

WELCOME TO CAMP!

We are excited that you will be joining us this summer. We strongly believe in the camp experience for children. Not only do our children have fun, but through sports and daily interactions, they learn important life lessons.

Our positive atmosphere, caring staff, and sports-based learning, foster an environment like no other!

EVERYTHING YOU NEED TO KNOW FROM REGISTRATION TO CHECK-OUT!

This camp guide prepares you and your camper for camp, and addresses many of your questions. If this guide does not answer all of your questions, please feel free to call our office at (570) 620-2267 or check our website for additional information.

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PARENT QUICK GUIDE

IMPORTANT DATES



LAST DAY to send in **written cancellation** to receive a partial refund.



FINAL BALANCE is due. Sorry, we do not accept credit cards for invoiced fees, please mail either a check or money order.

CAMPER REQUIRED FORMS are due. A complete Health History, Physical Exam and Camper Contract are required.

LAST DAY to receive a refund for weekend stay changes.

CHECK-IN TIME SUNDAY 1:30-4:00 PM

We are eager for you to arrive, but **PLEASE DO NOT ARRIVE EARLY**. We do not have any waiting facilities, and if you arrive early you will be stuck on the camp road, and that is no fun for anyone!

CHECK-OUT TIMES VARY

- If you are departing on a **Friday**, your check-out time is **11:00 am**.
- If you are departing on a **Saturday**, your check-out time is **10:00 am**.
- If you are departing on a **Sunday**, your check-out time is **10:00 am**.

Our weekend stay overs are extremely popular! If you need to make changes to your camper(s) check-out day, it must be made by **MAY 1st**. Changes are based on availability!

Once again **DO NOT ARRIVE EARLY** for check-out. You will be unable to enter the camp because campers are in activities!

REQUIRED CAMPER FORMS

We know that completing forms can be tiresome, but our health forms are of the highest importance for your child's safety! Due to the importance of these camper forms, we are unable to accept any camper with incomplete forms.

Please take your time and ensure ALL sections of the health history and the camper contract are complete and submitted online no later than **MAY 1st**.

The physical examination form must be printed from your [online account](#) and **completed by a licensed physician**. Once completed it must be uploaded back into your [online account](#), or alternatively, you can fax it to the number on the bottom of the form. If you have a physical from your child's school or sports program, you may submit that form as long as the same information is included and it is signed and dated by a licensed physician.

PERMISSION SLIPS

Our goal is to keep every camper safe, and that includes making sure you have given permission for someone other than yourself to pick up your camper! If you are not picking up your camper, you can complete our [Release to Leave Camp Form](#) online or at check-in. Remember, we will not release a camper on check-out day without written parental permission.

CELL PHONES

Camp is a time to be outdoors, play sports and make friends. It is not a time to be on your phone!

DO NOT BRING YOUR CELL PHONE OR INTERNET-ENABLED DEVICES TO CAMP. We feel so strongly that phones interrupt camp fun, that any such items shall be confiscated. There will be a \$25.00 fee when collecting your phone or similar device. This money is donated to a non-profit organization that provides summer camp tuition assistance for underprivileged campers.

PRIOR TO CAMP

CAMP TOURS

We would love to show you our facility firsthand! Camp tours provide a wonderful opportunity for you and your camper to learn more about ISTC, view our beautiful facility and meet some of our staff. Reservations are required. Please call the office (570) 620-2267 or [click here](#) to visit our website to set up your visit!

WHAT TO BRING

We run around all day and play sports, so clothing should be comfortable and suited toward lots of sport activity! All belongings should be labeled for easy return to its owner. (All forgotten clothing and misplaced items are donated to charity at the end of each week.) The following items should be packed:

- | | |
|--|---|
| <input type="checkbox"/> twin size bottom sheet (single bed) | <input type="checkbox"/> sleeping bag or blanket |
| <input type="checkbox"/> pillow and pillow case | <input type="checkbox"/> multiple towels (showering & swimming) |
| <input type="checkbox"/> personal items | <input type="checkbox"/> activewear and sleepwear |
| <input type="checkbox"/> bathing suit | <input type="checkbox"/> jacket or sweatshirt |
| <input type="checkbox"/> rainwear | <input type="checkbox"/> two pairs of sneakers |
| <input type="checkbox"/> flipflops, sandals or slides | <input type="checkbox"/> sunscreen |
| <input type="checkbox"/> laundry bag | <input type="checkbox"/> battery-operated fan for your bunk |

Please pack any medications separately because **ALL** medications must be turned in to the Health Center including inhalers, EpiPens, over-the-counter medications, and vitamins. See the section entitled "[Medications.](#)"

If campers are staying multiple weeks and need to do laundry, their counselors will assist them over the weekend. Washers and dryers are available at \$2.00 per load. Quarters and detergent are available in the Canteen.

