

SUMMER 2026 PREPARING FOR CAMP



2



PREPARING FOR CAMP
IMPORTANT DATES

3



PAYING FOR CAMP
CHANGING YOUR DATES

4



CABIN & BED ASSIGNMENTS
CAMP FORMS

5



ATTENDANCE AGREEMENT
HEALTH HISTORY

6



PHYSICAL EXAMINATION
RELEASE TO LEAVE

7



REFUND POLICY
CANCELLATIONS

8



PACKING LIST
LAUNDRY

9



CAMP RULES & BEHAVIOR
HOMESICKNESS

10



COMMUNICATION
NEXT STEPS

PREPARING FOR CAMP

We're excited you will be joining us at ISTC this summer. This quick guide will help you with the most commonly asked questions and need-to-know information.

As always, we're here to help, so if you have a question that isn't covered in our guides, please feel free to email us at office@international-sports.com and call or text us at 570-620-2267.



IMPORTANT DATES

There are a few important deadlines for paperwork, balances and cancellations that apply to all families. Should you apply after these deadlines, all items are due immediately.

- ☐ **April 1st, 2026 - Cancellations & Deposits**
Half of your \$500 deposit is refundable or transferrable with written notice of cancellation. After April 1st, deposits are non-refundable (this also applies to any applications received after April 1st).
- ☐ **May 1st, 2026 - Final Balance**
Your final balance is due. You may pay via check, debit, or credit card. There is an additional 3% charge for credit card payments only.
- ☐ **May 1st, 2026 - Forms To Attend**
Your camp forms are due. Your attendance agreement, health history and physical examination form with immunizations must be submitted through your online parent account.
- ☐ **May 1st, 2026 - Changes To Checkout**
Last chance to change from a Saturday or Sunday checkout day. Weekend fees are non-refundable after May 1st.
- ☐ **Two weeks before your check-in day - Cancellation**
Last chance to cancel and receive any fees paid less the \$500 deposit per session. Cancellations must be received in writing for our office to process.

Don't worry, we'll send you periodic email reminders of all outstanding items throughout the spring months. Please remember, campers with incomplete forms or outstanding payments will not be able to check in to camp.

PAYING FOR CAMP

Included in your original confirmation email is your family's invoice. It will show the session, checkout day, and remaining balance for your camper(s), along with any eligible discounts that were applied.

- ☐ All camp balances are due May 1st, 2026.
- ☐ We accept check, debit card, or credit card payments (additional 3% applies for credit card payments only).
- ☐ Pay in installments as long as you are paid in full by May 1st, 2026.
- ☐ For check payments, please make checks payable to 'ISTC' and mail to:
ISTC, 1100 Twin Lake Road, Stroudsburg, PA 18360
Please include your child's name in the memo section of the payment.



CHANGING YOUR DATES

We are happy to accommodate changes in camp dates as long as we have availability for the session you are interested in.

- ☐ Switch to any available session with no charge.
- ☐ Cancelling a session follows our refund policy (page 7).
- ☐ Extend your check-out and we will send an updated invoice.
- ☐ Removing a Saturday or Sunday check-out can be refunded up until May 1st, 2026. After this date, the extra days are non-refundable and cannot be carried over to future enrollments.
- ☐ If you need to pick up your child outside of our standard check-out times, special arrangements must be made with our office. A \$50/child fee will be incurred, even if it reduces your camper's stay. We can organize odd check-outs at the following times only:

8:30-9:00am, 12:00-1:00pm, 5:00-6:00pm, 8:00-8:30pm

All changes must be made via email to our office at office@international-sports.com.

CABIN & BED ASSIGNMENTS

Each camper can list up to three friends maximum of the same gender as roommate requests. We honor these requests as long as the entire group is within two years of age.

- ☐ Update your roommate requests via email to office@international-sports.com or via text to (570) 620-2267 at least four weeks before attendance.
- ☐ We are unable to accept requests for particular cabins or for top/bottom bunk beds.
- ☐ We do not accept non-roommate requests.
- ☐ If a group becomes too large through mutual requests, we will attempt to split the group based on individual requests.
- ☐ All Sports and IXTC campers are housed separately and cannot request each other as roommate requests.



CAMP FORMS

Camper safety and wellbeing are paramount to the ISTC experience. In order to best take care of everyone, we require multiple forms to be completed before arrival: Attendance Agreement, Online Health History, Release To Leave, and Physical Exam & Immunizations.

- ☐ Each form can be found by logging in to your parent account using the same email address you used to register your camper.
Log in at istc.campintouch.com
- ☐ If you do not remember your login information, please select the "reset/set password" link on the login page. A link to reset your password will be emailed to the account registered in our system.
- ☐ Once logged in, all forms are found and completed in the 'Forms & Documents' section. The physical examination form and immunization history requires a signature from your child's doctor. (See page 6 for more information)

ATTENDANCE AGREEMENT

The attendance agreement form details the expectations for behaviors at camp. Please review this document with your camper, as understanding ISTC's rules is important to having a successful experience.

