PARENT HANDBOOK

2024

MACCABI SPORTS CAMP

MACCABI SPORTS CAMP

Dear Parents,

This summer, as camp moves to Cal State East Bay, we celebrate a new location and a new chapter in camp's history. And while it's a new chapter, it's still in the same book, documenting the amazing adventure our campers have enjoyed for a decade. Whether you're a new family joining the adventure of a returning family back for another amazing summer, we're thrilled to have you along for the ride. Over the course of the past summers we have been able to create a welcoming, vibrant camp community and we feel incredibly grateful to count you and your family as a part of the Maccabi Sports Camp family.

You've heard it before, and you will hear it many times more, *"Thank you for choosing to send your child to Maccabi Sports Camp!"* Thank you for the trust you are placing in us to provide your child with a safe, fun and memorable camp experience this summer. We take the responsibility that comes with caring for your camper very seriously and we strive to provide them with an experience that will enrich their mind, body and spirit. We are humbled you've chosen to be a part of our family and excited to help each child feel a sense of normalcy again.

To reach our camp goals of building sports skills, strong character, and Jewish community, we have made it our number one priority to ensure the safety and security of your child. We pledge to provide a safe, fun and supportive camp environment. To accomplish this, we ask you to review our camp's Parent Handbook. The procedural and logistical information it contains will help us work together to achieve a safe and nurturing camp community.

We encourage you to share this information with your child. When everyone is aware of our camp's expectations and understands camp rules, we will be playing on the same field and going in the same direction toward building a strong community through sports.

Overnight camp can be a wonderful and transformative experience, teaching responsibility, maturity, self-confidence and independence. For this to happen, it's important for parents to allow a level of separation from their children during the camp session. You've placed your trust in us and, in turn, we trust you to support the procedures we have put in place to make camp a great experience for your child. We also count on your positive, proactive communication before, during and after camp. This may be our first summer of working together, but we look forward to many more.

Thanks again. We can't wait for camp to begin!

Sincerely,

Josh Steinharter	Joel Swedlove	Maya Barak
Senior Director	Associate Director	Program Director

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Important Contact Info

Office Phone Number, Year Round & Summer: (415) 997-8844

Josh Steinharter
Senior Director
josh@maccabicportscamp.org

Joel Swedlove
Associate Director
jswedlove@paloaltojcc.org

Maya Barak
Program Director
mbarak@paloaltojcc.org

Year-Round Office Address (August – May):
This address should be used for payments and other correspondence that will be received by camp PRIOR TO June 1

Maccabi Sports Camp
Oshman Family JCC
3921 Fabian Way
Palo Alto, CA 94303

Summer Address (June & July):
This address should be used for forms, payments, and other correspondence that will be received by camp AFTER June 1.

Maccabi Sports Camp
c/o California State University, East Bay
1901 Harder Road
Hayward, CA 94542

Please include your camper's name when sending mail to them during the session.

Summer Calendar and Transportation

Full Session Dates

Session I: Monday, June 17 – Sunday, July 7
Session II: Tuesday, July 9 – Sunday, July 21

Rookie Camp Session Dates

Session I: Monday, June 17 – Wednesday, June 26

Intersession

If you are interested in attending both sessions, please contact Josh at josh@maccabisportscamp.org regarding an option to stay during Intersession.

Traveling to Camp

Traveling to camp is an exciting and important part of summer camp. In fact, we believe the camp experience begins the moment a camper walks out the door to begin the journey.

Clear communication between parents and the Camp Office is essential. We use CampInTouch, a password-protected online communication portal, to track campers' travel plans to and from camp.

Please complete the online ***Transportation Form*** (which can be found in your CampInTouch portal) by **May 1** so we can make the proper arrangements.

Getting to Camp by CAR

On the first day of each session, families are welcome to drop their child off at camp.
Our summer address is:

California State University, East Bay
25800 Carlos Bee Blvd
Hayward, CA 94542

At the point of publication of this document, we have not yet determined our drop-off schedule. In past years, drop-off has begun at 10am and we've asked that all campers arrive no later than 11am. We will have signs and staff members directing traffic, unloading luggage, and showing you where to park. Please be prepared that drop-off may take up to an hour.

Getting to Camp by AIRPLANE

For campers who will be traveling unaccompanied by airplane, please book flights to **arrive between 9am and 11am.** If you are not able to secure a flight that lands in this timeframe, please call or email camp to discuss.

Nearby airports, in order of preference for pick-up:

1. Oakland International Airport (OAK)
2. San Jose Mineta International Airport (SJC)

3. San Francisco International Airport (SFO)

We will provide transportation at no additional cost to and from these three airports.

