



# Summer Info Packet

We are so excited that you will be spending some of your 2023 summer with us at Maskwa! Please read below for details about your upcoming time with us... For more information, be sure to visit the [Parent FAQ](#) section of the website.

We can't wait to see you soon!

- Your Maskwa Team



## WHAT TO BRING

**PLEASE BRING THE FOLLOWING ITEMS EVERY DAY** (label all items with your full name!):

- Lunch & snacks (nut-free)
- Money for canteen (optional)
- Water bottles\*
- Sunscreen
- Bathing suit
- Towel
- Change of clothes
- Sneakers
- Flip flops
- Hat
- Life jacket (**mandatory** for both Day Camp + Summer Paddling)
- Bun (*only for athletes in the Summer Paddling program*)



\*Note: All athletes must have their own, labeled, water bottles. **Please bring several bottles**, as there will be limited access to our water bottle refilling station. Be sure to bring everything on the above list, as athletes will not be allowed to share personal items (e.g. life jackets, buns, sunscreen, hats, etc.)

## WHAT NOT TO BRING

- Phones or electronics
- Camp chairs or tents
- Large amounts of money
- Anything of value

*Note: No personal equipment (including lifejackets) can remain at the club this year. There are no lockers, and we cannot lock items in the office. Maskwa is not responsible for lost / stolen items.*

## SIGN IN

Tracking attendance is very important for everyone's safety. Upon arriving, all Maskwa athletes and staff are required to apply hand sanitizer and sign in at their designated spot: Day Campers sign in at the **gravel driveway** in front of the Day Camp building, and Paddling Program participants sign in at the **paved parking lot**.

### **DROP OFF & PICK UP TIMES:**

**8:30-9:00AM: DROP OFF & SIGN IN**

**4:00-4:30PM: PICK UP**

*Note: Parents - you do not need to notify us if your child won't be there on a particular day.*

## A TYPICAL DAY

Here's what a typical day of programming looks like for Adventure Day Camp participants, and our Summer Paddling Program participants!

### Adventure Day Camp:

**8:30-9:00AM:** Drop Off, Sign-In, and Free Time

**9:15AM:**

Day Camp Begins. We like to start our mornings in a circle, with a fun question, that gets everyone chatting and excited for the day!

**During the Day:**

Throughout the day you will do things such as: play active outdoor games (Grounders, Tag, Capture the Flag, Hide and Seek); participate in swimming; enjoy time paddling down the lake in kayaks or canoes; enjoy use of the Dragon Boat; go hiking; have lunch and free time.

**3:45PM:** Clean up

**4:00 - 4:30PM:** Free Time, Sign-Out, and Pick Up



### Paddling Program:

**8:30-9:00AM:** Drop Off, Sign-In, and Free Time

**9:15AM:**

Practice Begins

**During the Day:**

All groups will participate in the following 4 practices throughout the day, with an hour-long lunch break:

- ◇ **Dryland Activities:** including basketball, mini triathlons (paddle, run & swim), swimming, strength training, jogging, outdoor games, sand court activities and more.
- ◇ **Singles:** Just you and your boat, working on individual skills.
- ◇ **Crew Boats:** Using multiple-seat boats, you will work on staying afloat and staying in rhythm with your partner(s).
- ◇ **War Canoe:** Using the biggest boat, you and 14 other people from your group will work together to propel this giant canoe down the lake!

**3:45PM:** Clean up

**4:00 - 4:30PM:** Free Time, Sign-Out, and Pick Up

## CANTEEN

Maskwa will also have an on-site canteen with various snacks available for purchase (cash only).



Questions? Contact our Club Manager, Christian Brousseau, at [info@maskwa.ca](mailto:info@maskwa.ca).

## BEHAVIOR EXPECTATIONS

Maskwa expects all members to **respect:**

- **One another**
- **Maskwa property**
- **The personal property of others**

Violations will not be tolerated.

*Per the Maskwa Code of Conduct, we expect all participants to **respect** one another. We have a zero tolerance policy for bullying, as well as a hands-off policy. If a child is involved in any type of bullying (verbal, such as: insulting, taunting, teasing, gossiping; or physical such as: punching, kicking, slapping, shoving), there will be an immediate call home, and consequences will be decided upon by staff and coaches. Incident reports will be completed for all infractions. After three major infractions, the child will be removed from the rest of the summer programming. **Please review the full [Code of Conduct](#) with your child (also found on the Parent Info section of the website).***