- ☐ Review the contents of this form with your camper.
- ☐ Click the 'YES' check box.
- ☐ Type the parent's full name in the signature section.
- ☐ Submit the form prior to May 1st, 2026.



HEALTH HISTORY

This form will ask for specific information regarding your camper's wellbeing so that we can best take care of him or her during the camp stay. From medications to previous injuries, please be sure to complete the form honestly with as much detail as possible.

- ☐ To complete your child's health history form you will need the following information: two emergency contact names and their phone numbers (not the parents), prescription medication information, and your medical insurance card.
- ☐ This form must be updated each year, and last year's information will carry over where appropriate. Please review any existing information to ensure it is still valid.
- ☐ If your child requires an epi-pen, inhaler, vitamins or any non-prescription medications while at camp, you must click the option on page 5 that states 'Yes, my child is taking prescription medications' and list the name, dosage and frequency on the form displayed. Even if you have indicated the medication on another section of the form, they must still be entered on this page to enable our health center staff to check them in.
- ☐ Our health center is well stocked with over-the-counter medications and it is not necessary to send them to camp.
- ☐ Submit the form prior to May 1st, 2026.

PHYSICAL EXAMINATION

Each camper is required to have a current physical examination completed by their doctor and a list of current immunizations in order to attend camp.

- ☐ The date the doctor examined your child must be shown on the form and must be after June 1st, 2025 (last summer).
- ☐ We have a pre-designed form you can take to the doctor, but if you have a different form from a previous examination, we can accept it, as long as it is signed and dated by the doctor and contains the same basic information as ours (height, weight, blood pressure, etc.)
- ☐ Upload them to your physical examination form and immunization history to your child's account under the "2026 Physical Examination Form". If your documents are in separate files, please use the append function to upload each one. Note, if you just click the upload button and not the append button, you will overwrite any previous documents uploaded.
- ☐ If you are unable to upload these documents into your account, feel free to email, text or send them in the regular mail.
- ☐ Submit the form prior to May 1st, 2026.
- ☐ If your insurance prohibits you from getting a physical examination completed by the May 1st deadline, or you have additional questions, please email us at office@international-sports.com.
- ☐ Participation medical eligibility forms DO NOT meet the requirements of a physical examination form. We require your camper's vitals and other medical details in order to provide them with the best care during their camp stay.



RELEASE TO LEAVE

The Release To Leave Form allows us to release your child from our care to an adult other than the parent or guardian listed on your child's account.

- ☐ There is no need to complete this form with the names of parents/guardians who are listed in the child's primary account.
- ☐ This form can be updated at any time prior to check-out if your plans change.
- ☐ Authorized people must be listed on this form specifically. For example, if you list Susan Smith to pick up your child and her husband Robert Smith arrives instead, we will not be able to release your child until we have updated permissions.

REFUND POLICY

We have a clear refund policy as detailed below. In order to be fair to all families that need to cancel each summer, there are no exceptions to this policy.

- ☐ Prior to April 1st, half of your \$500 deposit is refundable or transferrable with written notice of cancellation. After April 1st, deposits are non-refundable (this also applies to any applications received after April 1st).
- ☐ After April 1st, with written notice, camp fees, less \$500.00 (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 the session start date.
- ☐ Cancellation of Saturday or Sunday checkout days are 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

Cancellations are an unfortunate reality for some families each season. To proceed with removing your session, please complete our cancellation form found in the 'Camp Forms' section of our website.

- ☐ We are not able to process your cancellation and any refunds involved without written confirmation.
- ☐ Refunds follow our written policy shown on the top left of this page and are processed in the order received.
- ☐ Refund requests are traditionally processed within two weeks time, although can be upwards of three to four weeks during peak summer season.

PACKING LIST

Being a multi-sport summer camp, our programs have campers outside and playing for most of the day. Clothing should be light, comfortable and suited for outdoor sports activity. We recommend labeling all belongings for easy return. All items left behind or misplaced are donated to charity at the end of each summer. The following items should be packed:

☐ BEDDING

- ☐ twin size bottom sheet (single bed)
- ☐ sleeping bag or blanket
- ☐ pillow and pillowcase

☐ PERSONAL ITEMS

- ☐ toothbrush / toothpaste
- ☐ shampoo / conditioner / body wash
- ☐ deodorant
- ☐ hairbrush / comb
- ☐ sunscreen / bug spray

☐ GENERAL

- ☐ reusable water bottle
- ☐ towels (shower & beach)
- ☐ drawstring bag (for sports sessions)

STORAGE

Cabins vary in size and shape. Storage for camper belongings can be limited, however, each camper is pre-allocated dresser drawers for their clothing. In addition, there is storage under their bunk bed for their luggage. Travel trunks are not advised as there is only a 14.5" clearance under the bed to store them. We recommend that campers bring a standard sized suitcase or duffel bag with wheels to make the trip to the cabin easier.

SPORTS EQUIPMENT

All required sports equipment for sessions is provided by ISTC, although if you wish to bring a ball, frisbee, etc. for use during free time, you are welcome to do so.

