



Getting Ready for Camp *Checklist/Details*

Welcome to another season of Hockey Opportunity Camp (HOC). We are thrilled to start looking forward to next summer and look forward to welcoming your child(ren) back for another year or in some cases for their first time ever. To help you prepare for the summer, we have put together this complete checklist and details package. This resource includes all the essential information required to get your child(ren) ready for camp.

Camp Checklist (very important to review!)

PLEASE NOTE:

CHECK-IN TIME: Campers are assigned a check-in time (between 12:30-3:00pm) at time of registration

ACTIVITY ASSIGNMENTS: Camper's preferred activity options are to be identified on the registration form (and finalized with campers at Sunday check-in)

- Complete and submit a registration form with payment and health history form (online **OR** hard copy).
- HOC will be emailing or mailing campers an official receipt. Review receipt and report any changes/corrections. Receipt will include: *Check-In Start Time* (do not forget)
Children's Fitness Tax Credit amount for income tax purposes.
- First time attending HOC? Consider booking a camp visit and tour. Visits can be arranged after May 1st.
- Review *Getting Ready for Camp* details (attached) including;
 - Section Assignment Policy
 - Camper Contact Details While at Camp (Email/Courier/Mail) and Camper Cell Phone Policy
 - Check-In / Check-Out Day Procedures
 - Clothing and Equipment Checklist
- Have a discussion with your camper(s) about camp rules/regulations and safety, including;
 - Terms of Enrollment (see Health History Form)
 - Personal items not permitted at camp including cell phones, expensive electronic devices, food products with nuts, etc. (see Clothing and Equipment Checklist)
 - Although the following safety items will be discussed with campers upon arrival, talk about health and safety with your kids including, handwashing/sanitizing, sun and hydration protection and what to do in the case of bullying or homesickness (stress open communication with counsellors).
- Label all personal belongings so they can be found when lost. If you require labels, please contact Mabel Labels at www.hockey.mabel.ca
- Pack camp gear and hockey equipment (if required). Ensure your child participates in this exercise so that he/she is aware of what is being brought and what they are expected to pack to bring back home. Most lost and found is not recognized by campers as their own. If bringing hockey equipment, ensure all items still fit correctly and that hockey skates are sharpened.
- Campers will be screened for the following medical conditions (at check-in). In the event that your child shows symptoms of the following prior to camp (up to 72 hours), please ensure they are assessed and treated ahead of time. If treatment is not completed prior to camp, please contact the Camp Director to discuss next steps.
 - Head Lice - Please check your child's head. For more information on identification and treatment, visit <http://www.cdc.gov/lice/head/index.html>.
 - Gastrointestinal Illness - Symptoms include but not limited to vomiting, chills, abdominal cramps and diarrhea
 - Influenza-Like Illness - Symptoms include but not limited to fever with cough and one of the following; sore throat, muscle aches, joint pain or weakness.
- Review Map and Driving Directions (printable version located on HOC website).
- On Check-In day, at your assigned Check-In time, meet the Camp Directors at the Jr. Recreation Hall (beside main parking lot) to begin the Check-In Process (See Check-In Day Details for further information).
- Get ready for a great summer camp experience!!

Tuck Shop Fee/Information

In addition to the basic registration cost, the tuck shop fee is a mandatory charge. That fee covers your child's expenses while at camp. Families can pay the fee with their registration or on check-in day. Fee and items included are based on your selected camp program.

Resident Hockey Program / Ice Only + Camp Program:

\$30 per week/camper (includes taxes).

Fee covers snacks, skate sharpening, hockey jersey, group photograph, and laundry (2+ weeks).

Resident Camp Only Program/ Resident Water Ski Program/ Leader in Training:

\$20 per week/camper (includes taxes).

