



Summer Camp Parent/Guardian Handbook

Dear Parents/Guardians,

Thank you for choosing The Rock Sports Park for your child's summer camp experience!

We are entering our 18th year of conducting summer camps in Orange County and are excited about our move to our new complex! Your child will have an action-packed and enjoyable summer. Our staff is trained and committed to making your child's summer camp experience an exciting and memorable one! Our instructors are knowledgeable and experienced in a variety of sports and are certified through the American Heart Association in First Aid, CPR and use of the AED machine. As required by New York State law, our camps are also licensed through the Orange County Department of Health.

Our top priority is to provide your child with the opportunity to experience a variety of sports in a positive, fun and safe environment. Our instructional staff will provide your child with every opportunity to improve their skills in a variety of sports and their overall physical fitness. Our "Make new Friends" time will ensure your child leaves camp with new friends and a handful of fun memories.

We encourage you to stop in and see the activities your child will be participating in and even join your child for lunch. Parents are always welcome to stop in and see what their children are raving about!

The Rock Sports Park Summer Camp features:

- World-class facilities on our ten acre secured complex
- A ½ mile Outdoor Fitness Trail for activities including walks, jogs and bike rides
- The Ultimate Water Cooldown for water activities
- Full food service
- Rock Survivor Game, a treasure type game with physical and intellectual challenges in a team setting.
- Spacious field house for rain days

People to Know at the Rock Sports Park: (845) 469-9507

Name	Position
Jennifer Czumak	Program Director and Arts Teacher
Tom Bordanaro	Camp Operations Manager
Amy Ferzoco	Camp Coordinator
Donna Vitolo	Camp Office Manager
Bob Collins	Health Director
Mike McKay	Health Director
Mike Bertotti	Senior Camp Instructor
Dennis Smeding	Senior Camp Instructor
John Penatello	Activities Director
Michael Gioia	Food Services Coordinator
Pat D'Aliso	Football Director
Tony Abbatine	Camp Director

Email address: info@therocksportspark.com Website updates: www.therocksportspark.com

Goals and Objectives for Summer Camper Development

1. To help instill within each camper healthy living habits and a love of sports and fitness:

- Each camper will participate in a variety of activities that will promote healthy living through sports.
- Each camper will participate in at least four sports-specific classes per week.

2. To provide opportunities that stimulate the development of each camper's self-esteem:



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- Each camper will have an opportunity to lead a group activity during camp.
- Campers will showcase something he/she has learned or a skill that has been developed within his/her group.
- All campers will be rewarded when they've achieved a new skill or made progress.

Breakdown of The Rock Sports Park Summer Day Camp divisions

Our camp activities are planned around the various age divisions. Here is a breakdown of the divisions:

- **Junior Rockies Sports Academy** Ages 3-4 years
- **All-Sport Day Camp** Rookies: ages 5-8, All-Stars ages 9-12
- **Next Level Sports Camps** Ages 8-12, Ages 13-17
- **RockFit Summer Fitness** Ages 14-84

Junior Rockies: Every camper will learn at least one new skill per week.

All-Sport: Every camper will work on fundamental skills and concepts in a variety of sports.

Next Level: Sports-specific skills with emphasis on game strategy and speed of play

RockFit: Campers focus on strength, flexibility and fitness training.

Summer Camp frequently asked questions:

Q: What should the players bring to camp?

A: hat, water bottle, sunscreen if needed, bat (optional), snack and lunch. All personal items should be clearly marked with the player's name. Sunglasses, cleats, protective cups, baseball pants and personal helmets are a few additional pieces of equipment that should be considered. Baseball and softball players should bring their glove, batting gloves are optional. Players can also pack a book for optional reading time. We suggest your child brings a second set of shorts and shirt and a towel in the event they want to participate in our water activities. We will let the campers know a day in advance when they will participate in the water activities but at times we will allow them to cool down without notice!

Q: What should the players wear to camp?

