

KENTS HILL

SPORTS CAMP

DEAR CAMP FAMILIES.....	2
CAMPINTOUCH/PARENT PORTAL.....	2
FORMS AND MAILINGS.....	3
GETTING TO AND FROM CAMP.....	4
BUS TRANSPORTATION.....	5
AIR TRAVEL.....	7
SHIP CAMPS.....	7
WHAT TO PACK.....	8
PACKING LIST.....	9
SPORTS EQUIPMENT.....	10
WHAT NOT TO PACK.....	11
ELECTRONICS AND DEVICES POLICY.....	11
CELL PHONES.....	13
SOCIAL MEDIA POLICY.....	13
HEALTH CARE.....	14
CAMP MEDS.....	15
LICE.....	15
MAIL, EMAIL AND PHOTOS.....	15
PACKAGES.....	16
TRIPS AND EXTRA CHARGES.....	16
HOMESICKNESS.....	17
GENERAL RULES AND POLICIES.....	18
DISRESPECTFUL BEHAVIOR AND BULLYING.....	19
WRAP UP.....	19
CONTACT US.....	20

DEAR CAMP FAMILIES,

Welcome to Kents Hill Sports Camp! This handbook is designed to help you prepare for your daughter's summer at camp. We hope to answer many of your questions and give you an overview of the planning necessary for a successful summer.

The handbook contains information regarding our policies and procedures, travel to/from camp, communication throughout the summer, a packing list and much more. Returning families are asked to review the Parent Handbook each year. We will notify you via email if there are any changes or new policies for the upcoming summer in addition to highlighting them in this handbook.

CAMPINTOUCH/PARENT PORTAL

CamplnTouch is our online parent portal that you experienced when you registered your daughter for camp. Through this portal, you can access and maintain your daughter's information, such as address, phone, email, and emergency contacts. You can also complete forms required for attending camp, including the camper application, medical forms, camper profile, activity selection, and more. Additionally, you can review and update your financial information and make online payments at your convenience.

While your daughter is at camp, you may use CamplnTouch to access the photographs that are posted each day and to send one-way emails, which are printed and distributed to campers daily.

In addition to using your CamplnTouch account, we encourage you to use the [Campanion App](#) on your cell phone, which includes unique features and additional functionality, to further connect with your daughter's camp experience. Download the [Campanion App](#) on your phone and login using your CamplnTouch email/password. While your child is at camp, the app uses facial recognition to sift through hundreds of photos and tags each child to create a stream of content personalized for every parent. The photos through the app are free to download and share. We strongly recommend you set up the Campanion App before the first day of camp as the facial recognition is applied as pictures are uploaded. It does not match previously loaded camp pictures. The pictures posted via CamplnTouch/Campanion are password protected. You may

also use the app to complete camper forms and to send one way emails to your camper during the summer.

*Please note that the forms which are required to be printed, filled out, and returned, can be scanned and uploaded into the Campanion app by using the camera on your phone. So easy!

If you need any assistance accessing your CampInTouch account, we are here to help!

You can always contact CampMinder at 303-444-2267 for tech support, our camp office at 866-271-9691, or email us at info@kentshillsportscamp.com for further assistance.

FORMS AND MAILINGS

To access camper forms, login to your [CampInTouch account](#) or [Campanion App](#). Then click the “Forms & Documents” link. You will see a list of all the required and optional forms.

Below are several important forms that need to be completed prior to May 1st.

This information is very important for our planning and for your child’s smooth transition to camp. We greatly appreciate your cooperation.

- ACTIVITY SELECTION FORM - helps us formulate a customized camp schedule for each camper
- ROOMMATE REQUESTS
- CAMPER PROFILE - information that will help us meet the needs of our campers and more effectively manage any challenges that may arise. Please indicate any requests and concerns that you may have about your daughter that you have not yet expressed to a Director (e.g. unusual eating habits, afraid of thunder, etc.).
- ATHLETIC PROFILE - information and/or requests to be shared with each sports director
- TEXT OPT-IN - in order to receive text notifications from camp, you must opt-in to this service. We will utilize text notifications for important information, including but not limited to transportation updates, out of camp trip announcements, emergency announcements, important camp deadlines.
- PERMISSION TO TREAT - insurance info and permission to treat (please make sure signature is included)