Most airlines allow children under the age of 14 to travel alone and classify them as Unaccompanied Minors. We encourage you to review the specific requirements of each airline, since the specific ages vary and some airlines charge a fee to accompany children traveling alone.

If your child will be traveling as an Unaccompanied Minor, please be sure to read and complete all required forms by your airline.

All campers flying to camp will be greeted inside the terminal by an adult member of our camp staff and transported directly to camp. Once your child arrives at camp you will receive a phone call or text notifying you of their safe arrival.

Parents Flying with a Camper

If you are flying to the Bay Area with your child and plan to bring them to camp yourself, more specifically, you **do not require transportation from the airport**, please take the following action:

1. Enter your child's transportation method as "driving" – not flying
2. And email our office directly to let us know your plans (mbarak@paloaltojcc.org)

When we see flight information in the system, our default is to make arrangements to pick up your child at the gate so it is of utmost importance for you to notify us if you are flying in yet providing transportation to camp on your own.

Returning Home from Camp

On the last day of each session, we will provide transportation to the airport for campers who are flying home. Campers will be supervised throughout the check-in process and a staff member will remain at the airport until after their flight has departed. Please arrange flights to **depart between 10:00am and 12:00pm**.

For families living within driving distance, **pick up begins at 10:00am. All campers are expected to be picked up by 11:00am.**

Visitor Policy

Other than drop-off and pick-up, family and friends of campers and staff are **not permitted** on the premises while camp is in session. Many camps have a visiting day, but these are generally held for camps with sessions of four weeks or longer. A visitor's day will cause a disruption to the flow of the session schedule as well as impede the overall experience of our campers.

Future Camper Visits

In past summers, we've welcomed the opportunity to give tours to prospective new campers. If you know of any families who might be interested, have them email Josh at josh@maccabisportscamp.org to learn more about camp and arrange to see camp during the school year.

Getting Ready for Camp

Going away from home for an extended period of time can be difficult for some children. It is natural for them to be a little anxious as camp grows closer. Some will carry their concerns to camp. To help your child with these feelings, we have compiled this guide for parents. The pointers below will help prepare your child for the enriching experience that camp provides.

While at home…

1. If your child exhibits concerns about going to camp, encourage an open expression of feelings. They are worried about the unknown and are looking for your understanding. It is helpful to tell your child that these concerns are normal and that many other campers feel the same way. Permit your child to call the camp office to ask questions and receive reassurance. Let them know that the camp directors are always available to help.

2. Please do not be ambivalent about your child's stay at camp. Your child needs to understand that they will be coming to camp for an extended experience. It is important that a camper understands this commitment and is not encouraged to think he or she may leave before the session ends. A "try it out" approach does not work. Although it may temporarily calm the child at home it creates challenges at camp and in most cases leads to a camper's early exit. Further, it hampers camp staff's ability to guide your child through a positive experience.

3. Reassure your child that everything at home will be the same as when they left. This means that pets will be cared for, possessions will be protected from siblings, and that their room will stay as it was left. If for any reason this cannot be promised, inform the camp office of the circumstances – we can be most helpful when we are informed.

4. Please notify the camp office of any upsetting event that may have occurred prior to camp or you anticipate happening during the summer. In this category would be an illness or death in the family, poor school grades, divorce, or moving to a new house or city.

5. When seeing your child off at the airport or dropping your child off at camp, make your parting brief and pleasant. Prolonged or tearful good-byes will be emotionally upsetting to your child. Dwell on the amazing journey they are about to take and the fun they are going to have.

6. Please discuss with the camp director if your child has been under any psychological or psychiatric care at any time prior to camp. Maccabi Sports Camp is well prepared to deal with most children and the common problems of growing up. Our knowledge of the facts will give your child the best chance of success. On the flip side, being left in the dark regarding a serious situation leaves us unable to properly care for your child.

Clothing, Bedding, Laundry, and Forgotten Items

Clothing Guidelines

Campers must wear appropriate clothing and footwear at all times. During sports they must have appropriate equipment and proper footwear for their sport (sneakers or cleats).

Clothing with inappropriate logos or words such as references to alcohol, drugs, or profanity are prohibited. Camp reserves the right to determine if a camper's clothing is inappropriate.

On Shabbat, all campers and staff members are asked to dress in a clean, white shirt. Polo shirts, button down shirts, or even clean white t-shirts are okay. (You do not need to purchase new clothes for Shabbat; any clean, white top will suffice.) Pants, shorts, and skirts do not need to be white.

Please be sure to clearly label all items that you send to camp with your child. The best way to ensure that campers return home with all of their belongings is to have their name on everything. To make labeling easy, we have partnered with Label Daddy. They can create personalized labels for everything from clothing to water bottles. As a bonus, a percentage of all of their sales will be donated back to Camp! More information on Label Daddy is available in CampInTouch.

