



Sports Camp at the YMCA of Austin

Welcome to YMCA Sports Camp. Below is an overview of what will be needed for camp as well as an explanation of aspects of Y programming. We are grateful for your participation and hope this makes the start of your camp experience more enjoyable.

What can my child expect at Sports Camp? During each week camp will focus on a different sport. Sports Camp introduces and emphasizes the fundamentals of sports to each child. From skills to drills to the importance of teamwork, Sports Camp provides a fun and supportive environment for athletes of all skill levels. Along with approximately four hours of sports drills, scrimmages, and sports activities each day, campers will also go swimming twice each week, take one field trip each week, and participate in sports-related crafts and character development activities.

What do I do when I first arrive at camp? Camp opens each morning at 7:30 AM; however you are welcome to drop off your camper at any time after 7:30 AM. On the first few days of camp, campers will wear name tags. Parents are required to sign their camper in and out each day. Look for information about the week ahead at the Parent Table – including Activity Plan and field trip waivers. Between 7:30 and 8:45 am, centers will be available for all campers. Centers may include board games, manipulatives, and books.

What is an Activity Plan? Each week, the Site Director will create a detailed, weekly Activity Plan listing all sports skill sessions, activities, crafts, field trips, and swim times for that week of camp. The Activity Plan will also include all contact names and numbers. Look for the Activity Plan at the parent table.

What should my camper bring to camp? (Please label everything with your child's name.)

- Labeled lunch and water bottle
- Backpack—to help keep belongings together
- Hat
- Swimsuit and towel on swim days – consult summer-long calendar
- Sunscreen. Because many activities and sports require campers to be outside, we recommend that you either apply sunscreen on your child in the morning or send your camper with sunscreen. Camp staff will always have camp sunscreen available and will apply sunscreen to campers as necessary.
- Sports equipment (as desired). Y staff will provide all necessary equipment; however if your camper would like to bring their bowling ball or favorite basketball, that is fine too.
- Please leave all electronics at home. If your child has a cell phone, it must be left in their backpack. We are not responsible for lost or stolen phones. Taking pictures or playing on phones will not be permitted during camp.

What are Opening and Closing Ceremonies? Camp opens each morning with an Opening Ceremony and closes each afternoon with a Closing Ceremony. This time is spent previewing or reviewing the camp day. This time is also used to acknowledge positive behaviors and choices by the kids. Y staff attempt to model and reward YMCA character values (respect, responsibility, honesty, faith, and caring) during all camp activities. Camp staff are trained to reward and praise generously.

What about Field Trips days? Campers will enjoy a field trip each week to a location or activity that is often related to the week's theme. The address and time will be listed on the weekly Activity Plan. The Y contracts with local school districts and use their buses and drivers for transportation. Remember to dress your camper in his/her YMCA Theme Camp t-shirt. All field trips are paid for, your camper is strongly discouraged from bringing money to camp.

What's the story with swimming? Campers will enjoy two days of free swimming each week. Those children wishing to swim in deeper parts of the pool will be swim tested by lifeguards. Campers will wear Coast Guard approved floatation devices if they are not swimmers, and swimming is supervised by lifeguards at all times. Additionally, camp staff will also be in the water. **Swimming and Water Games** is a special week of camp. It will include four days at the pool playing water games and improving swimming skills with Y swim instructors.

What do you mean by the "whole athlete?" Sports Camp will focus on the "whole athlete" throughout each week. During a week of camp, participants should learn more than the physical aspects of the sport. The Y wants to educate young athletes about healthy lifestyles, stretching, nutrition, teamwork, sportsmanship, community service, and the rules and history of the sport.

How do you keep my child safe? Y staff are trained on many procedures to ensure your child's safe participation in camp and recognize that active supervision is important in all aspects of child care programs. Sports activities can be especially dangerous without proper supervision. To ensure safety at camp, camp staff will divide the kids into small manageable groups and frequently take roll / count heads. Water breaks and rests in the shade or indoors will also be administered throughout camp.

How much will camp be outside? Sports Camp will be held outside for portions of the day. Even during weeks that are themed designed around indoor sports (for ex. basketball and volleyball), the camp will spend time outside. Staff will take precautions to limit heat exposure, such as doing a majority of outdoor activities early in the day, when possible, providing water, sunscreen, and taking frequent breaks. Campers are advised to bring their own water bottle to camp. They will be able to keep this with them throughout the day.

The Y provides the snack and I provide the lunch, correct? Yes, correct. Each camp day, the Y will provide morning snack around 9 AM and afternoon snack around 3:30 PM. Lunch will be around 12 noon. Please do not send microwavable food. Please inform us of any food allergies or sensitivities.

Who do I talk to if I have a question about the program? Our Site Directors and Counselors are passionate about their roles in your child's life while at the YMCA, and we welcome communication with parents. Please feel free to share any questions, suggestions, allergy information, etc for your child to any on-site camp staff. Additionally, the phone number and email address of the Program Director for camp will be listed on the weekly Activity Plan and available online.