



THE SHREWSBURY CLUB
Tennis - Fitness - Athletics

Parent/Camp Handbook

2025-2026

3 Tennis Drive, Shrewsbury, MA 01545



Dear Parents and Campers,

Thank you for choosing The Shrewsbury Club Sports Camp. We provide a Fun and Active Sports Based Camp experience that focuses on skill building, Teamwork, achievements on and off the “field”, and relationships: unplugging from our technology and building relationships with new friends and great role models. We know that you will enjoy your time at The Shrewsbury Club Sports Camp!

Whether you are new to camp or a returning face, we want to ensure the best possible summer experience for your camper. Please make sure to read through this handbook as it contains important information to help you prepare for the summer. We have done our best to answer any questions that you might have about day camp, our policies and our procedures. Please return the pages that you are required to fill out (they are included in this handbook) by 6/7/19.

If you still have questions after reading through the handbook, please don’t hesitate to reach out via email or phone.

We look forward to seeing you at our Taste of Summer Camp Opening Day!

Happy camping,

Nate Sorenson

Kristian Jenkins

Sarah Corey

Owner

General Manager

Camp Director

The Shrewsbury Club Sports Camp 3 Tennis Dr. Shrewsbury Ma 01545 508-845-1000 or 774-214-3030

MEET OUR TEAM 508-845-1000

OWNER: Nate Sorenson: nate.hitquarters@gmail.com ext 110

GENERAL MANAGER: Kristian Jenkins: kjenkins@shrewsburyclub.com ext 112

ASSITANT GENERAL MANAGER: Kate Jenkins: katejenkins@shrewsburyclub.com ext 116

CAMP DIRECTOR: Sarah Corey: Sarahc@shrewsburyclub.com ext 180.

ASSISTANT CAMP DIRECTOR: Julia Grace Ducharme

GENERAL AND SPECIALTY CAMP STAFF Our staff is the key ingredient that makes The Shrewsbury Club Sports Camp such a special place. They are caring, dedicated, mature and enthusiastic men and women selected from High Schools, colleges and universities nationwide. All staff participate in a 3-day intensive training course involving safety, counseling, teaching and camp procedures prior to the start of the camp. All staff are CPR-certified. A trained lifeguard is always on duty during swimming times.

WELCOME TO CAMP!

THE SHREWSBURY CLUB SPORTS CAMP EXPERIENCE

At The Shrewsbury Club Sports Camp, Campers are split up by age and will have one or more counselors assigned to them each week based on the number of campers. The camp is supervised by our Camp Director or a designated and trained Healthcare Supervisor, and we make sure that our staff are qualified in a variety of different areas such as lifeguarding, Martial Arts, Gymnastics, Baseball, Tennis and more.

Campers will all Meet in our Kidz Club or other designated Camp Meetup Area and then split into groups and rotate throughout the club property throughout the day!

Camper Groups: (groups vary by week)

Aces: Tennis Specialty Campers

Tumblers: Gymnastics Specialty Campers

Kickers: Martial Arts Specialty Campers

Running Birds: Baseball Specialty Campers

Athletics: General Sports Campers

Ballers: Basketball Specialty Campers

Soccer Stars: Soccer Specialty Campers

Each summer week there is a fun theme for the campers. There will be activities throughout the week that tie in with the theme. Campers also get the chance to learn more about everything that The Shrewsbury Club has to offer. They may participate in activities throughout the club as well as Arts and crafts, swimming and many other choice activities.

Private Sports based lessons and Swim lessons can be added on within the camper's day for those that choose to add that to their camp package!

Some of the themes may be:

Week 1: Summer Fun Week 2: Camp's Got Talent Week 3: Freedom Week Week 4: Science Fair Week 5: World Tour Week 6: Holidays Week 7: Color Week Week 8: Challenge yourself Week 9: Nutrition Week Week 10: Summer Send off.

Sample Camp Schedule:

(camp schedule subject to change without notice)

7:30-9:00am- Pre-Care - Drop off at the main camp table (must reserve 24 hours in advance)

9:00am- Regular camper drop off. (no campers may be dropped off prior to 9:00am without signing up for pre-care)

Morning ALL camp meeting and activity

9:10am- Running Birds, Kickers, Aces and Tumblers go to their specialty spaces Athletics Remain

9:15am- Morning Snack and Game Time

9:15am-12:00pm- Running Birds, Aces, Kickers and Tumblers etc. in their specialty.

