

MASSPIKE VOLLEYBALL CAMP – INFO LETTER TO PARENTS

First Day Check Times will be **10-30 minutes before your scheduled Session**. Session Start time will be stated on an email sent to you, the week before and session times are listed on www.masspikevolleyball.com

Gym Location

Chelmsford High School (GPS address) for July 17-21, July 24-28, July 31-Aug 4, Aug 7-11

Mill Works: 22 Town Farm Rd, Westford for Aug 14-18 and Aug 21-23

FOR DIRECTIONS to each camp please log into your Camp In Touch account and go to the Forms and Documents Page. <https://masspike.campintouch.com/MyAccount.aspx> or on the [website](#) Here's some notes to help get you to the Chelmsford High School since the GPS address does not always get you to the gym

Chelmsford High School Gym - is at the back of the school, near the football stadium, tennis courts and auditorium. It has been a bit confusing for people to find with the GPS.

The back entrance to the high school is the same as the entrance for Harrington Elementary School on Richardson Rd. Pull into the elementary school and go down the road to the right of the school, down the hill, towards the stadium, gym and Performing Arts center. Park in the lot, after the 4 way stop signs. Gym will be to the right of the performing arts center. Gym door should be open.

TO CHECK IN at Masspike Camps

- Check the attendance box next to your name. **Read/Remember your court** on the check-in sheet
- If there is an Admin Note next to your name please see Nate, the trainer or Karyn as directed.
- See the Camp administrator at the Registration Table to purchase kneepads (\$20 CASH) No one has prepaid and for the July camps, there is no need to preorder.
- Get your Masspike t-shirt.
- We'd like to keep the gym floor area as clear as possible for play so put your personal items on the bleachers, not on the floor.

DAILY ATTENDANCE, DROP OFF, PICKUP, MISSING SESSIONS

During Camp sessions hours please report that a camper will be coming late, or missing a session **text the Athletic Trainer** (603-818-1371) **DURING CAMP ONLY**. If you need to talk to Nate and don't get an answer, try again in 10 minutes. He may be in the middle of working with campers.

- **ATTENDANCE** – Each day, players should check off their names when they arrive at camp and put on a name tag. We will also take attendance on court in the morning and afternoon. **Parents, See next page about filling out online form, to report that your child will be arriving late, leaving early, or not attending. (if you know ahead of time)** Otherwise on the day of, **write a note or get a form from the trainer**. Our trainer will often call just to check on players if we think they should be at the session, so it will save us time, if you fill out the form or write a note ahead of time.

IMPORTANT NOTE: DO NOT TAKE YOUR CHILD EARLY FROM CAMP without CHECKING THEM OUT AT THE TRAINER'S TABLE (ALSO TELL THEIR COACHES). Sometimes when a child gets sick, they call to be picked up and then they leave. **Don't leave without telling the trainer and coaches.** It scares us when we can't find someone. We then have to stop all camp activity to look for them.

- **DROP OFF** Masspike bears no responsibility for campers before or after camp.
- **PICKUP/DISMISSAL FROM COURT is promptly at camp end time.** Our staff will dismiss the campers from their courts at session's end to connect with their ride home, unless I am notified in writing by parents with other suggested arrangements. Most campers are teenagers so we do not sign out players, nor do we supervise them once the session is over. I will be around for at least 20 minutes after the session. In Chelmsford Half Day mornings, we are there in the afternoon, but will not supervise players after their session. The custodians may be closing the buildings after the sessions.

1. If you are unexpectedly delayed, call/text **the trainer to let us know**
 2. If you need special arrangements regarding pickup, let us know, in writing or with online forms.
 3. As agreed to on your application, if you are more than 15 minutes late, you will pay a staff person \$1/minute for every minute they must wait with your child. We know emergencies happen, but please plan ahead for prompt pickup.
- **CONTACTING STAFF**
 - KARYN ALTMAN** (Camp director) Email masspikevolleyball@gmail.com
 - 1. **Home/Office-978-226-8781 Cell phone-978-430-0309**
Please respect the fact that this is my home. DON'T CALL between 6pm and 9am. Use email. Also I am prepping for each camp the weekend before so you may not get a response unless it's urgent..
 - 2. **LONDON CASS** (Assistant Director)
Cell phone-**978-496-6949** or email lancass13@gmail.com
 - TRAINERS** – Please feel free to contact the trainer during camp hours.
 - 1. Nate Nadeau 603-818-1371 **All Camps**

OTHER CAMP INFO

- **BALLS.** Players do not need to bring or buy balls. We provide the balls to be used at camp
- **EPI-PENS** – if you said that you use one for an allergy that might pertain at camp (like peanuts), you must have one with you at camp in order to participate. You must also check in with the trainer or your coach before the session starts, so that they know where your epi-pen is. Keep it in a bag near your court.
- **KNEEPADS are on sale for \$20 throughout the week. (bring cash to purchase)**
<https://masspike.campintouch.com/MyAccount.aspx> For August camps, check email to order kneepads and to check that we still have some left. Payment will be made at camp
- **THINGS TO BRING**
 1. Volleyball shoes or indoor court shoe (e.g. cross trainers or any indoor sports shoe)
 2. Kneepads are \$20 (optional but recommended use the Kneepad Form online – under Forms and documents on My Account Page.
 3. Water bottle with your name on it. (not all venues have drinks for sale) – Players need to stay **HYDRATED**
 4. Lunch and cooler for 10am-4pm camps and any snacks/drinks to have during the camp day.
 5. Tape, prewrap and necessary supplies if you have a recurring injury that needs taping.
- **CANCELLATION POLICY.** As stated in past communications, **there will be no refunds granted** unless you chose to purchase cancellation insurance through travmark on the application. Otherwise, if camp is not attended due to an injury or illness, we often try to fit you into another camp session this summer but we don't carry over any credit past the summer sessions.
- **DIRECTIONS** <https://masspike.campintouch.com/MyAccount.aspx> Click on **FORMS AND DOCUMENT PAGE** and then open the appropriate directions to get directions to the gym or the are on the website at www.masspikevolleyball.com .
- **LUNCH** – For Full Day camps, players must bring their own lunch in a cooler. 12:30-1:30 each day for Full Day camps. Half Day camps can bring drinks (and a snack if they wish).

