



## **Parent/Guardian Session Letter – Sports Camp Dunbarton HS**

### **Week 7: August 11– August 15, 2025 “Push Your Limits Week”**

Welcome to Sports Camp! We are thrilled to have your child join us for an exciting, active, and engaging camp experience. Whether it's their first time at camp or they're returning for another adventure, we are dedicated to providing a safe, inclusive, and memorable environment for all campers. Please read the attached information carefully and do not hesitate to contact us if you have any questions or concerns.

### **Camp Details**

The camp day runs from 9:00 am - 4:00 pm (daily).

Location: Dunbarton Highschool, West Gymnasium

West Gymnasium is located through the pool doors, and the second door on the right-hand side (Not the Main Entrance, signage will be posted in the area for guidance)

### **Meet Your Camp Director**

Hi! My name is Miles Leslie and I'm the Director of Sports Camp!

I fell in love with camp between the ages of 4-12, and ever since, I've wanted to give back the same positive, unforgettable experience that shaped me. I recently graduated from Western University with a degree in Medical Sciences, and I have goals of becoming both a physician and an entrepreneur.

Since 2021, I've been proudly working with the City of Pickering to organize youth camps, and I'm thrilled to bring my leadership skills to this role. My mission is to create a safe, fun, and exciting atmosphere where your child can grow, play, and make lasting memories.

Let's make this an amazing summer!

### **Camper Pick-Up/Drop-Off Procedures**

Sports Camp will be held at the Dunbarton Highschool, West Gymnasium. For the safety of all campers, please drop off and pick up your child at West Gymnasium (through the pool doors) daily. Be sure to check your child in and out with the designated Pick-up/Drop-off counsellor.

For safety reasons, any alternate pick-up person you designate will be required to show photo ID to camp staff before your child is released into their care. Please make sure they are aware of this protocol and that your child is picked up on time.

### **Absenteeism / Safe Arrivals**

If you know in advance that your child will be absent or late, please email us at [mleslie@pickering.ca](mailto:mleslie@pickering.ca) or [camps@pickering.ca](mailto:camps@pickering.ca) .If you would rather leave a voicemail, please call 905.420.4660 ext. 3246.

If a camper is absent without prior notification, we will attempt to contact the parents/guardians.

### **What To Expect**

Get ready for an action-packed week at our Sports Camp, where campers will stay active and have a blast! Designed for kids who love sports and fun, this camp offers a variety of exciting activities, including basketball, floor hockey, soccer, and group games.

### **What to Bring to Camp**

- **Clothing:** Campers should wear comfortable clothes suitable for activities. Please do not send valuables, as campers are responsible for their own belongings. Remember to label all items (e.g., lunch bags, extra clothes, coats) to help prevent mix-ups. Indoor shoes (running shoes are recommended) are also required.
- Campers may be outside during the camp day so please pack appropriate clothing for outside play.
- **Lunch and Snacks:** Campers must bring a nut-free lunch each day. Please pack lunch in non-breakable containers (no glass). Campers will have two snack breaks and lunchtime, so extra snacks are encouraged.

### **Allergy Notice:**

Please be sensitive to any food allergies that may be brought to your attention (i.e. tree nut allergies that can be life threatening). For this reason, please do not pack tree nuts, tree nut products, or any products containing traces of nuts in your child's lunch for camp. If staff are unsure of snacks (i.e. granola bars), Campers will be asked not to eat them at camp. Fruit is always a healthy and allergy safe snack! Please feel free to send a copy of the ingredients of any items we may be unsure of (i.e. cookies). Your cooperation is greatly appreciated.

- **Water Bottle:** Please pack a reusable water bottle. There are water fill stations available at camp to keep your child hydrated throughout the day, as they may be outside.

## **Wristbands**

On the first day of camp, each camper will receive a wristband in their camp's designated color. Please help ensure your camper wears their wristband throughout the week. If the wristband is lost or damaged, a replacement will be provided the following day at camp.

## **Swimming**

Campers will swim daily in the indoor pool at the DHS from 2:00 pm – 3:00 pm. Please ensure your child brings a towel and bathing suit in a separate bag. Campers who choose not to swim may play games in the West Gymnasium under counsellor supervision.

## **Pool Guidelines:**

- **Turtle Pool:** Campers aged 7 and under have priority. If full, they will wear a lifejacket and swim in the shallow end of the large pool. A 2:1 counsellor-to-camper ratio applies to this group.
- **Older Campers (8 years – 12 years):** A 4:1 counsellor-to-camper ratio applies.

## **Deep End Swim Test:**

Campers aged 8 - 9 may take a swim test to swim in the deep end without a life jacket. To pass, they must swim 10 meters and tread water for 30 seconds. If they do not pass the test, they will be required to wear a life jacket for the remainder of the week. Even if they pass, a counselor must accompany them in the deep end to maintain the 4:1 ratio, so access to the deep end may be limited. No exceptions and the lifeguard's decision is final. We also must always adhere to a 4:1 ratio so therefore your child may not be able to swim in the deep end of the large pool at all times.

## **Swim to Survive:**

Your children will get to participate in our Swim To Survive program which includes swimming 50 meters, treading water for one minute, and rolling into deep water, with or without lifejackets depending on age and ability. These activities are designed to build confidence and awareness, helping campers prepare for unexpected situations in the water. Camper will also learn essential water safety topics such as ice safety, sun safety and boat safety. These activities are designed to build confidence and awareness, helping campers prepare for unexpected situations in the water.

### Special Guest Information

On Wednesday, August 13, 2025, a team of expert Pickleball instructors will be joining our Sports Camp to facilitate an exciting and dynamic workshop. This special event will provide all campers with the unique opportunity to engage in the fast-growing sport of Pickleball. Under the guidance of experienced instructors, participants will learn the essential rules, techniques, and fundamentals of the game, all while enjoying a fun and interactive experience. Whether new to the sport or looking to refine their skills, campers will leave with a deeper understanding of Pickleball and an enthusiasm to continue playing.

The following is a list of the special theme days at Sports Camp - Push Your Limits Week!

<b>Monday, August 11</b>	<b>Tuesday, August 12</b>	<b>Wednesday, August 13</b>	<b>Thursday, August 14</b>	<b>Friday, August 15</b>
<b>Orientation Day!</b>  Welcome to Camp!	<b>Superhero Day</b> Come dressed as your favorite Superhero Or Wear Red	<b>Strength Day</b> Come in your best camp fitness attire  Or Wear Green	<b>Rep Toronto Day!</b> Come dressed and wearing your favorite Toronto Sports gear ranging across all sports! Or Wear White	<b>Pyjama Day</b>  Last day of Camp, come wearing your pyjamas Or Wear Blue

If you have any questions or concerns, please feel free to contact us directly via email at [camps@pickering.ca](mailto:camps@pickering.ca)

Looking forward to enjoying a fantastic week together!

Miles Leslie, Sports Camp Director DHS