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# DEAR CAMP FAMILIES,

**Welcome to Kents Hill Sports Camp!** We're thrilled to have your family as part of our camp community. This handbook is designed to help you prepare for your daughter's summer at camp and to serve as a helpful resource as the summer approaches. Our goal is to answer your questions and provide an overview of the planning needed for a smooth and successful camp experience.

Inside, you'll find important information about camp policies and procedures, travel to and from camp, communication during the summer, packing lists, and more. We ask returning families to review the Parent Handbook each year, as details and policies may change.

## CAMPINTOUCH/PARENT PORTAL

[CampInTouch](#) is our online parent portal, and can be accessed through any web browser. Through this portal, you can access and update your daughter's information, including address, phone number, email, and emergency contacts. CampInTouch is also where you will complete required forms such as the camper application, medical forms, camper profile, and activity selections. In addition, you may review and update financial information and make online payments at your convenience.

While your daughter is at camp, CampInTouch allows you to view daily photo uploads and send one-way emails, which are printed and distributed to campers each day.

The [Campanion App](#) connects to the same CampInTouch system but offers additional features and a more convenient mobile experience. We strongly encourage families to download the Campanion App and log in using the same email address and password used for CampInTouch.

While your daughter is at camp, the Campanion App uses facial recognition technology to sort through photos and create a personalized photo stream for each camper. Photos accessed through the app are **free** to download and share. We recommend setting up

the Companion App before the first day of camp, as facial recognition is applied only to photos uploaded after the app is activated and does not work retroactively.

In addition to viewing photos, families may also use the Companion App to complete camper forms and send one-way emails during the summer.

*Please note: Forms that must be printed, completed, and returned may be scanned and uploaded directly into the Companion App using your phone's camera—quick and easy!*

If you need assistance accessing your CamplnTouch account, we are happy to help. You may contact CampMinder at **303-444-2267**, our camp office at **866-271-9691**, or email us at **info@kentshillssportscamp.com**

## FORMS AND MAILINGS

All required and optional camper forms can be accessed through your [CamplnTouch](#) account or the [Companion App](#). After logging in, click the “**Forms & Documents**” link to view the complete list of forms.

Several important forms must be completed **prior to May 1st**. This information is essential for our planning and helps ensure a smooth and successful transition to camp for your daughter. We greatly appreciate your cooperation in completing these forms on time.

### Required Forms

- **Activity Selection Form**  
Helps us create a customized activity schedule for each camper.
- **Roommate Requests (optional)**
- **Camper Profile**  
Provides information that helps us best support your daughter and proactively address any challenges that may arise. Please share any requests or concerns you may have that have not already been discussed with a Director (for example: unusual eating habits, fear of thunder, etc.).
- **Athletic Profile**  
Includes information and requests that are shared directly with each sports director/head coach.

- **Text Opt-In**  
Required in order to receive text notifications from camp. Texts may be used for important updates, including transportation changes, off-camp trips, emergency notifications, and key deadlines.
- **Permission to Treat**  
Includes insurance information and permission for emergency medical treatment. Please be sure the signature is completed at the bottom of the form.
- **Camper Photo**  
Helpful for staff as they prepare for your daughter's arrival.
- **Health History**  
Medical information reviewed by our camp nurses prior to arrival. Our nursing staff will contact you if there are any questions or concerns. Please be sure to list all medications that your camper is taking.
- **Camp Meds Form**  
Required for all campers who take prescription medications (more info is below).
- **Physician Examination / Immunization Form**
- **Transportation Form**  
Please complete as soon as possible, as space on our charter bus is limited.

## GETTING TO AND FROM CAMP

**Session 1:** Saturday, June 27 – Friday, July 17

**Session 2:** Sunday, July 19 – Saturday, August 8

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## DROP-OFF & PICK-UP AT CAMP

### Arrival Day (Drop-Off)

Campers should be dropped off at camp **between 3:00 PM and 5:00 PM**.

All vehicles will be directed to the large parking lot outside of the **Athletic Center**, where counselors and staff will be waiting to greet families. After a week of staff orientation, our counselors are excited to meet campers and show them around camp. This will be the time for goodbyes, as campers begin their three-week camp adventure.

