

**2010  
CAMP INFORMATION**  
June 14th - August 6th



**Supporting Sports Opportunities 4 Girls**

**(847) 229-9959**

**info@gameonsportscamp.com**

**www.gameonsportscamp.com**

**Dear Game On! Parents:**

This information booklet is intended to be helpful in answering some of the questions you may have regarding your camper's experience at Game On! Sports Camp 4 Girls this summer.

As always, we are here for you should you have questions you would prefer to discuss over the phone. Don't hesitate to give us a call.

We are looking forward to making your daughter's camp experience her best yet.

Sincerely,

**The Game On! Sports Camp Staff**

## **CAMP CONTACT INFORMATION**

**During Camp Hours: Office Phone: (847) 229-9959**

The camp office will be open from 7:30 a.m. until 4:00 p.m. Monday through Friday.

**After Camp Hours:** Please leave a message at this same number and someone will return your call as quickly as possible.

You can also e-mail us at [info@gameonsportscamp.com](mailto:info@gameonsportscamp.com) to

- Ask questions
- Give us suggestions
- Express concerns
- Talk camp!

### **YOUR FEEDBACK WILL ALWAYS BE VALUED**

Barb Lazarus & Julie Kollada: **Camp Owners**

Amy Gorzynski: **Camp Director** Sara Hokin: **Director of Operations**

Jay Bulev: **Assistant Camp Director**

**PLEASE NOTE WE WILL BE COMMUNICATING CAMP NEWS BY E-MAIL. PLEASE REMEMBER TO CHECK YOUR E-MAIL DAILY. THANK YOU.**

# BUS INFORMATION

Game On! Sports Camp 4 Girls is committed to making our campers' transportation to and from camp as safe and pleasant as a bus ride can be. We are very fortunate to have one of the more respected bus companies, Olson Transportation, at our service for the summer. Without a doubt, Olson is as dedicated as we are to making our transportation experience the best it can be.

With this philosophy in mind, we need your help. Starting our days between 9:00 and 9:15 a.m each morning is critical to the maintenance of a finely tuned, sports crazy camp day. A late start here or there will detract from the allotted time our campers deserve for each carefully planned activity. One delayed camper can and will ruffle the bus schedule at the expense of so many other campers.

We are therefore requesting that you permit the busses a significant window. Specifically, we would very much appreciate it if your camper(s) can be ready and waiting for the bus at least five minutes before your scheduled pick-up time. Please feel free to call the camp office if your bus is more than 10 minutes late. **We very much appreciate your patience as the bus routes change weekly.** Game On! literally has new campers starting each week well into the second session. This makes the drivers' jobs quite challenging – please know that your driver will be doing his/her best.

Finally, each bus route will be accompanied by one of our talented coaches. Their primary responsibilities will be twofold: 1) help the driver assure the safety of all campers on the bus, including enforcing safety rules while on the bus and escorting the campers between their driveways and the bus if need be, and 2) coordinating appropriate fun bus activities. Our camp philosophy is that your daughter's incredible camp experience starts the minute she steps on the bus.

## NOT RIDING THE BUS TODAY?

If for any reason your camper(s) will not be on the bus in the morning, please give us a call the night before or as early as possible that morning. (See contact information for the best ways to notify us.)

Campers will return on their assigned bus every day unless:

1. The camp receives written permission she can go home with another camper on a different bus;
2. Camp receives written or phone notice from a parent that:
  - a. You need to pick up your camper early that day, **OR**
  - b. You need to pick up your camper at the end of the camp day.

Note that in either case, we would appreciate notice as early as possible and you must stop at the press box and sign your camper out of camp.

3. Carpooling is authorized—please provide us with a list of individuals who will be picking up and signing out your camper.

**IF YOUR CAMPER IS PICKED UP FROM CAMP,  
YOU MUST REPORT TO OUR OFFICE AND SIGN HER OUT.**

## WHAT TO BRING TO CAMP...

- **One Piece Swimming Suit & Towel**
- **Water Bottle (very important)**
- **Softball Glove (optional)**
- **Tennis Racquet (optional)**
- **Lunch Bag (if not participating in hot lunch program)**
- **For Longer Hair—Hair Tie or Band**
- **Horseback Riding Gear—Lunch, long pants & hard-heeled boots (if participating)**
- **Sunblock**
- **Money for Gatorade and Granola Bars - Canteen style (We will maintain an account for your camper)**

**NOTE: PLEASE LABEL AS MUCH AS POSSIBLE.**

**Please Don't Bring...**

- **No need for cleats**
- **Absolutely no chewing gum**
- **Cell Phones**
- **Electronic Devices** (highly recommend against bringing IPODS, Games, etc.)



