

SUMMER 2020 AT CAMP GUIDE



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AT CAMP THIS SUMMER

We are looking forward to your arrival at ISTC! This section will cover what to expect when checking in to camp.

During the week leading up to your Sunday check-in, we send our "Welcome to Camp" email, which gives an overview of our check-in process.

It will include a recap of your current canteen balance and permissions for checkout. Both can be updated onsite during check-in so not to worry if neither have been started or filled in.

The Welcome to Camp email will also include our packing list and general reminders to help make your week a success!



CHECK-IN TIMES

- Check-in for every session is on Sunday between 1:30pm and 4:00pm.
- We are not able to accommodate families for early check-in. We coordinate checkout for the previous session in the morning so our staff are extremely busy getting ready for new campers.
- Cabin and bunks are pre-assigned based on age and roommate requests, so there is no need to beat the crowd and arrive early.
- The roads around camp are public, not private roads; arriving early and parking alongside any of the roads is unsafe and prohibited by law.

If you anticipate missing the Sunday 1:30pm to 4:00pm window for check-in due to other commitments, please notify our office. We will work with you to arrange a different time to check-in.

DIRECTIONS

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)

- 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

- 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

- 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

AIRPORT TRAVELLERS

Before booking flights and purchasing tickets, please contact the office to ensure your times align with our check-in and checkout windows.

- We are only able to organize pick up and drop off services from Newark International Airport (EWR) and Lehigh Valley International Airport (ABE).
- Your child's arrival and departure flights must be between these times:
Allentown (ABE) - 10:00 am - 8:00 pm - Fee - \$150.00 round trip per child
Newark (EWR) - 12:00 pm - 8:00 pm - Fee - \$300.00 round trip per child
- 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

Please be sure to get in touch with our office (office@international-sports.com) before finalizing any travel plans. Unfortunately, we are not able to offer alternative arrival and departure options.



AREA ACCOMMODATIONS

If you plan on being in the area beyond our arrival and departure times, there are many amenities near ISTC. For a more detailed list, we encourage using the Pocono Mountain Visitor's Bureau website (<http://poconomountains.com>) – an organization focused on showing off the best of Northeast PA.

- Hotels:
 - Fairfield Inn & Suites – 570-421-0100
 - Hampton Inn & Suites – 570-369-1400
- Attractions:
 - Camelback
 - Kalahari
 - Big Pocono State Park
 - Bushkill Falls
 - Great Wolf Lodge
 - Crossings Premium Outlets

CHECK-IN PROCESS

Upon arrival, our staff will be at the front gate to greet you and help with parking. All staff members will be wearing green and white ISTC polo shirts as well as a nametag; you are welcome to ask any staff for assistance.

Once inside our gates, you'll make your way to the Fieldhouse, (which is the large metal building directly next to the parking lot), to begin the check-in process.



FIELDHOUSE CHECK-IN

While at the Fieldhouse, you will go through the check-in process, receive your cabin assignment and prepare for a great week.

- If you need to make any payments or deposit canteen money, please bring either cash or check.

Once you have been through the entire Fieldhouse, you'll make your way to your cabin.

CABIN CHECK-IN

At the cabin, your camper's counselors will greet you and assist you with finding your bunk.

- All beds are assigned before arrival based on roommate requests and information from camper health history forms.

We encourage you to take this time to help your camper unpack and get settled, chat to other families checking in, and speak to the counselors directly.





HEALTH CENTER CHECK-IN

The Health Center is found near the parking lot along the camp's main path. We will have staff outside on each of the patios to help families if they need to drop off medications or speak with our camp nursing team.

- All medication and supplements, whether it is prescription or over-the-counter, must be turned in at the Health Center for the entirety of your camp stay.

If you would like your camper to carry an Epi-pen or inhaler, our nurses will set you up with this process.

SWIM EVALUATION

The last component of check-in is the swim evaluation down at the Waterfront.

It is a quick experience with our lifeguards in our enclosed, shallow swim area. Campers get to learn the rules of the waterfront, and the lifeguards make sure everyone can swim!

After the swim evaluation, we ask all campers to head back to their cabins. It is now time to say goodbye for the week!



CAMP EXTRAS

During the check-in process, you are able to take advantage of several camp extras.

- Additional jet ski and banana boat rides can be purchased while you are adding canteen money in the Fieldhouse or Front Office. It is \$75 for an extra jet ski ride and \$40 for an extra banana boat ride. One of each is included in the All Sports and IXTC program so they are truly optional.
- Weekend stays can be extended in the main office during check-in. It is \$250 for each additional day. Friday night features the Silent Disco and Saturday night features an outdoor movie.
- ISTC merchandise and care packages can be purchased in our camp store, the Canteen. All items can also be organized for a mid-week delivery to let your favorite camper know you are thinking of them.