10:00am- 1st Sport: Gymnastics/Tumbling

10:30am- 2nd Sport: Tennis

11:00am- 3rd Sport: Martial Arts

11:30am- 4th Sport: Baseball

12:00pm- Lunch, Running Birds, Tumblers, Kickers and Aces return to General Camp group. ½ day campers' dismissal

12:30pm- Change for swimming (non-swim days this time is Counsellors Choice Activity/ Another sports block)

1:00pm- Swim & afternoon campers arrive (swimming is optional, those wishing to not swim will have outdoor free play time)

2:00pm-Change from swimming

2:15pm- Choice 1

3:00pm- Choice 2

3:30pm- Camp Game

4:00pm- Dismissal

4:00-5:30pm: Post Care Choice

Below are some of the fun activities your camper may participate in while here (all equipment provided by camp except floatation devices). The staff set an intentional and varying schedule for the week, where each group will get to visit several activity areas around camp. Part of the camp experience is learning that while we can do fun things that we know 'we' like, trying something different or new can also be fun and exciting! Here is a list (there will be more added) of our choice activities that throughout the week will be offered.

TENNIS	GROUP GAMES	NATURE WALK	SOCCER	FRISBEE	BASKETBALL	
MARTIAL ARTS	TUMBLING	FREE SWIM	WALLEYBALL	BATTING CAGES	WIFFLE BALL	
FLAG FOOTBALL	TURF GAMES	FREE PLAY				

FUN AT CAMP

SPECIAL EVENTS & FAMILY NIGHT! At the beginning of each session of Camp, the camp Director will advise families on what the special theme of the week is.

Fridays is PIZZA DAY every camp week! From Mon to Wed at drop off or pick up parents can sign up their child for pizza for Friday! \$3 per slice!

Camp Family Night- Come enjoy our summer BBQ by the pool, with hot dogs and hamburgers and meet the camp staff and other campers! This is FREE for registered campers and their immediate family. Campers get a wrist band for a free Burger or hot dog! Specific Date and Time will be emailed out.

End of Summer Camp Family Night- Come enjoy our summer BBQ by the pool, with hot dogs and hamburgers and help us conclude an amazing summer! This is FREE for registered campers and their immediate family. Campers get a wrist band for a free Burger or hot dog! Campers will also get to enter their names into a raffle to earn fun prizes and get to PIE their favorite councilor or staff member in the face!!!! Date and Time TBD

WHAT TO BRING TO CAMP? LABEL EVERYTHING!!!

In a small bag with your campers full name on it, your camper should bring * refillable WATER BOTTLE *BATHING SUIT * TOWEL * SUNSCREEN * BUG SPRAY • If the weather is cooler a sweatshirt or light jacket is suggested • Flip flops are not allowed at Camp. Snow Day/ Winter Camp Days send snow gear as we may go play in the snow!!! Please send your camper with closed-toe footwear with a back as most activities require sneakers. Crocs are not considered appropriate footwear for most activities. • All articles or clothing worn or brought to camp should be clearly marked with the camper's name. • Unmarked or unclaimed lost and found will be held until September 1st, at which time it will be donated to charity. DO NOT BRING VALUABLES TO CAMP. CELL PHONES, IPODS, VIDEO GAMES, AND TRADING CARDS ARE PROHIBITED. SHREWSBURY CLUB SPORTS CAMP IS NOT RESPONSIBLE FOR ANY OF THESE ITEMS THAT ARE BROUGHT TO CAMP! The Shrewsbury Club is not responsible for lost or stolen items.

****Covid-19- Wear a Mask and send an extra in their backpack please!!****

*Campers may choose to buy lunch/ snacks at camp via the vending machines or preordered food packs. Food is NOT provided at camp without preordering at an extra charge (summer weeks only). Campers should plan to bring at least 2 snacks and a full healthy lunch. Camper will be very active and be very hungry so plan accordingly. Please remind your camper that sharing food is NOT allowed due to allergies. Lunches will not be refrigerated however will be kept indoors. Campers will not have access to a microwave so please plan food accordingly. Preordered food packs must be ordered by noon on Friday BEFORE the week of camp you will be attending except for snacks and Pizza Fridays. Snacks kids can purchase as needed. Pizza Fridays may be ordered up to the Thursday of the camp week or earlier for those campers wishing to participate in Pizza Fridays. Parents may choose to pay by the day or put money on account for the food items.

**** swimming stuff for summer camp only****

**** Covid regulations remain in our camp handbook in the event that the board of health adjusts the requirements back to these, however we will follow the current local/ state guidelines****

HEALTH SUPERVISOR INFORMATION

Our staff are committed to keeping your camper well during their time at camp. The Camp health supervisors are overseen by our camp physician (not on site) and are available for basic first aid & cpr as well as supervising the medication taken during camp times.

Parents/guardians will be notified if the following occurs: Emergent situations, any visits to the camp health supervisor, anytime first aid has been given. An incident/accident will need to be signed by a parent or guardian in these events.