Fee covers snacks, group photograph, and laundry (2+ weeks).

snacks

Campers choose two items a day (M-F). Main snack options include chocolate bars, candy, ice cream, pop and potato chips. Two of the five tuck days will be healthy snack options (i.e. milk, fruit bars, etc.). In order to reduce the risk to campers with severe nut allergies, we do not purchase product with visible nuts or nut products.

group picture

Colour photo calendar of camper's section. Photos are distributed at check-out.

skate sharpening

One skate sharpening mid-week.

Parents should ensure their child's skates are sharpened prior to arriving at camp. There are no skate sharpening facilities at camp.

hockey jersey

Souvenir hockey jersey to be worn during all on-ice sessions.

laundry

In lieu of a second hockey jersey, campers staying 2+ weeks will be provided with weekend laundry service (one load).

Weather and Camp Activities

All camp activities continue during rain, cold, wind and heat but may be modified if weather poses a risk to campers.

All outdoor programs cease in the event of thunder and lightning and resume when deemed safe by a camp director.

H.O.C

Section Assignments

One week prior to a camper's arrival he / she will be assigned to one of seven camper sections. There are many factors we consider when completing section assignments including; grade in school, age, height, weight, hockey skill level and requested cabin mates. Therefore, specific section assignments are not confirmed until campers arrive at their check-in time on Sunday.

In order for campers to be placed in the same camp section, they need to be within **one** grade/ birth year.

These sections are the basis for all camp scheduling (view sample schedules on our website). Campers within the same section will skate and participate in their chosen activities within the same rotation schedule. Section assignments will further determine cabin assignments and activity choices.

Souvenir Camp T-Shirt

HOC offers campers the opportunity to purchase a 100% cotton souvenir camp t-shirt featuring the new HOC logo.

T-shirts can be ordered at time of registration.

All orders must be received and paid prior to arriving at camp to guarantee preferred size and availability.

T-shirts are \$25.00 CDN (includes taxes).



Clothing and Equipment Checklist

The following list is recommended based on a one-week stay at camp. Campers staying longer than one-week have access to laundry service (included in tuck shop fee). It is recommended that campers use the laundry service rather than increasing the amount of clothing brought to camp. Summer evenings may be unpredictably cooler than normal, so please check weather reports (available on HOC website) prior to arriving at camp to confirm appropriate clothing and sleeping bag. All clothing, equipment and bedding should have the camper's name clearly marked and securely attached.

IMPORTANT: We recommend that all valuable and expensive items including clothing, hats, video games, MP3 players and equipment not be brought to camp. Although every effort is made to locate lost items, HOC is not responsible for returning any lost or stolen items while at camp. Campers wishing to bring their own bike (lock also required) can do so and lock it up in the camp garage. Fold up portable chairs are **NOT** permitted at camp.

Clothing

- (5) T-Shirts
- (2) Sweatshirts
- (3) Long Pants
- (3) Shorts
- (6) Underwear
- (6) Pairs of Socks
- (2) Bathing Suits
- 1 piece suit recommended
- (1) Pajamas
- (1) Rain Jacket
- (1) Hat
- (2) Pr of Running Shoes
- (1) Pr of Sandals

Toiletries

- (1) Toothbrush
- (1) Bar of Soap (and case)
- (1) Brush or Comb
- (1) Small Tube Toothpaste
- (1) Shampoo

Miscellaneous Items

- *Water Bottle (for camp)*
- Sunscreen (SPF 30+)
- Lip Balm
- Insect Repellent (lotion only)

Hockey Equipment (if applicable)

- Helmet and Mask
- Neck Protector
- Shoulder & Elbow Pads
- Hockey Gloves & Pants
- Mouthguard
- Hockey Socks/Garter Belt
- Shin Pads
- Supporter and Cup
- Skates (sharpened, name on bottom)
- Hockey Sticks (name on sticks)
- Hockey Tape (Shin Pad / Stick)
- Blister (Second Skin) Bandages
- *Water Bottle (for arena)*

Bedding/Towels

- (1) Sleeping Bag
- (1) Fitted Single Sheet
- (1) Pillow
- (1) Pillowcase
- (1) Bath Towel
- (2) Beach Towels

Goalie Equipment (if applicable)

Goalies are responsible for their own goalie equipment. It may be possible to borrow from your hockey association if required.

