



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!)

- Complete and submit registration form with payment and health history form.
- HOC will be mailing campers an official receipt. Review receipt and report any changes/corrections. Receipts will include the *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;
 - Group/Cabin 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 councillors).
- Label all personal belongings so they can be found when lost. If you require labels, please contact Mabel Labels at www.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.
- Upon arrival at camp, campers will be screened for the following medical conditions. 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 (also located on HOC website). Due to the ever changing construction detours surrounding the area (new highway construction), in addition to following the map provided, please follow the bright yellow "Hockey Opportunity Camp" signs that are posted off Hwy 11.
- Upon arrival at camp, registration time cards will be provided to each family to eliminate waiting in line. Please note that no start times will be handed out before **11:00 am (NEW TIME!!)** Registration begins at 1:00 pm. See Check-In Day details.
- Get ready for a great summer camp experience!!

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ACCREDITED
MEMBER



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 (if staying 2+ weeks)

Resident Camp Only Program/ Leader in Training Program:

\$20 per week/camper (includes taxes)
Fee covers snacks, group photograph, and laundry (if staying 2+ weeks)

snacks

Campers choose two items a day from Monday to Friday. 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 group 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).



Group Assignments

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

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

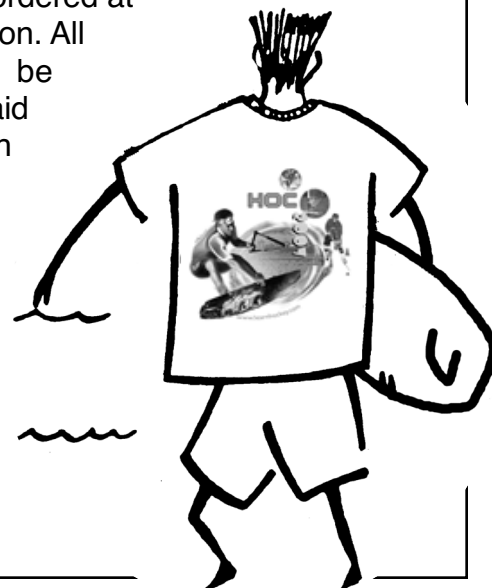
These sections are the basis for all camp scheduling (view daily schedules on our website). Campers within the same section will skate and participate in their chosen activities within the same rotation schedule. Group assignments will further determine cabin assignments and activity choices.

Souvenir Camp T-Shirt

HOC offers campers the opportunity to purchase a 100% cotton souvenir camp t-shirt featuring an extreme graphic on the back and HOC logo on the front.

T-shirts can be ordered at time of registration. All orders must be received and paid prior to May 15th in order 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) 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+)
- Pen / Paper / Envelopes
- Canadian Stamps
- Insect Repellent (lotion only)

Hockey Equipment (if applicable)

- Helmet and Mask
- Neck Protector
- Shoulder Pads
- 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)
- *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 1:00 - 3:00pm**

Check-In Day is a very busy day at camp. To help facilitate the registration process and avoid unnecessary waiting or lineups, we have implemented a very effective procedure.

Start Time Cards

Upon arriving at HOC, time cards will be provided to each family. The card indicates your check-in start time.

No start times will be handed out before

11:00am (NEW TIME!!!)

The registration process takes about one hour after your start time. If you are not concerned with your check-in time, our recommendation is for families to arrive after 2:00 pm and therefore reduce the amount of waiting time between arrival and check in. Phone calls to inform us of late arrivals after 3pm would be appreciated.

Free Time

While waiting for your start time, take advantage of our facilities and/or local tourist attractions. The HOC swim area is open from 1:00 pm – 3:00 pm with lifeguards on duty. As there is no lunch served to campers checking in on Sunday, families are invited to bring a lunch and enjoy the waterfront. For local tourist attractions, please visit our website for further details.

Check-In – Main Recreation Hall

The first start time is 1:00 pm and groups proceed at 10 minute intervals. Families do not have to stand in line, they just have to be at the Main Recreation Hall side doors 5 minutes before the start time. In groups of 15, families will proceed through the building and begin the registration process, which includes the following;

- Check-In (settle outstanding balance/tuck shop fee)
- Hockey Check-In (group assignment and game time)
- Cabin Assignment
- Health Care Station/Screening (review medical form-if required)
- Pro Shop (opportunity to purchase HOC clothing / souvenirs)