IMPORTANT TO KNOW • Prescription medications must be authorized by a physician and the Medication Form must be filled in and signed by your doctor. • For your child to receive non-prescription medications such as Tylenol or Benadryl, you must complete the page of the health history form authorizing the staff to do so. • All medications except for an inhaler or epi-pen will be kept in the health office. Medications must be in the original prescription container. Medications not in the original container will not be administered. Medications must be claimed at the end of each session and by law, they cannot be mailed home. • The parent/guardian is responsible for all Doctor's charges, dental issues, medication charges and hospital fees incurred while their child is at camp. These fees will be charged immediately to a credit card on file or to your insurance company. At that time, you will receive a self-claim form to submit to your insurance company. If your camper is seen at UMASS Hospital or by ambulance, your insurance information will be submitted. All upfront costs such as co-pay and insurance which is not accepted by the hospital or medicines may be charged to a credit card on file for that camper. • Effective January 1, 2016, each operator of an organized youth athletic activity, involving participants aged 7 to 19, must make available upon registration a written or electronic statement regarding concussions to each youth athlete and a parent or guardian of each youth athlete participating in the youth athletic activity. Such statement shall be consistent with the most recent information provided by the National Centers for Disease Control and Prevention regarding concussions.

www.cdc.gov/traumaticbraininjury/symptoms.html

HEALTH FORMS

ALL CAMPERS MUST BE FULLY VACCINATED TO ATTEND CAMP OR HAVE AN EXEMPTION LETTER.

MEDICAL FORMS All medical forms must be submitted to camp **BEFORE** your arrival! We ask this as it makes your check-in process as simple and easy as possible for everyone. American Camping Association and Massachusetts law state that incomplete and/or unsigned forms are unacceptable and will prevent your child from staying at camp.

- Parent authorizations – Please print, photocopy your insurance card and sign at the bottom.
- Physical Examination –You must provide a copy from your doctor. If any allergies or medical conditions are noted on the physical form that require additional support, we will need a medication authorization form to administer ANY medications signed by the prescribing doctor as well as an action plan for any allergies or asthma.
- Immunization Record –You **MUST** provide a copy from your doctor or a signed letter stating that your child is up to date on vaccinations.

MEDICATIONS: If your child will take prescription medication while at camp – you will need to fill out the medication authorization form and have the doctor sign it. You can bring this to camp with you when you check in your camper's medications with the camp health supervisor. This form is required by the state of Massachusetts. This is required for all medication to be administered while your child is at camp. (Including over the counter meds) Medications **WILL NOT** be

given without these forms and depending on the severity of the reason for the medication, Campers may be denied attendance without these forms without refund.

FINANCES

- Final balances are due 2 weeks PRIOR to the start of the camp week and all outstanding balances will be charged to cards on file. If the balance is not paid, your camper will not be able to attend camp. Or in the event of a session with a waiting list, your spot will be given to a camper on the waiting list. All Sales on Camp packages will be charged during that sale period and are nonrefundable.
 - ALL Camp Payments are non-refundable. All cancellations need to be made by email and confirmed by the Business Manager and Camp Director. Cancellations by the club will be turned to a camp credit for future use but no refunds will be issued.
 - The Shrewsbury Club Sports Camp reserves the right to refuse or dismiss a camper at any time for just and reasonable cause. Refunds will not be given for withdrawal or dismissal from camp, after the registered session has begun. Optional programs such as private lessons or swim lessons will not be refunded due to the camper's failure to attend, lack of interest or inclement weather.
 - The parent acknowledges that, even after every reasonable precaution is taken, some activities occurring at the Shrewsbury Club Sports Camp may involve inherent risks for which The Shrewsbury Club and its employees, volunteers, owners, and affiliates cannot be held liable/responsible.
 - The potential of contracting Lyme Disease increases in rural settings. All participants should check themselves regularly for ticks and become educated, in advance of attending camp, on the signs and symptoms of Lyme Disease, and other tick and mosquito bore illnesses which may occur days or months after an encounter with a tick or mosquito.
 - Camp fees do not include health and accident insurance; parents are responsible for all charges incurred for their child's medical attention.
- * If Camper is taking advantage of member pricing, they must be active when camp occurs or will be assed the pricing difference*

Camp Policies:

A complete and more detailed list of camp policies and procedures are available upon request.

Late pickup. (Late pickup is 12:01 for ½ day campers, 4:01pm for full day campers and 5:31pm for extended day campers. Late pickups will be given 1 warning and then subsequent late pickups will be charged \$1 per minute. Charged at the end of each week to the card on file.

