

Summer Camp Parent
Handbook - 2021

NVA SUMMER CAMP

Held at the Lake Forest College
Sports Rec Center & Fields



ANSWERS TO FREQUENTLY ASKED QUESTIONS



Dear NVA Sports Experience Campers and Parents,

Listed below 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

What your child will need to bring along each day to the NVA Summer Sports Experience Program:

Hopefully, each child will come with bright eyes and a big smile. Each child also should bring a backpack with the following essentials: swimsuit, towel, water bottle/ and or sports drink (we will have water available wherever we play). Lunch will be at 11:00 AM, so a mid-morning snack is not necessary. Remember, lunch is included as a part of your fee, so kids need not bring a lunch with them. It is a good idea to label all of your child's belongings, as we collect no fewer than five items each day.

How does each day work?

Our day is divided into six activity periods. Periods one, two, and three are each 35 minutes long with 10 minutes of transition time built in to the next activity. The fourth period is lunch, which is 50 minutes in length. Kids transition after lunch to two last 35 minute activities before arriving back for pick-up.

Each day begins with an entire group meeting @ 9:00 AM. Our Sports Experience day concludes with pick-up at 1:00PM.

Drop Off:

Drop-off begins at 8:45 AM. If you have an emergency where you need to drop off earlier than 8:45AM, our staff is onsite setting up for the day's activities by 8:00AM. Please DO NOT drop your child and leave prior to 8:45AM UNLESS a coach has indicated he/she is finished with daily set-up and can receive your child early. If you arrive later than 9:00AM, simply come to the NVA help table and a coach will either walk your child to his/her first period activity OR we will direct you to a different location to drop your child off on campus (ice rink or swimming pool).

Pick Up:

Pick up is at 1:00 PM, but you may arrive as early as 12:45PM to line up with other cars. 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.

DROP OFF & PICK UP INSTRUCTIONS



Where and at what time is drop-off and pick-up?

Drop-off & Pick-up are at the same location for all eight weeks. This is at the Athletic Campus area on the Lake Forest College's South campus. **Specifically, our drop & pick-up location is located next to Buchanan Hall, which is a red brick building directly west of the ice rink and sports complex center.** Look for the NVA coaching staff for directions. We will all be in **black** staff shirts.

- **Enter from Washington Road** where you see the NVA drop off / pick up sign
- Drop off & pick up is **NOT** allowed **IN FRONT** of Buchanan Hall. Drop off & pick up will be **inside the parking lot directly to the west** of Buchanan Hall.
- Please pull up as far as possible to enable more cars to pull in
- **If you are walking your child up or need to speak to staff, please park in the Main Athletic Parking Lot** directly EAST of Buchanan Hall.