Camp staff will direct families where to unload all camper luggage and sports equipment. We will have a nurses station set up for any health/medical related questions.

The entire camp community will gather for dinner at **6:00 PM**. After dinner, counselors will assist campers with unpacking, making their beds, setting up their rooms, and participating in fun icebreaker activities to help everyone get to know one another.

### **Departure Day (Pick-Up)**

Campers should be picked up at camp **between 8:30 AM and 10:30 AM**.

### **Directions & Address**

Directions to camp can be found on our website by navigating to **Menu** → **Location**, or by clicking [HERE](#). This page also includes accommodation suggestions for families planning to stay in Maine.

If using GPS, please enter the following address:

**1617 Main Street  
Readfield, Maine 04355**

### **Baggage**

All camper luggage and sports equipment should be dropped off on arrival day and picked up on departure day.

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## **BUS TRANSPORTATION**

### **New York / New Jersey Bus**

#### **Departure to Camp**

Families will meet at **8:30 AM** in the parking lot of the **Vince Lombardi Service Area** off the New Jersey Turnpike. Buses will depart promptly at **9:00 AM**. Please note that this service area is accessible from both directions of the Turnpike, so be sure to check parking on both sides.

Uniformed camp staff will check in campers and direct families where to unload luggage and sports equipment. All medications must be turned in to a staff member at check-in, along with clear instructions for administration during the bus ride, if applicable.

Campers should pack a **nut-free lunch, snacks, and a drink**, as the bus will not make stops. Families will receive an email and text notification once the bus arrives at camp.

### **Arrival After Camp**

The bus is expected to arrive back at the Vince Lombardi Service Area at approximately **3:30 PM**.

### **Directions**

The Vince Lombardi Service Area is the last service area on the NJ Turnpike, located between exits **18E and 18W**. From the south, it is just past the sports complex; from the north, it is the first service area after crossing the George Washington Bridge.

### **Baggage**

Space is reserved on the bus for all camper luggage and sports equipment.

**Cost:** \$295 each way

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## **Connecticut Bus**

### **Departure to Camp**

Families will meet at **10:00 AM** in the parking lot of the **I-95 Northbound Darien Service Plaza**. Buses will depart promptly at **10:30 AM**.

Uniformed camp staff will check in campers and direct families where to unload luggage and sports equipment. All medications must be turned in to a staff member at check-in, along with instructions for administration during the bus ride, if applicable.

Campers should pack a **nut-free lunch, snacks, and a drink**, as the bus will not make stops. Families will receive an email and text notification once the bus arrives at camp.

### **Arrival After Camp**

The bus is expected to arrive at the **I-95 Southbound Darien Service Plaza** at approximately **1:30 PM**.

**Please note:** Pick-up and drop-off locations for Connecticut campers are different.

## Directions

- **To camp:** I-95 Northbound Darien Service Plaza (between exits **12 and 13**)
- **Returning home:** I-95 Southbound Darien Service Plaza (between exits **10 and 9**)

## Baggage

Space is reserved on the bus for all camper luggage and sports equipment.

**Cost:** \$275 each way

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## Boston Bus

### Departure to Camp

Families will meet at **1:00 PM** in the parking lot of the **Natick Service Plaza (Eastbound)** off the Massachusetts Turnpike. Buses will depart at **1:30 PM**. Please note that buses arrive from New Jersey, so departure may be delayed slightly due to traffic.

Uniformed camp staff will check in campers and direct families where to unload luggage and sports equipment. All medications must be turned in to a staff member at check-in, along with instructions for administration during the bus ride, if applicable.

Campers should pack a **nut-free lunch, snacks, and a drink**, as the bus will not make stops. Families will receive an email and text notification once the bus arrives at camp.

### Arrival After Camp

The bus is expected to arrive at the **Framingham Service Plaza** at approximately **10:00 AM**.

**Please note:** Pick-up and drop-off locations for Boston campers are different.

## Directions

- Natick Service Plaza: Last service area on the Mass Pike heading east (between exits **13 and 14**)
- Framingham Service Plaza: Located between exits **12 and 13** heading west on the Mass Pike

## Baggage

Space is reserved on the bus for all camper luggage and sports equipment.