WHAT NOT TO BRING

Do not bring anything of value to camp. As the Camp Director says, "If you can't dunk it in the lake, don't bring it to camp." ISTC cannot be responsible for articles which are lost, stolen, broken, or damaged.

The following items are NOT PERMITTED at camp:

- Cell phones and internet enabled devices
- Valuables or jewelry
- Food, drinks or gum

DIRECTIONS TO CAMP

Please follow the directions listed below. We are providing the best possible directions into camp. We do not recommend using the directions from internet map sites or GPS systems because the information they provide may be inaccurate and/or take you through very congested areas.

FROM NEW YORK & NEW JERSEY (VIA I-80) (Approximately 1.5 hours from the GW Bridge)

- Take I-80 West into Pennsylvania
- Take Exit 302, Bartonsville, PA
- Turn left onto 611 North
- Travel one mile and turn left onto Golden Slipper Road directly before Colonial Auto Sales
- Travel 2.4 miles and turn right onto Wenton Lane (at Sports Camp and Gymnastics Camp signs)
- Travel until you reach a stop sign then make a right
- The entrance to ISTC will be on your right side

FROM NEW YORK & NEW JERSEY (VIA I-78)

- Take I-78 toward Allentown
- Take Exit 71 for Route 33 North (Stroudsburg / Pocono Mountains)
- Follow signs to Bartonsville and exit (the exit will be on your left)
- Turn left onto 611 North
- Travel one mile and turn left onto Golden Slipper Road directly before Colonial Auto Sales
- Travel 2.4 miles and turn right onto Wenton Lane (at Sports Camp and Gymnastics Camp signs)
- Travel until you reach a stop sign then make a right
- The entrance to ISTC will be on your right side

FROM PHILADELPHIA (Approximately 2 hours)

- Take the Northeast Turnpike Extension to Allentown
- Take 22 East to Route 33 North (Stroudsburg/Pocono Mountains)
- Follow signs to Bartonsville and exit (the exit will be on your left)
- Turn left onto 611 North
- Travel one mile and turn left onto Golden Slipper Road directly before Colonial Auto Sales
- Travel 2.4 miles and turn right onto Wenton Lane (at Sports Camp and Gymnastics Camp signs)
- Travel until you reach a stop sign then make a right
- The entrance to ISTC will be on your right side

FROM BALTIMORE (Approximately 3.5 hours)

- Take 83 North toward Harrisburg, PA.
- Take 81 North to I-78 East toward Allentown.
- Take 22 East to Route 33 North (Stroudsburg/Pocono Mountains)
- Follow signs to Bartonsville and exit (the exit will be on your left)
- Turn left onto 611 North
- Travel one mile and turn left onto Golden Slipper Road directly before Colonial Auto Sales
- Travel 2.4 miles and turn right onto Wenton Lane (at Sports Camp and Gymnastics Camp signs)
- Travel until you reach a stop sign then make a right
- The entrance to ISTC will be on your right side

FROM WEST OF PENNSYLVANIA

- Take I-80 East
- Take Exit 299 for PA-715 toward Tannersville
- Turn left onto PA-715 South
- Travel 4 miles and turn left onto Neola Road (you'll see a gas station on the corner)
- Travel 4/10 of a mile and turn left onto Bartonsville Woods Road
- Take the 1st left onto Twin Lake Road and follow the road for one mile. The entrance to ISTC will be on your right side

ARRIVING AT CAMP

CHECK-IN

Check-in is between 1:30 and 4:00 pm on Sunday. Please only arrive during the designated times, as we are not able to accommodate early check-in campers. If you are going to be late, please notify the office so we can make special arrangements.

