

# Summer Camp Parent Handbook - 2023



# SUMMER CAMP

Held at the Lake Forest College  
Sports Rec Center & Fields





# ANSWERS TO FREQUENTLY ASKED QUESTIONS



Dear NVA Sports Experience Campers and Parents,

Listed below are some basic questions and instructions families should know about. Should you have any further questions after reviewing this info, **please feel free to email us at [nvacontact@me.com](mailto:nvacontact@me.com)**

Hopefully, each child will come with bright eyes and a big smile. Each child also should bring a backpack with the following essentials: water bottle and/or sports drink, sunscreen, face covering and any medications needed for allergies (ie. epi-pen). Lunch will be at 11:00 AM, so a mid-morning snack is not necessary. Remember, lunch is included as a part of your fee, so kids do not need to bring a lunch. If you would like to pack a bag lunch on any day, feel free to do so. It is also a good idea to label all of your child's belongings, as we collect no fewer than five items each day.

## **How does each day work?**

Our day is divided into six activity periods. Periods one, two, and three are each 35 minutes long with 10 minutes of transition time built in to the next activity. The fourth period is lunch, which is 50 minutes in length. After lunch kids will have two last 35-minute activities before arriving back for pick-up.

**Each day begins with an entire group meeting @ 9:00 AM.  
Our Sports Experience day concludes with pick-up at 1:00PM.**

## **Drop Off:**

Drop-off begins at 8:45 AM. Please DO NOT drop your child and leave prior to 8:45AM UNLESS an NVA staff member is present and has indicated he/she can receive your child early. If you have an emergency where you need to drop off earlier than 8:45AM, please contact us by phone by calling or texting us. If you arrive later than 9:00AM, simply come to the NVA help table and a coach will either walk your child to his/her first period activity OR we will direct you to that location.

## **Pick Up:**

Pick up is at 1:00 PM, but you may arrive as early as 12:45PM to line up with other cars. If you need to pick your child up earlier than 1:00 PM, please notify your child's coach at drop off in the morning. Please notify the coach in-person, as opposed to a written note. Each coach has a daily itinerary detailing the time and location of each activity, so he or she can arrange an easy location for early pick-up. Any advance notice on this matter is helpful.

# DROP OFF & PICK UP INSTRUCTIONS



## Drop-off & Pick-up Procedures

Drop-off & Pick-up are at the same location for all eight weeks. This is at the Athletic Campus area on the Lake Forest College's South campus. **Specifically, our drop & pick-up location is located next to Buchanan Hall, which is a red brick building directly west of the ice rink and sports complex center.** Look for the NVA coaching staff for directions. We will all be in **black** staff shirts.

- **Enter the parking lot from Washington Road** where you see the NVA drop off / pick up sign
- Drop off & pick up is **NOT** permitted in front of Buchanan Hall. Drop off & pick up will be **inside the parking** lot directly to the west of Buchanan Hall.
- Please pull up as far as possible to enable more cars to pull in
- **If you are walking your child up or need to speak to staff, please park in the Main Athletic Parking Lot** directly EAST of Buchanan Hall.

Should you arrive late OR need your child to leave early due to a family emergency first try to find Coach Kraig in the help table. If he is unavailable, you can find the nearest coach (look for black NVA staff shirts and khaki shorts) Each coach has a daily itinerary detailing the whereabouts of every group.