CHECK-IN RULES

We know check-in is a busy time, and we want to make it as stress free as possible. We kindly emphasize the following things to keep the afternoon a success:

- Respect the camp, it's staff, and other families.
- Alcohol, tobacco, and illegal/controlled substances are not permitted on ISTC grounds.
- Weapons, firearms, and fireworks are not permitted on ISTC grounds.
- ISTC is a smoke free facility, which includes standard and e-cigarettes like Juul.
- Please keep pets at home, for the safety of our campers and for children with allergies.



DAILY SCHEDULE

This is the schedule we follow at camp, and it lets you know what your camper is up to at any given moment.

8:00 am – 9:00 am:	Breakfast
9:15 am – 11:30 am:	Sports Session #1
12:00 pm – 1:00 pm:	Lunch
1:15 pm – 2:30 pm:	Afternoon Recreation
3:00 pm – 5:00 pm:	Sports Session #2
5:00 pm – 6:00 pm:	Dinner
6:30 pm – 8:00 pm:	Sports Session #3
8:30 pm – 10:00 pm:	Evening Recreation
10:15 pm:	Latest time for Curfew
10:45 pm:	Latest time for Lights Out

CAMP DINING

Our Food Service team prepares buffet style breakfast, lunch, and dinner to give our campers a variety of options. Meals vary from day to day, but we encourage you to take a look at sample meals.

- Breakfast – 8:00am
Lunch – 12:00pm
Dinner – 5:00pm
- In addition to the main buffet line, each meal comes with full a salad bar and side bar.
- We are accustomed to working with campers and staff with allergies and have designed our dining hall with everyone in mind. We do not use nuts, peanuts, or peanut oils in any of the food we prepare. Not only do we label all items in our dining hall to let campers with dietary needs make informed choices, we have a featured area only open to campers with allergies or specific needs.
- Campers are welcome to help themselves during their meal times to seconds if they would like.
- Lastly, campers and counselors have assigned tables and enjoy the meal as a cabin, which relieves the social pressure related to finding a seat.



SAMPLE MEALS

Breakfast

pancakes and syrup
hash browns
bacon
blueberry muffins
assorted yogurts
assorted dry cereals
toast
fresh fruit juices
milk
coffee

Lunch

cheese pizza
assorted toppings
potato chips
chicken noodle soup
sandwich bar
salad bar
breads and crackers
brownies
juices
milk
coffee

Dinner

roast beef
mashed potatoes
gravy
green beans
dinner rolls
side bar of pasta
salad bar
bread
white cake
juices
milk
coffee

CAMPER HEALTH

We cannot stress enough that camper safety and well-being are our utmost priority. In addition to each of the health forms leading to camp, we have a state-of-the-art health center that is staffed around the clock by nurses and athletic trainers. We also have a fully licensed physician on call.

If a camper becomes injured, or is ill for more than half a day, our health center team will call you to keep you informed. In case of illness, campers will be housed in the health center for a brief period; however, if it persists, you may be called to pick up your child from camp.

For any concerns, we recommend getting in touch with us before camp or speaking directly with the Health Center team during your check-in.



MEDICATIONS

All medication and treatments, prescription or over-the-counter, must be turned into the Health Center to be administered by our nursing staff.

Epi-pens and inhalers must be checked in to the Health Center, although parents who wish for their campers to keep it on their belonging can sign off to do so.

At the end of the camp week, we ask for all families to pick up their medications from the Health Center during checkout. Any medications not picked up during checkout will be disposed of properly. Unfortunately, we are not able to mail medications as it is unlawful. (Only Drug Enforcement Administration (DEA) registered distributors can mail prescription medication.)

INSURANCE

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

Your personal medical insurance policy is your child's primary coverage. All 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 the 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 fees and prescriptions due to illness upon time of departure from camp.

If you do not have medical insurance for your child, you can obtain a short-term policy for camp. Please contact Richard Scalice of Insurance Development Services for more information at 570-595-9640 ext. 1005.



PHOTOS & SOCIAL MEDIA

Each day, we upload photos to our website's online galleries to give families the opportunity to see pictures of their camper and the day's events. The galleries are free to view and do not require a password, so extended family and friends can view without any issues. We also offer a live view camera shot of our waterfront.

We believe the role of our photographers is to offer a peek into life at camp. With over 325 campers each week, it is an impossible task to capture every camper's individual experiences, however, we make our best effort to try get everyone in a photograph. With this in mind, we are not able to accommodate special requests for photos.

ISTC is also extremely active on Facebook, Snapchat, Twitter and Instagram during the summer months. Each platform will have more content on the day's events.



COMMUNICATION

We wanted to emphasize our communication opportunities with you to ensure we have matching expectations for the week.

