



Thank you for registering for Sports & Music Camp 2023!

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
Note: ALL campers are expected to bring their own bedding
- ◆ Toiletries and towels
- ◆ Personal spending money (\$20 recommended) for the snack shop on-site
- ◆ Bible, notebook, and pens
- ◆ At least one pair of sneakers
- ◆ Optional athletic gear: cleats, shin guards, etc. (see "Skill Sessions" on p. 2)

What NOT to Bring

- ◆ Laptops/iPads
- ◆ Expensive electronic devices
- ◆ Video games
- ◆ Non-Christian music
- ◆ Over-the-counter drugs (unless checked in with camp nurse)
- ◆ Sports & Music Camp **prohibits** campers from bringing the following items:
 - Weapons of any kind
 - Firearms
 - Alcohol
 - Illegal drugs
 - Prescription drugs not prescribed to the camper

Conduct Guidelines

- ◆ **Cell phones:** *Campers are encouraged to leave their cell phones at home.* We believe this creates a better experience for the camper. If campers do bring a cell phone, *it may only be used during break times each day.* All phones are to remain in camper rooms, in a safe place, and turned OFF when not being used. Emergency numbers are available to contact campers in case of emergency. If brought to camp, campers assume all responsibility for their phones.
- ◆ **Other devices (tablets, etc.)** are better left at home. Camp staff may ask campers to put away such devices if they become a distraction. Campers assume all responsibility for their belongings.
- ◆ **Campers assume all responsibility and risk** associated with bringing expensive items and devices to camp. It is the camper's responsibility to take care of cell phones, etc.
- ◆ **Use or possession of tobacco, weapons, firearms, alcohol, illegal controlled substances** of any kind, or illegal/un-prescribed use of prescription medications, will result in immediate dismissal from camp, and legal action will be taken if warranted by law.

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 this policy 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):** 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):** Campers who are involved in the **digital arts and media skill session** are encouraged to bring their own devices (e.g. cell phone) if they so desire in order to better utilize time and equipment through the skill session time.

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 2023

- ◆ **Sunday, June 25 - 4:00-5:30 PM**
 - Parents and families are welcome to drop-off their children at camp.
 - Upon arrival, campers will be asked a simple health questionnaire during the registration process.

Closing Program & Dismissal

- ◆ Sports and Music Camp concludes with a **Closing Program on Saturday, July 1 at 10:00am.**
 - 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/guardian 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 parent/guardian of the problem and both the camper and the parent/guardian 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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