- CAMPER PHOTO - helpful to our staff in preparation for your daughter's arrival
- HEALTH HISTORY - medical information that will be reviewed by our camp nurses prior to your daughter's arrival. Our camp nurses will contact you with any questions or concerns.
- CAMP MEDS - required for all prescription medications
- PHYSICIAN EXAMINATION/IMMUNIZATION FORM
- TRANSPORTATION FORM - please complete asap as space on our charter bus is limited

GETTING TO AND FROM CAMP

Session 1: Saturday June 21- Friday, July 11

Session 2: Sunday, July 13- Saturday, August 2

DROP OFF/PICKUP

Drop your camper(s) off at camp between **3pm & 5pm**

Pick your camper(s) up at camp between **8:30am & 10:30am**

- All vehicles will be directed to the large parking lot outside of the Athletic Center
- Counselors will be waiting for your arrival and after a week of orientation will be so excited to meet the campers and to show them around camp. This is when the campers will say goodbye, so their 3 week camp adventure can begin!
- Camp staff will direct you where to drop off all camper luggage and sports equipment.
- The entire camp will have dinner together at 6pm. After dinner, counselors will assist the campers in unpacking their bags, making their bed, setting up their room, followed by fun ice breaker activities so we can learn more about everyone.

Directions to camp can be found through Menu Bar => Location on our website, or by clicking [HERE](#). On this page we also have accommodation suggestions if you are planning to stay in Maine.

If using GPS the address is:

1617 Main Street

Readfield, Maine 04355

Baggage: All campers baggage and sports equipment can be dropped off on arrival day and picked up on departure day.

BUS TRANSPORTATION

NY/NJ Bus

Departure to camp: We will meet at 8:30am in the parking lot of the Vince Lombardi Service Area off of the NJ Turnpike. The buses will leave promptly at 9:00am. **Be sure to search the parking lot on both sides of the service Station as this Service plaza allows access from both directions on the NJ Turnpike.**

- Uniformed staff personnel will check in your camper and direct you where to unload bags and sports equipment
- Make sure all medication is collected by a staff member along with specific instructions if any medication needs to be administered during the bus ride to camp
- Pack a **nut free** lunch/snacks/drink. The bus will not stop.
- We will send an email and text notification once the bus arrives at camp

Arrival after Camp: The bus should arrive at the Vince Lombardi Service Area between 3:00-3:30pm.

Directions: The Vince Lombardi Service Area is the last service area on the NJ Turnpike and is located between exits 18E & 18W. Coming from the south it is just past the sports complex and from the north it's the first service area after you cross the GW Bridge.

Baggage: We will reserve space for all baggage, including sports equipment on the bus to/from camp.

Cost: \$295 each way

Connecticut Bus

Departure to camp: We will meet at 10am in the parking lot of the I-95

Northbound Darien Service Plaza. The buses will leave promptly at 10:30am.

- Uniformed staff personnel will check in your camper and direct you where to unload bags and sports equipment.
- Make sure all medication is collected by a staff member along with specific instructions if any medication needs to be administered during the bus ride to camp
- Pack a **nut free** lunch/snacks/drink. The bus will not stop.
- We will send an email and text notification once the bus arrives at camp

Arrival after Camp: The bus should arrive at the I-95 Southbound Darien Service Plaza between 1:00-1:30pm.

****Note that pickup and drop-off for Connecticut campers are at different locations****

Directions: To camp, I-95 Northbound Darien Service Plaza is between exits 12 & 13. Arriving home after camp, I-95 Southbound Darien Service Plaza is between exits 10 & 9.

Baggage: We will reserve space for all baggage, including sports equipment on the bus to/from camp.

Cost: \$275 each way

Boston Bus

Departure to camp: We will meet at 1:00pm in the parking lot of the Natick Service Plaza Eastbound off of the Mass Pike. The buses will leave promptly at 1:30pm. Buses will be arriving from NJ, so could be a few minutes late depending on traffic.

- Uniformed staff personnel will check in your camper and direct you where to unload all bags and sports equipment.
- Make sure all medication is collected by a staff member along with specific instructions if any medication needs to be administered during the bus ride to camp.
- Pack a nut free lunch/snacks/drink. The bus will not stop.
- We will send an email and text notification once the bus arrives at camp

Arrival after Camp: The bus should arrive at the Framingham Plaza at approximately 10 am.

****Note that pickup and drop-off for Boston campers are at different locations****

Directions: The Natick Service Plaza is the last service area on the Mass Pike heading East. The plaza is between exits 13&14. The Framingham Plaza is located between exits 13&12 heading West on the Mass Pike.