☐ CLOTHING

- ☐ shirts / tops*
- ☐ shorts / bottoms*
- ☐ socks
- ☐ underwear
- ☐ sweatshirts / sweatpants
- ☐ sleepwear
- ☐ bathing suits*
- ☐ sneakers (2 pairs)
- ☐ sandals / flip-flops / slides
- ☐ rain jacket
- ☐ hat
- ☐ sunglasses

☐ ITEMS FOR CABIN

- ☐ fan (battery operated/rechargeable)
- ☐ laundry bag
- ☐ shower caddy / toiletry bag



* CLOTHING & BATHING SUITS

All campers are required to wear clothes suitable for a summer sports camp. If a camper is wearing revealing clothing, they will be asked to change their clothes. Specifically, trending bathing suits with thong like bikini bottoms are not permitted.

MEDICATIONS

Please pack any medications separately as everything **MUST** be turned in to the Health Center during check-in. Medications include but are not limited to over-the-counter medications, prescriptions, supplements, vitamins, inhalers and epi-pens.

LAUNDRY

Laundry facilities are reserved for multi-week campers and their counselors will assist them over the weekend. Washers and dryers are available. Quarters and detergent are available for purchase in the Canteen.

WHAT NOT TO BRING

Do not bring anything of value to camp. ISTC cannot be responsible for articles that are lost, stolen, broken, or damaged.

The following items are not permitted at camp:

- Cell phones and internet enabled devices
- Valuables or jewelry
- E-Cigarettes (Juuling / Vaping)
- Nicotine Products
- Video Games
- Food, drinks or gum
- Cash/Credit Cards

CAMP RULES & BEHAVIOR

Our ultimate goal is for everyone to have a safe and positive experience.

While we outline our full expectations in the Attendance Agreement, respect for oneself, other campers, staff, and the facility are most important. Sportsmanship and kindness are also integral to the ISTC experience.

Our staff will make every effort possible to provide a meaningful experience for your camper. If campers are repeatedly unable to live within the rules of camp, are adversely affecting other campers, or are a risk to himself, herself or the camp community, the Camp Director holds the right to dismiss a camper. Parents or legal guardians are then immediately responsible for picking up their camper from ISTC.

ISTC does not accept behaviors such as violence, possession of weapons, repeated profanity, disrespect, racism, bigotry, bullying, sexual behavior, drug, nicotine or alcohol use, E-Cigarettes use (Juuling / Vaping) or self-harming behaviors.

It is never our intention to remove a camper from the experience; however, that need may unfortunately arise. We hope you will discuss the positive expectations of camp with your child so that we, parents and camp directors, are in agreement leading to the summertime.



HOMESICKNESS

Missing home is normal and every camper may experience this feeling to some degree. If it begins to detract from the camp experience, our Resident Life department will reach out to you to discuss your child's situation.

Creating a sense of familiarity and comfort around camp before arriving in the summertime can greatly reduce the impact of missing home. We offer group and personal camp tours throughout the year and we highly recommend them for new campers who may be uncertain. Our website features a full virtual tour, which serves as a great resource as well.

We further suggest allowing your child to take ownership over the camp experience whenever possible. From having him or her be the one to tell other family members about camp, to involving your child when packing, small things like these help your camper become acclimated with the idea of camp.

Practicing sleeping away from home at a friend's house can make a difference for both you and your child. Be sure that you are ready yourself for the week's independence and spread this confidence to your camper; it will instill the feeling that it is okay for them to be away and have fun without your immediate presence.

As each day passes, campers tend to feel better about being away from home and discover that they are capable of making it on their own, and that there are other adults aside from their parents who care.

COMMUNICATION

Camp is a cell phone free zone; a place where kids can disconnect and get back to being kids. As a one-week camp, our schedule is filled to the brim with activities and we do not have time during the day for campers to receive or make calls.

With that being said, we know parents want to know about what their children are doing at camp, so we do our best to keep you up-to-date on all camp happenings. Our camp app features daily photo uploads and our social media channels are full of daily content.

We also offer a bunk note service. You can write to your camper through CampStamps, which are digital messages that are delivered to your camper. While one-way, they are great for providing updates from home and reassuring your camper that all is well. As these notes are delivered directly to camper cabins, they are screened for inappropriate content and language.

We stress that no news is good news, so not hearing from us means things are going as intended; however, if you have certain concerns about your child, we recommend you speak with our Resident Life Department. They can provide you with updates upon your request. Additionally, if there are any issues during camp, they will contact you directly.

Each member of our team is dedicated toward making the camp experience safe and memorable; if you have any questions or concerns, please feel free to discuss these with our office staff.



NEXT STEPS

Our "At Camp Guide" is emailed to all registered families in the spring.

From check-in to check-out, this comprehensive guide will give you all the details of your child's stay at ISTC.

In the meantime, if you have any questions about the ISTC experience, don't hesitate to reach out to our office team.

INTERNATIONAL—
SPORTS
—TRAINING CAMP