

NVA SUMMER CAMP

If we are NOT at the college
due to Covid-19 restrictions
and need to run our
program as we did in
2020...



ANSWERS TO FREQUENTLY ASKED QUESTIONS

Here are some basic questions and instructions families should know about. Should you have any further questions after reviewing this info, please feel free to email me at coachkraig@aol.com or nvacontact@me.com

Hopefully, each child will come with bright eyes and a big smile. Each child also should bring a backpack with the following essentials:

- Bag Lunch Mon, Wed & Thur (only)
We will provide lunch on Tues & Fri (pizza).
- Water bottle / sport drink
- Sunscreen
- Hand sanitizer & face cover/mask
- Change of clothes (t-shirt, shorts, socks & underwear in case of emergency)

It is a good idea to label all of your child's belongings.

How does each day work?

Kids will have a daily welcome Zoom Meeting on their coach's cell phone with Coach Kraig who will deliver the opening news of the day and cover any important things the kids need to know. This will be done upon arrival at each meeting location/safe house.

Our day is divided into four periods. Periods one and two are activity periods each 45 minutes long with a 10 to 15 minute transition time built in to walk to the next activity. The third period is lunch for 30 minutes. The fourth and final period will be one last activity for 45 minutes. Kids will make their way back to their safe house/pick up location and have a closing Zoom Meeting with Coach Kraig via the coach's phone to wrap up the day.

Each day begins with an entire group meeting @ 9:00 AM. Our Sports Experience day concludes with pick-up at 12:45PM.

2020 NEW DROP OFF & PICK UP INSTRUCTIONS



Please remember to stay off your cell phone while picking up and dropping off your child. This is for the safety of ALL our participants

Drop Off:

Drop-off begins at 8:45 AM. If you have an emergency where you need to drop off earlier than 8:45AM, please contact coach Kraig. DO NOT drop your child and leave prior to 8:45AM UNLESS a coach has indicated he/she can receive your child early. If you arrive later than 9:00AM and your group has left to go to their first activity ... simply contact coach Kraig via phone by texting 847-505-6536.

Pick Up:

Pick up is between 12:45 - 1:00 PM. If you need to pick your child up earlier than 1:00 PM, please notify your child's coach at drop off in the morning. Please notify the coach in-person, as opposed to a written note. Each coach has a daily itinerary detailing the time and location of each activity, so he or she can arrange an easy location for early pick-up. Any advance notice on this matter is helpful.

Can children ride bikes to camp?

We personally love the idea of kids exercising in the morning and getting in a bike ride before the start of his/her day. Your child is certainly welcome to ride his or her bike, but please review the following guidelines:

- 1) Review safety rules and pre-ride a route with your child prior to the start of our program. Please review all safe and dangerous intersections and crosswalks in order to ensure a safe passage to the program.
- 2) A bike lock is mandatory. NVA will not be responsible for bikes left unlocked or unattended during the day or that are left overnight.
- 3) Remind your child of the importance of safe biking at drop-off and pick-up. There are many parents and babysitters who are in a rush to get kids to and from different summer drops and aren't always looking for bikes.

* We may have several older groups riding their bikes to and from activities as we move along the summer. Biking will be limited to older groups (3rd grade and older) and possibly a younger group here or there if the ENTIRE group are all strong riders. Younger groups will walk to all their activities.

RAIN

CAMP WILL BE

HELD

WEATHER

PERMITTING



Rain Outs

There is a chance that we may need to cancel camp for a day based on rain. Should this happen we will notify you as soon as possible via email.

PLEASE DO NOT TEXT US ASKING IF CAMP WILL BE CANCELLED. We will NOT respond to any texts asking this question. We are simply not set up to receive and answer 100+ individual texts on weather.

Should we get rained out in the morning ... we may opt to run camp as an afternoon session from 1:00PM - 4:30 PM. We will communicate this via email.

Families will also be permitted to make-up any rain outs for a future camp day held later in the summer. This will be based on availability and also group size. There may be some weeks we may not be able to accommodate make-ups based on availability and group sizes that cannot exceed 10 children.

NVA SAFE HOUSES



What's a NVA Safe House?

Back in the 1960's and 1970's there were "safe houses" around many communities in the US. These were homes that had the safe house logo displayed in their front window. Children knew that if there was an emergency or if they felt in danger they could knock on a door of a safe house and get help.

We are taking a page out of history this year by re-introducing this concept for NVA camp. Each group of 6 to 9 children will have one (if not more) safe houses where groups will:

- meet for drop off and pick up
- play one or two games using the driveway, backyard or front yard
- use a bathroom if there is an emergency
- use for shelter if there is sudden inclement weather issues

if you are interested in being a safe house ... please reach out to Coach Kraig.

We will communicate the addresses of these locations each week.



OUTSIDE GAMES & CLINICS



What activities or sports do the kids play?

We play pretty much anything and everything. Some games are traditional games such as basketball, baseball, kickball, whiffleball. Other games are ones coaches have made up through the years that kids have come to love such as bennis, mattball. nuke `em, gladiator-ball, and 3-ball soccer to name just a few.

This year, with social distancing measures in place, we will be more creative than ever with activity options we haven't done in years.

In addition to fun games, we will be fishing in local ponds, and having remote control boat races, bike hikes to various waypoints and trails, nature scavenger hunts in the ravines, air-soft target shooting range (for older groups) just to name a few.