Absences: Please email sarahc@shrewsburyclub.com or call 774-214-3030 if your child will be absent. Please note there are no refunds for absences.

Illness: DO NOT send your camper to camp if: (complete list of exclusion listed on page 12)

- until they are fever free for 24 hours without intervention.
- They are sick
- Have ANY contagious illness (pink eye, ring worm, lice etc.) even if they are on antibiotics.

- Feel they cannot participate fully in camps activities!

CAMP RULES & REGULATIONS

Your child should wear comfortable clothing and sneakers each day. Open toe/open heel shoes are not permitted.

*Covid-19: Masks are required for all activities for all campers.

Please apply sunscreen and bug spray to your child daily. You may send sunscreen/bug spray to camp with your child; however, staff members are not permitted to apply the sunscreen to your child. We will remind the children to re-apply it to themselves throughout the day.

Children are responsible for helping keep the camp areas clean. They are expected to clean up after lunch, snacks, and crafts.

Children are expected to use appropriate playground structures and equipment as they were intended. Rules for use will be explained at the beginning of camp. Children may be prohibited from using the structure or equipment if a problem persists.

Camp staff will be monitoring bathroom breaks as well as supervising bathroom facilities from the outside. All campers need to be able to use the restrooms unassisted. Campers **MUST** be potty trained.

Proper swimming attire is required for swimming. Pack a towel and change of clothes. Flip-flops or sandals may be worn for water activities **ONLY**.

Backpacks are permitted at camp, but we suggest that anything valuable be left at home. Please make sure all items are clearly labeled with your child's name. We are not responsible for lost, stolen or damaged property. The following list of items is prohibited at camp: Electronics including but not limited to CELL PHONES** iPods/MP3 players Video games (Gameboy/DS/DSi) smart watches, Knives or any type of weapon.

Cell phones – The site supervisor has access to a phone if parents need to be contacted. If a parent needs to reach their child or camp staff for any reason, please contact the Club at 508-845-1000.

**If a child brings a prohibited item to camp, the item will be confiscated and returned to his/her parent at the end of the day. These items are prohibited to eliminate any disruption or safety concerns that may arise from their use.

BEHAVIOR/DISCIPLINE POLICY

Appropriate behavior is expected of all participants during the summer camp programs. Respectful interactions between program participants and staff are essential to having a successful program experience. Bullying, fighting, inappropriate behavior/language and continual disregard for camp policies and procedures cannot be tolerated. Camp staff will do their best to redirect any misbehavior and resolve any issues to achieve a positive outcome for all involved. If positive outcomes cannot be achieved, or if a camper exhibits continuous disruptive behavior, we reserve the right to suspend or dismiss the camper from the program without refund.

SWIM/POOL POLICY

ALL campers that wish to use our pool MUST participate in a swim test on their first day of camp for the week and may retest as needed. Lifeguards/ Aquatics director will determine what level of pool use the camper may have. We take this very seriously and will not compromise the safety of our campers in any way. Floatation devices are NOT provided by the camp. Parents may send their camper with a floatation device/life vest as needed but must be approved by the aquatic's director. A note will go home on swim test days to make parents aware of their camper's swim level. Any issues with the levels chosen by the aquatics department may be addressed with Libby Stone, Aquatics Director/Assistant Camp Director. Campers choosing not to swim or virtual non-swimmers will be outside during swimming times.

Discipline Policy (Counselor version)

The Shrewsbury Club discipline policy incorporates the Camper's individual needs and development into a policy of guided behavior management. Our goal is to promote the growth and development of each Camper, protect the well-being of each individual and group and to maximize self-esteem. The approach is positive, supportive, and structured when discipline is necessary.

Guidance and Discipline

A Counselor's example is essential for establishing the proper behavior of Campers.

- Speaking appropriately to a Camper reflects being a good role model
- Speak directly to Campers about their behavior; when discussing appropriate behavior, speak to them one-on-one
- Respect each Camper's uniqueness and what they can add to your group dynamic

Pursuant to 430.191(A), the following is strictly prohibited:

- Hitting, spanking, pushing, grabbing, threatening, or intimidating a Camper is not permitted
- Physical punishment, like pushups or running laps is not permitted
- Cruel or severe punishment, humiliation or verbal abuse is not permitted
- Withholding food, snacks, or beverages as a form of discipline is not permitted
- Denial of shelter or isolation/rejection is not permitted
- Any punishment for soiling, wetting or not using the bathroom are not permitted

Verbal abuse or name-calling can be just as hurtful as physical punishment, and its effects can be just as long lasting. Sarcasm, ridicule, yelling, scapegoating, or showing favoritism are the hallmarks of an ineffective Counselor. Fairness, tolerance, thoughtful discussion, and helpful guidance are the marks of a good Counselor.