Please visit CampInTouch to view our suggested packing list.

Laundry Service

We provide laundry service to all campers, at no additional cost. Laundry will be done once during each session. Session 1 will be picked up by Day 9, returned Day 10, and Session 2 will be picked up by Day 8 and returned Day 9. Your camper should **bring enough clothes to last 10 days**, but keep in mind that campers are very active and may change clothes more than once each day, particularly items like socks and t-shirts.

Bedding

LINEN PACKAGES WILL NOT BE AVAILABLE IN EACH DORM ON OPENING DAY. ALL CAMPERS MUST PROVIDE THEIR OWN BEDDING. THIS IS DIFFERENT FROM PAST SUMMERS SO PLEASE PREPARE ACCORDINGLY.

Campers are required to bring their own bedding. as they are not provided by the university. The mattresses are twin XL (39" W x 80" L).
We suggest the following items:

- Flat sheet
- Fitted sheet
- 1-2 pillowcases
- 1 pillow
- Blanket or sleeping bag
- 2-3 bath towels

More information on bedding can be found in the packing list.

Forgotten Items

If your child forgot a necessary item, you can **mail it to camp with "forgotten item" clearly written on the package** and we will deliver it to your child. We reserve the right to check all incoming packages and will deliver the forgotten item to your child.

Philosophy and Core Values

Our Philosophy

Our mission is to support campers as they build meaningful Jewish identity, experience personal growth and build character through sports.

Campers will learn how their choices, actions and words impact themselves, their teammates and their community.

At our camp, "*Jewish*" isn't just a concept, it's a way of life to be explored and celebrated.

Our Core Values

Camp is guided by our core values.

Tikkun Middot, Building Character

If there's anything we want our campers to take away, it's the value of ethical behavior and an understanding of how their choices, actions, and words impact others. Sports are a vehicle through which strong character can be developed; how we all handle winning, losing, and the competition inherent in sports is of utmost importance. The strong character that we develop on the field — as an individual and as a teammate — can translate to being a person of strong character throughout the rest of our lives.

K'lal Yisrael, Welcoming Jewish People and Friends

We all know, it's not just the similarities but also the differences that unite Jewish people (all people) worldwide. As campers and athletes of different backgrounds are encouraged to support one another, they experience what it means to create a genuine community, at our camp and beyond.

Shmirat Haguf, Guarding the Body

We promote living a healthy lifestyle—caring for mind, body, and soul. The value of Shmirat HaGuf is present in everything we do at camp, from stretching before sports to staying hydrated, eating balanced meals and wearing sunscreen.

***Shabbat Shalom*, Time of Rest & Gratitude**

As it is in life, so it is in sports—it's important to take a break from time to time! So, we set some of that aside to step away from competition and practice to reflect, rejuvenate and connect.

Camp Policies

Below is an overview of our general policies. Please see Appendix I for the Terms & Conditions that you signed upon completion of the Camper Application.

Electronics

At Maccabi Sports Camp one of our key goals is to help campers forge new friendships and connect with their cabin mates and counselors. We want every camper and counselor to be an active participant in the daily life of camp and to not simply *attend* each activity but *be present* for every activity. In order to do this, we ask that camp remain a place for campers to "unplug" from the electronics that they use daily at home and at school.

We do not allow any devices that can make or receive a phone call; play a video game, DVD, or movie; access the internet; or send/receive email or instant messages. A general rule of thumb is: any device with a screen is not allowed. (The only exception to this is digital cameras and e-book readers that do not have access to the internet.)

Campers are allowed to bring small music devices without screens, such as an iPod shuffle or a Discman. Please note that we cannot be held responsible for lost or damaged items.

** If your child is flying to camp, we can store small electronic items such as mobile phones in our safe for the duration of camp. They will be charged and returned to the camper prior to departure.*

Money and Valuables

During camp your child will not need any money. If campers leave camp for a program, we will provide all meals and cover all costs.

We do not have a "canteen" or camp store for campers to purchase snacks or goodies.

** If your child is flying to camp, they should bring some spending money for food while traveling. We can store this money in our safe during camp.*

Food

Campers are not allowed to bring any food, candy, or gum to camp. Please do not send any of these items with your camper or as a part of a care package as they will be confiscated by camp staff. Prohibiting these items helps us keep the dorms clean and bug free, as well as adhering to the allergy and dietary requirements of our campers.

Food is an important part of our core value of *Shmirat HaGuf*, guarding the body. We will make sure that your child is well fed with nutritious and delicious food, not just at meal times but also during our snack times.

If your child has particular dietary needs, please note this on the health forms and contact our office if you have specific questions.