**Cost:** \$255 each way

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## AIR TRAVEL

We offer a **free shuttle** to and from **Portland International Jetport**. When booking flights, please aim to arrive between **12:00 PM and 4:00 PM** on arrival day and depart no later than **12:00 PM** on departure day.

Camp staff will greet campers at baggage claim while wearing camp uniforms. If your child is flying unaccompanied, please be sure to complete the airline's **Unaccompanied Minor Form**, which must accompany your child on the flight.

Please confirm flight times with the camp office prior to booking.

### **Baggage (Air Travel)**

All baggage for campers flying to or from camp must be shipped using the **Ship Camps** service. Unfortunately, we are unable 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 and pick your bags up from home prior to the camp session. Shipping labels for the trip home will be sent to camp and we will attach them to all bags.

For the 2026 season, Ship Camps is offering a 10% discount on orders for Kents Hill Sports Camp. To receive the discount, enter promo code: **KentsHill26** in the promo box.

\*Be sure to use the Ship Camps link we provide [HERE](#) to access their best rates.

We strongly encourage getting orders booked with Ship Camps by or before April 15th, 2026.

## WHAT TO PACK

Campers should bring clothing appropriate for their chosen majors. Dress for all other camp activities is casual. Please follow the packing list closely and avoid sending more than the suggested quantities. Space in the dorms is limited, and many campers find it challenging to organize and keep track of too many belongings.

All clothing and equipment brought to camp must be clearly labeled using sticker, sew-on, or iron-on name tags, permanent markers, or permanent name stampers. Please label items using your daughter's **full name** (not initials). Although laundry is washed individually, items can occasionally be misplaced. Laundry is sent to a local laundromat and returned washed and dried the next day. This process occurs twice during the session.

If your child wears glasses or prescription sports goggles, please send an extra pair to camp. If your child wears contact lenses, please send extra lenses and solution. These items will be stored in the Health Center.

Campers often enjoy bringing patriotic clothing or accessories for **July 4th**, as well as participating in various theme days throughout the summer. Details about theme days will be shared via email as we get closer to the start of camp. We also recommend sending some extra red and white clothing and gear for **Color War**.

Each camper will receive an official Kents Hill Sports Camp t-shirt during the summer, which will be worn on off-camp trips. Campers will also receive an official camp jersey to wear during intercamp competitions. If you are interested in additional camp clothing or merchandise, please visit our [ONLINE STORE](#).

Most importantly, please do **not** send your child to camp with any candy or food. Kents Hill Sports Camp is a **100% nut-free facility**, and food/drinks are not permitted 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
- ☐ 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/<br>Turf Shoes | Field Hockey Stick            | Ballet Shoes             |
| Hockey Pants    | Garter Belt / Hockey Socks  |                               | Plastic Cleats/<br>Turf Shoes | Lyrical Shoes (optional) |
| Gloves          | Goalie Pads (if applicable) |                               |                               | Sneakers                 |
|                 |                             |                               |                               | Hair Bands               |

| Basketball | Volleyball  | Tennis        | Soccer                        |
|------------|-------------|---------------|-------------------------------|
| Sneakers   | Knee Pads   | Tennis Racket | Plastic Cleats/<br>Turf Shoes |
|            | Arm Sleeves | Sneakers      | Shin Guards                   |
|            | Elbow Pads  |               |                               |

# WHAT NOT TO PACK

We ask for your cooperation in ensuring that your daughter does **not** bring the following items to camp:

- Cash  
*Information regarding spending money for trips can be found later in this handbook.*
- Cameras and Electronic Devices  
*Please refer to the Electronics and Devices Policy for full details.*
- Electric Blankets
- Thumb Tacks or Push Pins
- Hoop or Hanging Earrings
- Food or Drinks
- Slime, Silly Putty, Silly String, or Other Sticky or Messy Substances
- Scooters, Hoverboards, or Skateboards
- Knives, Lighters, or Scissors
- Anything that would be upsetting to lose

## ELECTRONICS AND DEVICES POLICY

Each year, we carefully review our electronics policy to ensure the best possible camp experience for your child. Our goal is to help campers unplug from everyday distractions and fully engage in the relationships, activities, and moments that make camp special.