Assertive Discipline Plan

Rules, consequences, and rewards should be posted and gone over with the Campers until they are familiar with them. When Campers know their boundaries and consequences, they are more likely to follow the rules and guidelines at camp. On the first day of each new session, Counselors should spend a few minutes to review the rules and consequences with their groups.

Creating Rules

- Rules should be specific but also cover a broad area. i.e., “No pinching,” leaves kicking open. “Keep hands, feet and objects to yourself,” is specific while still covering a broad area of behaviors.
- Rules should be phrased positively. i.e., “Use respectful language,” is better than saying, “No foul language.”

Consequences

- Each Camper starts with a clean slate each day
 - Consequences must be used consistently. If someone, “gets away,” with something once, consequences become meaningless or may seem unfair.
 - Avoid public discipline. Yelling at a Camper in front of others can cause humiliation and lack of respect for the Counselor. A Camper who is consistently yelled at will strive to fulfill the role of the “bad kid.”
 - Do not use collective group punishments. Behavior should be addressed on an individual basis.
- Situations with Campers can be teachable moments with a positive impact on their growth and development. Counselors should seek guidance from the Camp Director if there are continued problems with a Camper or if a Camper threatens the emotional or physical safety of another Camper or themselves.

Appropriate consequences in the order they should be implemented include:

- Verbal warning
- Sitting out of the ongoing activity, and having a discussion with the Counselor about the behavior in question and why it’s not allowed or acceptable at camp
- Meeting with the Camp Director to address the behavior
- Meeting with the Parents and Camp Director to address the behavior
- Expulsion from camp if the situation continues after addressing the behavior with the Parents. Our goal is to never allow a situation to escalate to this point.

Rewards

- Campers should be aware of how they are able to earn any rewards
- Rewards should be given publicly so that everyone sees positive behavior
- Rewards should never be given as a bribe for positive behavior

Appropriate rewards include:

- Being a special helper
- Stickers or small prizes (not candy)
- Verbal praise
- High fives/cheers

- Written reward/certificate

Conflict Resolution

Steps for successful conflict resolution: Strive to find a win-win resolution with compromise and creativity.

- Have all the facts before attempting to solve the problem. Include any documentation, witness, etc. If you appear to be uninformed about the situation, your comments will not appear as valid to the discussion.
- Meet face to face with the Campers involved in the conflict
- Present the facts and make sure that they are specific. You should know dates and times that the situation occurred.
- All negative remarks should be directly related to the situation being discussed. Bringing up past incidents will only make matters escalate.
- Help everyone involved realize that the purpose is to come up with a fair and reasonable solution for all parties
- Be a resource for future conflicts or problems
- Listen
- Be creative in trying to find compromises for everyone involved

Bullying and Harassment Prevention Policy

The importance of the physical and emotional safety of every Camper and Staff Member is paramount. The Shrewsbury Club is committed to providing a safe, positive, and comfortable environment where Campers and Staff can grow socially and emotionally. We expect that all members of our camp will treat each other in a kind manner and with respect for differences.

We do not tolerate any bullying, harassment, or retaliation at camp. This Bullying and Harassment Plan is a comprehensive approach to addressing bullying, it includes guidelines on preventing, intervening and responding to incidents of bullying. The Camp Director is responsible for the implementation and oversight of this plan.

Definitions

Aggressor: An individual who engages in bullying, harassment, or retaliation.

Target: An individual against whom bullying, harassment or retaliation has been perpetrated.

Bullying: The repeated use by one or more individuals of written, verbal, or electronic expression of a physical act or gesture or any combination thereof, directed at a Target that:

- Causes physical or emotional harm to the Target or damage to the Target's property
- Places the Target in reasonable fear of harm to him/herself or damage to his/her property

- Creates a hostile environment at camp for the Target
- Infringes on the rights of the Target at camp; or
- Materially and substantially disrupts the orderly operation of camp

Harassment: One or more acts of physical, verbal or non-verbal aggression based on a Target's actual or perceived race, color, national origin, ethnicity, religion, gender, sex, sexual orientation age or disability; that is sufficiently severe, pervasive or persistent so as to interfere with or limit a Target's ability to participate or benefit from the programs or activities by creating a hostile, humiliating, intimidating or offensive camp environment.

Hostile Environment: A situation in which bullying causes the camp environment to be permeated with intimidation, ridicule, or insult that is sufficiently severe or pervasive to alter the conditions of a Camper's experience.

