



Thank you for registering for Sports & Music Camp 2025!

Please read through these guidelines and suggestions in order to be fully prepared for your week at camp. If you have any general camp questions, please contact:

Kim Hasty (Registrar) at 717-608-5837 or sportsandmusiccamp@gmail.com.

What to Bring

- ◆ Clothing for 6 days of sports and activities; casual clothing for evening services; and a bathing suit.
- ◆ Bedding: pillow, blankets, sheets/sleeping bag
**ALL campers are expected to bring bedding!*
- ◆ Toiletries and towels
- ◆ Personal spending money (\$25 recommended) for the snack shop on-site
- ◆ Bible, notebook, and pens
- ◆ Optional athletic gear: cleats, shin guards, etc. (see "Skill Sessions" on p. 2)

What NOT to Bring

- ◆ Cell phones/iPads/laptops
**See our cell phone policy below*
- ◆ Video games & gaming systems
- ◆ Over-the-counter drugs (unless checked in with camp nurse)
- ◆ Sports & Music Camp **prohibits** campers from bringing the following items:
 - Weapons or firearms of any kind
 - Tobacco / Alcohol / Illegal drugs
 - Prescription drugs not prescribed to the camper

Conduct Guidelines

- ◆ **Cell phones:** To create a distraction-free environment that encourages campers to engage fully in activities, cell phone and/or communication device use is not permitted at camp. This includes during free time, in rooms or cabins, or at any other time throughout the week. *We strongly encourage campers to leave their phones and devices at home.*
 - If a phone or device is brought to camp, it must remain turned off and stored securely in the camper's luggage for the entire week. Campers assume full responsibility for the safety of their phones. The camp is not responsible for lost, stolen, or damaged devices.
 - If a camper is found using a phone during the week of camp, the phone will be collected by camp staff and stored securely until the end of camp.
 - Parents/guardians can contact campers in case of emergencies through the designated camp emergency contact numbers. This policy helps campers disconnect from distractions, build meaningful relationships, and make the most of their camp experience.
- ◆ The **use or possession of tobacco, weapons, firearms, alcohol, illegal substances, or the illegal/un-prescribed use of prescription medications** will result in immediate dismissal from camp, with legal action taken if warranted.
- ◆ Additionally, **any camper who refuses to follow camp rules, engages in disruptive or threatening behavior, or jeopardizes the safety of others** will be sent home immediately at the discretion of the directors.

Clothing Standards

SPAM Camp desires to create an environment that is honoring to God and respectful of others in all areas, including how we dress. Modest clothing is required by all campers at all times.

- ◆ **Girls:** One-piece bathing suits only. Tops that have spaghetti straps, reveal bra straps, are low-cut or revealing will not be permitted (this includes outfits worn for the closing program). All tops should extend below the top of the pants/shorts. Shorts must be an appropriate length.
- ◆ **Guys:** Shirts must be worn on the campground at all times except for when swimming. No Speedo type bathing suits.
- ◆ **All:** Clothing which is deemed inappropriate by their message or brand name will not be allowed at camp. If a camper is asked to change, for any reason, it is expected that the camper will immediately comply.

Refusal to follow these standards could result in dismissal from Sports & Music Camp.



Skill Sessions

Each camper chooses one (1) skill session in which he/she would like to participate. Each camper will remain in his/her chosen skill session for the entire week, spending an hour and a half each day to develop skills in the given area. Some of the skill sessions are limited in number so as to give the best attention to each camper. The following are some helpful guidelines:

- ◆ **Athletic skill sessions (basketball, volleyball, soccer, ultimate frisbee, pickleball):** Basic equipment will be provided (soccer balls, frisbees, etc.) but campers must provide their own individual equipment for sports/activities throughout the week (i.e. cleats or appropriate shoes/sneakers, shin guards, etc.).
- ◆ **Musical skill sessions (guitar, vocals, percussion):** Campers should bring their own musical instrument. In guitar, SPAM Camp cannot provide “first-time lessons” and asks that campers have a basic understanding of their instrument.
- ◆ **Other skill sessions (drama, digital arts & media):** No personal equipment is needed.