- ISTC is cell phone free for both campers and staff; with the busy nature of our daily schedule, we do not have times for campers to receive and make calls.
- If your camper is staying multiple weeks, we offer an open phone line from 1:15pm – 2:30pm on Saturdays only. During that time, parents call our office via a different number, 570-620-1795, so your camper can pick it up.
- We offer a bunk note service through your parent account, which allows you to write to your camper. These notes are organized through CampinTouch, and delivered to your camper each day.
- We accept and send mail regularly. Writing supplies and stamps can be purchased in the canteen or you can send your camper with pre-addressed letters or postcards. Inversely, you are able to send mail, packages, and other items – we simply ask that it does not contain food or other things from our 'Not To Bring' list.
- Our mailing address is:
Camper's Name – Cabin # (if known)
International Sports Training Camp,
1100 Twin Lake Road, Stroudsburg, PA 18360

VISITATION POLICY

For the safety and security of our campers and staff, we do not allow onsite visits during the camp season. Our gates are closed to the public.

- We do offer the ability to sign out your camper at any point during the camp week if needed. Most commonly, families will sign out for sports tryouts, school commitments, concerts, etc.
- To schedule a sign out, please get in touch with our office with as much notice as possible. We will organize with our counselors and coaches to make sure your camper is ready to leave when you need.
- Upon arrival, please inform our staff member at the entrance that you are here for a scheduled pickup. Once inside, park in the lot and proceed to the main office. We will ask you to formally sign your camper out and confirm return time.
- Camp fees are not prorated or adjusted due to time away from ISTC.



HOT WEATHER PLANS

Extreme heat and heat-related illnesses are things we take very seriously. We can mitigate the effects of heat by changing our schedule to move campers from the fields to the Waterfront, enclosed sports areas, or air-conditioned spaces.

- Our coaches and counselors allow for regular water breaks and encourage our campers to stay hydrated. Our Health Center staff monitor our campers, looking for any signs of heat related illness.
- We have been successful in beating the heat over the years and have even represented summer camps in the Poconos on the issue.

(<https://wnep.com/2015/07/29/keeping-campers-safe-in-hot-weather/>).

RAIN PLANS

Fortunately, when rain occurs at camp, it typically happens in short bursts. We can work around wet weather by using many of our indoor spaces. Teams move between enclosed spaces like the Fieldhouse, Boathouse and Arena.

In the event of thunderstorms, we will keep everyone in their cabins for safety (and make every effort to reschedule their missed activity). Sports coaches also visit the cabins to play indoor games with the kids until the storms pass.



CHECK-OUT TIMES

Check-out time varies depending on your check-out day.

- Friday Check-out: 11:00am
Saturday Check-out: 10:00am
Sunday Check-out: 10:00am

- Since camp is still in session during the morning of each checkout day, we are not able to open our gates earlier to accommodate early checkouts.

- If you need to pick up your camper at a different time, please get in touch with our office with as much notice as possible. (Additional fees apply.)

CABIN CHECK-OUT

Your first stop is your camper's cabin, where your camper and counselors will greet you. The counselors will ask you to sign a check-out sheet to formally record that your child has been picked up from camp.

Be sure to double check that you have all belongings before departing. The counselors will have everything packed and ready for pickup on the sidewalk before you arrive, although you are welcome to step inside the cabin to check your camper's bunk.

Next please make your way to the Boathouse.



BOATHOUSE CHECK-OUT

The Boathouse is the stop to collect your checkout packet. The camp store is open during this time for snacks and camp souvenirs.

- The packet includes certificates from the week, your camper's canteen receipt, as well as any leftover canteen account funds.
- The packet also includes a pre-filled application for next summer. Many families choose to register onsite to avoid the waitlists that form later in the year and to take advantage of our early registration discounts.

HEALTH CENTER CHECK-OUT

It is important to pick up any medications before leaving, as we are not able to mail them back to you. – Unfortunately, only Drug Enforcement Administration (DEA) registered distributors can mail prescription medication.

- Simply check-in with the nurse at the window, give them your camper's name, and they will give back everything we had on file for them.
- After visiting the cabin, boathouse, and health center, you are completely finished with our checkout process. Safe travels!



This is the end of the check-out process, unless you have to stop at the health center to pick up your medications.

TIPPING POLICY

Our staff is not expecting to receive tips; however, if you would like to tip them, you are welcome to do so.

Since you will touch base with the counselors at the cabin, we encourage you to give any tips to them directly. For any other staff like coaches, please feel free to deliver tips to the office and we will make sure it gets distributed.

We cannot stress enough that tipping our staff is entirely up to you and not required.



NEXT SUMMER

Signing up for the following summer a full year in advance is a reality if you want to secure your first choice of dates.

- For the past few years, our first week of August will reach capacity before the current summer finishes. Each week of IXTC will also fill as the week passes in the current summer.
- For returning families, we offer the largest discount of the year for early registration, which will automatically apply to all eligible weeks.

It is important to note that your selection of week, checkout day, and roommate requests do not need to be final at this point; as long as we have availability, we can make adjustments to your registration details.

QUESTIONS

We hope this guide answers most, if not all, of your questions. However, if you need additional information or have any concerns, we invite you to get in touch with our office staff.

office@international-sports.com (570) 620-2267

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