## GAME ON! CAMP CONDUCT

Part of being a respected athlete is displaying model behavior on and off the field. Classy conduct reflects well on the team as well as the individual. Game On! expects to enforce and reinforce codes of conduct that will hopefully carry through to all aspects of our campers' lives.

This code of conduct will include respect for all campers and staff and their belongings. Of course, respect for the grounds and facilities at camp goes without saying.

Of major importance, trash talking is not permitted at camp!! And good sportsmanship is most certainly the name of our game.

Without a doubt, appropriate behavior will ensure a great summer at Game On! Sports Camp 4 Girls.

Thanks for your understanding and support.

**CONSISTENT VIOLATION OF THESE RULES OF CONDUCT WILL RESULT IN A CONFERENCE WITH PARENTS. POSSIBLE EXCLUSION FROM CAMP ACTIVITIES OR EXPULSION.**

# LABEL EVERYTHING

Count on us to do our best at rounding up the equipment and clothing left around camp. While we will try and return everything to their rightful owners, we can make no guarantees. Things will get lost. So please don't send your camper wearing a valued piece of clothing or accessory just in case. You can help substantially by labeling absolutely everything. Thanks much in advance for your efforts.

**IF YOUR CAMPER IS BRINGING HER LUNCH TO CAMP, PLEASE HAVE IT LABELED WITH BOTH HER NAME AND TEAM NAME**

# HOT LUNCH PROGRAM

Campers who have signed up for our hot lunch program will be provided with a catered hot lunch every day except Friday cookouts and field trip days. If your camper is bringing a sack lunch to camp, it will be refrigerated upon arrival. On field trip days, all campers should bring \$10 to purchase lunch or bring a bag lunch. (Sorry, most likely we will not be able to refrigerate lunches on field trip days.)

**Game On!**

**Supporting 2009  
GAME ON!  
SPORTS CAMP 4 GIRLS**

**NOW 30 MALNATI LOCATIONS SERVING CHICAGOLAND!**

**VISIT US AT [www.loumalnatis.com](http://www.loumalnatis.com)  
FOR THE LOU'S NEAREST YOU!**

**BUFFALO GROVE • HIGHLAND PARK  
LAKE FOREST • NORTHBROOK • WILMETTE**



# A glance at Game On! daily happenings!

# JUNE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
<p>Join us for Game On! Sporting Events! Friends and Families Welcome!</p> <ul style="list-style-type: none"> <li>• July 1st - <u>Chicago Sky</u> Basketball Game Field Trip</li> <li>• July 8th - <u>Chicago Bandits</u> Softball Game Family Outing</li> <li>• July 25th - <u>Chicago Red Stars</u> Soccer Game Family Outing (Game Tim 3pm)</li> </ul>		<p><b>ARE YOU PSYCHED?</b></p> <p>*Special optional activities may include ice sports and bowling!!!</p> <p>*Stay tuned for more special appearances and in-camp clinics run by collegiate and professional athletes, and high school coaches</p>		
<p><b>14</b> <b>TEAM SPIRIT WEEK</b></p> <p>Opening Ceremony</p> <p>Let the summer begin!</p>	<p><b>15</b></p> <p>Collegiate Day</p> <p>Team Banner Painting</p>	<p><b>16</b></p>  <p>Team Spirit Contest!!</p>	<p><b>17</b></p> <p>Team Fight Song Competition</p>	<p><b>18</b></p> <p>Challenge Course</p> <p>Cookout</p>
<p><b>21</b> <b>WORLD CUP SOCCER WEEK</b></p>  <p>Shooting Stars Challenge</p>	<p><b>22</b></p> <p>Crazy Fan Day!</p> <p><b>Guest Coach Clinic</b></p>	<p><b>23</b> </p> <p>Picture Day!</p> <p>Rainbow Falls Water Park Field Trip</p>	<p><b>24</b></p> <p>3-On-3 Soccer Tourney</p>	<p><b>25</b></p> <p>Challenge Course</p> <p>Cookout </p>
<p><b>28</b> <b>WNBA WEEK</b></p> <p>Favorite Jersey Day</p> <p>Game On! Idol</p>	<p><b>29</b></p> <p>Bring A Friend To Camp Day!</p> <p>Basketball Challenge</p> <p><b>Guest Coach Clinic</b></p>	<p><b>30</b></p> <p>Independence Grove Field Trip (Boating &amp; Beach Fun!)</p>		