Drugs, Alcohol, Tobacco

The use of these substances has no place at camp. Campers who use or possess drugs, alcohol, or tobacco will be sent home immediately. See "Dismissal From Camp" section below.

Camp Grounds

As a residential camp, all members of the camp community must share the responsibility for the cleanliness and care of rooms, facilities, and equipment.

Vandalizing or intentionally damaging any camp or CSU, Easy Bay property is strictly prohibited and will result in consequences, which may include dismissal from camp, and/or family being charged for the cost of any repairs or cleaning.

Photography

We encourage campers to bring cameras and take photos of their friends and activities at camp, but in accordance with our electronics policy campers may not use cell phones or touch-screen devices as their cameras.

Disposable cameras or digital cameras are allowed.

Campers must use discretion and only use their cameras when appropriate and only photograph appropriate material.

Gambling

Campers are allowed to play card games during rest hour and during free times, but gambling for money is strictly prohibited.

Dismissal from Camp

As detailed in the Terms and Conditions (see Appendix 1), Maccabi Sports Camp reserves the right to dismiss a camper whose condition, conduct, influence or behavior is dangerous, illegal, or, at the discretion of the camp director, unsatisfactory or detrimental to the best interest of the camp and/or to other campers. **There will be no refund in the event of dismissal.**

Campers are expected to treat other campers and staff with respect at all times, and value each camper's right to have a fun experience.

The following behaviors are not permitted at Maccabi Sports Camp and will result in camper being dismissed from camp without any tuition refund:

1. Teasing, taunting, threatening or discriminating comments, or harassment or hazing of any kind.
2. Violence of any kind.
3. Use of foul language or discussion of inappropriate topics as determined by the Camp Directors.
4. Possession or use of tobacco, alcohol, or illegal drugs. All prescription and over the counter medications must be stored in the Health Center and administered under the supervision of our camp Health Personnel.
5. Sexual or intimate relationships.
6. Unauthorized absence from cabin or activity.
7. Abusive or disrespectful behavior towards any member of the camp community.
8. Possession or use of personal electronic equipment – see Electronics policy above.

Medical Services, Safety, and Security

Security

Campers are under adult supervision at all hours of the day, including all programming, meals and in dorms. Campers are not permitted to travel the campus without a staff member.

For security purposes, we do not specify the security measures in place to protect campers, staff, and our community. That said, security is of utmost importance to us and we have policies and systems in place to prevent and react to a variety of safety and emergency situations. We review our policies each year internally and with the external support of our board, and local and national law enforcement professionals. Safety of every member of our community is a top priority.

If you have any questions about safety and security at camp, please call and speak with Josh Steinharter, Senior Director.

Health Center & Medical

The camp Health Center is staffed by at least two medical professionals during all sessions. This may be a combination of Registered Nurse, Doctor or Athletic Trainer.

Medical staff is available 24 hours a day and able to handle any and all medical issues. Most medical situations, such as colds, allergies, sprains, and dehydration will be handled on-site.

For more advanced medical care, Maccabi Sports Camp has established a relationship with two local medical providers.

Kaiser Permanente Walk-In Urgent Care (approx 4 miles from camp)
27303 Sleepy Hollow Avenue
Hayward, CA 94545

Stanford Medicine - St. Rose Hospital (approx 4 miles from camp)
27200 Calaroga Ave
Hayward, CA 94545

Cal State East Bay Health & Wellness Center (ON CAMPUS)

Medication Procedures

If your child takes prescription medication, you should take several steps to enable us to support your child properly while in our care.

1. Fill out the camp medical forms clearly and completely
2. Send the correct amount of prescription medication to camp with your child

Our medical staff will store and be responsible for the administration of your child's prescribed medication. Under no circumstances should a camper retain and administer his or her own prescription medication. This is considered a violation of our camp policies and is grounds for dismissal from camp.

All medication, prescription and OTC, must be kept in the Health Center. No medication is permitted to be kept in camper rooms.

It is required that all medications are provided to our medical staff in their original prescription or OTC bottles. We cannot accept medications that have been removed from their bottles and distributed into segmented pill cases.

Similarly, if your child's medication regimen has changed (type, dosage, or time given) or discontinued, you must update camp in writing so that our records reflect your child's appropriate medical treatment.

Providing the highest level of care for your child is our priority and we appreciate your attention to this matter.

Parents are immediately notified if their child is in the infirmary for more than 24 hours, needs to be placed on prescription medication or has been taken to an off-site doctor, emergency room or hospital.

Parents are not generally notified if their child visits the Health Center and receives a routine diagnosis and treatment, which would include cuts, colds, bug bites, stomachaches, sore throats or headaches.

