



BUFFALO
GROVE
PARK
DISTRICT

Dear Sports Camp Parent,

Welcome to Sports Camp 2018! We are looking forward to a summer full of fun and excitement for your child. There are a few, very important items below as well as the camp schedule with lots of information enclosed. Please carefully read and keep all the information for future reference. Many questions you have will be answered in this letter and/or in the schedule.

Please take the time during the first week as well as through the duration of camp to talk with your son or daughter's counselor and site supervisor. This helps us get to know your child a little quicker, and gives you the opportunity to comment on the camp.

Parent Meeting: Tuesday June 12, 2018 from 6:15 - 7 pm at Twin Groves Cafeteria (Door #6)

Pick-Up On the first day of camp, please give your child's counselor a list of people who are permitted to pick up your child from camp if you have not already turned in a pick-up form. Please be aware that parents/guardians may be asked to show identification when picking up children. This is for the safety of your child; so, please be patient with the camp staff. If your child is allowed to walk or bike to and from camp, please give your child's counselor your self-release form stating that your child has your permission to bike and/or walk to and from camp.

RainoutLine You can call 847.235.6857 and press 4 to find out an estimated time of arrival at Twin Groves for the late arrival date for camp this year. You can subscribe to receive alerts as well if you register online. Visit rainoutline.com and search for "Buffalo Grove Park District". This same number can be used for other park district programs and events.

Professional Baseball and Basketball Games We will be attending the Milwaukee Brewers, Chicago White Sox and the Chicago Sky games this year. It is extremely important that every camper/parent follow the procedures set forth by the ball clubs regarding food/drinks. For the Brewers and Sox games all food items must be contained within soft-see-through containers, (i.e. ZipLoc bags in order to expedite bag inspections). For the Chicago Sky game, campers may bring a brown bag lunch and drink into the stadium. No coolers or hard-sided snack containers are allowed at any of the parks.

Medication Dispensing The medication dispensing information form is now on line at bgparks.org/pdf/medical-authorization-form.pdf on the camp page. If needed, please complete this document and return to the Alcott Center prior to the start of camp.

Absences On days your child will miss camp, please email at sportscamp@bgparks.org to let us know. You can also reach voice mail at 847.850.2139 any time of day.

Arrival & Departure Arrival - Children should arrive at camp no earlier than 5 minutes prior to the camp start time, as staff will be preparing for the day's activities. Departure - Children must be picked up promptly. If you are more than 15 minutes late, your child will be taken to the nearest Camp Connection site; and, a childcare fee of \$10 per 15 minutes will be assessed.

Personal Items Bring sunscreen every day. All personal items (backpacks, tote bags, lunch boxes/bags, etc.) must be clearly labeled with your child's name on it. Please do not allow your child to bring cell phone, iPod's, trading cards or items that may be broken.

Lunches All campers are required to bring a lunch and beverage daily. We encourage campers to bring their labeled lunch and beverage in a reusable lunch container. Lunches are kept in the camper's backpacks until lunch. Refrigeration is not available.

If you have any questions or concerns, please contact Ben Leven in the Sports Camp office at 847.850.2139. We look forward to a great summer.

Sincerely,
Chuck Burgess, CPPR
Recreation Manager

Ben Leven
Sports Camp Coordinator

Buffalo Grove Park District - Sports Camp 2018
Parent's Meeting Agenda
Tuesday, June 12 from 6:15 - 7 pm at Twin Groves

◆ Staff

- Introductions
- Groups Procedures
 - Counselors will be assigned groups alphabetically for attendance, head counts, field trips and overall
 - Counselors will be their "buddy" as someone to go to (lunch, sick, injured, hangout)
 - This will allow the kids the opportunity to play together more frequently
 - We will break up into teams randomly and kids may pick their own team
 - They may eat lunch, swim, hangout with their friends