A: Campers will be required to wear socks and sneakers every day. They will also need to wear appropriate clothing to play sports. Shorts, t-shirts, warm-ups, etc. are recommended. Campers are encouraged to wear clothing appropriate for athletic activities and the weather of that day. They should wear comfortable items that allow them to move around easily. This includes:

- Socks and sneakers – no bare feet, sandals, open-toed shoes or dress shoes
- Tee-shirt and shorts – no dresses or skirts
- Baseball cap or hat for sun protection
- You should send an extra set of clothing with your younger campers, just in case.
- Campers will also need to wear sunscreen on sunny days.

Sunscreen, Backpacks and Water Bottles: We recommend that you send your child with an inexpensive recycled water bottle or canteen. Please make sure to clearly mark your child's name and group on this water bottle.

Backpacks and other bags may be brought by the campers to hold their belongings. Make sure that the bag only contains the items that your child absolutely needs for camp (swim clothes, towels, sunscreen, etc). *Remove all toys, games and items that will not be used in camp. Again, we will not be responsible for the loss of personal property.*

PARENTS MUST CLEARLY MARK ALL BELONGINGS WITH CAMPER'S NAME AND GROUP.

We will not be responsible for the loss of any personal property. Lost and found is located at the Camp Desk.

Q: Is lunch served?

A: No, for full day baseball and softball camps, players need to bring their lunch each day and also bring a snack. Lunch can be purchased at our concessions. For the Rookie Camp, there will NOT be lunch but players should bring a



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snack. Frozen Ropes will provide water for refills to the players throughout the day but players are required to bring their own water bottle. Snacks and beverages will be available for purchase throughout the day.

Q: What is a typical day like?

A: The camp agenda will change throughout the week but players will participate in stations and drills along with fun in the sun activities in the morning. Age appropriate warm-ups and walks on the Fitness Trail will start the daily schedule. Players are divided by age and skill level for all stations and games. Lunch is usually at noon and players will be given water breaks throughout the day.

Q: What is the instructor/player ratio?

A: The maximum ratio will be 1 instructor for 10 players but is often lower.

Q: What time can players be dropped off at camp?

A: Players may arrive as early as 15 minutes before the start of the camp. Early drop-off and pick-up are also available. Details and pricing can be found on the Camp Registration form.

Q: Can parents stay and watch?

A: Parents are more than welcome and encouraged to observe the camp activities. Parents are also invited to attend events such as our Awards Ceremony on Friday afternoons. Every camper will get some type of award at the Awards Ceremony. Parents are strongly encouraged, but not required to attend to see their child get their weekly award.

Q: Are any of the instructors CPR/First Aid certified?

A: The senior instructor at each camp location is first aid and CPR certified. Also, many of the camp instructors are certified. First aid kits are available and the staff will have cell phones in the event of an emergency. We will have a Health Director on site during camp hours. All Senior Instructors have full background checks conducted prior to employment.

Q: Will the Frozen Ropes instructors apply sun screen?

A: No they will not. Under New York State Law, The Rock Sports Park cannot apply sunscreen. Parents are encouraged to put sunscreen on their children every morning before camp. It is recommended that campers bring sunscreen with them to camp to reapply. For younger players we will apply if asked to help. Please send in your own sun screen and sign a permission slip allowing our Coaches to apply sunscreen to your child before they participate in any outdoor activity. We will remind players to re-apply sunscreen a few times each day.

Q. Do you have Camp Policies and Procedures?

A. Yes, we have many camp policies and procedures and meet all state and local requirements per the Orange County Department of Health. You have the right to review our policies at any time.

Q: Does Frozen Ropes have insurance?

A: Yes, we are fully insured for activity within our Training Center as well as activity out at camp locations. Insurance certificates are filed with the town.

Q: What if it rains?

A: In case of rain, campers will be moved indoors to our Fieldhouse.

Q: What other activities do campers participate in?

