

**KARYN ALTMAN – MASSPIKE CAMP DIRECTOR**

Email: Director (Karyn): [masspikevolleyball@gmail.com](mailto:masspikevolleyball@gmail.com)

Admin Assistant until mid July (Landon): [lancass13@gmail.com](mailto:lancass13@gmail.com)

Website: [www.masspikevolleyball.com](http://www.masspikevolleyball.com)

To log in with email and Password: <https://masspike.campintouch.com/v2/login.aspx>

Camp In Touch – Your Personal Camper Account Page 303-444-2267 for technical online issues

Landon (Masspike Assistant Director) (978) 496-6949 until July 10th

Karyn: Home/office: (978) 226-8781 Cell # during camp only (978) 430-0309

Fax: 978-349-7777 Address: 177 Old Westford Rd Chelmsford, MA 01824

**ADDITIONAL TRAINING SESSIONS** Check the website occasionally to see if we've added any sessions. In addition to camps the following training is offered in Chelmsford throughout the summer. (some during the year) Call Karyn at (978) 226-8781 for more details. Outdoor Private Lessons are limited (not held during camp weeks)

- Outdoor Private lessons - \$80/hour Semi-privates - \$100/hr 3 players = \$135/hr 4 players = \$160/hr
- Small Group Lessons July 24-28, Aug 7-11; 10am serving, 11:15 hitting (\$40/hour for group of 3-5)

**BEGINNERS (Level 0):** This is a special note to players that signed up for the Beginner section. For some players, the thought of going to volleyball camp for the first time, possibly by yourself, seems intimidating. Please don't worry. Our assumption is that you've never played this sport competitively. We will **not** do a long skill test, although we may give more advanced beginners the opportunity to move at a quicker pace after the first day and gradually separate the beginner courts by ability. Some players come with friends; some players come by themselves. Don't worry about that either. By the time the first session is over, you will have met some great people (coaches and players). By the end of the week, you'll have some new friends. The beginner groups are often coed, although if there are enough guys for their own court, we will separate out by gender. Historically there are many more girls than boys but each year more boys are signing up. If this is an issue for you, please call me to discuss the way coed courts are handled.

**CAMP IN TOUCH (CIT) ACCOUNT - for Masspike Volleyball Campers/Parents**

Masspike is in it's 4th year of it's online Campminder registration and camp management system. You apply, you used an email and created a password. Store it/remember it, but there is a Reset link. For system help, contact Karyn or call **Campminder, 303-444-2267** M-F, 9am-9pm during the summer.

You can log into your personal camper page by using the link

<https://masspike.campintouch.com/v2/login.aspx>. Here are some of the reasons you'll want to log in:

1. Upload or fax your exam/immunization forms. [Click here for form submission instructions](#). Although we'd prefer you to upload/fax a new form each year, if your records meet the 24 month window, then you can email us and ask for us to transfer your records over from last year. But it's always good to have the most up to date records on file.
2. Read info documents, such as this one, and the others, posted just for enrolled campers
3. Get directions to Chelmsford High gym (thru Aug 11) and The Mill Works: 22 Town Farm Rd, Westford. camper for Aug 14-18 and Aug 21-23am) Directions also posted on website.
4. Add additional camp sessions throughout the year. On My Account Page, click on Camper Application
5. Request for private lessons on the Camper Application. Or add small group lessons when announced.
6. Correct any personal information that you entered incorrectly or may have changed.
7. Add a credit card and change your billing preference. Pay any balances.
8. Get a copy of your billing invoice/statement to see the sessions for which you applied and paid.
9. Fill out a missing camp form, if your camper will be late, miss a session, or will be leaving early.

10. Fill out a form giving permission to for your camper to use their inhaler, epi-pen, to take ibuprofen or acetaminophen if you didn't on the application.
11. Next year, when you go onto the account to apply, all your information will transfer from this year and hopefully save you time in the future.

### **BOARD OF HEALTH CERTIFICATION/MASSPIKE POLICIES**

Masspike will be certified through the Board of Health in each town that we run 3-5 day camps. For more info on that certification or a copy of our Masspike Volleyball Camp Policy Handbook please contact Karyn.