NOTE: Although HOC is **NOT** a "nut free" environment, we do reduce the risk to campers with severe nut allergies by eliminating visible nuts/nut products from the kitchen and tuck shop. Campers should not bring any additional food into camp, *especially products with visible nuts or nut products in them* (i.e. Snickers chocolate bars, peanut butter cookies, trail mix with nuts, etc.). In addition, we request that your child not bring any gum/candy to camp. Thank you for your understanding and compliance to this matter.

Mail / Courier + Email

If you would like to send your child an email, letter or package, here are a few options.



Email a Camper: visit www.learnhockey.com for our Bunk1 email service

Sending Mail Via Canada Post:

Address as follows: *Your Child's Name*
c/o Hockey Opportunity Camp
PO Box 448
Sundridge, ON P0A 1Z0
Expected delivery: 3-7 business days, Canada/US

Sending Mail Via Purolator-UPS-FedEx:

Address as follows: *Your Child's Name*
Hockey Opportunity Camp
c/o Cox's General Store
21 Main Street West
Sundridge, ON P0A 1Z0
Expected delivery: 2-3 business days, Canada/US

Transportation to/from Camp

Campers are responsible for getting to/from camp. Transportation can be arranged from Toronto Pearson Airport for out of province campers. If interested, please check the website or contact the office for rates and schedules.

Camper Phone Policy

Due to the potential volume of calls and disruption to camp, phone calls to/from campers is not permitted. In the event of an emergency, please contact the office to make arrangements through the Camp Director.

In addition, cell phones are not permitted at camp. If they are brought to camp they will be taken from the camper, securely stored and returned upon departure.



Check-In Day: **Sunday**

Check-In Day is a very busy day at camp. To avoid unnecessary early arrival and speed up the registration process, we have implemented the following check-in procedure.

Individual Camper Start Times

At time of registration, campers will receive a start time based on first-come first-serve. Start times will begin at 12:30 pm and then be assigned onwards in 5 half-hour segments. For example, your start time could be one of the following: 12:30-1:00, 1:00-1:30, 1:30-2:00, 2:00-2:30, 2:30-3:00pm

Although it is ideal to check-in within your actual time segment, due to possible delays (weather, traffic, etc.), campers can check-in any time after (not before!) their assigned time. Phone calls to inform us of very late arrivals (after 3:00 pm) would be appreciated.

The registration process should take about 30-45 minutes after your start time begins.

DUE TO CONGESTION IN THE PARKING LOT, PLEASE DO NOT ARRIVE MORE THAN 15 MINUTES BEFORE YOUR START TIME.

Check-In – Jr. Recreation Hall

Families can start lining up in front of the recreation hall no earlier than 10 minutes before their start time. In groups of 45 (per start time segment), families will proceed through the building and begin the registration process, which includes the following;

- Check-In (settle outstanding balance/tuck shop fee)
- Pickup Souvenir T-shirt (if purchased at time of registration)
- Pickup Section and Cabin Assignment Sheet
- Health Care Station (drop off medications/health history form)
- Health Check Screening
- Pro Shop (opportunity to purchase HOC clothing / souvenirs)

Baggage Drop Off/Bunk-In

Campers will receive a *self-guided* check list and camp map to complete the remainder of the check-in process. The list will include;

- Camp Activity Request**
- Hockey Baggage Drop Off (if required)
- Hockey Jersey Pickup (if required)
- Camp Gear Drop Off and Bunk In at Cabin
- Meet Cabin Counsellor and/or Group Section Head
- Families say farewell to campers at the cabin

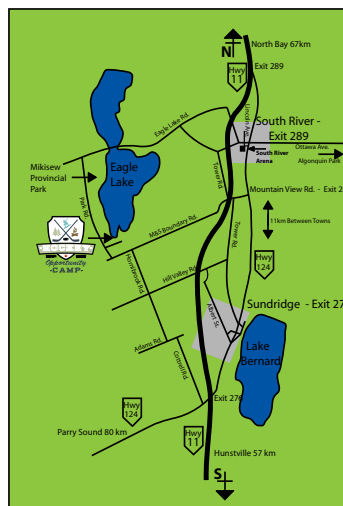
Staff members will be made available to new campers who would like to be accompanied through this self-guided check-in process.