- MONEY OWED. Rare exceptions. See Karyn or Landon if you owe money for camp.
- INJURIES. We have an athletic trainer on staff and we do have some tape and pre-wrap, but our intent is to use it for players who have been injured at camp or for minor tape jobs that a player needs daily. If you have a recurring or recuperative injury that requires a lot of tape, please bring in your own supply of pre-wrap and tape. Please inform the trainer and coaches of any injuries.
- BEGINNERS or PLAYERS NERVOUS ABOUT CAMP – if you have a player that is just beginning or may be nervous about attending camp, possibly without a friend, please assure them that our coaches are very friendly as are the players. We try to make sure they have 1 or 2 players to hang around with the first day. Many players are in the same situation. So tell them not to fear. By the end of the first day, they will have met some very nice people and will learn lots of new skills that will help them if they choose to tryout for a high school team. Feel free to let the staff and Karyn know that a player may be nervous or doesn't know anyone. And contact us during camp, if the situation needs further assistance.
- PARENT OBSERVATION – our gym is always open to parents. You may watch at any time but please make sure you are not interfering with the drills and court space. Also sitting right behind a court talking, without watching is not a good idea. Balls are flying and you could get hit and hurt. Try to sit off to the side.

GROUP PLACEMENT: Except for Beginners and for teams registered together, we cannot accommodate requests to be on court with friends because we place by experience level and age initially. But for beginners without instructional experience, are all in the same area anyway. We sometimes make a few changes based on skill level and play observed during the first session.

- POSITION PLACEMENT: Some camps will spend a good amount of time training by Position. I've asked you on page 1 to declare your position if you haven't already (not beginners)
- **ONLINE FORMS – Go to your [Camp In Touch \(CIT\) Account](#), then the Forms and Document Page**
 1. MISSING SESSION is on Forms and Documents Page. If you are going to leave early, especially if you will be picked up early by another parent, if you will arrive late, or miss a session complete, fill out the Missing session form online so we can easily keep track **IF YOU KNOW YOU WILL BE LATE, FOR PICKUP** especially on a regular basis, use this form, to give your child permission to wait unattended after camp. Or you can text or call for late arrivals, missing sessions and **BRING IN SIGNED LETTER**, if leaving early.
 2. MEDICAL PERMISSION FORM – is also online. If you have an inhaler, insulin, epi-pen or want permission to take acetaminophen, ibuprofen at camp, AND there is no indication of a permission form in your Last minute info letter, then get online and electronically sign a permission form.

INHALER, EPI-PEN, INSULIN, if you may have to use one of these 3 items during camp, keep it in your bag/backpack, by the sideline of whatever court you are training. You should inform your coaches that it is in your bag and show them where it is, in case they need to assist you. And bring it to lunch.
 3. ORDER KNEEPADS – Use the Kneepad form to order a pair (no need to preorder for July 18-21, just buy them at the gym – other weeks should fill out the form) Cash payments of \$20 can be made at the gym for the kneepads. Kneepads are optional but suggested.
 4. PERMISSION TO WALK BETWEEN THE HIGH SCHOOL AND McCARTHY Middle School. Not needed this summer 2017 ~~-Or on occasion, we observe a player's skill level and decide they~~

~~are better suited for another group. In that case, a staff member, if they player has permission will walk over with the player. If this involves changing your pickup location, we will have your child text you. We will not have any players move gyms without parental permission. So if you want to cover any possible scenerios, fill out the form, in writing at the gym, or on line on the Forms and Documents Page of your account.~~

- LEARNING DISABILITIES - Although most of our coaches have no special education training, it would be helpful if you shared knowledge of any learning or physical disability and suggested accommodations with us before camp. This way we can be prepared to adjust our instruction to the specific needs of the player. Even a second reminder to the court coach, after your child is assigned would be extremely beneficial.
- GOAL SETTING. I'm a big believer in goal setting and the mental preparation for the season Campers will get much more out of camp if they have certain goals in mind, for the camp and for their season. Go to <https://masspike.campintouch.com/MyAccount.aspx> Click on FORMS AND DOCUMENT PAGE.

Player Goal Setting and Action Play and Mental Conditioning. Read it, **and Print out page 4 and give to your coach on Monday or Tues.** (beginners don't need to do this) fill out Page 4 Give your volleyball goals some thought. **Players should think about their goals before and during camp to keep them on track.**

Read Physical and Mental Conditioning. You may use Page 6 during camp to track your camp successes.

- CAMPERS WILL WORK HARD, LEARN A LOT, AND HOPEFULLY HAVE FUN. IF YOU HAVE ANY CONCERNS DURING CAMP, PLEASE CALL OR TALK TO ME, KARYN, THE CAMP DIRECTOR. WE ALL WANT THIS TO BE A GOOD EXPERIENCE FOR THE KIDS Everyone comes into this camp looking for something different. For some, it's about trying out something new. For other's it's about making a commitment to improving their skills and making the team or a starting position. Masspike Volleyball Camp has some terrific coaches – they are great teachers, most are great players and they are all wonderful people. With their many different personality types, the two things they have in common, is their love for volleyball and the love for helping players improve. If something isn't working well, please feel free to let us know.