**CANCELLATION POLICY** – As stated in the brochure and confirmation email for Summer Training sessions, if I am notified in writing before June 15, application fees minus the nonrefundable \$75/session will be returned. **After June 15, even for legitimate medical reason, before or during camp, there are no fees returned** unless you purchased program protector insurance thru tripmate or any other cancellation insurance company. If you did, you will collect your refund thru that company. *If there are openings, you can switch to another summer camp session for the present year. I have committed finances to the staff, the gym, the equipment by this point, so our policy will be enforced for all circumstances. You do have the option of finding a replacement camper (of similar skill level). (for that option, you'll get Karyn's permission and then have the camper fill out an application and submit required medical forms)*

### **Introducing Program Protector**

Program Protector is a travel protection plan, available through your online camper application, that helps to protect a parent's investment in camp

#### **How it Works**

A parent can choose to purchase Program Protector while completing their child's enrollment form. Upon enrollment, an e-mail confirmation will be sent to the parent with a link to the plan documents. HOWEVER, even though you can only sign up for this plan on the Campminder site (our online registration), I think you can go to the links below and sign up for the Standard Plan after registration, just not through campminder. I'm not sure about this, but I am waiting for more information. In the event of a cancellation, the parent submits a claim directly to the Claims Administrator allowing you to stay focused on your business.

#### ***Program Protector Options: For more info and cost***

**Standard Plan:** Program Cancellation & Interruption (for Covered Reasons) [www.tripmate.com/wpF530S](http://www.tripmate.com/wpF530S) (choose the resident state of the camper to view) **This normally costs 5% of your camp costs, but Minimum fee is \$30. I think siblings** can be used to fill the minimum, so if you had 3 sessions, each costs \$180, (less than \$600) you could cover all 3 for cancellation for \$30.

**Enhanced Plan:** "Cancel for Any Reason" Benefit [www.tripmate.com/wpF530E](http://www.tripmate.com/wpF530E) (choose the resident state of the camper to view) **This normally costs 7.5% of your camp costs, but Minimum fee is \$45**

There are other camp cancellation companies on the market, but this plan was introduced to Masspike through our online registration company and they integrated the sign up process with our application.

**CARPOOLING** - I have collected a list of parents who are willing to carpool or give out their emails for carpool purposes. (you checked a box on the application) Contact me if you want to get emails of others in your area or you want to be added to the list. Only half of you gave permission to give out contact info.

**CHECK IN – FIRST DAY OF CAMP** – We'll send out an email the week/weekend before camp and let you know when to Check into camp the first day. It's usually **15-30 minutes before the start of each session**, Cash payment is preferred for Preordered kneepads. We'll send out an email for that. (see Kneepads below). All camp session payment and forms are due before camp, so the check in should be quick. If your Exam/Immunization Records are not submitted by camp, **no participation will be allowed** until we receive them, and a \$50 administrative fee may be charged. **NO** refunds will be granted.

**DIRECTIONS** - Directions documents can be accessed - from your Account Page. Log in with your email (where this letter was sent) and password. If you forgot your password, you can reset it). Directions will also be posted on the website [www.masspikevolleyball.com](http://www.masspikevolleyball.com) .

You can the following addresses for a GPS. Just note that the Direction Documents on the Account Site may have more specifics about where the specific gym is. (so you might want to look at the Forms and Documents.)

**The Mill Works** 22 Town Farm Rd, Westford will host the **Aug 14-18 and Aug 21-23 camps**. If we receive info about parking, we will forward it

**CHS Gym is in the back of the building.** Back entrance is 200 Richardson Rd, Chelmsford MA  
Front entrance is on Graniteville Rd. (take 1<sup>st</sup> Right and wind around to the back).

~~NOT USING IN 2017—McCarthy Middle School—250 North Rd, Chelmsford, MA—go to left of building, back entrance—near the loading door.~~

**DISMISSAL** – Just a reminder that 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 their session is over. However I don't want to leave someone stranded at the end of the camp day, so a staff member will have to wait for all rides to arrive. After the first 15 minutes, you will be charged for their time. Instead, if you know you'll be late, **you can write me a note that gives your child permission to wait without a staff member, if buildings will be open. Please check with me if you are unsure.**

If rides **WILL BE UNEXPECTEDLY LATE**, especially if it is **THE LAST CAMP SESSION OF THE DAY PLEASE CALL 978-430-0309 (my cell phone is to be used during camp only)** so that we (staff and the player(s)) will know when to expect you.

