

# University of Rochester Instructional Sports Camp

Campers age 6 to 13 will participate in a variety of sports and activities every day along with receiving daily swimming lessons.

Campers are divided by age groups and activities are appropriately structured.

## Example of Daily Schedule:

9:00 Meet and Greet  
Activity 1  
Activity 2  
Activity 3  
12:00 Lunch – Provided  
Special Activity  
Activity 4  
Free Activity  
4:00 Closing / Dismissal

No transportation is provided. If you are interested in car pool information, please call the office and we will assist you. We provide pre and after care services for an additional fee.

Camp Cost: \$250  
This includes daily instruction, camp T-shirt, lunch, snacks.

We ask that the campers to wear their camp shirt every day as well as sneakers with non marking soles. Sunscreen, hat and a water bottle are suggested.

If you have any questions please contact us at (585) 275 - 4319.

## PROGRAM & OBJECTIVES

The camp is designed to introduce children between the ages of 6 and 13 to a variety of sports and activities appropriate to their age level, develop new interests, develop higher levels of fitness and above all have fun.

## ACTIVITIES

Along with daily swimming lessons campers will participate in a variety of activities including, but not limited to: Basketball, Football, Soccer, Softball, Cricket, Team Handball, Racquetball, Lacrosse, Hockey, Badminton, Archery, Kickball, Volleyball, Track and Field, Frisbee Golf, Ultimate Frisbee and Playground Games.

## FACILITIES

The camp uses the expansive athletic facilities that are available at the University of Rochester such as the all-weather track with artificial grass turf, indoor track, basketball courts, eight-lane pool and diving well, racquetball and squash courts, and air conditioned multi-purpose room.

## INSURANCE

Campers are required to provide their own personal coverage. The camp does not provide accident and health insurance. A certified medical official will be on duty throughout the camp day. A completed and signed medical card must be on file prior to children attending camp.

## CERTIFICATION

In order to operate, the camp is inspected and certified on a yearly basis by the Monroe County Health Department. If you have any questions, please contact the office at (585) 275-4319 or the Monroe County Health Department.

## STAFF

**Camp Director Barbara Hartwig** begins her 16<sup>th</sup> year of working the Instructional Sports Camp. For two years she was an instructor followed by two years as assistant director. She is a former physical education and art instructor. She has also worked with all ages from pre-K to adult in such programs as “Tot Lot”, Special Olympics, Slow pitch softball, Cross Country Camps, Run for Fun Club, and Children’s Arts and Crafts. She is currently in her 20<sup>th</sup> year as Head Track and Field and Cross Country Coach at the University of Rochester.

**Instructors** are teachers and coaches from local schools. They provide appropriate instruction for each activity based on the ages of the campers.

**Counselors** may also be local teachers or student-athletes preparing for careers in teaching and/or coaching.

Each group will have a minimum of 1 instructor and 2 Counselors with them, creating a ratio of 12 or less campers per staff member.

An **EMT** with appropriate certifications will be available during regular camp hours for any medical needs such as monitoring medication and on site evaluation of injuries or illnesses.

## SPECIAL ACTIVITIES

Special activities may include age appropriate movies, demonstrations/talks from various UR sport coaches/athletes, roller skating, Wacky Olympic Games, cooperative games, educational demonstrations and other low level activities.

## Instructional Sports Camp REGISTRATION FORM

1. **Camper Name** \_\_\_\_\_  
Gender \_\_\_\_ Age \_\_\_\_ Birthdate \_\_\_\_\_  
\_\_\_\_\_ Session 1 (July 13 - 17)  
\_\_\_\_\_ Session 2 (July 20 - 24)  
T-Shirt: YS YM S M L XL
2. **Camper Name** \_\_\_\_\_  
Gender \_\_\_\_ Age \_\_\_\_ Birthdate \_\_\_\_\_  
\_\_\_\_\_ Session 1 (July 13 – 17)  
\_\_\_\_\_ Session 2 (July 20 – 24)  
T-Shirt: YS YM S M L XL
3. **Camper Name** \_\_\_\_\_  
Gender \_\_\_\_ Age \_\_\_\_ Birthdate \_\_\_\_\_  
\_\_\_\_\_ Session 1 (July 13 – 17)  
\_\_\_\_\_ Session 2 (July 20 – 24)  
T-Shirt: YS YM S M L XL

**Child Care:** Circle the appropriate days and times for pre and after care. Please be very accurate.

DAY	PRE CARE	AFTER CARE
M	7:30-8:45 AM	4:15-5:30 PM
T	7:30-8:45 AM	4:15-5:30 PM
W	7:30-8:45 AM	4:15-5:30 PM
TH	7:30-8:45 AM	4:15-5:30 PM
F	7:30-8:45 AM	4:15-5:30 PM

Please fill out Contact information and payment information on the back of this form.

Parent's Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone # \_\_\_\_\_

We ask that you send a \$50 non-refundable deposit along with the registration form. Please make checks payable to "University of Rochester Instructional Sports Camp". *The balance will be due 3 weeks prior to camp.* No partial week payments.

Upon receipt of your registration and deposit we will send you more information including the required Health Card, Camp Notes, a Letter from the Director, and a statement of your remaining balance. You may also download everything on line except for the statement of balance due.

Payment:

\_\_\_\_\_ Check Enclosed

\_\_\_\_\_ Visa

\_\_\_\_\_ MasterCard

Card # \_\_\_\_\_

Amount \_\_\_\_\_ Exp Date \_\_\_\_\_

Signature \_\_\_\_\_

Receipt Need \_\_\_\_\_ (to be given when balance is paid in full)

Please cut off the registration form and send to:

**Instructional Sports Camp**  
**University of Rochester**  
**c/o Barbara Hartwig**  
**Goergen Athletic Center**  
**Rochester, NY 14627-0296**

#### **INSTRUCTIONAL SWIM PROGRAM**

Campers will be tested on their swim skills and placed in the appropriate groups the first day of camp. This is required by State Law. Our staff is led by a knowledgeable and experienced Pool Director who has current certifications in Water Safety, Lifeguard Training & First Aid and CPR/AED for the Professional Rescuer. Two lifeguards, each with experience and appropriate certifications, assist in teaching lessons and supervising the pool area. In addition, each group is accompanied throughout the day by two counselors.

#### **LUNCH / SNACK**

An all you can eat lunch is provided in one of the college's cafeterias. A variety of food and beverages is provided. Vegetarian, Kosher and special dietary need meals are available to campers and staff. A refreshing Popsicle treat is provided during the mid afternoon break. Children staying for after care receive fruit juice and a snack of their choice.

#### **PRE/AFTER CARE**

Pre and After Care services are provided for an additional fee, starting at 7:30 AM and going as late as 5:30 PM. The cost is \$7.50 per session (am/pm) per day. Nok Hockey, Ping Pong, computer games, board games and other quiet activities such as puzzles and word games are supervised by staff members in an air conditioned classroom.

#### **CHECK LIST:**

\_\_\_\_\_ Enrolled in Session(s) 1 2  
\_\_\_\_\_ Deposit sent / date:  
\_\_\_\_\_ Balance due on June 22 or 29  
\_\_\_\_\_ Balance and Health forms sent

**Instructional Sports Camp**  
**University of Rochester**  
**c/o Barbara Hartwig**  
**Goergen Athletic Center**  
**Rochester, NY 14627-0296**

# University of Rochester

## Instructional Sports Camp

**For Boys and Girls**  
**Ages 6 to 13**

**2009**  
**TWO SESSIONS**  
**July 13 – 17**  
**July 20 – 24**

**\$250**  
**For Information call**  
**(585)-275-4319**