◆ Safety

- Headcounts
- Swimming – All campers will be swim tested at the beginning of camp - (please advise counselors if your child needs assistance while swimming).
- Gym Shoes Only; No Sandals, Crocs
 - Sports Equipment
 - Do not bring any personal equipment (bats, gloves or water guns/balloons)
 - Safety Gear for rollerblading (helmet, wrist, knee, elbow pads)

◆ Inappropriate Behavior

- Swearing, fighting and teasing – will not be tolerated
- Situation reports will be completed to document situations and reported to parents at the end of day. If serious, parents will be contacted
- Speak with Supervisor/Counselor

◆ Medication

- Speak with Supervisor/Counselor
- Forms
- Must be in original bottle
- Need specific details for administration

◆ Field Trips

- 847.235.6857 - Sports Camp is #4 or visit RainoutLine.com and search "Buffalo Grove Park District"
- Brewers - please use RainoutLine for pick up time at Twin Groves
- Sunscreen (campers are responsible for sunscreen, if they need help counselors can assist)

◆ Sports Days = We are at camp site

- Sunscreen (campers are responsible for sunscreen, if they need help for their back counselors can assist.)
- Money may be brought to buy souvenirs or snacks on trips. Campers are responsible for money and counselors cannot handle any money or hold on to anyone else's money.
- Water bottle (please label with camper name)

◆ Illness

- Any illness, feeling sick or sick day before...Please stay home. We are not equipped for sick children...will get others sick as well

◆ Q & A

- Activities
- Field Trips



Buffalo Grove Park District – Sports Camp 2018

Session I: 6/13 – 7/13 Session II: 7/16 – 8/3

Monday	Tuesday	Wednesday	Thursday	Friday
		6/13 1st Day of Camp Sports Day Swim Testing - TBD	6/14 All Sites Hot Ground Gym Twin Groves	6/15 All Sites Willow Stream Pool/Park 9 am - 3 pm
6/18 All Sites Arlington Lanes TG 3-4 & Willow Grove 10 - 11:30 am TG 5-6 & Ivy Hall 1 - 2:30 pm	6/19 Sports Day	6/20 All Sites Par-King Mini Golf TG 3-4 & Willow Grove 10 - 11:30 am TG 5-6 & Ivy Hall 1 - 2:30 pm	6/21 All Sites Willow Stream Pool 9 am - 3 pm	6/22 All Sites Rainbow Falls Elk Grove 10:30 am - 3 pm
6/25 All Sites Rockin' Jump TG 3-4 & Willow Grove 10 - 11:30 am TG 5-6 & Ivy Hall 1 - 2:30 pm	6/26 Sports Day	6/27 Vertical Endeavors TG 5-6: 10 am - 12 pm Ivy Hall: 12:30 - 2:30 pm Funtopia TG 3-4: 10 - 11:30 am Willow Grove: 1 - 2:30 pm	6/28 All Sites Chicago White Sox Game vs Cleveland Indians Game Time: 1:10 pm Use RainoutLine for pick up time at Twin Groves School	6/29 All Sites Vernon Hills Aquatic Center 11:15 am - 2:30 pm
7/2 All Sites Ultimate Ninja's TG 5-6: 9 - 11 am Ivy Hall: 11 am - 1 pm TG 3-4 / WG: 1 - 3 pm	7/3 Sports Day	7/4 NO CAMP	7/5 All Sites Enchanted Castle 10 am - 1:30 pm	7/6 All Sites Barefoot Bay Mundelein 10:30 am - 3 pm
7/9 TG 3-4 & Willow Grove Glacier Ice Arena 11:30 am - 1 pm Ivy Hall Schaumburg Park District Bubble Soccer: 10 - 11:30 am Twin Groves 5-6 Sports Day	7/10 Twin Groves 5-6 Chicago Sports Museum & Cubs Tour: 10:30 am - 1 pm Barrington Teams Course TG 3-4: 9 am - 2 pm Willow Grove: 9 am - 2 pm Sports Day Ivy Hall	7/11 Barrington Teams Course TG 5-6: 9 am - 2 pm Ivy Hall: 9 am - 2 pm Sports Day TG 3-4 Willow Grove	7/12 All Sites Willow Stream Pool/Park Hot Dog Cookout 9 am - 3 pm	7/13 All Sites Wheeling Park District Wheeling Aquatic Center 10 am - 3 pm
7/16 2nd Session All Sites Hot Ground Gym Twin Groves	7/17 All Sites Kristof's Entertainment Center 10 am - 1pm	7/18 All Sites Chicago Sky Game 11 am	7/19 Sports Day	7/20 All Sites Barefoot Bay Mundelein 10:30 am - 3 pm
7/23 All Sites Magic Waters Waterpark 9 am - 2:15 pm	7/24 Lazer X TG 3-4: 10 am - 12 pm Willow Grove: 12 - 2 pm Sports Day TG 5-6 & Ivy Hall	7/25 All Sites Milwaukee Brewers Game vs Washington Nationals Game Time: 1:10 pm Use RainoutLine for pick up time at Twin Groves School	7/26 Lazer X Ivy Hall: 10 am - 12 pm TG 5-6: 12 - 2 pm Sports Day TG 3-4 & Willow Grove	7/27 All Sites Rainbow Falls Elk Grove 11:15 am - 2:30 pm
7/30 All Sites Arlington Lanes TG 3-4 & Willow Grove 10 - 11:30 am TG 5-6 & Ivy Hall 1 - 2:30 pm	7/31 Sports Day	8/1 All Sites Dave and Buster's 10 am - 1:30 pm	8/2 All Sites Willow Stream Pool/Park Hot Dog Cookout 9 am - 3 pm	8/3 All Sites Wheeling Aquatic Center 10 am - 3 pm