A: We feel it is important to encourage reading both as an activity and also as a break from strenuous play. Campers will have two optional 30-minute snack/reading periods during the morning and afternoon activity periods. Please spend some time with your camper picking out age appropriate and interesting materials for your campers to bring with them. Players will also have Movie Time during rainy days. We will show G-rated movies to all campers.

Q: My child's birthday is during camp. Will it be celebrated?



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A: We treat every birthday as a special occasion and we will gladly celebrate them with your child. Birthday snacks are allowed during our afternoon snack time, but only if there is enough for everyone. Please notify our camp director prior to your child's birthday if you plan on bringing something in.

Camp Nuts and Bolts:

Camp Sessions:

Session 1: June 28 - July 2
Session 3: July 12 - July 16
Session 5: July 26 - July 30
Session 7: Aug 9 - Aug 13
Session 9: Aug 22 - Aug 27

Session 2: July 5 - July 9
Session 4: July 19 - July 23
Session 6: Aug 2 - Aug 6
Session 8: Aug 16 - Aug 20
Session 10: Aug 30 - Sept 3

Camp Office Hours: Monday through Friday from 8:00am to 6:00pm.

Absence Procedures: If your camper is going to be absent on any given day, we request that you alert the Camp Office as early as possible. A message can be left at (845) 469-9507. Messages will be checked when the office first opens. Please be advised that no refunds will be given to campers that are absent from camp.

Arrival and Dismissal: All camp groups have designated locations for arrival and dismissal. Senior Instructors will be at these locations to meet campers in the mornings and check them out to their guardians in the afternoon. Arrival and dismissal spots will always be the same for ease of operations.

Early Arrival: Starts at 8:30am. Early Arrival must be pre-arranged and paid for in advance the fee for Early Arrival is \$10 per day. Campers will not be allowed into the facility or onto the field before 8:30am. Campers arriving after 9:00am are considered late and must be checked in at the Front Desk located in the Fieldhouse.

Early Dismissal: Please let us know in advance if your child needs to depart from camp early on any day. All requests must be made in writing to the Camp Office.

- Notice of early pickup must be submitted in writing to the Camp Office the day of early dismissal.
- Camper must be picked up at the Camp Office by someone on the approved dismissal sheet.
- Your camper's counselor will bring the child to the Camp Office at the designated time. Early pick-up means that your child will miss some of that day's activities.

Late Dismissal: Late Dismissal is at 4:00pm. The fee for Late Dismissal is \$10 per day. Late Dismissal must be arranged in advance.

The fee for Early Arrival and Late Pickup is \$15 per day. This must be arranged in advance.

Dismissal: The person picking the child up must be on the approved dismissal sheet, and will be asked to sign the child out of camp. The Rock Sports Park will require that everyone picking up a camper have proof of identification. Those who refuse or don't have proof of identification, when requested, will not be allowed to remove the camper from our care.

To ensure your child's safety, no child will be dismissed to anyone not on the dismissal form without written permission from the parent/guardian.

What constitutes a valid picture I.D.? A valid picture I.D. is one recognized by a state or federal granting agency and/or valid work or social institution and includes such official and unofficial identification as:

- United States or foreign passport,
- New York State drivers license or identification picture card
- Non-New York State drivers license or identification picture card
- Student picture ID card
- Work place picture ID card



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What if someone is not on the designated list, but comes to pick up a child? No camper will be released to someone unless they have been pre-authorized by the camper's parent(s) or guardian(s). Telephone authorizations will be accepted to designate a person who is given permission to pick up however, that person still must present a valid form of identification, as outlined above.

Won't this slow down pick up at the end of the day? YES, initially. The Rock Sports Park recognizes that at the start of the summer this may slow things down a bit, especially during the first week. But, we believe that the peace of mind that this process will create far outweighs any possible delays.