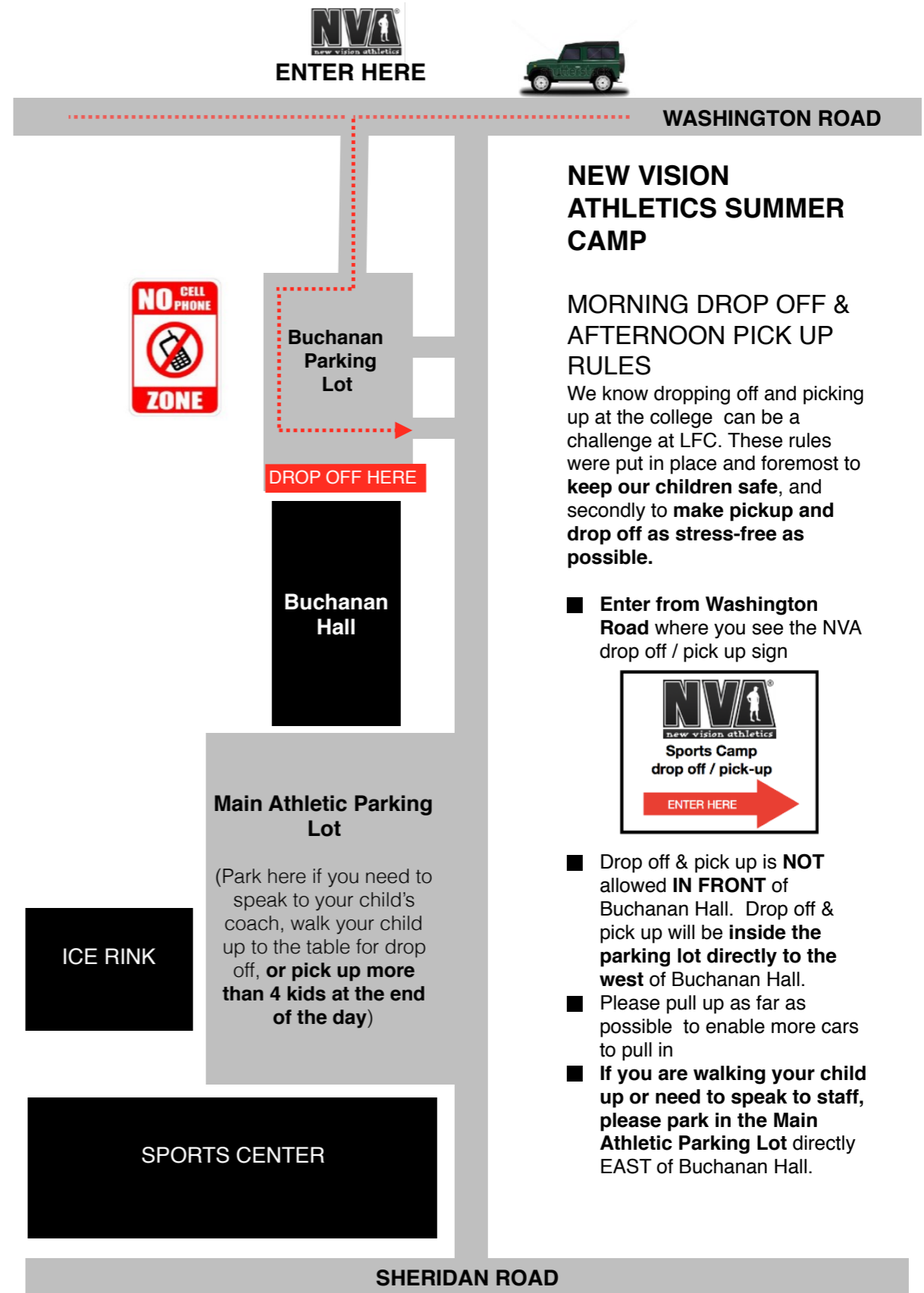
### Can children ride bikes to camp?

We personally love the idea of kids exercising in the morning and getting in a bike ride for the start of each day. As a matter of fact, a group of our coaching staff can usually be seen riding daily along the streets of Lake Bluff & Lake Forest on their way to work with your child. Your child is certainly welcome to ride his or her bike too, but please review the following guidelines:

- Review safety rules and a pre-ride route with your child prior to the start of our program. It's a good idea the first couple times to ride with your child to review all dangerous intersections and crosswalks in order to ensure a safe passage to the program.
- **A bike lock is mandatory.** NVA will not be responsible for bikes left unlocked or unattended during the day or that are left overnight. There are plenty of bike racks around campus that your child may safely secure his or her bike to for safekeeping.
- **Bikes must be walked once kids are within 50 yards of the drop off area.** There are many cars that are in a rush that aren't always looking for children on bikes riding through a college campus.



# DROP OFF & PICK UP MAP



# REACHING US DURING THE DAY



[nvacontact@me.com](mailto:nvacontact@me.com)



**EMERGENCIES -  
CALL OR TEXT  
847-295-0682**

## **How to contact us at any point during the day:**

Either Coach Kraig or Coach George will be located at the NVA help table with one or two coaching assistants.