Emotional Safety and Bullying

We take pride in the fact that camp is a welcoming and safe community for all campers and staff members. Safety – both physical and emotional – is our top priority and we do not tolerate bullying, threatening, discrimination, or harassment of any kind.

As a commitment to the mental and social health of our campers and staff, as part of our medical and camper care team, we employ a Community Wellness Coach, typically a social worker and/or family and child therapist.

If you would like to speak with the CWC prior to camp, please be in touch with Josh to start the process.

Our Staff

We take great pride in hiring exemplary staff members. Before campers arrive we have a comprehensive staff training week that focuses on providing our counselors with the skills to keep our campers safe and ensure that they're having an enjoyable time, making friends, and improving in their core sport.

Our summer staff can be organized into a few general categories:

Counselors & Specialists
The primary role of a Counselor is childcare, supervision, and experience creation. Counselors are assigned to a specific cabin and it is their role to ensure campers are safe, making friends, comfortable away from home, and participating in the program. Your child's counselor is the first person they should go to should they have a question about the schedule, need a toothbrush, or need help solving an interpersonal issue with another camper. Counselors are the ones who manage the schedule for a group of campers and ensure that the campers are doing everything that they need to each day to stay healthy and have fun. The Counselors live in the dorms with the campers and are there for them 24/7.

Counselors also work in a specialty area of camp, most of them serving as Assistant Coaches for the Core Sports. Many of our Assistant Coaches played sports through high school or collegiate level and have coached prior to working at camp. They work with the Head Coaches to demonstrate skills, lead drills, and provide each camper with individualized attention during their core sport training.

There are also Counselors who work in the specialty areas of photography, video, programming, and the health center.

Head Coaches
Our Head Coaches take the lead on creating the instructional program for the core sports. They all have extensive experience coaching and working with youth. Many of the Head Coaches will also be living in the dorms to provide additional supervision for the campers at night. To access their bios, view this page of our website:
http://www.maccabisportscamp.org/about-camp/staff-coaches/

Medical Staff
As described in the "Safety and Security Section" we have Medical Staff available 24 hours a day. We have a Nurse and an Athletic Trainer who live at camp full-time and who are highly trained in their fields, having worked with athletes and children in both clinical and emergency situations. We also have a professional on staff to support the mental and social health of our community.

Front Office & Camper Care Team
Our administrative and leadership staff, or Front Office as they are known at our camp (and in the sports world), is composed of the Senior Director, Associate Director, Program Director and Head Counselors. They have years of experience working at residential camps;

working with children and teens; and playing, coaching and developing sports programs for children of all ages. Much of what they do is behind the scenes making sure that everything is running smoothly at camp.

The Camper Care Team is composed of the Camp Director, Community Wellness Coach, and Head Counselors. They oversee the counselors and work directly with campers to ensure the social and emotional success of every child. If you call camp with a non-administrative question about your child, a member of the Camper Care Team will be the one returning your call.

All of our staff members work around the clock caring for your child and making sure that camp is a safe, fun and memorable experience for every camper.

CampInTouch and Camper Forms

As parents of registered campers, you are automatically signed up for the CampInTouch system and can access all required forms online.

You can access CampInTouch by visiting http://jccmaccabi.campintouch.com and using the log-in information that you created during registration. If you are unable to log-in, you will be able to reset your password by following the instructions provided by CampInTouch. Once you are in your CampInTouch account, the required forms can be found under the "Forms and Documents" section.

There are two types of forms: 1) web forms, which can be completed and submitted online, and 2) PDF forms that must be printed and will need to be scanned and uploaded into your account OR faxed back to us at **1-888-509-1228**.

Here is an overview of the required forms:

Medical Information

- □ **Health History** – This is an online form that you complete about your child's physical and mental health history.
- □ **Physical Exam** – This form must be printed and signed by a physician; it can then be faxed back to 1-888-509-1228 or uploaded to your CampInTouch account
- □ **Parent Authorization** – This form must be printed and signed by hand; it can then be faxed back or scanned & uploaded to your CampInTouch account.
- □ **Immunization Record** – This is a PDF supplement to the online Health History form; it must be printed out and can be faxed back or uploaded to your account. This form is only required if immunization information is not included on the Health History form.
- □ **Mental Health Form** – This online form may be activated by certain answers on the Health History form. If prompted to complete this form, please be sure to do so by the due date.

Travel Information

- □ **Transportation Form** – This is an online form asking for information about how your child will be getting to and from camp.