Once, counselors recognize a face and have seen identification the pick-up will be move more quickly. This process will be greatly eased by pre-planning on your part. Please inform caregivers, nannies and au pairs and/or others of the new requirements. Help them secure valid ID should they not have it. Also, caregivers/others must be told that if they forget their ID, arguing with camp personnel will not speed things up or force us to release a camper. **If someone doesn't have proper identification, a camper will not be released.**

This process will be applied unilaterally and will apply to everyone — from the one time designee grandparent just visiting, to the regular nanny.

Rainy Days: A full program of activities has been scheduled indoors for every group on rainy days.

Camper Conduct:

We work to maintain an atmosphere of mutual caring, respect, and understanding at the Summer Day Camp. Proper participation and conduct by your child is expected and includes the following rules:

- Respect others feelings and property
- Cooperate with each other
- Listen to your instructors
- Stay with your group
- No fighting, yelling, or cursing
- Tell an instructor if someone/something is bothering or upsetting you
- Clean up after yourself

Please discuss and reinforce these behavioral expectations with your child. Staff supervises all camp activities and helps children resolve conflicts and problems as they arise. Behavioral redirection is seen as an opportunity for learning and approached accordingly. However, if a child continually disrupts the program, or poses a safety risk to himself/herself, or others, then a written behavior notice will be sent home to the parents explaining the issue to be addressed.

The Rock Sports Park has no expectations of having discipline problems with campers. However, in the event that there are any incidents, our procedure is as follows:

1. Acknowledgment by Coach to show awareness/displeasure in activity of camper.
2. Verbal Warning by coach asking camper to stop inappropriate activity.
3. Short time-out. (5 minutes)
4. Longer time-out. (15 minutes)
5. Camp Director conference with camper.
6. Phone call to parent **from camper**.
7. Camp Director/parent/camper conference.
8. Short suspension.
9. Camp suspension. (NO REFUND)

The following offenses may result in a camper calling a parent or guardian to come and pick them up. Parents/caretakers need to be available 24-hours a day. There will be no refund issued in the event that your child is sent home for one of the following disciplinary actions:

- Inappropriate language/vocabulary such as cursing or being sexually explicit



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- Demeaning language
- Harassing or hazing other campers
- Physical or verbal fighting
- Taking someone else's personal property without permission
- Leaving the group without permission or proper supervision
- Disobeying camp rules/policies on a continued basis

Less serious offenses will be dealt with on a per incident basis. All campers are encouraged to follow the guidelines listed above. Keys to discipline include patience and respect for all persons involved. Discipline problems will be reported to the Camp Director immediately. Parents will be notified in the case of consistent problems with their son or daughter.

Verbal and physical bullying and hitting will not be tolerated. Any camper suspected of or caught bullying (verbally and/or physically) another camper will be asked to sit out from that activity and the campers' parents will be notified. A second offense will result in a dismissal from camp. Parents will be called and asked to come and pick up their child.

Any camper found smoking cigarettes on the grounds will be warned and the campers' parents will be notified. A second offense will result in a dismissal from camp. Parents will be called and asked to come and pick up their child.

Campers found with drugs or alcohol will be dismissed from camp immediately. Parents will be called and asked to come and pick up their child. Any camper suspected of drug and or alcohol abuse will be warned and their parents called. A second offense will result in dismissal from camp. Parents will be called and asked to come and pick up their child.

The Camp Director or designated staff will keep records of campers misbehaving, noting the day and time and camper/staff involvement. Records will be kept on file in the camp administrative office.

We reserve the right to suspend and/or dismiss the child from the program without reimbursement.

Health Director: The Rock Sports Park has a certified EMT on the premises every day that camp is in session. If your camper has a particular medical issue please make sure to visit her during the first week of camp. The EMT will help administer all medications and has a locked closet and refrigerator where all medications are stored. The Rock Sports Park has set procedures for all Staff to follow should a camper become ill or have an accident.