**Masters:** 8th grade **Division 1:** 6th & 7th grades **Division 2:** 5th grade **Division 3:** 3rd & 4th grades  
**Ponytails:** K-2nd grades **Rookies:** Preschool ages 3 & 4 yrs, must be potty trained  
 Note: All calendar events subject to change.



There's still plenty of summer & lots more fun left to go!

# JULY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b> Basketball Knockout Tourney  <u>Chicago Sky Game</u> Families Welcome (Game time 7pm)	<b>2</b> Red, White & Blue Day Challenge Course Cookout Live DJ & Dancing with <u>A-Z Entertainment</u>
<b>5</b> <b>COLOR WARS WEEK</b>  <b>NO CAMP</b>  Happy 4th!	<b>6</b> <b>PRO DAY</b> <u>Chicago Bandits Clinic</u>  Tie Dye Fun	<b>7</b> Team Cheer Competition Super Soaker Water Wars <b>Guest Coach Clinic</b>	<b>8</b> Challenge Course  <u>Chicago Bandits Game</u> Family Outing (Game time 7:05pm)	<b>9</b> Pizza Lunch  Closing Ceremonies/Awards Sweet Treats Social
<b>12</b> <b>LET'S MAKE A RACQUET WEEK</b> Opening Ceremony Session 2  Racquet Relays	<b>13</b> Team Spirit Contest  Queen of the Court Tourney	<b>14</b> Carnival Day	<b>15</b> Fight Song Competition Badminton Madness <b>Guest Coach Clinic</b>	<b>16</b> Challenge Course  Cookout 
<b>19</b> <b>SOFTBALL WORLD SERIES WEEK</b> Wacky Softball Day  Juggle Mania Juggling Workshop	<b>20</b> All Camp Cage Ball Bring a Friend to Camp Day Hurry Up World Series	<b>21</b>  Picture Day Rainbow Falls Water Park Field Trip	<b>22</b> Halloween in July Homerun Derby	<b>23</b> Challenge Course  Cookout Live DJ & Dancing with <u>A-Z Entertainment</u>
<b>26</b> <b>OLYMPIC WEEK</b> Let the Games Begin  Torch Ceremony & Parade of Nations	<b>27</b> Backwards Day  Goofy Olympics <b>Guest Coach Clinic</b>	<b>28</b> Lake Forest Beach Field Trip  Tye Dye Fun	<b>29</b> Game On! Idol  <b>Guest Coach Clinic</b>	<b>30</b> Olympic Track Meet  Challenge Course Cookout

**Masters:** 8th grade **Division 1:** 6th & 7th grades **Division 2:** 5th grade **Division 3:** 3rd & 4th grades  
**Ponytails:** K-2nd grades **Rookies:** Preschool ages 3 & 4 yrs, must be potty trained  
 Note: All calendar events subject to change.



Summer's flying by, but the fun continues!

# AUGUST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> GAME ON! CHAMPIONSHIP WEEK  Amazing Race Begins	<b>3</b> Favorite Athlete Day  Amazing Race	<b>4</b> Super Soaker Water Wars  Amazing Race	<b>5</b> Challenge Course  	<b>6</b> Pizza Lunch  Closing Ceremonies/Awards  Sweet Treats Social
<b>9</b> Begin Countdown to Opening Day! <b>GAME ON! 2011</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b> We Hope to See You Next Summer!

**Masters:** 8th grade **Division 1:** 6th & 7th grades **Division 2:** 5th grade **Division 3:** 3rd & 4th grades  
**Ponytails:** K-2nd grades **Rookies:** Preschool ages 3 & 4 yrs, must be potty trained  
 Note: All calendar events subject to change.