***Note: Fieldtrips are subject to change. Camp T-Shirts are REQUIRED on ALL field trips.**



SPORTS CAMP CONTACT

Office: 847.850.2139
 RainoutLine: 847.235.6857
 sportscamp@bgparks.org

Lunches should be packed in a cooler. Refrigeration is not available at the camp sites or trips.

What NOT to bring to Baseball Games
 > Coolers, Thermoses
 > Backpacks, Gym/Duffel bags
 > Bottles, Cans > Gloves
 > You may bring a clear **sealed** plastic bottle of water or juice, one liter

What NOT to bring to Camp
 > Radios, iPods
 > Water Guns or Balloons
 > Trading Cards
 > Handheld Game Consoles
 > Athletic Equipment > Cell Phones

Twin Groves (Boys 3/4)
 Willow Grove (Girls 3-8)
8:45 am - 3:45 pm

Twin Groves (Boys 5/6)
 Ivy Hall (Boys 7/8)
8:30 am - 3:30 pm

Buffalo Grove Park District – Sports Camp 2018
Session I: 6/13 – 7/13 Session II: 7/16 – 8/3

Trip Location	SUGGESTIONS to Bring on Trip	Lunch	Pick up at
Arlington Lanes, Bowling	N/A	Eat Lunch at Camp Site	Camp Site
Barefoot Bay, Mundelein	Towel, Sunscreen, Suit	Bring Lunch, Concessions Available	Camp Site
Barrington Teams Course	Water bottle and bug spray	Bring Lunch	Camp Site
Chicago Sports Museum & Cubs Tour	N/A	Bring Lunch	Camp Site
Chicago Sky Basketball	Money	Bring Lunch, Concessions Available	Camp Site
Chicago White Sox	Money	Food MUST be contained within soft see-thru containers, i.e. Ziploc. Concessions Available	Twin Groves
Congo River Mini Golf Hoffman Estates	N/A	Bring Lunch	Camp Site
Dave & Buster’s, Vernon Hills	Money (Game Card provided)	Eat Lunch at Camp Site	Camp Site
Enchanted Castle, Lombard	Money (Game Card provided)	Pizza & Drink Provided or Bring Lunch	Camp Site
Funtopia, Glenview	WAIVER	Bring Lunch	Camp Site
Glacier Ice Arena, Vernon Hills	Pants, Sweatshirt, Warm Clothes	Bring Lunch	Camp Site
Hot Ground Gym @ Twin Groves	N/A	Eat Lunch at Camp Site	Camp Site
Kristof’s, Round Lake Beach	Money	Concessions Available	Camp Site
Lazer X, Addison		Eat Lunch at Camp Site	Camp Site
Magic Waters, Rockford	Towel, Sunscreen, Suit, Money	Concessions Available (No outside food allowed)	Camp Site
Milwaukee Brewers	Money	Food MUST be contained within soft see-thru containers, i.e. Ziploc. Concessions Available	Twin Groves
Par-King Mini Golf, Lincolnshire	N/A	Bring Lunch	Camp Site
Rainbow Falls, Elk Grove Village	Towel, Sunscreen, Suit, Money	Bring Lunch, Concessions Available	Camp Site
Rockin’ Jump, Buffalo Grove	WAIVER	Bring Lunch	Camp Site
Schaumburg Park District Bubble Soccer	N/A	Bring Lunch	Camp Site
Ultimate Ninjas, Libertyville	N/A	Bring Lunch	Camp Site
Vernon Hills Aquatic Center	Towel, Sunscreen, Suit, Money	Bring Lunch, Concessions Available	Camp Site
Vertical Endeavors, Glendale Heights	WAIVER	Eat Lunch at Camp Site	Camp Site