Baggage: We will reserve space for all baggage, including sports equipment on the bus to/from camp.

Cost: \$255 each way

AIR TRAVEL

We offer a free shuttle to and from Portland International Jetport. When booking your flight, try to arrive between 12-4pm on arrival day and depart no later than 12pm on departure day. Camp staff will be by the baggage claim in a camp uniform to greet the campers. Please ensure that you have completed an “unaccompanied minor” form (available from your chosen airline) if your child is flying unaccompanied. The form must accompany your child on the flight. Please contact the camp with your itinerary as soon as it’s confirmed.

Baggage: If your child is flying to or from camp, all baggage must be shipped using the [Ship Camps](#) service. We are not able to accommodate bags checked under the plane.

SHIP CAMPS

Ship Camps offers round-trip, door-to-door service for all camp luggage and equipment, and ensures on-time delivery, continuous baggage monitoring, and tracking as well as detailed coordination with our camp staff. Utilizing Ship Camps will ensure that each camper will have their belongings in their dorm room upon arrival to camp and all bags will be safely delivered at your desired location 2-5 days after departure. It is required that campers traveling by plane, use the [Ship Camps](#) service. Ship Camps service is optional for all other modes of transportation.

You can visit [Ship Camps](#) or call 855.540.2267 to book the service.

Once setup is complete, Ship Camps will mail you your shipping labels, pick your bags up from home prior to the camp session AND drop off at your desired location after camp.

For the 2025 season, Ship Camps is offering a 10% discount on orders for Kents Hill Sports Camp. To receive the discount, enter promo code: **KentsHill25** in the promo box.

*Be sure to use the Ship Camps link we provide [HERE](#) or in your CampInTouch portal to access their best rates.

We strongly encourage getting orders booked with Ship Camps by or before April 15th, 2025.

WHAT TO PACK

Campers should bring clothing for their majors and the dress for all other camp activities is casual. Please try to not bring more than the amount indicated next to each item on the packing list. Space is limited, and many children have difficulty organizing and keeping track of too many belongings. Every piece of clothing and equipment that comes to camp should be labeled, using either sticker/sew-on/iron-on name tags, permanent markers, or permanent name stampers. Please use your daughter's full name (not initials) when labeling. Although laundry is washed individually, things inadvertently get misplaced. Your child's clothes are sent out to the local laundromat. They are picked up and will be returned to camp washed, dried, and folded two days later. We repeat this cycle twice while at camp. Please follow the packing list closely below and be sure not to overpack. If your child wears glasses or prescription sports goggles, please send an extra pair to camp. If your child wears contact lenses, send extra contact lenses and solution which will be kept in our Health Center.

Girls like to bring patriotic clothing/accessories for July 4th. There are also theme days throughout the summer. We will email you with this information as we get closer to the start of camp.

We recommend you send a white t-shirt to tie dye and some extra red and white for Color War.

Each camper will receive an official camp t-shirt while at camp, which will be worn when out of camp on trips. We also provide an official camp jersey to be worn during intercamp competitions. If you would like other official Kents Hill Sports Camp clothes and merchandise, you can visit our [ONLINE STORE](#).

Most importantly, please do not send your child to camp with any candy/food. We are a 100% nut free facility and we do not allow food in the dorms.

PACKING LIST

Clothing and Footwear

- Poncho/raincoat
- Ball cap/hat for sun
- Sunglasses
- T-shirts/tanks (12)
- Shorts (12)
- Sweatshirts (3)
- Jeans/leggings/sweatpants (3)
- Underwear/bras (12 each)
- Socks (12)
- Pajamas (4)
- Swimsuits (4)
- Theme night clothing (stay tuned)
- White t-shirt for tie dye (1)
- Red/white clothing/accessories for Color War
- Casual outfit or dress for banquet
- Slides
- Sneakers (2)
- Shower shoes/crocs

Toiletries

- Bar soap (in container)/body wash
- Shampoo/conditioner
- Toothbrush
- Toothpaste
- Hairbrush
- Comb
- Deodorant
- Sunscreen
- Feminine hygiene products
- Shower caddy

Bedding and Linens

- Comforter or 2 warm blankets
- XL twin size sheets (2 sets)
- Pillow
- Pillow cases (2)
- Bath and beach towels (6)

- Laundry bags (2)

Miscellaneous

- Self addressed stamped envelopes with paper
- pens/pencils
- Insect repellent
- Refillable water bottles (2)
*LABELED
- Drawstring bag or backpack
- Fan (box fan, window fan, or table fan)
- Clip fan (small fan for next to bed)
- Crazy creek chair (optional)
- Books (optional)
- photos, floor mats, and pillows to decorate room (optional)

SPORTS EQUIPMENT

*Campers must bring all sports equipment needed for their major sport. We will have sports equipment available to use for sports the campers would like to try.