Cabins and bunks are pre-assigned based on roommate requests, so there is no need to arrive early - we've saved you a place. But, just in case you are still thinking of arriving early, this is why we ask you to change your mind: Our gate and parking areas will be closed and you will **NOT** be able to enter the camp grounds. The roads around camp are public, not private roads, and arriving early and parking alongside any of the roads to and from camp is a safety hazard and is prohibited by law.

AIRPORT TRAVELERS

If your child is arriving by plane, **please contact the office before purchasing your tickets** so you can schedule your arrival and departure based upon our check-in and check-out times.

We offer pick up and drop off at Newark International Airport (EWR) and Lehigh Valley International Airport (ABE).

Your child's arrival and departure flights must be between the following times:

AIRPORT	AVAILABLE TIMES	FEE
Lehigh Valley International (ABE)	10:00 am - 8:00 pm	\$150.00 round trip
Newark International (EWR)	12:00 pm - 8:00 pm	\$300.00 round trip

If your child is arriving via a car service, the drop off and pick up from camp must be between the following times:

Hired Car Service	8:00 am – 8:00 pm	Rates vary – please contact your travel agent
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Unfortunately, we are unable to offer arrival and departure options outside of the times listed above due to the distance to the airport and the disruption it causes to the rest of the camp. Before making your final travel arrangements and booking your tickets, please [contact our office](#) to confirm that we are able to accommodate your plans.

AREA ACCOMMODATIONS

If you are interested in area attractions and accommodations, a good resource is the Pocono Mountain Visitor's Bureau at (570) 421-5791 or (800) 762-6667, or visit their website at PoconoMountains.com.

DEPARTING FROM CAMP

CHECK-OUT

The check-out times vary based on your selected departure day as reflected on your camp invoice:

- If you are departing on a **Friday**, your check-out time is **11:00 am**.
- If you are departing on a **Saturday**, your check-out time is **10:00 am**.
- If you are departing on a **Sunday**, your check-out time is **10:00 am**.

CHANGING YOUR CHECK-OUT DAY

Changes to your camper's session and check-out option may only be made until May 1st to avoid cancellation fees. After May 1st, there is no refund (in accordance with the camp refund policy). In the event of an emergency and you must check your child out earlier, special arrangements must be made with the office and a processing fee of \$25.00 will be incurred.

CAMP RULES

CAMPER BEHAVIOR POLICY

We want everyone's experience at camp to be a positive one; therefore, there is no room for bad behavior.

It is essential that you communicate to your child that we do not accept behaviors such as violence, possession of weapons, repeated profanity, disrespect, bigotry, bullying, inappropriate sexual behavior, drug or alcohol use, or any other unsafe behaviors that are potentially harmful to themselves or others. They must understand that a consequence of their behavior can mean dismissal from camp. If a child is dismissed from camp, no refunds are given.

Our staff will make every effort to provide a positive experience for your child. Campers that cannot live within the rules of camp, are adversely affecting the experiences of other children, or are a risk to themselves or the camp community, must be picked up and removed from the camp immediately. Parents are then responsible to come to camp and pick up their camper at the time of their dismissal.

Furthermore, there may be a circumstance where we have agreed to accept a child with full knowledge of his or her particular situation and have attempted to take all the necessary steps to make the experience successful, but find that it is impossible to do so. For the good of the child and/or the camp community, the child may have to leave.

Our interest is to offer pleasant camp experiences and memories. It is not our intention to exclude any child; however, that need may unfortunately arise. It is important to discuss in detail your expectations of your child so that we, parents and camp directors, are in total agreement.

GENERAL CAMP RULES

All of the following rules, regulations and policies have been designed for the safety of our campers. The rules are to ensure that everyone involved with ISTC has a safe and fun experience while at camp. The rules are taken seriously and strictly enforced.

1. Respect the camp and others.
 - Rudeness or profanity will not be tolerated.
 - ISTC is a positive place. No teasing, making fun, bullying, hazing, demeaning, or putting down others.
 - Campers shall listen and be respectful to all ISTC staff and follow their instructions.
2. Alcohol, tobacco and illegal/controlled substances are not permitted on camp grounds.
 - No weapons, firearms, fireworks.
 - No smoking or tobacco use including e-cigarettes (juuling).
 - No drugs or alcohol.
3. Outside food and beverages including chewing gum are not permitted on camp grounds.
4. No cell phones or internet enabled devices are permitted while camp is in session.
5. No fraternizing. Male campers are not allowed in female camper cabins. Female campers are not allowed in male camper cabins.
6. Campers shall not leave camp grounds while in attendance.
7. Campers shall attend all sessions.
8. No graffiti. Campers will be charged for any intentional property damage.

