

August 21-25



Welcome,

We look forward to meeting you at the Cal Ripken, Sr. Foundation (CRSF) overnight camp in Aberdeen, MD the **week of August 21 – August 25**. The Cal Ripken, Sr. Foundation overnight camp is an opportunity for deserving young people from across the country to come together for a week to learn baseball with the *Cal Ripken, Sr. Foundation's core values* while simultaneously developing life-long character traits that will help them continue on the path to success.

CRSF programs are designed based on Cal, Sr.'s philosophy that, "everything you do in baseball you do in life, and everything you do in life you do in baseball." The ball field becomes a perfect place to teach those life lessons that will help young people become not only successful in the game of baseball, but also in the game of life. Lessons such as teamwork, leadership, respect, communication, developing good life habits, and making good choices apply to life both on and off the baseball field. The week is designed to integrate these lessons into all activities including baseball skills stations, ropes courses, team building games, and special presentations.

This packet contains information that will help you and your campers prepare for the week in Maryland. Please review all information carefully and work with your local organization to answer any questions or concerns. As always, please contact us and let us know if there is anything we can do to help.

Included in this packet:

- Expectations for campers and counselors
- Frequently asked questions and answers
- Packing list
- Sample schedule

Sincerely,

Cal Ripken, Sr. Foundation Overnight Camp Team

Contact Information

Please contact your local organization first with any questions or concerns

- Cal Ripken, Sr. Foundation
 - o Office: 410-823-0043
 - o Fax: 443-841-7033
 - o info@ripkenfoundation.org
 - o 1427 Clarkview Road, Suite 100, Baltimore, MD 21209
- Camp Staff
 - o Scott Swinson, 410-823-8535 – sswinson@ripkenfoundation.org
 - o Kaitlin Rowan, 443-841-7038 – krowan@ripkenfoundation.org
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 - o Samantha Nagurny, 443-841-7034 – snagurny@ripkenfoundation.org
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Expectations for Campers and Counselors

The Cal Ripken, Sr. Foundation overnight camp is an opportunity for selected leaders to travel to Aberdeen, MD for a once in a life time experience. All campers and counselors will be representing their local organization, community, city, state, and the Cal Ripken, Sr. Foundation at all times. Please keep in mind at all times.

When traveling to camp please follow these guidelines for dress:

- Dress pants, khaki pants or shorts, or similar
- Organization t-shirt or polo shirt (i.e. baseball uniform t-shirt, shirt with organization logo) to easily identify groups traveling together

Campers

An ideal camper is a child who has shown improved behavior, a desire to grow, and leadership potential.

- **All campers must be ages 10 -14.**
- Campers will be asked to try new things, challenge themselves, and take chances to grow and meet new friends from across the country.
- Baseball/softball experience is not necessary – campers will receive coaching and instruction in fundamentals and drills.

Counselors

Counselors will serve as Assistant Coaches throughout the week at camp. This year we will be working with your identified counselor to ensure these Assistant Coaches are assigned to help with jobs most in line with their interests and skills. Counselor jobs may include: help setting up and coordinating meals, ensuring campers board correct buses, helping campers rotate through baseball activities stations, and help with afternoon activities rotations (ropes courses, swimming, etc.).

- All counselors must be either full time staff members at your organization or law enforcement coaches; counselors must have completed a background check. **Copy of background check MUST be attached to registration packet.**
- Counselors must be at least 21 years of age.
- Counselors must be the same gender as the youth participants (counselors stay in cabins with campers).

Frequently Asked Questions and Answers

1. Can parents travel to camp?

No. We encourage children that attend our program to experience a sense of freedom and independence. One of the best parts of the experience is the chance for youth to interact with peers from around the country. Family members that are not chaperones may travel to Maryland on their own and watch during limited activity schedules, and will not be permitted at the overnight facility.

2. Where do campers stay?

Campers are housed at Sandy Hill Camp in North East, MD – a privately owned facility on the Chesapeake Bay. Youth participants will travel by bus to the Ripken Baseball Academy each day for baseball instruction. Campers are housed with approximately 10 youth and 3 chaperones in each room – all organizations will stay together in cabins.