****PLEASE NOTE: Camp Activity Request**

Please visit our website to review the complete description of each activity option to determine what activities are available based on age group. Activity choices are not finalized until Sunday check-in day. All campers are guaranteed one of their top two activity choices (as listed on the registration form) and are given their second or third choice according to activity schedules. Some activities may be offered in the same activity block and therefore cannot both be offered due to a conflict of time.

Reminders...

- As there is no lunch served to campers, families are invited to purchase a hot dog or hamburger down at the cookout by the beach (proceeds supporting local minor hockey)
- To avoid delays at the Health Care Station, please submit a completed health history form ahead of time.
- If you bring your family pet, we ask that they are kept on a leash.
- If you require cash, the closest bank machines are in South River/Sundridge.



Larger Printable Map
is Available at

www.learnhockey.com

HOC: is located near Sundridge & South River approximately 280 km north of Toronto or 65 km south of North Bay off Hwy #11.

HOC GPS Address: 961 Park Rd South, Machar P0A 1X0

From Huntsville: Follow Hwy 11 North (63 km), take Exit 282 (Boundary/Mountainview Rd.) Turn left on to M/S Boundary Rd. Follow the signs to camp (12 km)

From North Bay: Follow Hwy 11 South (65 km), take Exit 282 (Boundary/Mountainview Rd.) Turn right on to M/S Boundary Rd. Follow the signs to camp (12 km)

Arena: Take exit 289 (South River Hwy 124), turn right on Ottawa Ave (first lights), left on Lincoln Ave (behind Shell station).

Arena GPS Address: 1 Lincoln Ave, South River, P0A 1X0

Check-Out Day: **Saturday**

Hockey Program Campers

- Scrimmage game times are determined based on section assignment at check-in. Games for Sections 1-5 (youngest) are all approx. one hour long and begin at 9:00 am and last game begins at 1:00 pm. **Section 6 & 7 (Oldest sections) games are played Friday night.** All hockey sessions and games are held at the South River/Machar Arena (not Sundridge Arena) (see map above) * *Sections will be renamed closer to camp*

**Sections 1, 2, 3 & 4 (Younger Sections)*

- Parents meet son/daughter at the arena to watch scrimmage.
- Parents are required to sign-out their child before leaving arena.
- Drive back to camp to pick up check-out folder and luggage.

**Section 5*

- Parents drive to camp to pick up camper's check-out folder and luggage prior to 1:00pm game.
- Meet son/daughter at the arena to watch scrimmage.
- Parents are required to sign-out their child before leaving arena.

**Section 6 & 7 (Oldest Sections)*

- Scrimmage game is played Friday night
- Parents can pick up their son/daughter at camp anytime between 10:30 – 11:30 am. (Breakfast only provided)
- Pick up check-out folder and luggage.
- Parents are required to sign-out their child before leaving camp.

Camp Only Program / Specialized Water Ski Campers

- Parents can pick up their son/daughter at camp anytime between 9:30 – 11:00 am.
- Pick up check-out folder and luggage.
- Parents are required to sign-out their child before leaving camp.

Lost and Found

- Clothing that is found throughout the week is neatly folded and displayed on tables during check-out.
- Please make sure to label all clothing before you arrive and to quickly check if your camper has left anything behind before departing.

HOC Pro Shop

- The on-site Pro Shop will be open from 10:00 am - 1:30 pm for families who want to purchase HOC clothing and souvenirs.