Ice Hockey		Lacrosse	Field Hockey	Dance
Stick	Jersey (1)	Mouth Guard	Mouth Guard	Regular or Dance Shorts
Skates	Mouth Guard	Eye Goggles	Eye Goggles	T-shirts or tank tops
All Hockey Pads	Neck Guard	Lacrosse Stick	Shin Guards/Socks	Black Leggings
Tape (2 rolls)	Helmet	Plastic Cleats/ Turf Shoes	Field Hockey Stick	Ballet Shoes
Hockey Pants	Garter Belt / Hockey Socks		Plastic Cleats/ Turf Shoes	Lyrical Shoes (optional)
Gloves	Goalie Pads (if applicable)			Sneakers
				Hair Bands

Basketball	Volleyball	Tennis	Soccer
Sneakers	Knee Pads	Tennis Racket	Plastic Cleats/ Turf Shoes
	Arm Sleeves	Sneakers	Shin Guards
	Elbow Pads		

WHAT NOT TO PACK

We trust that you will not allow your daughter to bring any of the items below to camp this summer:

- CASH – Information regarding spending money for trips can be found later in this handbook.
- CAMERAS AND ELECTRONICS (SEE ELECTRONICS POLICY)
- ELECTRIC BLANKET
- THUMB TACKS OR PUSH PINS
- HOOP AND HANGING EARRINGS
- FOOD AND DRINKS
- SLIME, SILLY PUTTY, SILLY STRING, OR OTHER STICKY/SLIMY SUBSTANCES
- SCOOTERS, HOVERBOARDS, SKATEBOARDS
- KNIVES, LIGHTERS, SCISSORS
- ANYTHING THAT WOULD UPSET YOUR DAUGHTER IF IT WAS LOST!

ELECTRONICS AND DEVICES POLICY

Every year we spend a lot of time contemplating our electronics policy to provide the best possible camp experience for your child. We want to help you and your daughter understand the challenges that some technologies pose to the camp experience and the fundamental reasons why we don't think certain devices belong in camp.

Many of our children rely on electronic devices as a source of entertainment and a vehicle for socialization where play is often centered around the newest game or app. Reading, playing cards, writing letters, puzzles, and especially talking are often eclipsed when electronics are accessible. Without the distraction of cell phones, TV, iPads, laptops and video games, campers are able to spend quality time interacting with their friends on a human level. Even with all the fun activities going on in camp, one of the best things is spending time in the dorms with your friends. The "down times" at camp are a great opportunity for campers to shape the strong bonds that we expect will be formed at camp. Therefore, with the exception of calls home on Sundays (see policy

below), we don't permit campers to engage in any kind of screen activities, including texting, connecting to the internet, playing video games/apps or watching TV/Movies. Even though capturing memories through photographs and videos can bring lots of joy there are also times when taking pictures and videos can be disruptive and hurtful. This includes taking/posting pictures without someone's knowledge or permission. A picture that portrays negative images could damage a person's and/or camp's reputation. We have also seen a cultural change with children's desire to record every moment but we feel that camp is about living in the moment. Our camp photographers will work hard to capture the smiles and memorable moments from the summer for campers to enjoy over the winter. We do not permit campers to have iTouches, cameras (including Polaroids and disposable cameras), video cameras/GoPros, or e-readers (Kindle/Nook) – basically anything with a screen - in the dorms. This policy will not only protect people's privacy, it will allow campers to be themselves without worrying about being recorded. It will keep campers from spending time on their devices, taking and editing photos, and allow them to be more engaged in camp activities. We do believe that listening to music in the dorms, individually or as a group, is compatible with camp life. Whether it's singing together during clean up or helping campers to unwind at night, we feel that music is good for the soul. Therefore, we do permit MP3 Players at camp. If campers/staff want to listen to music outside of the dorm with speakers that's okay too but they may not walk around campus with earphones on.