Camper Information

- □ **Camper Profile** – This is an online web form for parents and campers to fill out together.
- □ **Parent Questionnaire** – This is an online web form that the parent fills out about the camper; all information in here is confidential and will not be shared with your child. This form helps us to understand more about your child's specific needs before camp.
- □ **Bunk Request** – Campers may request to be in a room with a friend; we will do our best to honor their requests but it is not guaranteed. All requests must be reciprocal and must be submitted online. Requests or changes cannot be made via email or phone.
- □ **Camper Photo** – This is a place for you to upload a headshot that shows your child's face clearly; it helps us to prepare cabin lists and identify your child before camp.
- □ **Verification Form** – This form will be available 2 weeks before camp and simply verifies medication and transportation in case anything has changed since you initially filled out the form; *we will send a reminder about this via email when it is posted*.

Contact our office at (415) 997-8844 with any questions or if you have difficulty accessing your CampInTouch account.

A Typical Day at Camp

Camp days are jam-packed with core sports as well as other activities that foster community and help our campers develop skills and make new friends. To give you a glimpse of what camp is like each day, here's an annotated version of our daily schedule. While the specifics of each day may change this will give you an idea of what to expect.

Daily Schedule (Sunday through Friday afternoon)

Wake-Up	Campers jump out of bed knowing that the day ahead will be fun and full of the sports and activities that they love!
Morning Huddle	Each morning the whole camp gathers to wake up, stretch, cheer, and get excited for what's ahead that day.
Breakfast	The entire camp community gathers for every meal. Breakfasts are healthy and kid-friendly, and nourish young athletes for a day of sports and activities.
Core Sport: Skills & Drills	The first Core Sports time is dedicated to skill development. Campers receive individualized attention and improve their skills in all elements of their core sport.
Snack	Proper nutrition and staying hydrated are not just important for young athletes, they're also our core value of Shmirat HaGuf, protecting the body.
Second Sport	Facilitated by counselors and coaches, our approach to 2nd sport is more recreational than instructive, giving campers the opportunity to play old favorites or try new things while still being competitive and having fun with their friends. May include other core sports or different sports/games like beach volleyball, ultimate frisbee, ga-ga, lawn games, futsal, and more.
Sports Report	Each day we recognize the accomplishments of our Core Sports teammates, talking about the values of teamwork, sportsmanship, and hard work. This is one of the great ways we celebrate our values coming to life and publicly recognize campers achievements in living The Maccabi Way.
Lunch	Lunch is not just a time for refueling but also for talking with cabin mates, and maybe even cheering and singing!
Rest Hour	After a busy morning, rest hour gives campers an opportunity to re-charge before afternoon activities. Campers can read a book, listen to music, write a letter home, or just relax.
Core Sport: Scrimmage	The afternoon core sports period is game time. It's not, however, focused on winning, but rather about implementing the skills learned during the morning sports period and mentally preparing for competition.
Snack	We never miss an opportunity to feed your children! After another block of Core Sports, they'll get a healthy afternoon snack.
Hang Time	Is there anything better in the summer than hanging out with your friends tossing a frisbee, or practicing your perfect cannonball dive into the pool?

	Each day we make sure to take some time to just relax and let our campers do what they're best at…being kids!
Shower Hour	After a full day of playing you can imagine how important shower hour is!
Dinner	Like all meals, we gather as a community for dinner. We begin each meal with HaMotzi, the blessing before the meal, and we end each meal with Birkat HaMazon, the blessing after meals. These blessings give us a chance to be thankful for the food that we're eating.
Evening Program	Evening activities are often the most fun and memorable part of the day! Programs range from camp-wide Capture the Flag to Talent Show and are always tons of fun.
Evening Huddle	Each night before bed we gather one last time as a camp community, to wind-down after a busy day. Standing arm in arm, singing our camp song "Fly" and wishing each other a *Lailah Tov* (Good Night).
Lights Out	After a long day, campers return to their cabins for bedtime. The exact bedtime depends on the age group, with younger campers going to bed earlier than older campers.

Shabbat Schedule (Friday afternoon through Saturday night)

On Friday afternoons our schedule changes slightly (shorter programmatic session lengths) to allow time for us to prepare to welcome Shabbat.

In the early evening before dinner, we gather together as a community to welcome the Sabbath by hearing a story, singing Shabbat songs, and relaxing after a busy week of camp. Shabbat dinner is also a special time where we are able to eat with our siblings or new friends, rather than sitting by cabin as we do during the week. After Shabbat dinner we'll have camp-wide evening activities including Israeli dancing, s'mores and a fun campfire filled with singing.

Saturday mornings begin with a sleep-in and a more relaxed breakfast. We have our Saturday Shabbat Experience (*t'fillot* or prayer services) that are led by campers and staff. Campers of all ages will have the opportunity to participate in services, even if they've never done it before! One of camp's most popular traditions is *Shabbat ShaJERSEY* where everyone wears their favorite jersey for Saturday Morning services. The kaleidoscope of color creates a beautiful tapestry of our communities individual taste in teams and sports.