CABIN & BED ASSIGNMENTS

We know campers want to live in the same cabin as their friends, so we happily accommodate roommate requests. We ask that roommate requests be limited to three children only, and they must be within two years of age.

We are unable to take requests for particular cabins or top/bottom bunk beds. Additionally, we do not accept non-requests.

IXTC campers are housed separately and are not able to bunk with campers from the All Sports program.

PAYMENTS & FEES

CAMP INVOICE

Please review your camp invoice (you should have received it via e-mail shortly after your application was accepted). If you have any questions, we are available to answer them by phone Monday through Friday from 9:00 am to 5:00 pm.

The session(s) you are enrolled for, as well as your camper's check-out day are reflected on your camp invoice. The invoice also indicates your remaining balance. This balance can be paid on any schedule that fits your budget as long as you are paid in full by May 1st, 2019. (ISTC does not accept credit card payments for camp balances.)

DUE DATES

April 1st, 2019

- If you are cancelling for any reason, a **SIGNED CANCELLATION FORM** must be received by April 1st. Please see the sections entitled "Refund Policy" and "Cancellations".

May 1st, 2019

- FINAL BALANCE is due.
The balance can be paid on any schedule that fits your budget as long as you are paid in full by May 1st. (ISTC does not accept credit card payments for camp balances.)
- REQUIRED CAMPER FORMS are due.
These forms must be 100% complete. If they are incomplete, your camper will not be able to check-in. Please see [page 10](#) of this guide for more detailed information about completing the Health History and Camper Physical Examination & Immunization Forms.
- CHANGES TO CHECK-OUT DAY may be made up until May 1st based on availability. We are only able to accommodate a limited number of campers each weekend, so the earlier you let us know of any changes, the more chance we have of being able to fulfill your request.

REFUND POLICY

Prior to April 1st, deposit less the \$150 non-refundable application fee per session enrolled is refundable with **written notice** of cancellation. After April 1st, deposits are non-refundable (this also applies to applications received after April 1st).

After April 1st, with **written notice**, camp fee, less \$300.00 (non-refundable application fee and session deposit) per session enrolled, will be returned to a camper who must withdraw up to 14 days prior to their camp session.

There is no refund if cancellation is made within 14 days of their camp session. Cancellation of Saturday or Sunday check-out is non-refundable after May 1st. No refund will be made for a camper who withdraws at any time after arriving at camp. There is no reduction or refund of fees for late arrival or early departure.

If a camper is a no-show for a registered session, no refund will be issued. Finally, we reserve the right to dismiss, without refund, any camper whose conduct is detrimental to the camp or to other campers.

CANCELLATIONS

For your convenience we have provided a simple form that can be either faxed, scanned or mailed to our office. The [Cancellation Form](#) can be downloaded and printed from our website in the Camp Forms section. Please note the following :

- All refunds follow our refund policy as listed above.
- Valid refund requests are processed in the order they are received.
- Refund requests are usually processed within 2 weeks, although occasionally, due to the busy nature of a summer camp, they may take 3-4 weeks to process. Your patience is appreciated.

PARENT & CAMPER COMMUNICATION

CAMPER PHONE

We know you miss them, but we recommend that you do not call your child while they are at camp. Phone calls take your child away from their camp activities, and a call from home sometimes causes homesickness.

If you must reach your child, the phone number is (570) 620-1795. The camper phone line is only for parent/guardian calls. The phone lines are open 1:15 pm to 2:30 pm Friday and Saturday.

Please limit the length of your call to 5 minutes. We will not call children to the phones during inclement weather (thunder and lightning storms). We do not have facilities for campers to make outgoing phone calls. Please be assured we will contact you if any concerns arise.