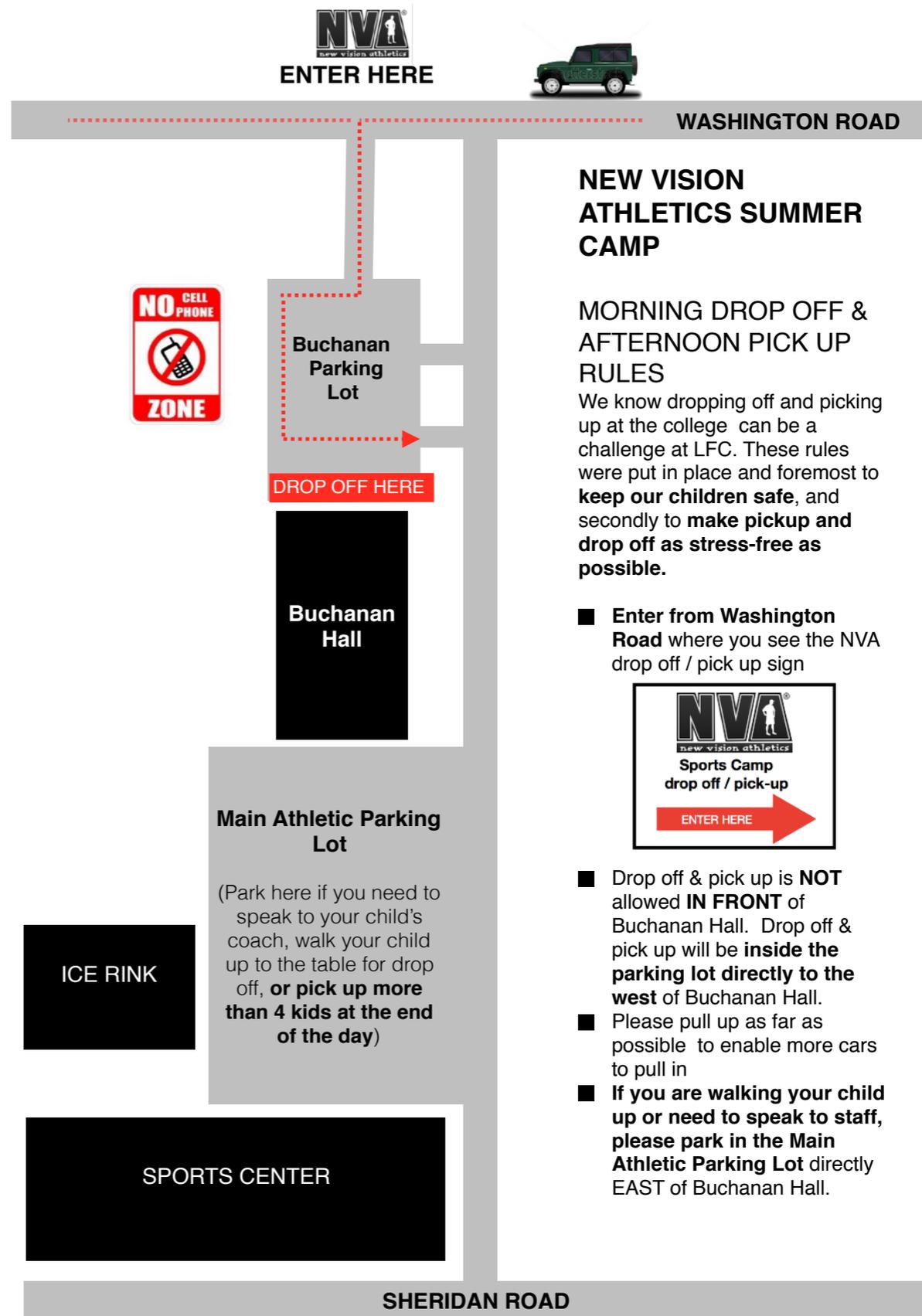
Should you arrive late OR need your child to leave early due to a family emergency first try to find Kraig in the help table. If he is unavailable, you can find the nearest coach (look for black NVA staff shirts and khaki shorts) Each coach has a daily itinerary detailing the whereabouts of every group.

Can children ride bikes to camp?

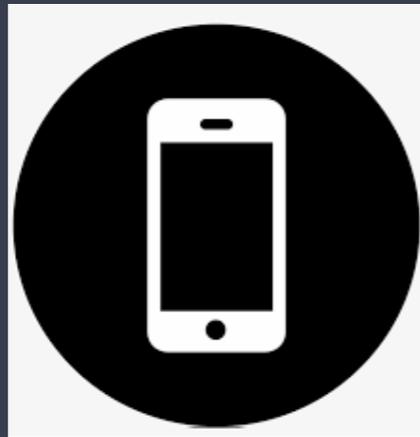
We personally love the idea of kids exercising in the morning and getting in a bike ride before the start of his/her day. As a matter of fact, a group of our coaching staff can be seen riding daily along the streets of Lake Bluff & Lake Forest on their way to work with your child. Your child is certainly welcome to ride his or her bike too, 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. There are plenty of bike racks around campus that your child may safely secure his or her bike to for safekeeping.
- 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 speeding through a college campus.

DROP OFF & PICK UP MAP



REACHING US DURING THE DAY



How to contact us at any point during the day:

Either Coach Kraig or Coach George will be located at the NVA help table with one or two coaching assistants.

The NVA table will provide assistance for

- parent communications throughout the day
- late drop offs, early pick-ups

Please contact us by Email for anything that is **NOT** an emergency:

- nvacontact@me.com OR coachkraig@aol.com
- absences
- illness
- if your child going home at the end of the day with another family
- general questions about the week
- questions about your child's coach
- questions about activities
- questions about the cafeteria or the NVA Store

EMERGENCIES - call or text

THIS NUMBER IS PROVIDED FOR CAMP QUESTIONS ONLY

Monday - Friday 7:30 AM - 1:30 PM.