Wheeling Aquatic Center	Towel, Sunscreen, Suit	Bring Lunch, Concessions Available	Camp Site

***Note: Fieldtrips are subject to change. Camp T-Shirts are REQUIRED on ALL field trips.**

Twin Groves – 2600 Buffalo Grove Road, BG

Willow Grove – 777 Checker Drive, BG

Ivy Hall – 1072 Ivy Hall Lane, BG

EASING THE TEASING STRATEGIES

Children can learn the strategies listed below that will empower them and reduce feelings of helplessness. When children realize that there are effective strategies they can use in teasing situations, their coping skills are strengthened.

1. Self-Talk

Encourage children to think about what they can say or do in a teasing situation.

Reminder: Do not react with anger or tears!

Questions: "Is the tease or insult true?" Often it is not.

"Whose opinion is more important....the teaser's or mine?"

Think about positive qualities or special experiences.

A child should say to himself, "Even though I don't like this teasing, I can handle it."

2. Ignore

No eye contact or verbal response.

Pretend the teaser is invisible.

Practice/role play.

If possible, walk away and join others.

May not be effective with chronic teasing.

3. "I" Message

"I feel upset when you make fun of my glasses. I would like you to stop."

Effective in more "structured" or supervised situations.

Effective when communicated to a friend.

May not work in unstructured settings because it may lead to more teasing.

Make eye contact, speak clearly and politely.

4. Visualization

Create a mental picture that the words are "bouncing off."

Pretend there is a shield to repel the put-downs and teases.

Create own visualization. "I am going to kick the teases down the soccer field."

5. Reframe

Accept the tease as a positive comment rather than a put-down.

Take or accept the tease as a compliment

"Thanks for noticing my glasses." "Thanks for your opinion."

6. Agree

Agree with the facts.

"Yes, I have poor vision."

7. "So?"

Conveys the message of "so what?" or "who cares?"

8. Respond to the Teaser with a Compliment

"I wish I could see as well as you."

9. Use Humor

Laughing or smiling defuses the mean comments.

10. Ask For Help

An adult can often intervene very successfully.

Tattling vs. Reporting

The Other 3 R'S

The effectiveness and success of THE OTHER 3 of the EASING THE TEASING strategies are generally dependent upon the child feeling comfortable and confident in using them. Comfort and confidence develop from "the other 3 R's": rehearsal, repetition, and review. Just as children have to consistently review math facts and spelling words, they must repeatedly practice these techniques. Frequent discussions and role-plays foster and enhance a child's successful use of the strategies.