

**U.S. GYMNASTICS TRAINING CENTERS**  
Summer Camp at Mount Holyoke College  
National Office: P.O. Box 4088 Tequesta, FL, 33469  
Phone 561-743-8550 E-mail: [usgtc@bellsouth.net](mailto:usgtc@bellsouth.net) [www.usgymnasticscamps.com](http://www.usgymnasticscamps.com)

April 2018

Dear Parents and Gymnasts:

Thank you for choosing U.S.GTC as your summer camp! The Gymnastics Summer Camp of New England. Enclosed is some information about camp that will help prepare campers and parents for a fun and rewarding camp experience. Please call or check our website: [www.usgymnasticscamps.com](http://www.usgymnasticscamps.com) if you have any questions or need any more information. We are posting all of our forms on the website.

### **CAMP INVOICE & PAYMENT INFORMATION**

Please review the enclosed invoice to verify the session your child is attending and that the balance due is correct. **May 30, 2018** is the date that the balance of tuition is due. Before May 30 we will accept personal checks for payment. After May 30, all payments and registration fees must be in the form of a money order, a cashier or bank check. No personal checks after May 30, please.

### **REFUND POLICY**

Written notice of cancellation is needed by April 30. You will be refunded your deposit less a \$75.00 processing charge. After April 30, registration deposit fees are non-refundable. This includes cancellation for medical and athletic injuries. Written cancellation postmarked 30 days prior to 1<sup>st</sup> camp day; you will receive session fees less the deposit. Cancellations within 30 days of first camp day will not receive a refund.

No refund will be made for campers who withdraw at any time after arriving at camp.

We reserve the right to ask any camper whose conduct adversely affects the camp or other campers to leave without a refund. There is no reduction or refund of fees for late arrivals or early departures.

**Camp cancellation insurance** is available through Travmark A+ Program Protection. You can contact their representatives to answer questions and assist with enrollment, by calling toll free - 1-888-420-5378 or on their website: [www.aplusplans.com/consumer/portal/usgy11](http://www.aplusplans.com/consumer/portal/usgy11). Please use our Organization name: US Gymnastics and Organization ID#: usgy11

### **REGISTRATION**

**When:** Registration is **Sunday July 15, for session 1** and **Sunday, July 22, for session 2**, from **11:00 a.m. until 12:30 p.m.** If your child is attending both weeks of camp, you will only register once; Sunday, July 15. Day campers register at this time as well and return to the Gym at 2:00pm for the testing program.

**Where:** Registration is held in Kendall Field House which is at the end of Dunlap Street on campus. There will be "USGTC" signs to guide you. **See last page for directions and GPS address to Kendall.**

### **What is needed at Registration:**

All medications, as they must be checked in with the nurse prior to registering.

Leave luggage in your car, you will be given a room assignment at registration and then you can proceed to your dorm.

Campers and families that register early might want to have lunch close by as the first meal for campers will be dinner. (there are several restaurants across from campus). All campers must be back at their dorm for their first dorm meeting at 1:00 p.m. Parents and friends must say goodbye and leave at this time.

### **END OF CAMP - DEPARTURE TIME**

Check-out is on **Saturday, July 21( session 1) & Saturday July 28( session 2), from 9:00 a.m. - 11:00 a.m.** Please meet your child on their dorm floor to sign out with their dorm counselor and pick up spending money. Remember to check closet, drawers and under bed for all items. Pick up medications at the Gym with the camp nurse.

**Day campers** check out on Friday at 4:30pm.

## USGTC 2018 SUMMER CAMP INFORMATION

### Roommate & Room Assignment Information

Campers at U.S.GTC reside in the college dorms and are roomed with the roommate they listed on their application. Please make sure that the roommate(s) your child has chosen has also listed your child as their choice, this makes assigning rooms and roommates a lot easier! We make room assignments just before camp starts, so if you have any changes in roommate requests just drop us a note by July 1 and we will make the change. We prefer 2 campers to a room and 3 maximum.

Campers that come to camp without a roommate are assigned a roommate of the same age that has also come alone. This works out great because they have made a new friend immediately! There is no awkwardness of a camper being bunked with a cabin of teammates that already know each other, the advantage of 2 to a room(No cabins at USGTC).