Sports & Music Camp will make every effort to provide the items necessary for team competitions and skill sessions in the event that campers do not have the given equipment necessary for the activity.

Contact Information & Directions

SPAM Camp takes place on the grounds of:

Alton Bay Christian Conference Center
5 Broadway Blvd.
PO Box 321
Alton Bay, NH 03810
Tel: 603.875.6161 Fax: 603.875.0664

In case of emergency, please contact:

Nate Hasty: 603.205.6036

or

Andy Rice: 508.335.5072

*Detailed directions can be found at:
www.altonbay.org*

Camper Check-in for 2025

- ◆ **Sunday, June 22 from 4:00-5:30 PM**
We strive to ensure an efficient check-in process. To help us, please:
 - Complete your CampDoc Profile to 100% **at least 14 days** prior to arrival
 - Have cash/check payments ready (if applicable)
 - Ensure any medications are clearly marked in their original containers for review by the nurse

Closing Program & Dismissal

- ◆ Sports and Music Camp concludes with a **Closing Program on Saturday, June 28 at 10:00 AM.**
 - Parents are encouraged to attend the Closing Program
 - Campers are dismissed for pickup immediately following the program



Sports & Music Camp does not discriminate with regard to race, color, national origin, or gender.



Parental Notification Guidelines

We want to share with you our policy for notification in the event your child becomes sick or injured during their stay at camp, or in the event that behavioral issues arise of which you need to be notified.

Here are the guidelines we follow concerning medical issues:

- If a camper has just a quick bout of something routine or a bug we know is going around, or if it is a scrape, bump, bruise, or twist that just needs some cleaning, ice, a Band-Aid, and/or a little TLC and rest, we will not normally contact you.
- We will contact you if we think your child needs to see a physician for any reason. Sometimes, especially if the problem is complex, the physician may wish to talk directly with you. Usually in a non-emergency we will call you before we go to the doctor.
- We will also contact you if a minor condition lingers for several days, if there is an acute episode of a chronic condition (e.g. severe allergy, asthma attack, diabetic crisis), if it involves a high fever over 101 degrees, or is an injury or sickness beyond the ordinary day-to-day visit to the nurse.
- Normally, unless an emergency, the nurse will be making these phone calls at his/her earliest convenience, which may not be until the evening, or early the next day if it is late at night. And, as always, the nurse and directors are very willing to speak with you at anytime.

Here are the guidelines we follow concerning behavioral issues:

- If a camper has behavioral issues, the first step is for the counselor/instructor to deal with the incident including any appropriate consequences such as apologies, loss of privileges, etc. Many campers make mistakes in judgment or get overly excited, and we understand that happens and deal with it as such.
- If problems continue, the camper together with the counselor/instructor will meet with a Director to try to resolve the problems and set out a corrective course of action. At this point a Director may call a parent if deemed necessary. Almost always, the problem is resolved at this level.
- If the behavior continues or is of an especially serious nature, the Directors will notify the parents of the problem and both the camper and the parent will be apprised as to what behavior expectations must be met and maintained in order for the camper to remain at camp for the duration of the week.
- Serious behavioral issues (e.g. possession of weapons/tobacco/alcohol/drugs, sexual misconduct, harassment, etc.) and/or consistent refusal to follow rules or respond to correction given by the Directors will result in immediate dismissal from camp. In this instance parents will be notified immediately and will be expected to pick the camper up ASAP.

If you have any questions or need to contact a Director during the week, here's how:

Nate Hasty (Director of Program): 603.205.6036 or
Andy Rice (Director of Operations): 508.335.5072, or
Alton Bay Christian Conference Center office: 603.875.6161



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