ELECTRONICS PERMITTED AT CAMP AND IN THE DORMS INCLUDE:

MP3 Player: We support the Campfire Player. In addition, here are a few examples of less expensive devices: The Mighty MP3 Player, a refurbished iPod Nano or Shuffle (Amazon) and the SanDisk Clip Jam/ Sport/ or Sport Plus.

All devices should be labeled with your child's first and last name.

ELECTRONICS NOT PERMITTED INCLUDE:

Cell Phone/Texting Device (with or without SIM Card)* Apple Watch or any other brand of smartwatch (see cell phone policy below)

iPod Touch Camera, including Polaroids and disposable cameras Video Camera/GoPro E-readers, Video Games, iPad, Laptop/Computer, TV

If a camper violates these policies and is found to have a device other than what is turned in on the first day of camp, the device will be confiscated and sent home at the parent's expense.

**If your child leaves camp for a trip, she will be chaperoned by staff members who have a cell phone that can be used to stay in touch with camp.*

CELL PHONES

Each camper is allowed one device (cell phone, tablet) that can be used for phone calls home. We will collect this device, along with a charger, upon arrival to camp. On Sunday after lunch, following the first and second week of camp, the devices will be redistributed for phone calls home. If your child does not have a device, she will call from the camp office. We will communicate the timing of phone calls a few days in advance.

SOCIAL MEDIA POLICY

We view social media as a great way to keep in touch with friends, and encourage our campers to stay connected over the winter. When communicating with our camp family, we expect the same good judgment and respect that we do while we are together at Kents Hill. Unfortunately, once in a while we find the actions of a few campers at home have negatively impacted other campers and it has led to hurt feelings, exclusion, and even someone not returning to camp. Pictures and posts can also damage a camp's or individual's reputation. If you choose to identify yourself as a camper at KHSC on social media some may view you as a spokesperson for camp. Keep in mind that even private postings may become public and can reflect poorly on yourself or our camp and others. We ask that in order to continue the philosophy we carry out during the summer, our campers follow the guidelines below when referring to camp, its activities, campers, and/or staff on social media. Campers must be positive and respectful in ALL communications related to camp, other campers, and its staff. No use of obscenities or vulgar language. Do not say mean, humiliating, or threatening comments to or about other campers or staff, including their family members. Do not post pictures or videos online that could embarrass or violate anyone's privacy. Do not pose as another camper online or spread false information about anyone, or say damaging things to or about anyone. Do not ever use social media to harass, bully, or intimidate other campers or staff. A behavior that constitutes harassment and bullying include, but are not limited to, comments that are derogatory with respect to race, religion, gender, sexual orientation, or disability. Negative depictions of KHSC or its logo, name or other identifying characteristics on any form of social media are strictly prohibited. Kents Hill Sports Camp has its own social media platforms that are the official accounts of the camp and campers are encouraged to join. They are not permitted to create accounts posing as the camp.

WE RESERVE THE RIGHT TO REVOKE A CHILD'S ENROLLMENT FOR THE COMING SUMMER IF SHE VIOLATES ANY OF THE ABOVE POLICIES

If your child receives an upsetting or threatening message, here is how you can support your child: Do not respond to the message or retaliate because it might encourage the sender or get you into trouble. If possible, take a screenshot of the message, copy it /or print out a copy. Then close it, but do not delete it. If you suspect that the sender is from camp, call us immediately. In the rare case where there is a negative message to other campers or staff, our policy is to first call the parents of the camper who sent the message and share the content with them. We think it's great when everyone stays in touch and uses social media in a positive way! Please consider other people's feelings when communicating through social media, so that every camper and member of our Kents Hill community feels valued and safe.

HEALTH CARE

We have two nurses on campus who are on call 24 hours a day, so there is always a healthcare professional on duty. When a camper stays overnight in the Health Center or receives medical care that is beyond normal first aid, the nurse or the directors will call you. If your child is admitted to the Health Center at night for something relatively minor, such as a fever or upset stomach, we will call you the following morning. If your child has a dental or orthodontic problem that arises at camp, we will call you. If your daughter wears braces, please send up extra wax. If your child wears glasses please send up a second pair. We will keep the second pair in our health center and we will let you know if she is unable to use her original pair for any reason.