(847) 505-6536

(not number is NOT to be used to contact Coach Kraig regarding baseball league questions)

If you can't reach Coach Kraig, we are in contact with the LFC Summer Conferences Office throughout the day. The office is located in the sports center (where the pool is located) and can be reached by calling 847-735-6133. The ready and willing staff will relay any messages to the NVA staff in case of an emergency.

Children ARE NOT PERMITTED TO BRING CELL PHONES TO CAMP.

Children **MAY NOT** bring cell phones to camp. If your child needs to speak to you OR if you need to speak to your child ... we will use the NVA phone Coach Kraig has onsite.





What activities or sports do the kids play?

We play pretty much anything and everything. Some game are traditional games such as basketball, baseball, kickball, whiffleball, soccer, flag football, and lacrosse. Other games are ones coaches have made up through the years that kids have come to love such as mattball, nuke 'em, gladiatorball, indoor 2 on 2 soccer, and 3-ball soccer to name just a few.

When groups are at the pool, there is a free swim or organized game option. Organized games consist of traditional water polo and water basketball, as well as non-traditional games of gutterball and water quidditch.

On days when it rains or when it's extremely hot, groups will have the opportunity to watch sports videos in the video room, participate in inside sports games in the racquet ball courts and gymnasium, or swim.

Swimming Pool Guidelines:

Your child's group typically swims twice to three times during the week in our program. If weather is really hot for a week, we might have groups visit the pool more for a quick swim & cool-down. There are also "kid's pick" days where children may choose to swim twice in one day. We never have more than four groups (40 kids) in the pool at one time. NVA is the only group in the pool when we are there for the day. Other camps hosting their programs have swim times prior to or after our program ends each day.

Lake Forest College Summer Conferences supply two certified lifeguards every time we are in the pool. In addition, two to four NVA coaches are also present, many times in the pool with the kids. The pool itself has a shallow end where kids leery of deep water can hang out. All of our scheduled group activities and games are always held in the shallow end where even the smallest child can feel safe. The deep end is typically roped off and reserved for older NVA kids and utilized as a free swim area.

Despite all the above safeguards, some kids are still not comfortable swimming for a couple of reasons. We have found that even the most timid kids come around once they see the fun we're having as a group in the pool. We encourage participation, and for some kids in the past, the NVA Sports Experience has been a life transition where kids go from land-lovers to fish. [If your child is still hesitant to get in the pool, she or he may opt to jump into another group participating in another activity for that time period.](#)



OUTSIDE & INDOOR GAMES



OUR GREAT STAFF & NVA STORE



Our Coaching Staff

Each Sports Experience coach has either a) had two 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. The coach to child ratio is never more than 1:10.

In order to keep things fresh for both the staff and kids, our coaching assignments rotate weekly. Much of our staff will help all six weeks. Sometimes a coach will stay with the same age level, but have a different group of children. Other coaches will rotate to different age levels weekly. And keep in mind that many of our staff have family vacations of their own or other summer service obligations that prevent them from working EVERY week with us. As much as your child may become attached or dependent to want the same coach week after week, there's another great NVA coach to get to know just around the corner!

NVA Money & The NVA 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 by awarding 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. In addition, there are food items such as chips, fruit snacks and candy snacks. 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. Much to the disappointment of many local dentists, there is a "1 candy item purchases only" per day rule. Children not permitted to purchase candy need to have their parent notify the child's coach.



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 after lunchtime 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, "King/Queen For The Day" of camp for the following week, 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 seven 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.

When asked each summer how groups are arranged, our first response is as follows: 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.**

As far as friend requests, we realize this is summer ... and kids want to be with their friends. We try to accommodate as much as we can because we know kids are often with us for friendship reasons. Assuming kids are the same age, they would be in the same age groupings, but not always necessarily in the same group. Since kids are competing for NVA dollars to spend at the store, we also have to be sure we have a balance in our group make-up. We can't have all the best kids together that dominate other groups in activities.

