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AT CAMP THIS SUMMER

We are looking forward to your arrival at ISTC! This "At Camp Guide" will detail check-in, add-ons for the camp experience, the daily schedule and other information to make your time at ISTC as awesome as possible.

If you have not read through the previous "Preparing for Camp Guide", we encourage you to review it before you read this one.

We cannot stress enough that if you have any questions, please reach out to us!

ONE WEEK BEFORE CAMP

You will receive a series of "Welcome To Camp" emails, starting one week out from your scheduled check-in. They will cover the specific steps for check-in, as well as provide you information about the canteen, packing list and ISTC mobile app.



CHECK-IN INFORMATION

☐ Sunday 1:30 pm - 3:30 pm

- Check-in for All Sports and IXTC takes place during this time frame every week.
- Cabins and beds are pre-assigned so you are welcome to arrive anytime between 1:30 pm and 3:30 pm.
- With so many excited families arriving, we expect a line at the beginning, so please plan accordingly.
- Please do not arrive early and park alongside the public roads outside or our entrance. Not only is this prohibited by law, it prevents deliveries from taking place.

☐ Early Check-ins Are Not Possible

- We are unable to accommodate check-ins before 1:30 pm, as we are coordinating check-out and preparing our staff and facilities.

☐ Late Arrival

- If you anticipate missing the Sunday arrival window between 1:30 pm and 3:30 pm, please inform our office. We will work with you to arrange a later time to check-in.

CHECK-IN PROCESS

Our staff will be at the front gate to help you with check-in from the moment you arrive.

Check-in is done entirely from the Fieldhouse, the large metal building next to the parking lot. At the end of the process you'll say your goodbyes in the fieldhouse and our staff will assist your camper with their luggage to their cabin and get them excited for the camp experience.

Check-in consists of the following stations, which we will detail in the next sections:

- Health Screening
- Cabins & Canteen
- Medication/Luggage Drop Off

Check-in is an eventful time and we want to make it a stress-free experience! We kindly ask for your cooperation on the following to keep the afternoon a success:

- Respect ISTC facilities, staff, and other families.
- ISTC is a no smoking facility. This includes cigarettes, cigars and vapes.
- Plan for pets to stay at home or in your vehicle. While we love animals at ISTC, there are various allergies within our camp and check-in population.



HEALTH SCREENING

The first step of the check-in process is the Health Screening. This is a quick questionnaire regarding any potential changes to your camper's well-being.

Our team will also confirm if you are dropping off prescription medications. All medication is kept in our Health Center for the duration of your stay. If you are bringing medications to camp, you will check them in with our medical staff at the final station.

In addition, our team will be asking questions regarding any recent or potential exposures to head lice. Our medical team will be on hand to provide additional screening should it be necessary to physically check for head lice.



CABINS & CANTEEN

The next step of check-in is focused on your camp details! You'll receive your cabin assignment, learn your counselors' names, and finalize your canteen account.

The canteen account is used to purchase snacks, desserts, and merchandise items throughout the camp stay. We recommend about \$15-20 per day for the canteen, although the amount is up to you. More funds can be added during the week and anything left in the account is refunded back to you at checkout.

During check-in, you can elect to buy a waterfront tubing session or cabin group photo using canteen funds, cash, check, or card. These extras cannot be added after check-in has completed as the schedule is finalized. Tubing sessions take place in one of the afternoon recreation times, Monday-Thursday. The cabin photos are printed and included in your checkout materials.

MEDICATION CHECK-IN

If you have medications, we will have you drop them off with our Health Center team before moving to the luggage area.

The health center has most over-the-counter medications in stock. In order to expedite the check-in process, we will not check-in any medications that we are able to supply, this includes melatonin.

When turning in your medications, you'll be able to connect with our nurses and athletic trainers. They'll ask you to confirm the dosages and timing of your camper's medications. If your camper would like to carry an epi-pen or inhaler, you will be able to organize those details during this stop, too.



LUGGAGE DROP OFF

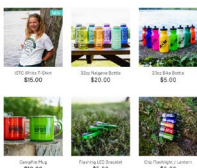
The final step of the check-in process is luggage drop off. This is where the fun begins! Our staff will bring the energy, but also help your camper carry their belongings down to their cabin and assist them with getting settled in. Counselors will help campers make their bed and unpack items into their assigned drawers.

After saying goodbye in the Fieldhouse, it is time to head for the exit gate and depart for the week.

CAMP EXTRAS

Aside from the tubing and canteen account set up during check-in, there are a few extras that can enhance the ISTC experience.