The remainder of the day on Saturday is a combination of free time, cabin time, camp-wide programs, and sports games that aren't focused on skill development or competition but just friendly time together.

We conclude Shabbat with *Havdalah*, a short service that includes songs and prayers about separating Shabbat from the rest of the week.

Saturday nights usually include a Sports Movie Night or a special Evening Program. The final Saturday night of each session is reserved for our Closing Ceremony & Party to celebrate the amazing session together before campers head home in the morning.

Food and Dorm Life

Dorm Life

At camp we maintain a low staff to camper ratio. We have exclusive use of the dorms in which our campers and staff live. Our campers and counselors live in suites that consist of multiple dorm rooms, a living room, and bathroom.

Dorm rooms have a max 3 campers per room and will be in the same suite as a counselor room. During the daytime all campers' rooms have an open-door policy so that counselors are always able to enter the rooms and maintain proper supervision of campers. At night the campers may sleep with their doors closed but counselors always have access to the rooms and check the rooms to make sure all campers are safely sleeping in their rooms.

Some campers may be on a top bunk, which will be equipped with a safety railing and a ladder. If your child is not comfortable on the top bunk, please indicate this on his/her medical form.

Food

Camp provides a kosher-style dining experience. This means that we do not serve pork or shellfish and we keep meat and dairy items separate. We have plentiful vegetarian and vegan options but do not have a supervised kosher kitchen.

The camp dining facility is set up in stations and includes a large salad bar with vegetables, fruit and protein; hot entrées and side dishes; and a variety of other options.

Please contact camp if you have specific dietary needs or questions about the policies at camp.

Camper Correspondence

Sending Mail and Packages

Everyone loves receiving mail, and children at camp are no exception. Family and friends are welcome to send letters or postcards to children at camp. In addition to letters and postcards, you may send magazines or newspaper clippings (the sports or comic pages from the newspaper are always fun to receive), stationary, Mad Libs or Sudoku books, or any other flat items. **All packages must be sent in a flat envelope. Care packages or boxes are not permitted as they often contain items that are not permitted at camp such as candy, gum, snacks, and other food. The contents of all packages will be closely reviewed by camp staff and all prohibited items will be kept by camp. See our notes about food for more information supporting this policy.**

Email

The CampInTouch email system will be inbound only. This is where you will be able to send emails to your child. We print the emails daily (except Saturday) at 11:00am and deliver them to the campers after lunch. In response, campers will be permitted and encouraged to send postcards and snail mail for outgoing communication. We ask your patience as we facilitate this communication between campers and parents.

Families are encouraged to pack pre-stamped and -addressed envelopes to streamline the process for outgoing communications.

Telephone Calls

As explained in the Electronics Policy section, campers are not allowed to bring cell phones or wireless devices to camp. They are also not allowed to use our camp phones with the exception of their birthday.

Birthdays

Celebrating a birthday at camp is super fun! If your child will be celebrating a birthday while they're at camp, staff will decorate their room, give them a special dessert, and the whole camp will sing to them in the dining hall. Counselors often plan additional special programs for their cabins when there is a birthday.

Summer Communication

How to Reach Us

During the summer, we'll still be using our main camp phone number, 415-997-8844. Our business hours will be **9:00am to 6:00pm**, and during that time there will be a staff member in the office answering phones and responding to email inquiries. In the event that we miss your call, we will be checking voicemails frequently and we will return your call in a timely manner.

Closer to the summer we will send out information about how to reach us in the event of an emergency.

CampInTouch: Summer System

When you log into CampInTouch between now and the summer, you'll likely be visiting the Forms and Documents section. During the summer, you will want to visit CampInTouch to access the Photo, Video, and Email sections of CampInTouch. Here is an overview of each section and what you can do with it:

Photos

In the Photos section you can view all photos that we post, mark your favorite pictures, email any photo for free to your friends/family, and purchase hi-resolution photos. We post new albums on Wednesday, Friday, and Sunday by 8pm. Please remember, we provide these photos as a glimpse into the experience happening at camp. It is intended to be representative of your child's experience but not their experience specifically. If you are curious to learn more about their experience, please email camp leadership for an update.

Guest Accounts

You are able to invite your own guests, such as aunts, uncles and grandparents, so they too can have the ability to view photos and videos and email your child.

Email

This is where you will be able to send emails to your child. We print the emails daily (except Saturday) at 11:00am and deliver them to the campers after lunch.

More information on specifics on the CampInTouch Summer System will be provided closer to the start of camp.

Social Media

During the summer we will also stay active on our blog, Facebook and Instagram posting stories and photos. Our blog can be found on our website. Our Twitter and Instagrams accounts are @MaccabiSportsCamp and our Facebook page is https://www.facebook.com/maccabisportcamp/.