Retaliation: Any form of intimidation, reprisal or harassment directed against a Target who reports bullying, harassment or provides information during an investigation of bullying or harassment; or witnesses or has reliable information about bullying or harassment

Staff Training

All Staff will receive annual training on bullying and harassment to establish a common understanding of tools necessary to create a camp environment that promotes safety, civil communication, and respect for differences. Formal training will occur during staff orientation. Training will include:

- Strategies to identify, reduce and prevent bullying and harassment
- Age-appropriate strategies for immediate, effective interventions to stop bullying and harassment incidents
- Information regarding the complex interaction and power differential that can take place among and Aggressor, Target, and Witnesses
- Research findings on bullying and harassment, including information about Campers who are at risk, and the effects of bullying and harassment
- Staff responsibility about prevention, reporting and response

Prevention

The goal of prevention is to create a camp culture where everyone treats each other with respect and kindness; and strives to act in a manner that maintains that positive community culture. With the goal of fostering a safe, respectful, social environment for our Campers and Staff, The Shrewsbury Club will incorporate appropriate age activities on bullying prevention in our camp curricula.

Programs will include:

- Signed explanations by Parents, Campers and Staff stating they have read and understand our policies on bullying
- Embedded activities such as team building games to foster a positive group dynamic
- Rules and disciplinary policies that encourage respectful, kind and accepting behavior at camp

Reporting

Staff who observe an act of bullying or harassment, or who have reasonable grounds to believe that these behaviors are taking place, are obligated to report incidents to the Camp Director.

Campers who believe they are a Target of bullying or harassment, observe an act of bullying or harassment, or who have reasonable grounds to believe that these behaviors are taking place are expected and encouraged to report incidents to their Counselors or the Camp Director.

Parents who receive information about bullying or harassment during camp should immediately report this information to the Camp Director

A form will be used to report incidents of bullying and harassment to the Camp Director. All verbal reports made by a Staff Member, Camper or Parent will be recorded in writing by the Camp Director. Reports can be made anonymously but no disciplinary action will be taken solely based on an anonymous report.

All Campers and Staff will be notified of the procedures for reporting incidents of bullying or harassment.

****This camp must comply with regulations of the Massachusetts Department of Health and be licensed by the local Board of Health

The Shrewsbury Club camps are required to have policies regarding healthcare, staff background checks and discipline. The backgrounds of all staff are checked via references, the state Criminal History Board and through CORI reports. The healthcare policy, including medication, temporary illness and injury, sunscreen and discipline are included in The Shrewsbury Club Parent Camper Handbook and addendum mailing which have been mailed to Parents prior to the first day of camp.

SAVE MONEY ON CAMP

CAMP REFERRAL PROGRAM

We know happy camp families love to tell their friends and neighbors about The Shrewsbury Club Sports Camp. We appreciate that and want to say ‘thank you’ by giving you \$25 off of a future camp week for each NEW day camper referral that registers.

It’s simple:

- **Remind your friend/ family to let us know who referred them!**
- **Fill out an information sheet of the interested family/friend**
- **For every referral that registers, your camp fees will be credited for the next camp week!**
- **There’s NO LIMIT on how many friends you refer**

After all, good things are meant to be shared.

Authorized Pickup Form

These forms are valid for 2 years from the date of signature.

Full Name:

DOB:

To be completed and signed by Parent or Guardian. This information will be used in the event of an emergency.

It is important that all contact information is up to date and accurate.

Camper Last Name: _____ Camper First Name: _____ Middle Initial: _____ DOB: _____
Sex: _____

Parents/Guardians should be listed first and second with all available phone numbers. Parents/Guardians are always contacted first should any issues arise or in case of emergency. Please note that ONLY the individuals listed will be able to pick up the Camper from camp and must provide I.D. Changes or additions to this list must be made in writing and on file with The Shrewsbury Club.

Parent/Guardian: _____ Relationship: _____
Home Phone: _____ Work Phone: _____ Other Phone: _____

Parent/Guardian: _____ Relationship: _____
Home Phone: _____ Work Phone: _____ Other Phone: _____

Parent/Guardian Signature: _____ Date: _____

Individual 1: _____ Relationship: _____
Home Phone: _____ Work Phone: _____ Other Phone: _____

By initialing here, I hereby certify that Individual 1 is authorized to pick up my child from camp:

Individual 1: _____ Relationship: _____
Home Phone: _____ Work Phone: _____ Other Phone: _____

By initialing here, I hereby certify that Individual 1 is authorized to pick up my child from camp:

Individual 1: _____ Relationship: _____
Home Phone: _____ Work Phone: _____ Other Phone: _____

By initialing here, I hereby certify that Individual 1 is authorized to pick up my child from camp:

By signing below, I authorize that the initialed individuals above are certified to pick up my child from camp:

Parent/Guardian Signature: _____ Date: _____

Policy Acknowledgement Form

These forms are valid for 2 years from the date of signature.