Many children rely on electronic devices for entertainment and social interaction, where time is often centered around games, apps, or screens. When electronics are accessible, activities such as reading, playing cards, writing letters, doing puzzles, and most importantly, talking with friends are often diminished. Without the distraction of cell phones, tablets, computers, televisions, and video games, campers are better able to connect with one another on a personal level.

Even with a full schedule of activities, some of the most meaningful moments at camp happen during downtime in the dorms. These quieter moments allow campers to build strong friendships and develop independence. For this reason, and with the exception of scheduled calls home on Sundays (see policy below), campers are not permitted to engage in screen-based activities, including texting, internet use, apps, video games, or watching TV or movies.

While capturing memories through photos and videos can be fun, we have found that personal devices can be disruptive and, at times, hurtful. This includes taking or sharing photos without someone's knowledge or permission. Camp is about living in the moment, and our camp photographers work hard to capture special memories for families to enjoy throughout the year. To protect privacy and encourage campers to be fully present, we do not permit cameras of any kind in the dorms, including iTouches, Polaroid or disposable cameras, video cameras, or GoPros.

We do believe that listening to music—individually or together—is compatible with camp life. Music can be a great way to unwind, bond with friends, or bring energy to dorm clean-up. Therefore, MP3 players are permitted at camp. Campers may listen to music in dorms or shared spaces, but may not walk around campus wearing earphones.

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## **ELECTRONICS PERMITTED AT CAMP AND IN THE DORMS**

- **MP3 Players**

We support the Campfire Player. Other acceptable options include the Mighty MP3 Player, refurbished iPod Nano or Shuffle (Amazon), and the SanDisk Clip Jam, Sport, or Sport Plus.

- **E-Readers (Reading Only)**

E-readers such as Kindle, Kindle Paperwhite, or Kindle Oasis are permitted **for reading purposes only**, provided all books are downloaded prior to arrival and the device does not access apps, games, or the internet. Tablets and app-enabled devices (including Kindle Fire or similar devices) are not permitted.

All permitted devices must be clearly labeled with your child's first and last name.

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## **ELECTRONICS NOT PERMITTED**

- Cell phones or texting devices (with or without a SIM card)\*
- Apple Watch or any other smartwatch (see cell phone policy below)
- iPod Touch
- Tablets (including iPads and Kindle Fire)
- Laptops or computers
- Televisions
- Video game devices
- Cameras of any kind, including Polaroid and disposable cameras

- Video cameras or GoPros

If a camper is found to have a device that violates this policy and was not 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 an off-campus trip, she will be chaperoned by staff members who carry cell phones for communication with camp.*

## CELL PHONES

Campers may bring **one device** (cell phone or tablet) to be used **only for scheduled phone calls home**. All devices, along with a labeled charger, will be collected by camp staff upon arrival.

On Sundays after lunch, following the **first and second weeks of camp**, devices will be temporarily redistributed so campers may call home. Devices will be collected again immediately after phone calls are completed.

If your child does not bring a device, she will be able to place her call from the camp office. Families will receive advance communication with the scheduled timing of phone calls.

## SOCIAL MEDIA POLICY

We view social media as a valuable way for campers to stay connected with friends during the year, and we encourage positive, healthy communication within our camp community. When campers interact with one another online, we expect the same good judgment, kindness, and respect that we emphasize while together at Kents Hill Sports Camp.

Unfortunately, there have been occasions when social media use outside of camp has negatively impacted campers through hurtful comments, exclusion, or inappropriate posts. In some cases, this has affected a camper's experience or decision to return to

camp. Additionally, posts and images shared online can impact both individual reputations and the reputation of the camp as a whole.

If a camper identifies herself as a Kents Hill Sports Camp camper on social media, she may be viewed as a representative of the camp. Even private posts can become public and should always reflect positively on the individual and our camp community.