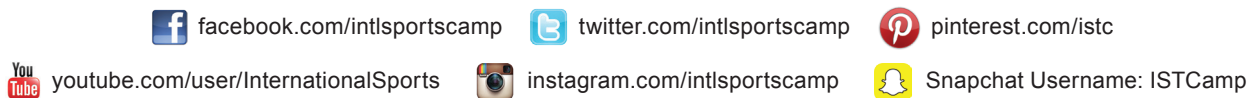
CELL PHONES AND INTERNET ENABLED DEVICES

Cell phones and internet enabled devices are not permitted at camp. Camp is a time for children to explore their independence, make friends, and enjoy new experiences. Calling home disrupts the camp experience and cell phones, with their cameras and online access, pose many serious privacy issues. The No Cell Phone Policy is taken very seriously.

If your child is found with a cell phone or internet enabled device, we shall confiscate it. There will be a \$25.00 fee when collecting your phone or similar device. This money will be donated to a non-profit organization that provides summer camp tuition assistance for underprivileged campers.

INTERNET

Keep up-to-date with ISTC happenings and special offers throughout the year by following our social networking sites:



While your child is at camp, be sure to check our facebook, twitter, instagram, and snapchat for daily parent updates! We know everyone at home wants to see photos, so we have dedicated photographers whose sole job is to document the day for parents and family members to view! You can view and purchase these photos every day by visiting our website <http://international-sports.com>.

Remember, campers do not have access to the internet. However, we do provide a one-way e-mail service through your Camp In Touch account so you can e-mail your campers while they are at ISTC. Log-in to [your account](#) and click "E-mail" for more information.

MAIL

Campers are able to receive mail daily. If you would like to write, please address letters as follows . . .

Camper's Name - Cabin # (if known),
c/o International Sports Training Camp
1100 Twin Lake Road
Stroudsburg, PA 18360

When sending your mail, please allow enough time for delivery. If you want to send your child a care package, please do not send any food items, including gum. We do not allow food or snacks in the cabins. Note: ISTC offers our own very cool Camp Care Packages filled with souvenir items from our canteen! Please see the section entitled "[ISTC Care Packages](#)."

VISITATION POLICY

For the safety and security of our campers, no visitation is permitted during the camp week.

If your camper is staying more than one week and you wish to take them off camp grounds on the weekend (Friday at noon until Sunday at 4:00 pm), you may do so. All visitors must check in at the office upon arrival at camp. If your child is taken off of camp grounds on weekends by someone other than yourself (friends, relatives or parents of other campers), ISTC must have the [Release to Leave Camp Form](#) on file. See the section entitled "[Parental Permission \(Release to Leave Camp\)](#)".

ISTC is not responsible for campers away from the camp grounds. Also, campers are not allowed to leave the camp grounds with ISTC staff members or minors. There is no visitation on camp grounds.

WELLNESS

HEALTH CARE

We want everyone to have a healthy camp stay! As you know, a physical examination and completed health history are necessary to attend camp. We also conduct brief health screenings with all campers on check-in day. Campers who arrive sick will not be accepted and must return home for their sake.

ISTC operates a state-of-the-art camp health center that is staffed by a nurse and athletic trainers. A doctor is on call. If a camper becomes injured or is out of the program for more than a half day, we will notify you. In case of illness, campers will be housed in the health center for a brief period. If their illness persists, you will be called to pick up your child.

CAMPER WELLNESS

Some children are sent to camp without full disclosure of their emotional and/or physical well being. Campers with psychiatric problems, serious medical problems, or campers who are experiencing traumatic reactions to family issues such as parental separation, divorce or death are included in this category.

In fairness to our counselors, staff and campers, we need to make informed decisions regarding the care of every child. Our purpose in having pertinent health information, both physical and emotional, is to be able to better serve each child. We expect that parents or guardians of any child sent to ISTC have provided us with all the necessary information to help ensure a positive camp experience.

MEDICATIONS

For our campers' safety, **ALL** medications must be turned into the health center and are administered by the camp nurse. Our health center has a full supply of over-the-counter medications so there is no need to send them with your child. Any medications left in the cabin can result in serious consequences. Thank you for your cooperation in this matter.

In addition to prescription medications, EpiPens, inhalers, and all over-the-counter medications and vitamins must be entered in the prescription section of the Health History Form. Upon arrival please visit the Health Center to meet with the nurse to check in any of these medications and sign necessary releases.

Upon check-out return to the Health Center to pick up any unused medications. Any medications not picked up during check-out will be disposed of properly. Please note, prescription medications may only be mailed by Drug Enforcement Administration (DEA) registered distributors, so we are unable to return any prescriptions left behind via mail.