Room assignments are given at registration; once you've registered you can help your child move into the dorm and meet their floor counselors. Please be sure to make a note of your child's floor counselor and room number.

### USGTC DAY CAMP PROGRAM

The day camper's daily gymnastics and recreation is the same as our resident campers, Monday through Friday. Lunches are provided as part of your camp fee. Friday is their last camp day. All drop off and pickups are in the Mount Holyoke College Field House, Kendall Arena.

### Day Camper Sunday Registration Schedule (11:00 am till 12:30pm)

First Session-Sunday July 15    Second Session-Sunday July 22

- After registering you might want to take your child out for lunch.
- Bring your child back to the Field House at 2:00 for our gymnastics testing.
- Pick up time is at 5:00pm.

### Daily Schedule- Monday- Friday

#### Monday- Friday

#### Drop of campers at 8:25-Pick up at 5:00pm

- Make sure you sign in and out at the day camper table each day.
- Your child should be dressed for gymnastics. We recommend they have a water bottle. Also swim suit and towel if they intend to swim.

#### Daily pick up policy

Please give us a note with the parent's name and phone number if you have designated someone else to drop off or pick up your child from camp.

#### Policies

Parents may request copies of background check, health care and discipline policies as well as procedures for filing grievances. Please contact us at [usgtc@bellsouth.net](mailto:usgtc@bellsouth.net) or call 561-743-8550, if you have any questions about the information covered in the parent information letter or any of our policies.

# USGTC 2018 SUMMER CAMP INFORMATION

## MEDICAL HISTORY and HEALTH EXAM REQUIREMENTS

We have included a health history and examination form for your child.

- We require that each camper have a physical exam within 24 months of attending camp.
- We also require that the history form be completed and **signed**. Any forms sent to us incomplete and/or not signed will have to be returned.

• The deadline for mailing the health history/exam form is **June 1, please no later.**

- If your child has special requirements at camp such as food allergies, diabetes etc., we need your health history forms and medical information as soon as possible, no later than June 1.
- **Admittance into camp will be based on receiving a completed and signed health form.**

## Immunizations

The Massachusetts Department of Health requires the documentation of the following immunizations.

The exact dates of the immunizations must be entered on the Campers Health History Form.

We cannot register your child without the immunization documentation on file prior to camp arrival.

### Required Immunizations

1. **Measles, Mumps, Rubella (MMR)** - At least one MMR. A second dose administered at least one month after the first dose, is required for all campers and staff.
2. **Polio** - A minimum of 3 doses of polio vaccine.
3. **Diphtheria, Pertussis, Tetanus** - A minimum of 4 doses of DTap/DTP/DT .One dose of TD for campers and staff entering grades 7 through college. Everyone else is required to have a dose of Td if it has been more than 10 years since the previous dose of Td.
4. **Hepatitis B** - 3 doses of hepatitis B vaccine, or laboratory evidence of immunity.
5. **Varicella (Chicken Pox)** - At least 1 dose of varicella vaccine or health care provider certified history of chicken pox disease or born in the U.S. before 1980.

## Medication Requirements

- If your child takes **prescription medication**, you must use the "Medication Authorization" form (page 5). Copy this form, before you mail it and bring with the medication your child will be taking, we cannot accept any medication without this form and it must be signed by your child's physician. See below for requirements on over the counter medication.
- All med's must be in the original container bearing the pharmacy label with its name, address telephone number, The date Rx was filled with pharmacist's initials on bottle. Also, name of the medication, directions for use & any cautionary statements (if applicable).
- Please bring only the # of capsules/tablets which may be needed for camp stay.  
A separate form must be used for each medication (make copies of page 5 of the health form or print from our website) and needs to be completed by the parent and cosigned by prescribing practitioner. The dosage on the bottle must be the same dosage as written by prescribing practitioner.
- Children with severe allergies requiring epi-pens should bring 2 pens to camp, one for their gym bag and one for the nurse. Inhalers with spacers should be brought in a Ziploc bag with the child's name clearly marked. We do not allow any narcotic pain relievers at camp.
- **Non-Prescription over the Counter medication and the required authorization form.**

If your child needs any over the counter medication on a regular basis or if you would want our nurse to be able to administer the OTC medication when needed, such as Tylenol, ibuprofen for minor pain, cough syrup, cough drops or Benadryl for allergies, you must use the "Non-Prescription Medication Authorization Form". Your child's physician must authorize all over the counter medication to be given at camp. You do not need to bring over the counter medications, and do not pack them in your child's luggage! Our nurse will have these at camp. This form, you can mail with your health history medical forms.