To support the values we uphold during the summer, we ask that campers follow the guidelines below when referencing camp, its activities, campers, or staff on social media:

### **Social Media Guidelines**

- All communications related to camp, fellow campers, and staff must be **positive and respectful**.
- Obscene, vulgar, humiliating, threatening, or mean-spirited language is not permitted.
- Campers may not post or share images or videos that could embarrass someone or violate another person's privacy.
- Campers may not impersonate another camper, spread false information, or make damaging statements about others.
- Social media may **never** be used to harass, bully, or intimidate other campers or staff. This includes derogatory comments related to race, religion, gender, sexual orientation, or disability.
- Negative or inappropriate depictions of Kents Hill Sports Camp, including use of the camp's name, logo, or identifying characteristics, are strictly prohibited.
- Kents Hill Sports Camp maintains its own official social media accounts. Campers are encouraged to follow and engage with these platforms but may not create accounts posing as or representing the camp.

**Failure to follow these guidelines may result in disciplinary action, including the revocation of a camper's enrollment for a future summer.**

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### **Supporting Your Child**

If your child receives an upsetting, threatening, or concerning message online:

- Do not respond or retaliate, as this may escalate the situation.
- Take a screenshot or save a copy of the message.

- Close the message but do not delete it.
- If you believe the sender may be affiliated with camp, please contact us immediately.

In the rare event that a camper sends inappropriate or harmful messages to others, our policy is to contact the parents of the camper involved and review the content together.

We believe social media can be a positive tool when used thoughtfully. By keeping others' feelings in mind, campers help ensure that every member of the Kents Hill Sports Camp community feels valued, respected, and safe—both during the summer and throughout the year.

## HEALTH CARE

Kents Hill Sports Camp has **two licensed nurses on campus**, with medical staff available **24 hours a day**, ensuring that a healthcare professional is always on duty. In addition, an **athletic trainer is on campus to evaluate and treat sports-related injuries**, working closely with our medical staff and sports directors to support camper health and safety.

If a camper stays overnight in the Health Center or receives medical care beyond routine first aid, a nurse or a member of the Director team will contact you. If your child is admitted to the Health Center overnight for a minor concern, such as a fever or an upset stomach, you will be contacted the following morning. Parents will also be notified if a dental or orthodontic issue arises while their child is at camp.

If your daughter wears braces, please send extra orthodontic wax. If your child wears glasses, we ask that you send a second pair. The extra pair will be stored in the Health Center, and families will be notified if the original pair cannot be used for any reason.

Our medical staff and Directors carefully review each camper's medical history prior to arrival. The more complete the information we have, the better care we can provide. Information related to your child's emotional or psychological well-being can also help us support a positive and successful camp experience. Please notify us if your child has recently worked with a therapist or has been exposed to any contagious illness after **June 1st**.

If you have any last-minute questions or concerns, please feel free to contact the Health Center at [nurse@kentshillssportscamp.com](mailto:nurse@kentshillssportscamp.com) or the Directors at [info@kentshillssportscamp.com](mailto:info@kentshillssportscamp.com)

## CAMP MEDS

We require all families to use **CampMeds Pharmacy** for the packaging of **all pill-form medications**. Our camp nurses (as per their nursing license) may only dispense pills that have been packaged and labeled by CampMeds. Information about CampMeds and enrollment instructions can be found by logging into your **CampInTouch** account.

CampMeds manages both **prescription and non-prescription medications**, including vitamins and supplements.

Medications that are **not in pill form** (such as liquids, inhalers, creams, or injectables) must be clearly labeled and shipped directly to camp via **FedEx or UPS**. These medications must arrive **no later than one week prior to the start of your child's session**. This timeline allows our nursing staff adequate time to review, organize, and contact families if additional information is needed before camp begins.

***Reminder:*** All medications and dosages must be listed in detail on the **Health History Form**.

If your child requires **refrigerated medication**, it will be collected by a counselor at your departure point on travel day. If your child needs medication **during the bus ride to camp**, please give that dose directly to the counselor, clearly labeled with your child's full name and the time the medication should be administered.

Please **do not pack any medication** in your child's luggage.

## LICE

To help prevent the spread of head lice, it is very important that families thoroughly check their child's hair and scalp several times each week for **at least two weeks prior to arrival at camp**. If you are unfamiliar with how to properly check for lice, we

recommend seeking guidance from a school nurse, pediatrician, licensed lice professional, or reputable online resources.

For additional information about head lice, families may visit [www.headlice.org](http://www.headlice.org). We strongly recommend that campers be checked by a **licensed lice professional within two weeks of the start of camp**.

