



Thank you for choosing New England Sports Camps! Below is some preliminary information to help you and your athlete be prepared for NESC. As we get closer to the start of camp you will receive emails with any additional detailed information you may need. Please check our website newenglandsportscamps.org and follow our Facebook page @newenglandsportscamp for regular updates and information.

Check in and check out

Check in for overnight camp athletes is 4:00pm Sunday at the Cabins by the Maine's Fenway field. Upon check in each athlete will receive their NESC apparel and water bottle and be fitted with equipment. Athletes then pick their cabin and bunk. At 5:00pm there will be a tour of camp for athletes and families and a pasta dinner for everyone in the dining hall. This is not mandatory for families, but we do encourage you to join us.

Check out for overnight camp athletes is 4:00pm Friday at the Alfond Youth Center. Parents must sign out their athlete with a staff member before leaving and will need to provide a photo ID. Only people who are listed in the registration paperwork and emergency contacts can sign out an athlete. Alterations to this list can be made by the parent at check in.

Check in for day camp athletes is 9:00am Monday-Friday at the Alfond Youth Center. Parents must check their athlete in with a staff member before leaving. Please note that check in does not open until 9:00am, families that show up early are not to leave their athletes at 9:00am unless previously arranged with the Assistant Director.

Check out for day camp athletes is 4:00pm Monday-Friday at the Alfond Youth Center. Before leaving each day parents must sign out their athlete with a staff member and will need to provide a photo ID each time. Only people who are listed in the registration paperwork and emergency contacts can sign out an athlete. Alterations to this list can be made by the parent at check in.

Meals

Dinner is provided Sunday, breakfast, lunch, and dinner is provided Monday-Thursday and breakfast and lunch is provided Friday for overnight camp athletes.

Lunch and dinner is provided for day camp athletes Monday-Thursday and lunch is provided Friday.

Morning and afternoon snacks are provided for all athletes Monday-Friday and there are places to refill water bottles and frequent water breaks.

Electronics

We are dedicated to providing an outdoor experience without the distractions of electronics; therefore, we require all electronic devices be left at home. There is an office phone that athletes can use when they want to call home. We do encourage them to save phone calls for meal times and before bed so they do not miss camp activities.

Medications and Physicals

You must list ALL prescription medication AND over-the-counter medication your child takes on the health history form. All medications should be in the original container with the original label listing the prescription information clearly. DO NOT send medication in other containers - they cannot be administered to your child.

Every year your child attends New England Sports Camps he or she will need to submit two Health Forms: The NESC Health Form, part of which must be filled out by the child's physician, and a copy of your child's physician-completed physical dated within 24 months of July 1st 2019.

A Wilderness First Responder is on site 24/7 and is the only staff member who can administer medications to athletes. They are also available to help with any other medical needs the athletes may have. There is a small supply of over-the-counter pain relievers, anti-itch cream, digestive relief aids, etc. at camp. If an athlete requests a medication that is not listed on their medical form (i.e. Ibuprofen, Tums, Hydrocortisone cream etc.) a staff member will call a parent or guardian and must get verbal permission before the medication can be given.

Suggested Packing List

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| Bedding | Shoes | <ul style="list-style-type: none">○ Chafe Relief products (gold bond, baby powder) |
| <ul style="list-style-type: none">○ Pillow○ Sheets○ Comforter or sleeping bag | <ul style="list-style-type: none">○ Sneakers○ Shoe of sport (<u>no metal cleats</u>)○ Shower Shoes (cros, flip flops, slides) | Extra Stuff |
| Clothing | Toiletries | <ul style="list-style-type: none">○ Fan○ Mirror○ Bug spray○ Snacks (<u>no nut products, gum or sunflower seeds</u>)○ Drinks (Gatorade, juice, flavored waters)○ Books, cards, other games○ Watch/clock |
| <ul style="list-style-type: none">○ Rain jacket○ Shorts + Pants○ T-shirts, long sleeves and sweatshirts○ Pajamas○ Bathing suits○ Extra socks & underwear○ <u>Hat or visor</u>○ Sunglasses | <ul style="list-style-type: none">○ Toothbrush, toothpaste○ Washcloth, towel(s)○ Shampoo, body wash, conditioner○ <u>Sunscreen</u>○ Personal care products | |
| | <ul style="list-style-type: none">○ Applicable sport equipment | |

Day Campers should bring everything listed above that is applicable. All athletes get the opportunity to swim and do the ropes course, so they should bring bathing suits, towels and sneakers every day.

Please label EVERYTHING with your child's name and we will do our best to get everything back home; NESC is not responsible for any lost or stolen items.

Contact information

Abbie Charrier
Camp Director
(207)873-0684

Camp Tracy/NESC
(207)465-9261
(Only Operational July-August)