Our Medical Staff and Directors review each camper's medical history carefully before arrival at camp. The more we know about your child's medical history, the better care we can take of her. Information pertaining to her psychological development can also assist us to make this a successful camp experience. Please advise us if your child has recently worked with a therapist or has come in contact with any contagious disease after June 1st. If you have any last-minute questions or concerns, feel free to reach out to the Health Center at nurse@kentshillsportscamp.com or Directors at info@kentshillsportscamp.com

CAMP MEDS

We require our families to use CampMeds pharmacy for packaging of all medication in pill form. We will only dispense pills that have been dispensed and packaged by the

CampMeds pharmacy (you can login to your CampInTouch account to learn more about CampMeds and to enroll your child for the summer). CampMeds will manage both prescription and non-prescription medications, encompassing vitamins and supplements. All medication in non-pill form should be clearly marked and sent to camp via FedEx or UPS, to arrive no later than one week before the start of your session. This will give our nurses time to review and organize all medication and allow them time to contact you if further information is needed prior to the start of camp. If your child requires medication that needs to be refrigerated, the counselor at your departure point will collect it. If your child needs the medication while on the bus to camp, please give that dose to the counselor with your child's name and the time she needs to ingest it. Do not pack medication in your child's bag.

LICE

It is IMPERATIVE that you check your child's head thoroughly several times each week for at least TWO WEEKS up until the day she leaves for camp. If you do not have experience checking for lice, please seek professional advice (head lice professionals, online videos, school nurse, pediatrician, etc.)

An excellent site for getting all of your questions about head lice answered is www.headlice.org. WE STRONGLY RECOMMEND THAT YOU BRING YOUR CHILD TO A LICE PROFESSIONAL TO GET CHECKED WITHIN 2 WEEKS PRIOR TO THE START OF CAMP. Please be aware, if your child is found to have lice upon arrival or at any time during her 3 week session, treatment and cleaning of belongings will be provided at the expense of parents.

MAIL, EMAIL AND PHOTOS

Every day, you will be able to view pictures about what went on the previous day using your CampInTouch account/Campanion App. This will help you follow and share in your child's camp experience. Through your CampInTouch account/Campanion App, you will also be able to send one-way emails to your child. Emails are printed and delivered along with the regular mail, daily, after lunch.

If you require technical assistance with your CampInTouch account/Campanion App, you may contact CampMinder at 303.444.2267.

It is also important that you write to your child throughout the summer. We have found that most children prefer 'snail mail' because they like to see their parent's handwriting. Mail delivery to camp can be slow, both ways, so please take that into consideration when sending. Some parents will write a letter before their child leaves for camp so

they have a letter or email waiting for them when they arrive. Please send pre-stamped and addressed envelopes for your child to use for outgoing mail. Include the address of friends and family who your child may want to write during the summer.

Letters should be sent to the following address:

Kents Hill Sports Camp
Your Daughter's Name
PO Box 405
Kents Hill, ME 04349

PACKAGES

Packages can create competition amongst campers and parents. In an effort to promote a non-materialistic camp environment and in fairness to all campers and parents, our camp has implemented a NO package policy. This policy extends to all parents, relatives and friends. In order to ensure fairness, this policy will be strictly enforced. Any package received will be returned to the sender. If your child forgets to pack or needs an essential item, please contact us at the camp office and we will arrange for your child to receive these items. If your child has a birthday while at camp, they are allowed to receive ONE birthday package. Please ship: attention "OFFICE-BIRTHDAY PACKAGE", your child's name and the date it should be delivered to your child. As always, your cooperation is greatly appreciated.

TRIPS AND EXTRA CHARGES

Out of Camp Trips

All trip costs are covered by tuition (excluding the senior overnight rafting trip). If you would like your child to have additional spending money on trips, you can send her to camp with a VISA gift card (no more than \$100).

Horseback Riding

Campers who choose horseback riding as an elective will be taken to Meadow View Equestrian Center, which is 1 mile down the road. Meadow View provides a one hour private lesson that is tailored to the experience level of each camper. Our cost is \$115 per 1 hour private lesson. You may schedule up to 3 lessons.

Senior Rafting Trip

Campers who have just finished 8th-9th grade have the option of going on this overnight whitewater rafting trip. Information is available online in the "Form and Documents" section of "CampInTouch".

Ice Hockey

There is an Ice Hockey arena/maintenance fee. Ice Hockey majors will be charged \$315 during the enrollment process.