Please be aware that if a camper is found to have lice upon arrival or at any time during her three-week session, treatment and cleaning of personal belongings will be arranged by camp and **billed to the family**.

## MAIL, EMAIL AND PHOTOS

Each day, families can view photos from the **previous day's activities** through their **CampInTouch** account or the **Campanion App**. This allows you to follow along and share in your child's camp experience throughout the summer.

Through CampInTouch or the Campanion App, families may also send **one-way emails** to their child. Emails are printed at approximately **9:30am daily** and delivered along with regular mail, after lunch.

If you require technical assistance with your CampInTouch account or the Campanion App, please contact **CampMinder at 303-444-2267**.

We also strongly encourage families to write to their child throughout the summer. Many campers especially enjoy receiving traditional "snail mail" and seeing their parents' handwriting. Please keep in mind that mail delivery to and from camp can be slow, so plan accordingly. Some families choose to write a letter or send an email before their child leaves for camp so that something is waiting for her upon arrival.

Please be sure to send **pre-stamped, addressed envelopes** for your child to use for outgoing mail, and consider including addresses for friends and family she may wish to write to during the summer.

### Mailing Address

Letters should be addressed as follows:

**Kents Hill Sports Camp**  
**Camper's Name**  
**PO Box 405**  
**Kents Hill, ME 04349**

## PACKAGES

Packages can sometimes create unnecessary competition or feelings of exclusion among campers. In an effort to promote a non-materialistic camp environment and ensure fairness for all campers and families, Kents Hill Sports Camp has implemented a **no-package policy**.

This policy applies to **all parents, relatives, and friends** and will be strictly enforced. Any packages received outside of the guidelines below will be returned to the sender.

If your child forgets an essential item or needs something important during the summer, please contact the camp office and we will be happy to help arrange for your child to receive what she needs.

### **Birthday Packages**

Campers who have a birthday while at camp may receive **one birthday package**. Please clearly label the package as follows:

**ATTENTION: KHSC OFFICE – BIRTHDAY PACKAGE**  
**Camper's Name**  
**1614 Main St**  
**Kents Hill, ME 04349**

Packages that are not labeled correctly may be delayed or returned.

As always, we appreciate your cooperation in helping us maintain a positive, inclusive camp experience for all campers.

# TRIPS AND EXTRA CHARGES

## Out-of-Camp Trips

All out-of-camp trips are included in tuition, **with the exception of the Senior Overnight Rafting Trip** (see below).

If you would like your child to have spending money while on trips, campers may bring a **VISA gift card** with a maximum value of **\$100**. Cash is not recommended.

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## Horseback Riding

Campers who choose **horseback riding** as an elective will travel to **Meadow View Equestrian Center**, located approximately one mile from camp.

Meadow View provides **one-hour private lessons**, tailored to each camper's experience level. The cost is **\$115 per one-hour lesson**, and families may schedule **up to four lessons** during the session.

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## Senior Overnight Rafting Trip

Campers who have **just completed 8th or 9th grade** may choose to participate in an optional **overnight whitewater rafting trip**. This trip is not included in tuition.

Additional details, including cost and registration information, are available in the **"Forms & Documents"** section of **CampInTouch**.

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## Ice Hockey

An **arena and maintenance fee** applies to campers enrolled in the Ice Hockey major. Ice Hockey majors will be charged **\$325** during the enrollment process.

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## Transportation

Transportation fees apply only to campers who utilize **chartered coach bus transportation** to and from camp. This fee includes transportation as well as space for all camper luggage and sports equipment.

## HOMESICKNESS

Homesickness is a **common and completely normal** feeling for many children when they first come to camp. Most campers need a few days to adjust to being away from home and settling into camp life. Remember—**no news is good news**.

Our Directors stay in close communication with each camper's dorm leader and head counselor to monitor how campers are adjusting. If there are any concerns, we will contact you. It is expected that many campers will experience some feelings of missing home during the first few days, especially during downtime, when they may think about family, pets, or friends. Our staff members are warm, caring, and well trained to support campers through this transition.

As campers form friendships, connect with their counselors, and become more engaged in their majors and daily activities, homesickness typically fades. We are confident that your daughter will become involved and fully immersed in the fun and meaningful experiences camp has to offer.