INSURANCE

All campers must have medical insurance in order to attend camp.

Your personal medical insurance policy is your child's primary coverage. All registered campers are covered by excess coverage accident insurance while at camp. If a camper sustains an injury at camp, parents are required to pay for any out-of-pocket expenses at time of departure, and then submit the claim to their insurance company.

Camp insurance does not cover illness. Parents must reimburse the camp for physician's fees and prescriptions due to illness upon time of departure from camp.

If you do not have medical insurance for your child, a short term policy for camp can be obtained. Contact Richard Scalice at Insurance Development Services by visiting www.insurancedevelopment.com or call 570-595-9640 ext.1005.

All international campers need U.S. medical insurance to attend camp. It is not okay to only have travel insurance because many times the coverages are inadequate. You may contact USI Affinity Travel Insurance Services by visiting www.travelinsure.com/vusa132522 or call 1-800-937-1387, at least one month prior to your child's arrival to arrange a short term policy for camp. Please select the **World Med Insurance** policy and you **MUST** include the **Hazardous Activities Additional Rider** with your purchase. Your camper needs this additional rider for the use of jet skis, mountain biking, and rock wall climbing.

NATIONAL EMERGENCY

In the event of a national emergency and you are unable to contact the camp, be assured that we will be caring for your child.

CAMP FORMS

HEALTH HISTORY

The 2019 Health History must be completed by a parent.

We require an updated health history each year.

To complete your 2019 Health History, please log-in to your account at international-sports.com.

If you registered through the mail or at check-out last summer and did not create a password, please click on the Retrieve/Set Password link to create one.

Please take the time to completely read and fill out your 2019 Health History – please note, you will not be able to progress through the form unless you complete all of the requested information. This information is used to better care for your child, so it is imperative that it is completed accurately. **ALL sections MUST** be completed and the form will require your digital signature upon completion. Our insurance does not allow us to let anyone participate and your child will not be able to check-in unless their Health History is totally complete.

Many hours are spent returning incomplete or inaccurate Health History Forms. The phone calls, emails, reminder letters, etc., can become frustrating for both you and us. For your child's sake, please take your time and carefully complete the form.

Your 2019 Health History form is due May 1st.

To complete your online health history you will need:

- **Current Emergency Contact Details**
- **Prescription Medication Details**
- **Insurance Card**

CAMPER PHYSICAL EXAMINATION & IMMUNIZATION RECORD

A completed Camper Physical Examination form and Immunization Record are required for all campers. The physical form is printed from [your account](#) (see above for log-in instructions) and **must be completed by a doctor**. Upon completion, the forms must be uploaded to [your account](#), or faxed back to this number 1-800-478-0162 (on the bottom right of the page next to the barcode).

Please note that each camper in your family has their own unique form with their name and an individual barcode on it. Do not use the same form for multiple campers. If you have a physical from your child's school or sports program, you may submit that form as long as the same information is included and it is signed and dated by a licensed physician.

THE PHYSICAL MUST BE CURRENT. ONLY PHYSICALS DATED AFTER JUNE 1, 2018, WILL BE ACCEPTED.

If you need to attach additional pages to your physical form, please make sure the camper's name is PRINTED legibly at the top of each page.

Your 2019 Camper Physical Examination and Immunization Record are due May 1st. Special note: If you are unable to schedule your physical prior to May 1st, please e-mail the office at office@international-sports.com or call us at (570) 620-2267 to make special arrangements.

PARENTAL PERMISSION (RELEASE TO LEAVE CAMP)

For your convenience you may complete the [Release to Leave Camp Form](#) online in your account.

A completed Release to Leave Camp Form is required if . . .

- your child is departing camp for home with someone other than his/her parent/guardian.
- your child is taken off camp grounds on weekends by friends, relatives or parents of other campers. (See the section titled "[Visitation Policy](#)".)

CAMP STORE

CAMP STORE / CANTEEN

ISTC has a [camp store / canteen](#) that carries T-shirts, sweatshirts, souvenirs and personal items, as well as beverages and snacks. Spending money is placed “on account” and campers charge against their balance. The money can be placed on the account upon arrival at check-in or through the mail along with your camp payment. Campers are responsible for budgeting their own spending money. Campers are not able to overspend their account.