Transportation

The transportation fee is for use of a chartered coach bus to/from camp and includes space for all bags and sports equipment. This fee is only for campers who use this method of transportation.

HOMESICKNESS

Homesickness is a common, normal emotion felt by many children when they come to camp. Most children need a few days to adjust to life at camp and being away from home. Remember—No news is good news!

We will keep close contact with your child's dorm leader and head counselor to find out how she is adjusting. If there are any concerns we will give you a call. We expect that every child will experience some form of missing home during the first few days of camp, especially during down time, by thinking of their family, home, pets or friends. Our staff members are warm and caring and are there to help your daughter along the way. With the connections that the campers make with the staff along with new friendships that are forming, we are confident that your daughter will get involved and become a full participant in her major and the exciting camp activities we have planned for her! While we are well equipped to help campers work through their homesickness, there are many things that you can do before camp to prevent homesickness. Below are some tips for preparing your child for the feelings of missing home.

- Let her know that it is very normal and even expected that children experience some feelings of missing home
- Help her to understand that missing home is a sporadic feeling and that most of the time she will be active and have lots of fun
- Reassure her that you will be writing letters and sending emails
- Communicate your confidence in her ability to handle being away from home
- Include your daughter in camp planning

It is a great idea for your daughter to bring a stuffed animal, photos of home, or anything that will be comforting to her. Let your daughter know that she can always talk with her counselor, dorm leader, or head counselor if she is missing you. Our counselors are trained to recognize and handle homesickness. They are very caring and will be there to comfort your daughter.

And of course there are things NOT to say which would make it harder for your child to adjust to camp:

- Please do not make promises or 'private deals' with your child, such as, "If you don't like camp after one week, I will come and get you". These comments tend to undermine a child's ability to get through the transition from home to camp life. When parents are supportive of efforts to stay at camp, campers have the opportunity to gain independence and self-confidence while spending valuable time away from home. You are our best ally! Of course, you are always welcome to contact us 24/7 for an update.
- Avoid telling your daughter about exciting things that are happening at home that could make her jealous. You can include in your letters and emails some of the mundane activities that you do every day (i.e. "Today I went to the gym... ") but the majority of the letter should be inquiring about her experiences at camp.
- When you write to your daughter and tell her that you miss her, let her know that even though you are thinking of her, you are proud of her and are so happy that she is making friends, learning new skills, participating in the camp sports, etc.

GENERAL RULES AND POLICIES

1. Kents Hill Sports Camp will not tolerate disrespectful and/or inappropriate behavior to peers or staff. We also do not tolerate bullying. Campers displaying this behavior will be asked to leave
2. Vaping, drugs, and alcohol are strictly prohibited. Any camper disobeying this rule will be required to be picked up immediately.
3. Any camper defacing camp property will be billed for damages and will be asked to leave camp. Kents Hill is given to us in pristine condition and we have made a promise to the school that it stays that way.

* All campers will sign a statement when they arrive at camp that they understand all policies and agree to abide by them this summer.

*No refunds will be issued for a camper who is sent home

DISRESPECTFUL BEHAVIOR AND BULLYING

At Kents Hill Sports Camp, we are committed to providing a safe and nurturing environment for all of our campers. We believe that every child has the right to feel safe and respected, and we take incidents of inappropriate, disrespectful behavior and bullying very seriously. We expect every member of our camp family to adhere to the standards of conduct and respectful communication, which are essential for fostering a community where everyone is treated with respect and dignity. Our anti-bullying policy is designed to create a culture of respect and inclusivity at camp. We expect all of our campers to treat each other with kindness and we have zero tolerance for inappropriate and bullying behavior.

If a camper is found to be engaging in this type of behavior, we will take immediate action to address the situation. This may include disciplinary action, or even expulsion from camp, depending on the severity of the incident.

We encourage parents to partner with us in preventing bullying behavior. We also ask parents to communicate with us if their child has experienced bullying behavior in the past, so that we can take appropriate steps to ensure their safety at camp. We believe that by working together, we can create a safe and supportive environment for all of our campers and staff. If you have any questions or concerns about our anti-bullying policy, please don't hesitate to reach out to us.

WRAP UP

We hope this handbook helps prepare you and your camper for the coming summer. This information, and all the information we gather from you, help us to prepare in providing your child with a FUN and meaningful summer experience. If there is anything else that you would like us to be aware of, or any requests or special needs that don't fit on any of the other forms, just give us a call or send an email.

CONTACT US

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