3. Do campers need to bring money?

No. Participants will be provided with all meals and snacks. Campers do not need money for any reason. Youth participants that bring money will be responsible for its safe keeping.

4. Should campers bring baseball equipment?

Campers will be provided with all necessary baseball equipment. Youth participants are allowed to bring bats, gloves or cleats; however, they are responsible for its safekeeping, the Cal Ripken, Sr. Foundation cannot be responsible for any lost or stolen items.

5. Can campers bring cell phones?

Yes. We understand the need to stay in contact with your child and do allow the use of cell phones; however, use of cell phones will be restricted to designated times and locations. The Cal Ripken, Sr. Foundation will not be responsible for lost or stolen phones.

6. Will campers be able to do laundry?

We will launder baseball uniforms for all campers during the week as necessary. Participants will not be able to do laundry for other clothes unless the staff deems it necessary. Please pack accordingly and follow the checklist.

7. What if my child is hurt during the program?

We have a fully trained and certified health staff on duty at all times. While at the Ripken Academy, certified athletic trainers will be on hand to assist every child. When youth participants are at Sandy Hill, a registered nurse will be available at all times. Cal Ripken, Sr. Foundation employees are trained in first aid. Cal Ripken, Sr. Foundation staff and organization chaperones will be in contact with parents/guardians regarding any injuries or illnesses.

8. My child needs to take medicine every day, can he still come?

Yes. All campers are required to submit complete registration packets including up to date health records and medication forms. If your child takes any form of medication (including prescriptions and over the counter medication) be sure to fill out all required paperwork in the registration packet you have already received. In order for our program nurse to dispense medication, all medication must be in a container with prescription information clearly labeled. Do not send medication that is not prescribed for your son/daughter.

9. Is the camp certified?

Yes. The Cal Ripken, Sr. Foundation registers our camp each year with the Maryland Department of Health and Mental Hygiene (DHMH). All directors have completed federal background checks and completed all required certifications. In addition, staff are trained in CRSF safety and emergency procedures. In addition, Sandy Hill Camp and all recreation staff complete all required certifications each year to ensure the safety of all campers.

Recommended Packing List

- ◆ All campers should label bags clearly and pack items in one large duffel bag or suitcase
 - ◆ Mandatory items:
 - Bedding (sheets or sleeping bag for twin bed)
 - 2 Towels (one for shower and one for swimming)
 - Underwear and socks for 5 days
 - Casual clothes – shorts, t-shirts, jeans, etc. for 5 days
 - Sweatshirt and long pants for cooler evenings
 - Sneakers
 - Flip flops or shoes to wear at pool or water activities
 - Personal items (soap, shampoo, toothpaste, toothbrush, etc.)
 - Sunscreen and bug spray
 - ◆ Optional items:
 - Baseball glove
 - Cleats
 - Cup/jock (optional but recommended)
 - ◆ Prohibited items:
 - Computers, DVD players, lap tops, ipods, portable gaming systems, etc.
 - Drugs, alcohol, or clothing with inappropriate language or insignias
 - CRSF is not responsible for lost or stolen items and campers are encouraged not to bring electronics to camp
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Sample Schedule

All schedules are subject to change

Day 1 – Arrival Day

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| - 4pm – 6pm | Groups arrive, register, unpack, and settle into cabins |
| - 5pm – 7pm | Dinner, orientation and safety procedures |
| - 7pm – 9pm | Nightly activities, welcome, and expectations for the week |
| - 9pm – 10pm | Cabin discussions and lights out |

Days 2 – 4

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| - 7am – 8am | Wake up and breakfast |
| - 8am | Buses depart for baseball facility |
| - 9am – 2pm | Baseball activities, instruction, games, special presentations, lunch |
| - 2:30pm | Buses return to camp facility |
| - 3:30pm – 6pm | Afternoon activities rotations <ul style="list-style-type: none">▪ Set schedules include swimming, ropes courses, sports, etc. |
| - 6pm – 7pm | Dinner |
| - 7pm – 9pm | Nightly activities, special presentations |
| - 9pm – 10pm | Cabin discussions and lights out |

Day 5

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| - 7am – 8am | Breakfast |
| - 8am – 10am | Check out and departure |