Camper Full Name:

DOB:

If I am unable to be reached, I authorize the Physician/Staff at the nearest hospital to treat my child. I authorize Staff at The Shrewsbury Club to provide first aid and to make necessary transportation arrangements.

Should your child become a disciplinary problem that is disruptive to the camp experience for him/her or others, the Camp Staff reserves the right to terminate your child's experience with no refund. One warning will be given to both the Parents and the Campers before expulsion.

I have read the Parent/Camper handbook, I understand it and have reviewed it with my camper. We agree to abide by the rules for campers and all other procedures in the handbook.

My child and I understand that there are certain rules involved in camp activities, sports, and games. Injuries can occur such as eye injuries from balls, tennis racquets and other sports equipment. Other injuries include muscle strains and sprains from running, jumping and water play, broken limbs from falls, swelling and discomfort from insect bites and poison ivy and minor abrasions and more. My child will follow camp rules, including activity precautions given by the Camp Staff to help prevent and reduce the incident of injury.

Campers Signature: _____ Date:

Parent/guardian Signature: _____ Date:

General Release

I, the parent/guardian of the participant, do hereby give permission for my child to participate in The Shrewsbury Club Camp program and agree on behalf of myself, my child, my assigns, executor and heirs, to release, indemnify and hold harmless The Shrewsbury Club, affiliated organizations and sponsors and trustees, officers, agents, instructors and employees of each of them (collectively, The Shrewsbury Club) from any cause of action, claims or demands, of any nature whatsoever, including but not limited to any claims of negligence, while I, my child, my heirs, representatives, executors, administrators, and assigns may now have, or have in the future against The Shrewsbury Club on account of personal injury, injury to my child, property damage, death or accident of any kind arising out of or in any way related to his/her presence at or participation in any event, program or activity, including, without limitation being instructed in using equipment for, or participation in any program.

Parent/Guardian initials:

Enrollment Agreement

I acknowledge that I have received and read in full the camp handbook, which pertains to my child's camp. I understand all policies and procedures outlined in this document, including by not limited to drop off and pick up time, medication policies, and what to pack for my child each day of camp.

Parent/Guardian initials:

Media Release

I hereby give permission for images of my child, captured during regular and special Shrewsbury Club activities through video, photo and digital camera, to be used solely for the purposes of The Shrewsbury Club, promotional material, and publications including the organization's website, and waive any rights of compensations or ownership thereto.

Parent/Guardian initials:

Pickup/Dropoff Release

I acknowledge that I am responsible for dropping off my child at a Shrewsbury Club program/activity and for picking up my child at the scheduled conclusion of a Shrewsbury Club program/activity, and that The Shrewsbury Club is not responsible for supervising my child prior to or after the scheduled conclusion of any program/activity. Early Arrival or Late Pick Up may result in additional fees for pre/post care, or expulsion from camp with no refund.

Parent/Guardian initials:

Health Insurance Coverage

I, the parent/guardian have adequate health and accident coverage for my child. I agree to advise the Shrewsbury Club for any changes in the health status of my child if any occur during the term of the program/activity.

Parent/Guardian initials:

I, have read and understand the Concussion protocols and have received a copy of the most up to date information regarding concussions.

Parent/Guardian initials

I hereby certify that I have read and understand all of the above:

Parent/Guardian signature:

Date:

Camper Questionnaire (help us get to know our campers better!)

Campers Full Name: _____

1.) Does the Camper have any fears? If so, what are they? _____

2.) What talents does the camper have? _____

3.) Campers favorite Food (Healthy and not so healthy): _____

4.) Campers favorite Sport: _____

5.) Campers favorite Things to do: _____

6.) Campers favorite type of music/singer/group: _____

7.) Campers least favorite food: _____

8.) Campers least favorite thing to do: _____

9.) Campers favorite holiday: _____

10.) Campers favorite pool game: _____

11.) Campers favorite outdoor game: _____

12.) Campers favorite relaxing activity: _____

13.) Campers favorite color: _____

14.) Campers hidden talent: _____

15.) Campers favorite country: _____

16.) Campers most challenging things to do: _____

17.) Campers goals for summer in camp and outside of camp: _____

18.) Does this camper have siblings? If so, how many, what are their ages and genders?

19.) Coolest or most interesting thing about this camper: _____

20.) What does this camper want to be when they grow up? _____

21.) Is there anything else you would like to share with us about this camper so that we may serve them better?

Concussion

INFORMATION SHEET



This sheet has information to help protect your children or teens from concussion or other serious brain injury. Use this information at your children's or teens' games and practices to learn how to spot a concussion and what to do if a concussion occurs.

What Is a Concussion?