Medical Forms: The Orange County Department of Health requires that all campers have **completed registration packets, which include medical with immunizations indicated**, on file with the Camp Office. ***Any child whose medical form is not fully completed or returned by the start of camp will not be allowed to participate in camp until all forms are provided.*** The Rock Sports Park will not administer any type of prescription or over-the-counter medication without a doctor's written order. Please make sure all medications are clearly labeled.

The forms that follow must be printed and returned to the Camp Coordinator PROIR to the start of camp.

By mail: 24 Old Black Meadow Road
Chester, NY 10918

By fax: (845) 469-9507

**Please take the time to fill out the forms neatly and in their entirety.
Forms that are incomplete or are ineligible will not be accepted and may cause delay in
allowing your camper into camp.**

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CAMPER REGISTRATION

CAMPER NAME: _____

Permission to Leave Camp/Early Dismissal

Please complete the form below if your child is leaving camp with anyone other than a parent or guardian at any time during the camp day. It is required to have parental consent.

I give permission for my child: _____ to leave camp with on the following day(s)/date(s):

NAME of person picking up:

Day: Monday Tuesday Wednesday Thursday Friday
Time leaving:

NAME of person picking up:

Day: Monday Tuesday Wednesday Thursday Friday
Time leaving:

I have read and understood this form, and give my consent by signing below:

Name of Parent/Legal Guardian

Signature Date

If your child will be 18 years of age or older during the camp, they must also sign below as an indication of their consent to all of the above:

Permission for Medical Treatment

If your child requires off campus medical services, such as prescription medications or emergency evaluations, they will be transported to a local hospital. Payment will be the responsibility of the parent or guardian. In order to provide these medical services, the attending physician will require a permission to treat statement and insurance information. The Frozen Ropes Training Center Staff will contact you in the event of an emergency. Thank you for your cooperation.

I, the parent/guardian of _____ give permission for emergency transport and
(Child's Name)

medical treatment to be administered. I authorize the release of any medical information to The Rock Sports Park Staff. I also give permission for the Health Director to administer over-the-counter medications, such as children's Tylenol.

Date Parent/Guardian Signature

Insurance Company: _____

Policy Number: _____

Home Phone: _____ Work Phone: _____

The waiver must be signed by all participants: In consideration of my camp participation, I, the undersigned, intending to be legally bound for myself, my Heirs, and Administrators, do hereby release any and all sponsors of this camp, coordinating groups, any individuals associated with the camp, and their representatives, successors and assigns, from any and all liability arising from illness or injuries I may suffer as result of my participation. Also, none of the above is responsible for the loss of personal items or any other form of aggravation in connection with said camp. I attest that I am physically fit.

Date: _____ Parent/Guardian Signature: _____



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Health Interview Form

PLEASE COMPLETE THIS PAGE ONLY IF YOUR CAMPER IS AGED 5 AND UP.

OTHERWISE CONTINUE TO THE NEXT PAGE.

Camper's Name: _____ Age: _____ DOB: ____/____/____

Parent/Guardian Name(s): _____

Primary Phone: _____ Work Phone: _____

Address: _____

(City) (State) (Zip Code)

Family Physician: _____ Phone: _____

Date of Last Physical: _____ Date of Last Tetanus: _____

IN CASE OF EMERGENCY CONTACT: If your child requires off-campus medical services, such as prescription medications or emergency evaluation, they will be transported to the closest hospital. Payment will be the responsibility of the parent or guardian. Every attempt will be made to contact you concerning any serious illness or injury. Please indicate below two different, responsible people other than yourself who can be contacted in the event you cannot be reached.

1 Name _____

Daytime Phone: _____

Evening Phone: _____

2 Name: _____

Daytime Phone: _____

Evening Phone: _____

If your child has sustained an injury or had an illness three weeks prior to the start of camp, a physician's note is required to participate.