**GAME ON! SPORTS  
 CAMP 4 GIRLS  
 WISHES OUR CAMPERS  
 AND THEIR FAMILIES A  
 SAFE, FUN-FILLED  
 SUMMER!**

**“Finally a Camp of our Own”**

# HEALTH AND WELFARE AT CAMP



## SUN SUN SUN!

Please make sure your camper applies sunblock every morning before getting on the bus. We also recommend sending sunblock in your camper's backpack so she can apply it at camp. We will especially remind our campers to reapply sunblock after swimming. Extra sunblock will be stored in our camp tent for those who might forget a day here and there.

## WATER UP!

We will be paying special attention to keeping our campers hydrated, encouraging them to drink the whole day through. Please make sure your camper(s) come each day with a labeled water bottle filled with cold water. We will have plenty of water jugs located around our sports stations and a water horse, which will enable them to refill their bottles when needed.

## MEDICATIONS, SICKNESS & INJURIES (hope not!)

Campers requiring medication during camp must have a signed medical authorization form. Please send the medication, clearly labeled, with your camper on the first day and our full-time trainer will administer as per your authorization. Our trainer will also handle all injuries and sickness arising during official camp hours.

## ON FIELD TRIP DAYS, PLEASE REMEMBER TO....

- Wear your Game On! Sports Camp T-Shirt.
- Bring your lunch or \$10 to purchase lunch.

Camp pictures will be taken once each 4 week session. Please wear your Game On! T-shirt that day.



Consult your Game On! calendar for scheduled picture dates.

Exclusively Yours! Personal Care & More

# ROSS'S

All the Best Prices in Town

- Clothing
- Accessories
- Cosmetics
- Beauty Salon
- & Much More

CALL US  
OUR WEEKLY  
DEALS

625 Central Avenue  
Highland Park  
847.433.4340  
www.rossstore.com

# DAIRY QUEEN HIGHLAND PARK SUPPORTS GAME ON! SPORTS CAMP 4 GIRLS!



600 Central Avenue, Suite 113  
Highland Park, IL 60035



WEAR YOUR CAMP SHIRT INTO DQ JUNE-AUGUST AND ENJOY  
**10% OFF YOUR ENTIRE ORDER!!**

# Game On!

## A Trusted Resource

We are there for you in presenting options for developmental and travel sports programs, private lessons, clinics & leagues throughout the year. For specifics consult our website or contact us by email or phone.

## GAME ON! SPORTS CAMP 4 GIRLS WEBSITE

[WWW.GAMEONSPORTSCAMP.COM](http://WWW.GAMEONSPORTSCAMP.COM)

Game On! is excited about its website for the messages conveyed and its ability to communicate information. We encourage parents and our campers to log on as much as possible, even every day, for up-to-date news, action photos, and additional important information.

## BLOG & SOCIAL MEDIA SITES

**GAME ON! SPORTS GIRL TALK**  
[gameonsportscamp.com/blog](http://gameonsportscamp.com/blog)

Game On! Sports Girl Talk offers a broad range of valuable information for parents on sports and fitness relating to girls ages 4 to 14.

Discussion will focus on topics and issues covering general sports, specific sports, fitness, nutrition, medicine, injury prevention, stress, peer groups, and more. We hope to help our readers stay informed, feel educated, and maybe even derive some comfort from the information and discussion.

**Facebook:** [gameonsportscamp.com/facebook](http://gameonsportscamp.com/facebook)

**Twitter:** [twitter.com/Gameonsportsgirl](http://twitter.com/Gameonsportsgirl)

**YouTube:** [youtube.com/gameonsportscamp](http://youtube.com/gameonsportscamp)

**Picasa:** [picasaweb.google.com/gameonsportscamp4girls](http://picasaweb.google.com/gameonsportscamp4girls)

# IN-HOME CAREGIVERS



## Home Care Services

Open Arms provides non-medical in-home care to those challenged with temporary or permanent physical or mental debilitation whether from illness, injury or aging.

**CALL OPEN ARMS  
AT  
847-272-4997**

[openarmshomecare.com](http://openarmshomecare.com)  
[info@openarmsolutions.com](mailto:info@openarmsolutions.com)



**HELPING YOU LIVE INDEPENDENTLY AT HOME**