Activity Registration – Senior Recreation Hall

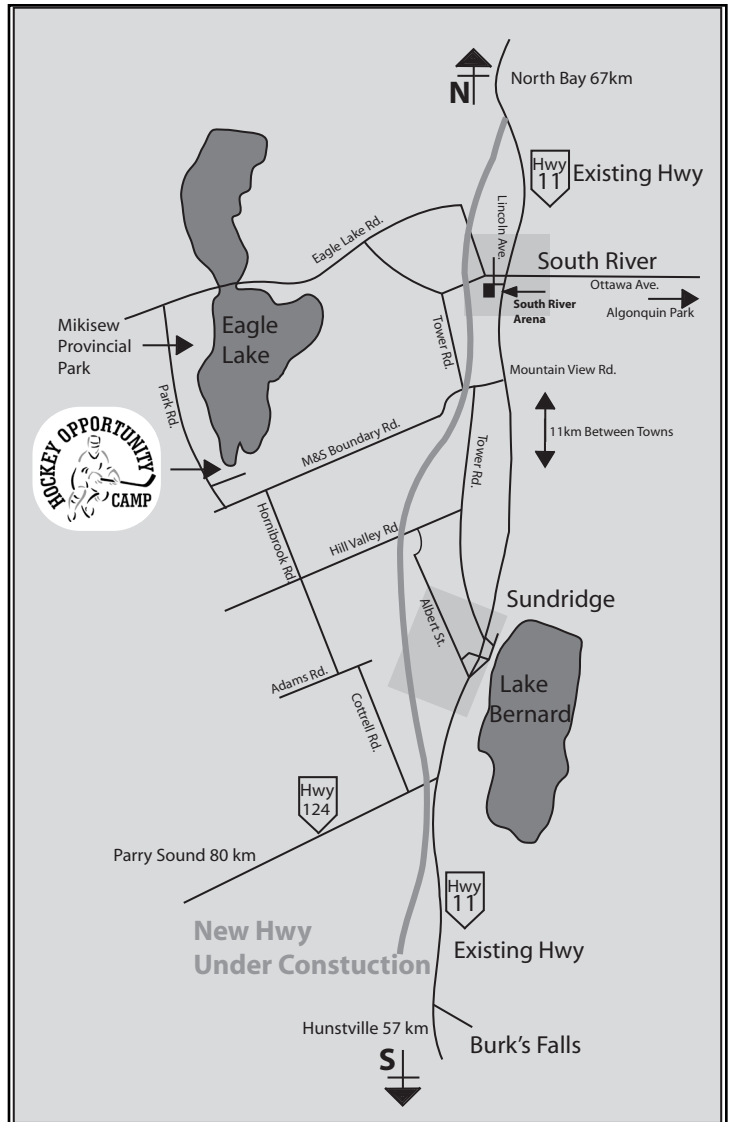
Following check in, families will be led on a brief camp tour which includes hockey jersey pickup and cabin bunk in. The tour ends at the Senior Recreation Hall where campers will have the opportunity to choose their preferred land/water activities for the week. Campers have a chance to meet the activity instructors and find out more about the activity options prior to signing up. All campers will be guaranteed one of their top two activity choices and given their second or third choice according to activity demand.

Camp Programming Begins/Parent Farewell

Camp programming (and supervision) begins at 3:00 pm. Families who register earlier may want to continue to enjoy the facilities until that time.

Reminders...

- 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 or Sundridge.



Hockey Opportunity Camp is located near Sundridge & South River approximately 280 km (175 miles) north of Toronto or 65 km (40 miles) south of North Bay off Highway #11. We are located at 961 Park Rd S.

GPS Address: 961 Park Rd. South, Machar Township POA 1X0

From Sundridge: Turn north on Albert St. and follow the signs to camp (13 km)

From South River: Follow Hwy 11 South (2.5 kms). Turn west (right) on Mountainview Rd. Mountainview Rd. becomes M/S Boundary Rd. Follow signs to the camp (12.4 km)

Arena: Located in South River on Lincoln Ave (off Ottawa Ave).

Check-Out Day **Saturday 9:30 am - 1:00 pm**

- Campers participating in the hockey program will receive their Saturday Scrimmage game time and check-out schedule during Sunday check-in. All hockey sessions and games are held at the South River/Machar Arena (not Sundridge Arena) (see map above for directions)
- Parents are required to sign out their child before leaving the arena (if playing hockey) or camp (if Camp Only)
- Resident Camp Only campers can check-out anytime between 9:30 am – 11:00 am.
- Clothing that is found throughout the week is neatly folded and displayed during check-out. Please make sure to label all clothing before you arrive and to check if your camper has left anything behind before departing.
- The on-site Pro Shop will be open if families want to purchase HOC clothing and souvenirs.

Remember to pick up your camper's check-out folder which may include group photo, detailed hockey/activity evaluations and awards.