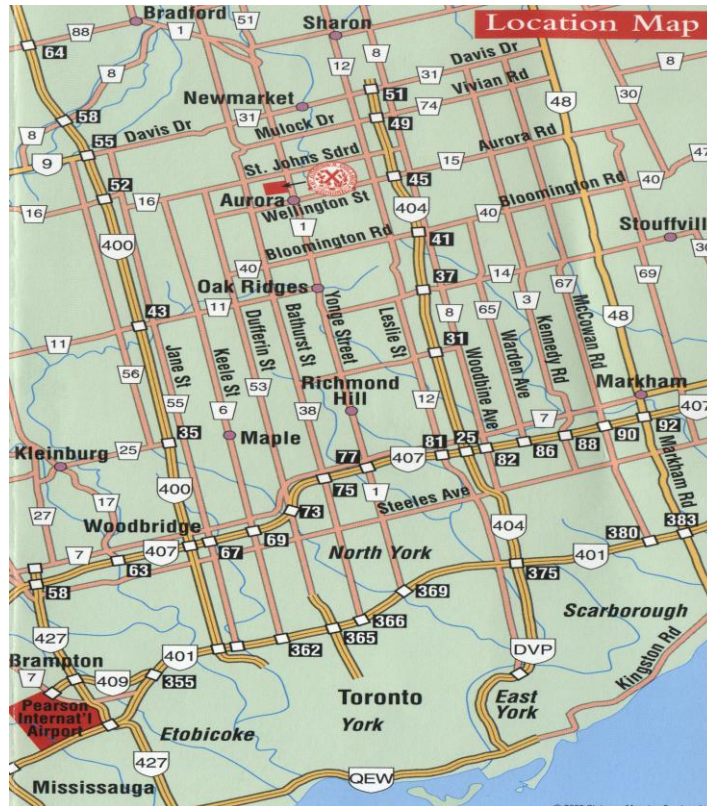
MARSHALL STARKMAN Director 19TH YEAR	MIKE SHINER Associate Director/Registrar 9TH YEAR
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DAVID CLEMENTS Camp Supervisor 35TH YEAR	LARRY PEARSON Camp Supervisor - Recreation 35TH YEAR	PAUL MATTUCCI Head On-ice Instructor 15TH YEAR	GREG REID Program Supervisor 7TH YEAR
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MAPS & DIRECTIONS

The **Aurora Recreation Complex** is located at 1400 Wellington Street East in Aurora, ON. It is just WEST of Leslie Street (EAST of Bayview Avenue) on the NORTH side of the road.

St. Andrew's College is located at 15800 Yonge Street in Aurora, ON. It is on the WEST side of Yonge Street between Wellington Street and St. John's Sideroad.



FROM THE NORTH (to St. Andrew's College):

SOUTH on Highway 400 to EXIT 52 (Lloydtown-Aurora Road / RR-16). Turn LEFT onto Lloydtown-Aurora Road. Turn RIGHT onto Jane Street / RR-55. Turn LEFT onto 16TH Sideroad which becomes St. John's Sideroad. Take St. John's Sideroad until Yonge Street. Turn RIGHT onto Yonge Street. S.A.C. Campus is a short distance on the RIGHT (west) side at lights.

**** OR ****

Highway 404 SOUTH to Mulock Drive. Take Mulock Drive west to Leslie Street. Turn LEFT (now heading SOUTH) to St. John's Sideroad. Turn RIGHT (heading WEST) to Yonge Street. Turn LEFT (heading SOUTH). S.A.C. Campus is on the RIGHT (west) side

FROM THE EAST:

Highway 401 WEST to Highway 404. Go NORTH on Hwy 404 to Aurora Road (Wellington Street). Turn LEFT onto Aurora Road (heading WEST). Turn RIGHT onto Yonge Street (heading NORTH). S.A.C. Campus is on the LEFT hand side past the St. Andrew's Plaza.

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FROM THE WEST:

Highway 401 EAST to Highway 400. NORTH on 400 to EXIT 52 (Lloydtown-Aurora Road / RR-16). Turn RIGHT onto Lloydtown-Aurora Road. Turn RIGHT onto Jane Street / RR-55. Turn LEFT onto 16TH Sideroad which becomes St. John's Sideroad. Take St. John's Sideroad until Yonge Street. Turn RIGHT onto Yonge Street. S.A.C. Campus is a short distance on the RIGHT hand side at lights.



TO THE AURORA RECREATION COMPLEX (from St. Andrew's College, approx. 7 - 10 min)

Turn LEFT out of the St. Andrew's College main gates onto Yonge Street. At St. John's Sideroad, turn RIGHT. At Leslie Street, turn RIGHT. At Wellington Street turn RIGHT. The Aurora Recreation Complex is on the RIGHT (north) side.

Additional maps can be found on our website – please see the red 'MAPS' link at the top of any of the web pages.

NOTE: THE CAMP OFFICE WILL BE CLOSED DURING THE REGISTRATION PERIOD BETWEEN 12 NOON – 2 PM.

PLEASE LEAVE A MESSAGE ON THE CAMP HOTLINE IF YOU WILL BE LATE.

HOCKEY CAMP PHONE NUMBERS

Phone: 905-750-0011

Fax: 905-750-0022

Toll Free Phone: 888-273-7642

Toll Free Fax: 888-308-2267

If you need to speak with your child, please call the Camp Office and we will be sure to get them a message. Since campers are at various places on campus at any given time, it is not possible to get your child at the time of the call.

DO NOT HESITATE TO CONTACT US WITH ANY QUESTIONS OR CONCERNS

www.rogerneilsonshockey.com