We suggest \$75.00 per week for incidentals (stamps, postcards, snacks, etc.), and additional money for purchasing clothing or additional jet skiing and banana boat rides. Unused canteen money will be refunded to your camper upon check-out along with an itemized statement of all items purchased.

We recommend sending your spending money in advance of your arrival (you can include it in the same check as your payment), this will speed up your check-in process.

ONLINE CAMP STORE

In our [online camp store](#) you can purchase camp clothing before you get to camp! [Gift certificates](#) are also available through the online store. Do you have a camper birthday coming up? Friends and relatives can purchase gift certificates to help defray the cost of camp, or to give their favorite camper some extra spending money on their canteen account.

If your child is already at camp you can add additional spending money to their account by visiting our online [camp store](#).

CARE PACKAGES

[ISTC Care Packages](#) can be sent to your camper with one day delivery (order before 9:00 am for same day delivery) and no shipping charges! ISTC Care Packages are available on our [website](#) beginning in June. You have the option of purchasing them online or at camp upon check-in. All packages are decorated and personally delivered to your camper.

JET SKIING AND BANANA BOATING

Jet skiing and banana boating are included in all of our programs. One session of each is included in your camper’s schedule and fee.

Campers may sign up for additional rides during check-in at the following rates: Banana boating and tubing is \$40.00 per 15 minute ride, jet skiing is \$75.00 per 20 minute ride. The cost of any additional rides will automatically be deducted from your camper’s camp store / canteen account.

All campers ride with an ISTC staff member who is licensed to operate personal watercraft (PA State Law).

ADDITIONAL INFORMATION

CAMP MENU

Even picky eaters find plenty of food to eat at ISTC! Our buffet style meals are full of options, including vegetarian alternatives. Campers evaluate the food each week, and they overwhelmingly approve! Take a look at some sample meals . . .

Breakfast	Lunch	Dinner
pancakes and syrup	cheese pizza	roast beef
hash browns	assorted toppings	mashed potatoes
bacon	potato chips	gravy
blueberry muffins	chicken noodle soup	green beans
assorted yogurts	sandwich bar	dinner rolls
assorted dry cereals	salad bar	side bar of pasta
toast	breads and crackers	salad bar
fresh fruit	brownies	bread
juices, milk, coffee	juices, milk, coffee	white cake
		juices, milk, coffee

We are accustomed to working with children and staff with a wide variety of [food allergies](#) including peanuts, tree nuts, gluten and lactose. We do not use peanut oil or any nuts in the food we prepare. Additionally, our food service director has completed training with the [National Foundation for Celiac Awareness](#) and can help provide safe [gluten-free](#) food for campers who require it. If you have concerns about your child's specific dietary needs, please contact us prior to arriving at camp so we can discuss available options.

A MESSAGE ABOUT HOMESICKNESS

Sleep-away camp offers an excellent opportunity for children to learn how well they can manage without their parents, but it can also produce anxieties. Children often feel that without parents to care for them, they cannot survive. Children may also feel guilty because they have "left their parents behind."

Check your own feelings about having your child gone for a week or more. If you are not ready yourself, it may make it harder for your child to leave and feel like they have permission to have fun.

Generally, as each day passes, children feel better about being away from home and discover that not only are they capable of making it on their own, but that there are other adults who care.

*From Materials By Dr. Bruce Bogard
& Christopher Thurber PhD*

ACCREDITATIONS

International Sports Training Camp (ISTC) is an accredited camp by the [American Camp Association \(ACA\)](#). To earn this accreditation, ISTC must adhere to numerous strict industry guidelines and pass site inspections.

ISTC is approved by, and/or licensed by, the Pennsylvania Department of Environmental Protection, the Pennsylvania Department of Agriculture, and the Pennsylvania Department of Health. In addition, ISTC is a member of the Pocono Mountains Visitor's Bureau.



TIPPING POLICY

ISTC staff are not expecting to receive tips. However, if you would like to leave a tip, you are welcome to do so.

PETS

We love pets and we recognize that Fido is part of the family; however, pets are not allowed on camp grounds. Please leave your pets at home.

QUESTIONS

If you still have questions after reading through this parent guide and visiting our [website](#), please send us an e-mail at: office@international-sports.com or give us a call at (570) 620-2267. We are here to help you!