APPENDIX 1 – Terms and Conditions of Enrollment

The following document was agreed to as part of the Camper Registration, it is included here for your reference.

Maccabi Sports Camp
Terms and Conditions of Enrollment

I, the undersigned parent or guardian, hereby apply to enroll the camper whose name appears on this application, in Maccabi Sports Camp. I acknowledge that I have read and agree to each of the following conditions:

1. I agree that the camper and his/her parents and relatives will abide by the rules and regulations set by the camp for the health, safety, and welfare of the camper. 2. Camper tuition includes housing, meals, snacks, linen service, laundry service, transportation to and from the airport (as necessary) and all other camp activities with the exception of Intersession activities, for which there is an additional fee to cover expenses related to housing, food, activities, and supervision. 3. I agree that the camp reserves the right to cancel, change or substitute programs or activities as listed in its brochure and website, when necessary during summer sessions. 4. The parent or legal guardian enrolling this child at Maccabi Sports Camp certifies that the child is both physically and emotionally healthy and acknowledges that this application is accepted subject to complete examination by a physician. 5. I understand that a number of the camper's activities will occur in or near a swimming pool and involve swimming and/or various water sports. **I certify to you that the camper can swim adequately to participate safely in such activities and that the camper suffers from no physical or medical condition that would make his/her participation unsafe or unusually dangerous to the camper or others. If my child is unable to swim or should not be near water, I understand it is my responsibility to notify you in writing prior to the start of camp.** 6. The camp is not responsible for the camper's equipment or personal belongings while in transit or at camp. 7. Gratuities, in any form, for staff members or camp personnel, are prohibited. Parents are expected to adhere to this important camp regulation. 8. My child has permission to participate in all camp excursions and special outings as planned by the Maccabi Sports Camp. I understand that some companies, with whom Maccabi Sports Camp conducts excursions may require that I sign a release prior to the excursion. I understand that if I do not sign, it is possible that the camper may not be permitted on the excursion. Realizing the orderly operations of the camp is of utmost importance; agree to comply with all camp rules and regulations with regard to enrollment and withdrawal of campers and camp programs, which rules will be provided. 9. I consent to your distributing camper's addresses to other camper families, unless otherwise noted in my application.

Tuition/Refund Policy

A non-refundable registration fee of $150 is required for application processing. A $250 deposit, and any tuition payments made, are fully refundable until May 1. Cancellations made in writing after May 1 will forfeit the deposit plus 50% of any and all payments made to date. Cancellations

made in writing after June 1 are not eligible for refund and will forfeit the deposit plus 100% of any and all payments made to date. A single exception is made for campers who suffer a physical illness or injury on or after June 1 and who's attending physician certifies in writing that the illness or injury will not allow the camper to safely participate in any offered camp session. In this event, we will refund the camper's tuition less the deposit. Campers who arrive at camp late or leave early will receive pro-rata refunds only when it is the result of the camper's physical injury or illness, certified by his or her physician. **Homesickness or dismissal from camp are not grounds for a refund.**

Dismissal from Camp: I understand that the camp reserves the right to dismiss a camper whose condition, conduct, influence or behavior is dangerous, illegal, or, at the discretion of the camp director, unsatisfactory or detrimental to the best interest of the camp and/or to other campers. I agree that there will be no refund in the event of dismissal. Campers are expected to treat other campers and staff with respect at all times, and value each person's right to have a fun experience. The following behaviors are not permitted at Maccabi Sports Camp and will result in the camper being dismissed from camp without any tuition refund: 1. Teasing, taunting, threatening or discriminating comments, or harassment or hazing of any kind. 2. Violence of any kind. 3. Use of foul language or discussion of inappropriate topics as determined by the Camp Directors. 4. Possession or use of tobacco, alcohol, or illegal drugs. All prescription and over the counter medications must be stored in the Health Center and administered under the supervision of our camp Health Personnel. 5. Sexual or intimate relationships. 6. Unauthorized absence from cabin or activity. 7. Abusive or disrespectful behavior towards any member of the camp community. 8. Possession or use of personal electronic equipment (cell phones, electronic games, portable stereos, etc.). Electronics policy to be provided in the Parent Handbook.

Financial Assistance

If you are interested in pursuing Financial Assistance, please indicate this on your camper application when prompted. For those seeking support, an initial deposit and subsequent monthly payments are still required and will begin upon camper’s enrollment, though camp is willing to work with families on a case-by-case basis to set up a financial arrangement that works for your family. After receiving the financial assistance application, a family has one month or until the initial financial assistance application deadline (typically in late January), whichever comes second, to apply for support, after which time the family will be asked to make installment payments appropriate to the full outstanding balance.