**EMERGENCIES** Please make sure we have all emergency numbers so that we can reach caretakers if an injury or accident should occur. **During camp you can reach Karyn Altman at 978-430-0309.**

**EXAM/IMMUNIZATION RECORDS** Your original email confirmation will indicate if you are missing exam/immunization records. Most parents have submitted these on time. Thank you so much for your cooperation Call me, Karyn, at (978-226-8781) if you having trouble meeting this requirement.

You can check your forms status on your Camp In Touch (CIT) Masspike Account, on the Forms and documents page. <https://masspike.campintouch.com/v2/login.aspx> is the Link to Log in. Use your email and password previously established. (you can reset it if you forgot)

**KNEEPADS** Kneepads are optional but suggested. We didn't include kneepad orders as part of the application. I would like to offer that option. If you would like to **ORDER A PAIR** of kneepads for \$20, you can email Landon at [lancass13@gmail.com](mailto:lancass13@gmail.com) subject line KNEEPADS You can pick them up the first day of camp, with a \$20 bill, if possible. **Do not mail in money ahead of time.**

**ITEMS TO BRING** - **DO NOT BRING VALUABLES, JEWELRY, or LARGE AMOUNTS OF CASH**

1. Volleyball shoes or indoor court shoe appropriate for volleyball (e.g. cross trainers). **Break in all new shoes before camp to avoid blisters.**
2. Kneepads or money to buy them – if you order them before camp, I can be sure we will have enough
3. Water bottle with your name on it. (or money to buy drinks) – **You should drink a lot of water.**
4. Lunch and cooler for 10am-4pm camps. (no refrigeration is available) Mill Works may have a place to buy lunch, but we will let you know that in your email the week before camp.
5. Extra shirt if it's hot. Some players like to change.
6. Tape, pre-wrap and necessary supplies if you have a recurring injury that needs to be taped.

**LEARNING DISABILITIES:** Although most of our coaches have no special education training, it would be so helpful if you shared knowledge of any learning or physical disability and suggested accommodations with us before camp. That 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.

**LUNCH.** For all Full Day camps (10am-4pm) - **bring your own packed meal and a cooler** (if needed) to camp with you. We will have a 1 hour break for lunch from 12:30-1:30pm. If for some reason, players forget their meals, we always have some extra food around at the staff meal table. The kids should eat, it's a long day  
**Snacks and drinks may be sold in CHS machines.**

**MEDICAL NEEDS/INJURIES/TRAINER** – Please send us, in writing any medical concerns or issues we should be aware of (even if they are stated on their doctor's form). This will help us treat your kids effectively. In case they have a problem, there will be a certified athletic trainer at each camp session. Since it is a long day for our staff, trainers may not be available until the start of the session, so kids who need to get taped may need to miss a few minutes of the session. . **We do not have heat packs and we have limited tape. If you have a preexisting condition and are going to need a lot of tape during the week, please bring some tape and pre-wrap with you.** We will have enough supplies for injuries that occur during camp. We will also have bags of ice.

In addition to notifying Karyn of any pre-existing medical condition or injury (even if it's already noted on the child's exam), please inform the trainer and your coaches once you arrive at camp. **If there should be an illness or injury at camp which requires your child to sit out for more than 30 minutes, we will call a parent or the emergency number to inform you. If the trainer (or player) feels the player will be better off going home, you will be asked to arrange pick up for your child.**

MEDICAL – Epi-Pens, inhalers, insulin should be kept near the court in your bag. **If your application indicates you need an epi-pen, (insulin) you will be required to have it with you in order to participate.** You must check in with your trainer and coach so that they are aware of your medication location.

**MISSING SESSIONS** – Please go to <https://masspike.campintouch.com/v2/login.aspx> and out the online form for Missing sessions, located on your Forms and Document Page. We take attendance each day, and it saves us a lot of time and worry, if you fill out this form online, letting us know that you will be missing a session, arriving late, or leaving early.