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

How Can I Help Keep My Children or Teens Safe?

Sports are a great way for children and teens to stay healthy and can help them do well in school. To help lower your children's or teens' chances of getting a concussion or other serious brain injury, you should:

- Help create a culture of safety for the team.
 - Work with their coach to teach ways to lower the chances of getting a concussion.
 - Talk with your children or teens about concussion and ask if they have concerns about reporting a concussion. Talk with them about their concerns; emphasize the importance of reporting concussions and taking time to recover from one.
 - Ensure that they follow their coach's rules for safety and the rules of the sport.
 - Tell your children or teens that you expect them to practice good sportsmanship at all times.
- When appropriate for the sport or activity, teach your children or teens that they must wear a helmet to lower the chances of the most serious types of brain or head injury. However, there is no "concussion-proof" helmet. So, even with a helmet, it is important for children and teens to avoid hits to the head.



Plan ahead. What do you want your child or teen to know about concussion?

How Can I Spot a Possible Concussion?

Children and teens who show or report one or more of the signs and symptoms listed below—or simply say they just "don't feel right" after a bump, blow, or jolt to the head or body—may have a concussion or other serious brain injury.

Signs Observed by Parents or Coaches

- Appears dazed or stunned
- Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events *prior to or after* a hit or fall

Symptoms Reported by Children and Teens

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness, or double or blurry vision
- Bothered by light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Confusion, or concentration or memory problems
- Just not "feeling right," or "feeling down"

Talk with your children and teens about concussion. Tell them to report their concussion symptoms to you and their coach right away. Some children and teens think concussions aren't serious, or worry that if they report a concussion they will lose their position on the team or look weak. Be sure to remind them that *it's better to miss one game than the whole season.*



cdc.gov/HEADSUP

CONCUSSIONS AFFECT EACH CHILD AND TEEN DIFFERENTLY.

While most children and teens with a concussion feel better within a couple of weeks, some will have symptoms for months or longer. Talk with your children's or teens' healthcare provider if their concussion symptoms do not go away, or if they get worse after they return to their regular activities.

What Are Some More Serious Danger Signs to Look Out For?

In rare cases, a dangerous collection of blood (hematoma) may form on the brain after a bump, blow, or jolt to the head or body and can squeeze the brain against the skull. Call 9-1-1 or take your child or teen to the emergency department right away if, after a bump, blow, or jolt to the head or body, he or she has one or more of these danger signs:

- One pupil larger than the other
- Drowsiness or inability to wake up
- A headache that gets worse and does not go away
- Slurred speech, weakness, numbness, or decreased coordination
- Repeated vomiting or nausea, convulsions or seizures (shaking or twitching)
- Unusual behavior, increased confusion, restlessness, or agitation
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously

What Should I Do If My Child or Teen Has a Possible Concussion?

As a parent, if you think your child or teen may have a concussion, you should:

1. Remove your child or teen from play.
2. Keep your child or teen out of play the day of the injury. Your child or teen should be seen by a healthcare provider and only return to play with permission from a healthcare provider who is experienced in evaluating for concussion.
3. Ask your child's or teen's healthcare provider for written instructions on helping your child or teen return to school. You can give the instructions to your child's or teen's school nurse and teacher(s) and return-to-play instructions to the coach and/or athletic trainer.

Do not try to judge the severity of the injury yourself. Only a healthcare provider should assess a child or teen for a possible concussion. Concussion signs and symptoms often show up soon after the injury. But you may not know how serious the concussion is at first, and some symptoms may not show up for hours or days.

The brain needs time to heal after a concussion. A child's or teen's return to school and sports should be a gradual process that is carefully managed and monitored by a healthcare provider.

➤ **Children and teens** who continue to play while having concussion symptoms, or who return to play too soon—while the brain is still healing—have a greater chance of getting another concussion. A repeat concussion that occurs while the brain is still healing from the first injury can be very serious, and can affect a child or teen for a lifetime. It can even be fatal.

To learn more, go to [cdc.gov/HEADSUP](https://www.cdc.gov/HEADSUP)



Discuss the risks of concussion and other serious brain injuries with your child or teen, and have each person sign below.

Detach the section below, and keep this information sheet to use at your children's or teens' games and practices to help protect them from concussion or other serious brain injuries.

- ☐ I learned about concussion and talked with my parent or coach about what to do if I have a concussion or other serious brain injury.

Athlete's Name Printed: _____ Date: _____

Athlete's Signature: _____

- ☐ I have read this fact sheet for parents on concussion with my child or teen, and talked about what to do if they have a concussion or other serious brain injury.

Parent or Legal Guardian's Name Printed: _____ Date: _____

Parent or Legal Guardian's Signature: _____