Thank you for your support and if you have any questions or need extra forms please call us at 561-743-8550 or see our website at [www.usgymnasticscamps.com](http://www.usgymnasticscamps.com).

# USGTC 2018 SUMMER CAMP INFORMATION

## CAMPER BEHAVIOR

At camp we want to provide a positive experience for your child; therefore, we have policies for campers. Any camper that does not follow these rules could be dismissed from camp without a refund.

### Policies and Rules for camper behavior:

- Respect for other campers and staff
- No tobacco products, drugs or alcoholic beverages
- Campers are not allowed to leave camp and must attend all classes, dorm meetings and camp functions.
- Campers must remain in their assigned rooms, male campers are not allowed in female camper rooms. Female campers are not allowed in male camper rooms.

## DISCIPLINE AT CAMP

Discipline at camp is circumstantial, depending on the severity of the behavior. We find that it is best not to punish but to teach self control with firm and fair limits and discipline. Children need to learn to be accountable for their actions, our goal is to encourage this self control.

## PACKING FOR CAMP

We recommend that you label everything your child brings to camp! Please no trunks.

Duffel bags or luggage with wheels are best. A deep plastic container is ideal for packing and storing toiletry items at camp. Put anything that may leak into zippered plastic bags before placing it into the container. All clothing for camp is casual. Laundry machines are available in each dorm and our staff will help campers to do their laundry when needed.

**Please do not bring** cell phones, DVD players, iPods, computers, skates, skateboards, expensive cameras and jewelry, chewing gum or glass containers to camp. Items left at camp will be donated to charity.

### Camp is NUT Free!

**Please do not pack** any snacks with **nuts** of any kind - there are campers and staff with severe nut allergies!

### Clothing:

- Leotards (at least 3)
- Red Tee's & Blue Tee's for Color War
- Shorts
- Bathing suits (2 or 3 if swimming every day)
- Socks (inexpensive that all match)
- Underwear (lots)
- Pants (1 pair in case of a cool evening)
- Sweatshirt (1)
- Pajamas
- Flip-flops (for shower dorm)
- Sneakers (for walking to and from gym, flip-flops and sandals are not recommended for around campus)
- Rain poncho
- Mesh Laundry bag

### Toiletries & Bedding:

- Liquid soap in a dispenser (bar soap gets mushy)
- Toothpaste (with a flip top)
- Toothbrush
- Shampoo & detangler for longer hair
- Brush or comb
- Sunscreen & lip balm
- Towels (3)
- Sleeping bag or bedding for twin size bed
- Pillow & pillowcase
- Athletic tape (if a sprain needs to be taped daily)
- Laundry powder (there are laundry machines in every dorm)
- Do not pack any medications, prescription or even over the counter drugs with your child. Please give any medication to our camp nurse to dispense and follow the previously outlined procedures.

### Other Stuff:

- Grips (if needed)
- Alarm clock
- Fan
- Small duffel bag for the gym
- Flashlight
- Swim goggles
- Drinking water bottle
- Room decorations for best room contest (optional)
- Note paper, envelopes and stamps for writing family and friends
- Decorations and some things that are all red and all blue for Color War, i.e. balloons, face paint, t-shirts, etc. (you will not know if your floor is Red or Blue team until the first day of camp)
- Spending money for the camp store and snack bar campers can buy leotards t-shirts and lots more.

## USGTC 2018 SUMMER CAMP INFORMATION

**Camp theme** for the optional room decorations and costume contest:

### Your Favorite Super Heroes!

Year after year the decorations and costumes get better! It will be hard to outdo them! We can't wait to see this year's decorations! Sorry Parents! Only campers can decorate rooms.