Clinics by your coach

In addition to games ... this year your child's coach will also provide an instructional clinic a few times within the week in the sports area they know the best. Our staff are not just great young adults leading groups of kids ... many (if not most) of our staff are current or former varsity high school athletes. Five of our 14 college staff members will be playing in the NCAA this next year in soccer, basketball and football teams across the US! I've asked our staff to provide some instructional clinics as part of their curriculum throughout the week so kids are not just playing games ... **BUT LEARNING** the NVA way!



OUR GREAT STAFF & NEW NVA ONLINE STORE

Our Coaching Staff

Each Sports Experience coach has either a) had one or more years experience working the NVA Sports Experience Camp, b) has helped for a minimum of two or more sports seasons in our NVA sports league programs, or c) is an adult working in the education field. Thus, we are all well versed in the "NVA Way", bringing high level of structure and educational fun into an athletic environment. Most groups will have 6 to 9 children per coach.

In the past coaching assignments have rotated week-to-week to different age level groups. This year due to Covid-19, we will be trying to keep the same staff with the same grouping of kids for most if not all of the summer. The format will run very similar to a coach or counselor with a boy scout or girl scout troop or sleep away camp.

NVA Money & The NEW NVA Online Store:

In 2002, we began a new concept to reward kids for good sportsmanship, a positive attitude, teamwork, and good effort on the playing fields with NVA money. The money is in essence "play" or Monopoly type currency created at the NVA mint. The kids can spend their earnings in the NVA Store that sells surplus NVA t-shirts, uniforms, new and game-worn baseballs, baseball cards, NVA pencils, squishy balls, and a wide variety of "dollar store" type items. We feel this system gives kids a little incentive to try new sports and to keep them motivated throughout the summer. We also feel it teaches kids a valuable lesson about spending versus saving. The NVA Store continues to be one of the more positive incentives in all the children's daily activities.

This year the NVA is ONLINE! Kids can go online through the NVA website and order items. You can find the NVA Summer Camp store on the Summer Camp drop down menu on the NVA website.



An additional reward system is the NVA "Good Behavior Friday Raffle" Your child's coach can nominate up to two kids per day from his or her group for good behavior, helping out other campers, being a team player in a game, improvement over the course of the session, or any other event that a coach feels is worthy of reward. Each Friday, as we close out the week, ten to as many as sixteen winners are drawn and get to choose from a variety of great prizes. Prizes in the past have included certificates for a special lunch around town with the NVA coach(es) of choice, NVA All Star Jerseys not available for purchase, Shopping Sprees at the NVA Store, daily passes for 6 Flags, and much, much more.



GROUP MAKE UP & FRIEND REQUESTS



Group Make-up & Friend Requests

As much as we'd love to have everyone participate all eight weeks, and keep age levels the same for the summer, it is simply not possible. Because we provide the flexibility to families to participate for just a single week, there is an influx of new children arriving with friends coming and going. This creates some challenges for us on a weekly basis.

Simply put, we try to put kids of equal playing ability on a field or court for games and activities which will provide a SAFE and fun environment for our participants. Sometimes that means groups are comprised of 1st & 2nd grade boys with 3rd grade girls all together for a week. The next week 3rd, 4th and 5th grade girls may all be together and the 2nd grade boys may be combined in with the 3rd grade boys. **Each week is entirely different and we try to work with those logistics to the best of our abilities.**

Due to Covid-19, we are comprising groups this summer primarily with families that feel safe being together.

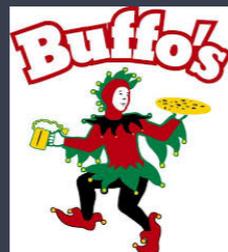
Sunday Night - Group Assignments

Each Sunday night we will send an email with your child's group assignment and coach + safe house & meeting location. If you are signed up for a week and you haven't received that email by 11:00PM, please reach out to us ASAP.

LUNCH INFO



Please remember this year kids need to bring their own lunch on Monday, Wednesday & Thursday



We've made the decision to have pizzas delivered to groups on Tuesdays and Fridays. This is included in your camp fee and is no extra charge

Lunch

Brown Bag It

Mondays, Wednesday & Thursdays:

Kids will need to pack a lunch for Monday, Wednesday and Thursday. Please note we will be outside at parks and backyards where items you pack will not be refrigerated. You may want to pack a cold insert pack to keep items cool.

Buffo's

Tuesdays & Fridays:

We have made the decision to have pizza delivered to groups each Tuesday and Friday from Buffo's in Highwood. Options include cheese, pepperoni & sausage

GLUTEN FREE:

gluten free options available, such as gluten free pizza from Buffo's. Please make us aware of any food allergies (gluten-free /or dairy)

Treats

A good part of what makes summer fun are little surprises. We will be dropping off treats to groups (popsicles, ice cream, etc) periodically on days. Again - if there are any allergies your child has - please make sure we know about them.



COVID-19 INFO



COVID-19 INFO

Up Dates

We will be monitoring weekly updates and training staff throughout the summer on important safety measures. We are requiring all our participants to BRING a face covering /mask in their backpack. We will ONLY require masks to be worn during activities where social distancing may be closer than 6 feet based on the game. **We will NOT require children to wear face covering for activities where 6 feet social distancing can be maintained.**

COVID-19 Waiver

Please make sure you click the link and sign the Covid-19 Waiver prior to your child's first day at NVA Summer Sports Experience Camp.

IF A FAMILY MEMBER TESTS POSITIVE

If your child becomes exposed to someone that has tested positive to Covid-19, please contact us by phone or email.

nvacontact@me.com

847-505-6536