- ☐ Weekend stays (Saturday or Sunday checkout) can be added onto your session for an additional \$275 per day.
- ☐ ISTC clothing and souvenir items can be ordered as a care package to be delivered to your camper's cabin. Pick your items and include a custom note to let your camper know you are thinking about them. Onsite deliveries take place Monday through Thursday.



Visit our camp store at
international-sports.com/online-store/
 to place your order.

- ☐ Additional spending money can be added to the canteen in the online store. You can view the current balance in the ISTC mobile app.



SAMPLE DAILY SCHEDULE

Each day of ISTC brings adventure and all campers follow the same schedule.

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



CAMP DINING

Breakfast, lunch, and dinner are provided by our Food Service Team each day. Meals vary day to day, although they all feature a buffet line with main entrees and additional options via side bars.

- ☐ Our Food Service team not only cooks for us in the summertime, but also prepares our meals for the weddings, special events, and group retreats during the rest of the year. They truly redefine the term “camp dining.”
- ☐ We can accommodate campers with different dietary needs: gluten free, dairy free, vegan, vegetarian, and nut free. We do not use nuts, peanuts, or peanut oils in any of the food we prepare. We also label items in our dining hall to allow campers to make informed choices.
- ☐ For specific dietary restrictions, please get in touch so we can make a plan with our kitchen team prior to arrival.
- ☐ Campers and counselors have assigned tables and enjoy the meal together as a cabin, which relieves any 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
GF veggie pizza
assorted toppings
homemade soup
caesar salad
breads and crackers
ice pops / sorbet
juices
milk
coffee

Dinner

roast turkey
mashed potatoes
stuffing
gravy
corn
roasted eggplant
biscuits
bread
chocolate cake
juices
milk
coffee

CAMPER HEALTH

We cannot stress enough that camper safety and well-being are our top priorities. 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.

Our health center staff will call you regarding injuries and illnesses that remove your camper from sessions or would negatively impact the rest of their stay. 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, any remaining medications will be returned with your child's check-out materials. Please ensure your child has their medications with them before departing camp as any unclaimed medications will be disposed of. 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 fee's and prescriptions due to illness before departing.

If you do not have medical insurance for your child, you can obtain a short-term policy for camp. Please contact our office for information about potential services.



PHOTOS & SOCIAL MEDIA



Search for **ISTC**
and download our mobile app to stay up-to-date
on everything happening at camp!

Each day we upload photos to our camp app and website's online galleries to give families the opportunity to see pictures of their camper and the day's events.

We believe the role of our photographers is to offer a peek into life at camp. 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. It is never our intention to exclude specific campers or groups; with this in mind, we are not able to accommodate special requests for photos.

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



COMMUNICATION

We want to emphasize our communication opportunities are intentionally limited as we are a one-week camp experience where our campers and staff can disconnect and unwind from technology.

- ☐ 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.
- ☐ We offer a one-way bunk note service through your online parent account called "Camp Stamps", which allows you to write to your camper. These notes are printed and delivered to your camper each day. Letters sent after 9:00am are delivered the next 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. You are welcome to send mail, packages, and other items to the address listed below – we simply ask that they do not contain food or other items 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.

- ☐ If a camper needs to leave their session for another commitment (i.e. school sports, family event, etc.), please let our staff know prior to your arrival so we can make the necessary preparations.



HOT WEATHER PLANS

Extreme heat and heat-related illnesses are things we take very seriously. We can mitigate the effects of heat by using our covered sports facilities and the lake.

- ☐ 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.
- ☐ Make sure your camper brings a reusable waterbottle with them to camp so that they can fill up at the various bottle stations.
- ☐ NEW FOR 2026 - all of our camper cabins have air conditioning!

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 covered spaces. Teams move between covered spaces like the Fieldhouse, Boathouse, Arena and Pavilion.

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 - 12:00pm
Saturday Check-out: 10:00am - 11:00am
Sunday Check-out: 10:00am - 11:00am
- ☐ 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 due to extenuating circumstances, please notify our office. We will provide alternative times. Additional fees apply.
- ☐ Check-out is conducted curbside. Your child will come to the parking lot with their belongings once you arrive.



TIPPING POLICY

Our staff is not expecting to receive tips; however, if you would like to tip them, you are welcome to do so. Please feel free to deliver tips to your check-out greeter in a sealed envelope with the staff member(s) name on it and our office will distribute them.

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

NEXT SUMMER

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

- ☐ Registration for summer 2027 goes live on Sunday, June 21st.
- ☐ Last year, weeks 6 & 7 were filled by mid July. Weeks 4,5 & 8 also reached capacity by the end of August. 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 during the year.