**Remember:** No decorative string lights or crepe paper streamers will be allowed, per order of the Fire Marshall.

#### Camper Mail

It is always great to get mail at camp! Allow an extra day for sending mail; since it has to go through the college post office. A good idea is to post your mail just before camp starts. Remember, please do not send any snacks with nuts of any kind, due to nut allergy's. Camp mailing address:

Camper's name  
U.S. Gymnastics Summer Camp  
Mount Holyoke College  
50 College Street  
South Hadley MA 01075

#### Phone Calls

We ask that campers try to limit calls home to once or twice a week. Should your child be having any difficulties, we will work together and contact you immediately.

We recommend that you arrange a time for your child to call home, as opposed to you calling camp. Please understand that we do not allow campers to have cell phones at camp!

We prefer that the campers try to wait until Monday to call home!

The camp office is in the gym and its best not to pull a camper out of a class for a phone call (unless it's important or an emergency). You will receive the camp office phone number in the July newsletter. Dorm Phones are used for campers to call home. Please limit phone calls to 5 minutes, so that there is an opportunity for other campers to call home. Each dorm floor has a limited number of phones (outgoing calls only!), for credit card or collect calls. There are also pay phones on the main floor of each dorm. Pre-paid calling cards seem to work well for campers and the staff can assist in dialing the call. A good idea is to arrange for your child to call home during one of the meal times or in the evening between 8:00 p.m. – 9:00 p.m.

**Mealtimes: Breakfast 7:30-8:00 Lunch 12:00-12:45 Dinner 5:15-5:45.**

Remember some parents are more prone to homesickness than campers! It's understandable. Campers have a busy schedule so if they don't call home each day it means they are having a great time, the days go by fast at camp!

#### NO CELL PHONES AT CAMP

We have a "no-cell phone" policy at camp. **We do not allow campers to have in their possession or use cell phones, computers or e-mail devices while at camp.** Please help us encourage one of the growth producing, yet challenging aspects of camp, which is to trust us and your child's counselors with their primary care. As your child learns to trust caring adults, they grow and learn to solve some of their own challenges and create greater resilience. Please help us maintain our camp environment.

#### Visits

For the safety of our campers no visitation is allowed during the camp week.

We no longer allow parents/visitors to visit camp during the weekend. We prefer that double week campers do not leave camp at any time during the weekend in between sessions.

#### Camp Store

The camp store will stock leotards, gymnastics apparel, USGTC camp T-shirts, etc. Along with the new canteen, the camp store will be opened each evening at the new recreation center. Spending money will be placed with dorm counselor and given out when needed each night.

# USGTC 2018 SUMMER CAMP INFORMATION

## DIRECTIONS TO CAMP REGISTRATION AT MOUNT HOLYOKE COLLEGE

Mount Holyoke College - Kendall Arena

**Registration GPS address: 1 Dunlap Place, South Hadley, MA, 01075**

Summer Telephone: 413-538-2970 (only active July 13 – July 30)

Main office FL: 561-743-8550

Mount Holyoke College is in South Hadley, Massachusetts on Route 116. The college lies five miles north of Holyoke and 12 miles north of Springfield. The Five-College towns of Amherst and Northampton are both ten miles away. The Massachusetts Turnpike (I-90) and I-91 are the principal routes to the college. Mount Holyoke is 90 miles from Boston and 150 miles from New York City.

**From the South** – Travel north on Route 91, exit at Route 202 (Holyoke – South Hadley – exit 16). Turn right and proceed on Route 202 North through Holyoke and across the Connecticut River. Continue on Route 202 and take the second exit, marked “South Hadley Center – Amherst,” to Route 116 North. The college is approximately two miles north off the exit.

**From the North** – Travel south on Route I-91, exit at Route 141 (Holyoke-South Hadley, exit 17). Proceed east on Route 141 until it intersects with Route 202. Turn left on Route 202 and follow same directions as above.

**From the Massachusetts Turnpike, east or west** – Take exit 5 (Holyoke-Chicopee) and exit ramp bearing to right marked South Hadley. At end of exit ramp, turn left on Route 33 for approximately five miles to Route 116 and drive two miles north to the college.

Once you are on 116 and approach the campus on your right, continue until you see the U.S. Gymnastics Registration(**USGTC**) signs that direct you to turn right onto **Dunlap Place (which is across from the fire station)**, then proceed down the hill to Kendall Arena. Registration is in the arena.

We look forward to seeing you at Camp!

Michael & Susan Jacobson & Staff