### **The NVA table will provide assistance for**

- parent communications throughout the day
- late drop offs, early pick-ups

### **NON-EMERGENCIES - Please email [nvacontact@me.com](mailto:nvacontact@me.com)**

- absences
- illness
- if your child going home at the end of the day with another family
- general questions about the week
- questions about your child's coach
- questions about activities
- questions about the cafeteria or the NVA Store

### **EMERGENCIES - call or text**

- last-minute change for pick-up your child does not know about
- immediate pick-up needed for a family emergency
- medication that was forgotten in the am that needs to be taken

THIS NUMBER IS PROVIDED ONLY FOR CAMP QUESTIONS

Monday - Friday 7:30 AM - 1:30 PM.

**(847) 295-0682**

**(this number is NOT to be used to contact Coach Kraig for questions regarding baseball league questions)**

If you can't reach Coach Kraig, we are in contact with the LFC Summer Conferences Office throughout the day. The office is located in the sports center and can be reached by calling 847-735-6133. The ready and willing staff will relay any messages to the NVA staff in case of an emergency.

## **CHILDREN ARE NOT PERMITTED TO BRING CELL PHONES TO CAMP.**

Children **MAY NOT** bring cell phones to camp. If your child needs to speak to you OR if you need to speak to your child ... we will use the NVA phone Coach Kraig has onsite.





# OUR GREAT STAFF & NVA STORE



## Our Coaching Staff

Each Sports Experience coach has either a) had two or more years experience working the NVA Sports Experience Camp, b) has helped for a minimum of two or more sports seasons in our NVA sports league programs, or c) is an adult working in the education field. Thus, we are all well versed in the "NVA Way", bringing high level of structure and educational fun into an athletic environment. The coach to child ratio is never more than 1:12.

In order to keep things fresh for both the staff and kids, our coaching assignments rotate weekly. Much of our staff will help all eight weeks. Sometimes a coach will stay with the same age level for two or three weeks, but have a different group of children. Other coaches will rotate to different age levels weekly. Please keep in mind that many of our staff have family vacations of their own or other summer service obligations that prevent them from working EVERY week with us. As much as your child may become attached or dependent to want the same coach week-after-week, there's another great NVA coach to get to know just around the corner!

## NVA Money & The NVA Store

In 2002, we began a new concept to reward kids for good sportsmanship, a positive attitude, teamwork, and good effort on the playing fields by awarding NVA dollars. The money is in essence "play" or Monopoly type currency created at the NVA mint. Kids can spend their earnings in the NVA Store that sells surplus NVA t-shirts, uniforms, baseball cards, and a wide variety of "dollar store" type items. In addition, there are food items such as chips, fruit snacks and candy snacks. We feel this system keeps children motivated throughout the day. We also feel it teaches kids a valuable lesson on spending and saving. The NVA Store continues to be one of the more positive incentives in all the children's daily activities. There is a "1-candy item purchases only" per day rule. Children not permitted to purchase candy need to have their parent notify the child's coach.



An additional reward system is the NVA "Good Behavior Friday Raffle" Your child's coach can nominate up to two kids per day from his or her group for good behavior. This involves helping out other campers, being a team player in games, improvement over the course of the session, or any other event that a coach feels is worthy of reward. Each Friday, we will select ten to twelve winners via draw after lunchtime for a variety of great prizes. Prizes in the past have included certificates for a special lunch around town with the NVA coach of choice, "King/Queen For The Day" of camp for the following week, NVA All Star jerseys not available for purchase, shopping sprees at the NVA Store, daily passes for 6 Flags, and much, much more.



# GROUP MAKE UP & FRIEND REQUESTS



## Group Make-up & Friend Requests

Since we provide families the flexibility to participate for as little as a single week there is always an influx of new children attending each week. Therefore, new groups are set up for the start of each new week. The number of children in each group and the grades of those children are determined by the number of children we have and the ages of those children.

Simply put, we try to put kids of equal playing ability on a field or court for games and activities which will provide a SAFE and fun environment for our participants.