### **PLACEMENT ON COURTS –**

**PLEASE CHECK YOUR EMAIL CONFIRMATION TO CONFIRM THE ACCURACY OF THE CAMPER'S LEVEL, GENDER AND POSITION.** Most courts are single gendered, but some will be coed where appropriate. Experience level and gender will be used to divide General skills. (Position Camps will be divided by position and sometimes subgrouped by level and gender. There will be around 14-16 players on each court, with 2 coaches. Player assessments and adjustments will be made throughout and after the first day of drills. **We cannot guarantee placements with friends (except Beginners or a full team registered together ahead of time) but if friends are the exact same experience level, they can request to be placed on the same court.** Don't worry, you'll get to know the players on your court within a day or so and enjoy them.

PLEASE NOTE: YOUR COURT PLACEMENT WILL NOT **DECIDE YOUR FUTURE PLACEMENT ON YOUR HIGH SCHOOL TEAM, I PROMISE!!** COURT PLACEMENT AT CAMP AND YOUR VALUE TO A HIGH SCHOOL TEAM ARE TWO TOTALLY DIFFERENT THINGS. Every year a few players feel they are misplaced. Feel free to talk to me, Karyn after the first session, but please keep in mind the following things:

1. With 14-16 players, there will always be a range of skill level and experience on every court. If you are clearly better or worse than everyone else, it should be obvious to the coaches and they will move you.
2. General Skills Position training focus mainly on individual skills and improving your own personal skill level. If someone next to you can't serve well, it shouldn't affect your ability to work on your serve placement or toughness while they work on becoming consistent. Don't let it throw you off; they may have other strengths that you don't have.
3. We will be going over basic skills, even at the top levels. Please don't think that your court is the only court methodically going over basics. Good technique is the basis for success during your season. Even college players go back to basics each season.

If you feel you are obviously misplaced here's what should happen:

1. Talk to your court coaches, state your case, and ask that they observe you during the session. Sometimes players who feel they should be at a higher level, tend to sulk and appear unmotivated. Although I understand that reaction, know that coaches are going to evaluate players on what they see. If there is no energy or attempt to work hard, it is unlikely a camper will be moved to a higher level. Try your best and talk to your coach after the session to get their assessment.
2. Your coach will make an initial assessment. If you are in agreement – there is no need to pursue.
3. If you are not in agreement, then you can come see me, Karyn and I will assess you on day 2. I will be honest and tell you that if your coach did not feel you stood out enough to move, then I will probably stay with that decision, but I am willing to take a look and see.

### **PRE-CAMP and SEASON PREPARATION - MENTAL AND PHYSICAL** Why are you coming to camp?

For some of you, it's something to do over the summer, something that's fun and physical. That's a great reason. Don't feel obligated to make it any more than that – volleyball is fun!! For another group, you just want to know if volleyball is the sport for you. The Beginner section was created just for that reason. Bring your energy, enthusiasm, and willingness to learn and you will enjoy the week. No other preparation is necessary.

For others, and I suspect many of you, this is one part of your plan to be a stronger player for next year – to have a better shot at making/starting on a particular team, or to strengthen your next season's team by improving your play. There is no right or wrong reason to come to camp. We'll be here to teach you, but your reasons why (your motivation) will determine what you put into camp and what you will get out of it. You will get more skill improvement out of camp if you mentally and physically prepare for it.

Log in <https://masspike.campintouch.com/v2/login.aspx>. Read the posted documents your CIT Forms And Document page. I've posted 2 handouts "Getting Motivated – Have a Plan" and "Training Suggestions (Physical and Mental)" for those that are motivated to reach a specific goal for next season. Read them. **Preparation is not mandatory, just suggested, especially if you are trying out for high school volleyball in the future.** Use these handouts as a guide to motivate you into action. Keep a written record of your plans and accomplishments. **If you are just a BEGINNER, your main goal may be to learn about volleyball and have fun,** but you can create goals that have to do with your own physical and mental conditioning, if you wish. Remember – this is optional – but highly worth the effort if you are determined to achieve!

**UNHAPPY AT CAMP** – Players or parents are encouraged to talk to Karyn or their court coaches if they are not happy with a situation at camp. If you tell us early in the week, we can try to remedy the situation.

**WATER.** You can bring your own drinks or buy them in machines. There are water fountains as well.

**WEBSITE** [www.masspikevolleyball.com](http://www.masspikevolleyball.com) Our session descriptions and prices will be on the website, But Most of the information documents for campers will be moved to your Camper's Camp In Touch Personal Account Page Log in at <https://masspike.campintouch.com/v2/login.aspx>