Does your child have or ever had (circle Yes or No):

Birth Defects	Yes	No	Chest Pains	Yes	No
Palpitations	Yes	No	Hernia	Yes	No
Blood Disease	Yes	No	Absent or seriously injured	Yes	No
Lung Disease	Yes	No	Asthma	Yes	No
High Blood Pressure	Yes	No	Heart Murmur	Yes	No
Heart Disease	Yes	No	Impaired organs	Yes	No
Rheumatic Heart	Yes	No	Kidney Disease	Yes	No
Orthopedic Surgery	Yes	No	Diabetes	Yes	No
Hernia Repair	Yes	No	Appendectomy	Yes	No
Injuries to Head	Yes	No	Neurological Conditions	Yes	No
Dizziness, Fainting	Yes	No	Do you wear glasses?	Yes	No
Eye Problems	Yes	No	Contacts?	Yes	No
Gastrointestinal Disease	Yes	No	Recurring Headaches	Yes	No
Epilepsy, Weakness, Paralysis	Yes	No			

Problems with shoulder, neck, arm, elbow, wrist, hand, knee, or back during athletic participation:

Yes No Describe: _____

Hospitalization Yes No Date: _____ Describe: _____

Surgery Yes No Date: _____ Describe: _____

Have you been under a physician's care for any injury or health-related condition?

Yes No Date: _____ Describe: _____

Dental Appliances (describe):

Orthopedic Appliances (describe):

Please describe any other medical conditions not covered:

Please describe any allergies to Medications:

Please describe any other allergies:



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Waiver

I understand that Frozen Ropes and The Rock Sports Park are not responsible for any medical or hospital fees or costs associated with the illness or treatment of my son. I agree to indemnify Frozen Ropes and The Rock Sports Park for any and all expenses related to the treatment of my child. The responsibility of Frozen Ropes and The Rock Sports Park is strictly limited. Frozen Ropes and The Rock Sports Park and its employees are not responsible for the willful or negligent acts and/ or omissions of any supplier of services, including, but not limited to, airline carriers, transportation services, hotels, and sports facilities. By agreeing to allow my child to participate in baseball/softball camp, I agree that Frozen Ropes and The Rock Sports Park not be liable for any accident, injury, illness, death, property damage, real or personal loss to my child in connection with any accommodations, transportation, or sports-related services, or resulting directly or indirectly from any occurrences beyond the control of Frozen Ropes and The Rock Sports Park, including, but not limited to, criminal, willful, or negligent acts of others, defects in vehicles, breakdown in equipment, strikes, theft, delay or cancellation, or change in itinerary or schedules. I assume all the foregoing risk and accept personal responsibility for any and all damages resulting from injury, permanent disability or death: and/ or damage to any personal or real property. I release, waive, discharge and covenant not to sue Frozen Ropes and The Rock Sports Park, its administrators, directors, agents, coaches, and other employees of the organization, other participants, sponsors, advertisers, and owners or leasers of premises used to conduct the event, all of which are herein after referred to as "releases," from any and all liability to each of the undersigned, his or her heirs and next of kin or any and all claims, demands, losses or damages on account of injury, including death or damage to property, caused or alleged to be caused in whole or in part by the negligence of the releases or otherwise. I understand that Frozen Ropes and The Rock Sports Park have the right, in its sole discretion, to discontinue my child's participation in the Frozen Ropes and The Rock Sports Park Summer Camp for any violations of its rules and regulations (see Code of Conduct section). This includes, without limitation, the right to send my child home at his or her own expense, in which case there shall be no refund from any unused portion of the trip.

By signing this waiver I acknowledge that the information I have provided on the Health Interview Form, Permission for Medical Treatment, and Permission to Leave Camp/Early Dismissal forms are true.

I have read and understood this Waiver, and give my consent by signing below:

Name of Parent/Legal Guardian

Signature Date

If your child will be 18 years of age or older during the camp, they must also sign below as an indication of their consent to all of the above:

Signature of Player (if 18 or older)

Signature Date