Sometimes that means groups are comprised of 1st & 2nd grade boys with 3rd grade girls all together for a week. The following week we may have enough girls to have a separate 3rd, 4th and 5th grade girls grouping and the 2nd grade boys may be combined in with the 3rd grade boys. **Each week is entirely different - and we try to work with those logistics to the best of our abilities.**

As far as friend requests, we realize this is summer ... and kids want to be with their friends. We try to accommodate as many friend requests as we can because we know being with friends is one of the main reasons families choose a program.

That said, we can't have 15 boys in one group all from the same school. Groups are often no different than a "home room" in school. The group kids are assigned are simply a way for kids to check-in to start and check out to finish a day. All the "in-between" time, they will be playing with or against the same friends. As we get to the middle of each week, children are given "Kid's Pick" days that they can basically design their own day. This allows the freedom to choose the same activities that friends in a different group might also want to do - giving them most if not all of the day together. Also keep in mind that in our 5-period long day, lunch is always as one entire NVA group, guaranteeing your child the opportunity to share lunch daily with his or her best friend.

Since kids are competing for NVA dollars to spend at the store, we also have to be sure we have a balance in our group make-up by athletic abilities. We can't have all the best kids together that dominate other groups in activities.



# OUTSIDE & INDOOR GAMES



## Games We Play

We play pretty much anything and everything at NVA Sports Camp. Some game are traditional games such as Basketball, Baseball, Kickball, Whiffleball, Cross Net, Soccer, Frisbee Golf, Floor Hockey and Flag Football.

Other games are ones the NVA staff have dreamed up through the years that kids have come to love such as Mattball, Nuke `em, Gladiatorball, Indoor 2 on 2 Soccer, and 3-Ball Soccer to name just a few.

On days when it rains or when it's extremely hot, groups will have the opportunity to watch sports videos in the video room, participate in inside sports games in the racquet ball courts or gymnasium.

In addition to the activities offered onsite at the college there will be days where we will also offer many new activities developed during the 2020 summer's pandemic that the kids loved. Children 3rd grade (and older) may bike and use the surrounding areas (the parks, ravines, beaches - even Coach Kraig's backyard) for a variety of outdoor education events include fishing, target shooting and beach activities.

### Swimming Pool

The LFC pool will not be open this summer for summer groups.

Unfortunately, the college made the decision that the pool will not be available. Therefore, the only swimming this summer will be if groups head to the beach.



# LAKE FOREST COLLEGE FACILITIES

## Lake Forest College Athletic Facilities

We are continuing at Lake Forest College for our 23rd year of summer camp!

We will be utilizing Mohr Field - a combination soccer, lacrosse, and soft ball artificial turf space (aerial photo below). This space will be ideal for a variety of games we play. In addition, we will also have usage of the 100 yard natural grass athletic space we have always used in the past; permitting us to REALLY spread out this summer for our program.

As far as indoor space, the \$17-million, 65, 000-square-foot Lake Forest College Sports & Recreation Center offers incredible indoor space for us to run our indoor games and activities. On days when it rains or when it's extremely hot, groups will use the gymnasium and racquetball courts.

The NVA Camp Store is located in the Ice Rink Building, which sometimes also be used for indoor games.





# DAILY LUNCH INFO



**Mondays, Wednesdays & Fridays**



**Tuesdays & Thursdays**



## Daily Lunch Served

Always cherished as one of the best parts of the day for participants, the LFC cafeteria offers the freedom to choose among many menu items:

### **Lake Forest College Cafeteria: Mondays, Wednesday & Fridays:**

At least four hot lunch items to choose from each day (hot dogs, hamburgers, pizza, stir fry, etc.)  
Salad & fruit bar

### **Buffo's Tuesdays & Thursdays:**

On Tuesdays and Thursdays we will bring in pizza from Buffo's - Groups will eat outdoors, picnic style, on these days. Pizza options include cheese, pepperoni, sausage & bacon as well as gluten-free.

### **GLUTEN FREE:**

There is a gluten free section of the cafeteria for kids with food allergies.

### **DAIRY ALLERGIES:**

The college has everything labeled in the cafeteria as to what items contain dairy products. On days when we order Buffo's pizza, there is a cheese-less pizza option for kids that are sensitive to dairy.

You are welcome to pack a lunch anyway for your child to send. The college cafeteria does not allow any outside food due to concerns of cross contamination, so children that bring their own lunch will need to eat outside the cafeteria.