### How Parents Can Help Before Camp

There are many ways you can help prepare your child for camp and reduce homesickness:

- Let her know that missing home is **normal and expected**
- Help her understand that homesickness often comes and goes and that most of her day will be filled with fun and activity
- Reassure her that you will be writing letters and sending emails
- Communicate your confidence in her ability to be away from home
- Involve her in camp planning and packing

It can also be helpful for campers to bring a comfort item such as a stuffed animal, family photos, or another small reminder of home. 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 support campers experiencing homesickness and will be there to help and encourage her.

### Things to Avoid Saying

Certain well-intentioned comments can make it harder for campers to adjust:

- Please avoid making promises or “private deals,” such as, *“If you don’t like camp after a week, I’ll come get you.”* Statements like this can undermine a child’s confidence in her ability to work through the transition.
- Avoid telling your child about exciting events happening at home that may make her feel left out. It’s fine to mention everyday activities, but try to focus most of your letters and emails on asking about her camp experiences.
- When telling your daughter that you miss her, balance that message by sharing how proud you are of her for making friends, trying new things, learning new skills, and participating in camp activities.

Parents are our **best partners** in helping campers adjust and grow. Of course, if you ever have concerns or would like an update, you are always welcome to contact us **24/7**.

## GENERAL RULES AND POLICIES

Kents Hill Sports Camp is committed to providing a safe, respectful, and inclusive environment for all campers and staff. Disrespectful, inappropriate, or unsafe behavior toward peers or staff will not be tolerated, including bullying of any kind. Campers who engage in such behavior may be required to leave camp.

The use or possession of **vaping devices, drugs, or alcohol** is strictly prohibited. Any camper who violates this policy will be required to be picked up from camp immediately.

Any camper who intentionally defaces or damages camp property will be held financially responsible for repairs and may be required to leave camp. The Kents Hill School campus is entrusted to us in pristine condition, and we are committed to maintaining and respecting the facilities.

All campers are required to sign a statement upon arrival acknowledging that they understand and agree to follow all camp rules and policies.

Please note that **no refunds will be issued** for campers who are sent home due to violations of camp policies.

## DISRESPECTFUL BEHAVIOR AND BULLYING

Kents Hill Sports Camp is committed to providing a **safe, supportive, and inclusive environment** for all campers. Every child has the right to feel respected and secure, and we take incidents of disrespectful behavior or bullying very seriously.

We expect all members of our camp community to uphold standards of respectful conduct and communication. Kindness, empathy, and inclusion are core values at Kents Hill, and **bullying or inappropriate behavior of any kind will not be tolerated**.

If a camper is found to be engaging in disrespectful or bullying behavior, camp leadership will take immediate action to address the situation. Consequences may include disciplinary measures and, depending on the severity or persistence of the behavior, **removal from camp**.

We view parents as important partners in preventing and addressing bullying. Please inform us if your child has experienced bullying in the past or if there are any concerns we should be aware of prior to camp. This information helps us provide appropriate support and ensure a positive camp experience.

By working together, we can maintain a community where all campers and staff feel safe, valued, and respected. If you have any questions or concerns regarding this policy, please do not hesitate to contact us.

## WRAP UP

We hope this handbook helps prepare you and your camper for the summer ahead. The information you share with us, along with the details outlined here, allows us to thoughtfully plan for a **fun, meaningful, and successful camp experience** for your daughter.

If there is anything else you would like us to know, or if you have any requests or special considerations that are not addressed elsewhere in the handbook or forms, please don't hesitate to reach out. We are always happy to connect by phone or email and look forward to welcoming your family to Kents Hill Sports Camp this summer.

Warmly,

**Kevin Kooperman**

**Wendi Kooperman**

*Directors*

**Alyson Lee**

*Assistant Director*

## CONTACT US

### **Summer Address:**

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Kents Hill Sports Camp

P.O. Box 405

Kents Hill, ME 04349

### **Packages:**

Kents Hill Sports Camp

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Kents Hill, ME 04349

### **Winter Address:**

Kents Hill Sports Camp

140 Ivy Lane

Suite 100

King of Prussia, PA 19406

Phone: 866-271-9691

Email: [info@kentshillsportscamp.com](mailto:info@kentshillsportscamp.com)