Keep in mind that groups are often no different than a "home room" in school. It's simply a way for kids to check-in to start and check out to finish a day. All the "in-between" time, they will be playing with or against the same friends. And as we get to the middle of each week, children are given "Kid's Pick" days that they can basically design their own day. This allows the freedom to choose the same activities that friends in a different group might also want to do - giving them most if not all of the day together. Also keep in mind that in our 5-period long day, lunch is always as one entire NVA group, guaranteeing your child the opportunity to share lunch daily with his or her best friend.

ADDITIONAL CAMP SPECIAL OFFERINGS



**SLEEP-OVER
LOCK-IN AT
THE COLLEGE**

**HALF-DAY SCUBA
CLASS**



Electives

Kids entering 3rd grade or older in the Fall of 2019, are given the opportunity to attend extra spectacular events or "electives" (for an additional fee per event). These are the Overnight Sports Lock-in at the LFC Sports Center, and/or a half-day SCUBA lesson in the LFC pool with Ralph, head dive master from D.D. Dive Shop.

Dates for these events are listed below.

Sign up is on a first come- first-serve basis and can be done by including the event and fee on your registration form, emailing us, or faxing us a note. Charges will not be run for these electives until a child participates in the activity.

Sports Lock-In \$90

Lake Forest College Rec Center & Ice Rink (sleeping)

Limit: 60 kids

Open only to kids signed up for camp during the weeks of:

Week 2: Thursday, June 24

Week 4 : Thursday, July 8

Since this is an overnight, there are always questions that come up from this event that do not arise during a typical day at camp. The Lock-In is an overnight spent in the indoor space of the sports center where kids play activities until around 11:00PM. The night is broken up into half-hour sessions similar to a typical day at camp. Late night snacks and pizza are provided. Kids are welcome to arrive late (we usually have 5-10 kids arriving late from baseball games) and can be picked up early if they are uncomfortable with spending the night or just want/need to get a good night's sleep.

SCUBA: \$75

Lake Forest College Swimming pool

Limit: 12 kids per day

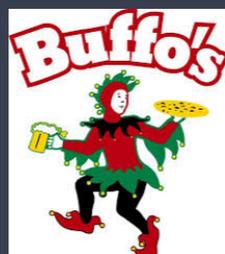
Open only to kids signed up for camp during the weeks of:

Week 2: Wednesday, June 24

Week 5: Wednesday, July 17

Class begins at 8:30am and finishes at 11:00am. This is a half-day resort course scuba experience taught by Master Dive Instructor Ralph from D.D. Dive Shop. Participants watch an 40-minute introductory safety video then spend an hour in the shallow end of the rec center pool. Participants are then given the opportunity for more instruction in the deep end of the pool as they get more comfortable - or may stay in the shallow end for the remaining time (depending on each participants comfort level). After the class, kids re-join their groups for lunch and the final activities of a regular sports camp day.

DAILY LUNCH INFO



Daily Lunch Served

Always cherished as one of the best parts of the day for participants, the LFC cafeteria offers the freedom to choose among many menu items:

Lake Forest College Cafeteria: Mondays, Wednesday & Fridays:

At least four hot lunch items to choose from each day (hot dogs, hamburgers, pizza, stir fry, etc.)
Salad & fruit bar

Buffo's & Jimmy Johns: Tuesdays & Thursdays:

Buffo's Pizza options include cheese, pepperoni, sausage & bacon
Jimmy John's offers 5 sandwich choices

GLUTEN FREE:

There is a gluten free section of the cafeteria for kids that need to eat gluten free. Also, on Tuesdays and Thursdays, when we bring in lunch for the kids, there are gluten free options available, such as gluten free pizza from Buffo's and unwiches (sandwiches in a lettuce wrap with no bread) from Jimmy John's.

DAIRY ALLERGIES:

The college has everything labeled in the cafeteria as to what items contain dairy products. On days when we order Buffo's pizza, there is a cheese-less pizza option for kids that are sensitive to dairy.

On Tuesdays and Thursdays when we bring in food from Buffo's or Jimmy John's, you are free to send your child with a bag lunch. Keep in mind that this is ONLY for days when we are not eating in the college cafeteria, as the college does not allow any outside food due to concerns of cross contamination.