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# Camper's Package for Intrépides-En-Route Été 2014



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Please review the day camper's package as well as it contains important information pertaining to the first 2 days of camp and general rules.

Welcome to the *Intrépides-en-Route* trips organized by Camp Tournesol. Campers are sure to come back with enhanced French verbal skills, a greater sense of autonomy and independence, new friends and fantastic memories. This document is meant to be a tool to help each family prepare for these trips. Please take the time to review it carefully and discuss the content with your child. You will also have received some additional documents to complete, sign and return before the camp. Please submit these as soon as possible to facilitate the organization of the trip. Campers will NOT be allowed to leave if these documents are not submitted in advance. For all trips you must submit:

- Medical Form (can be completed online)
- Photocopy of the OHIP card
- Personal information form
- Activity Waiver



### **Detailed itinerary**

The detailed itinerary is provided as a tool to track our movements during the trip. It is also meant as a preparation document for the campers. It is possible that some activities be changed /cancelled or rescheduled because of unforeseen events. Monday and Tuesday, the campers will participate in daily activities to get to know each other at the campus where they are registered (Only Monday for the 4-day trip to Schomberg).

The following counselors will be at the different campus to welcome your children.

#### **For the week for July 14<sup>th</sup> to Peterborough:**

Arielle Maraj and Katelyn Asbil will be at the Oakville campus  
Anne-Frédérique Gagnon will be at the Richmond Hill campus,  
Amanda Cloutier will be at the Mississauga-Mineola campus,  
Alexa Brown will be at the Mississauga –Settlers Green campus.  
Marek Dobransky will be at the North York campus.

#### **For the week for July 28<sup>th</sup> to Schomberg:**

Arielle Maraj and Katelyn Asbil will be at the Oakville campus  
Anne-Frédérique Gagnon will be at the Richmond Hill campus,  
Amanda Cloutier will be at the Mississauga-Mineola campus,  
Alexa Brown will be at the Mississauga –Settlers Green campus.  
Marek Dobransky will be at the North York campus.

Campers at the Toronto- West campus will be with Daniel DiMatteo for the Monday portion of the week.

## YLCC - Pigeon Lake, Peterborough, Ontario

The week of July 15th, our destination will be Pigeon Lake, Ontario. We will be staying at the YLCC - Pigeon lake facility. The campers will experience a true cottage country overnight camp atmosphere with a waterfront beach, a large dining hall, the raising of the flag in the morning and lots of outdoor activities.

YLCC's Pigeon Lake Leadership Training Centre is located right on the shores of beautiful Pigeon Lake in the heart of the Kawarthas. We are conveniently just a 90 minute drive from Toronto, near the town of Peterborough. Set on 60 acres of natural woods and fields with 900 feet of waterfront which is visible from anywhere on camp. We have 6 high ropes elements, a rock climbing wall, canoeing, kayaking, fixed and non-fixed initiative tasks, two campfire areas, 12 camper cabins, 5 indoor meeting spaces and lots more, all located on our beautiful site. You will not be disappointed with our delicious meals from a certified Red Seal chef, friendly staff and welcoming accommodations!



**General:** All meals and activities are included from Wednesday morning to Friday afternoon as well as lunches on Monday and Tuesday at day camp.

Please see the table below for a full detail of the schedule for the 3 day overnight portion of the program.

### Description of some of the games:

- **Falconathon:** YLCC's very own GIANT relay race! This ultimate race is a great way for participants to use their newly acquired skills. The race takes teams all across the facility while participating in a wide variety of challenges.
- **Lava Crossing:** A low ropes element with 4 cables suspended 1 foot off the ground. Students are given a start and an end destination. Without anyone falling off the cables, students must work together and strategize to get everyone to their proper destination. When students touch the ground, the entire group starts over.
- **Giant Slingshot:** Hockey nets are spread out on the baseball field, all facing the backstop. Students take turns shooting tennis balls in the giant slingshot.
- **Teeter Jenga:** is a low rope game where the group is presented with a teeter-totter like beam and must develop a plan to maintain balance of the beam at all times. The beam cannot hit the ground and all group members must mount and dismount the beam to complete the activity.
- **Spiders Web:** Is a low rope game. The group is challenged to get members to move from one side of a rope web to the other. Each member has to go through a different hole and nobody can touch the web or the group has to start over.
- **Canoeing or Kayaking:** The facilitators teach the basics by breaking them down into a few important strokes and explaining the mechanics of paddling. Once participants show understanding, everyone loads into the watercraft and play some games to practice their skills in control.



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YLCC Pigeon lake - Peterborough: Itinerary - July 16<sup>th</sup> to July 18<sup>th</sup>

	<b>Day 1 : July 16th</b>	<b>Day 2: July 17th</b>	<b>Day 3: July 18th</b>
8:30 9:15		7:45AM: Morning Dip for the brave ones :) Breakfast Flagpole (anthem and camp rallye)	7:45AM: Morning Dip for the brave ones :) Breakfast / Pack bags / empty rooms Flagpole (anthem and camp rallye)
9:30		Teeter Jenga / Spider web / Climbing Wall <i>(3 groups alternate)</i>	Canoeing / Lava Crossing / High Ropes <i>(3 groups alternate)</i>
11:00		Teeter Jenga / Spider web / Climbing Wall <i>(3 groups alternate)</i>	Group Game: Running Pictionary
12:30	12:00: Arrival / Welcome / Lunch time/ Rooms	Lunch time 1:00: Tuck Shop open	12:00: Lunch time / Departure at 1:00PM latest
1:30	Teeter Jenga / Spider web / Climbing Wall <i>(3 groups alternate)</i>	Canoeing / Lava Crossing / High Ropes <i>(3 groups alternate)</i>	
3:00	Swim at the lake	Canoeing / Lava Crossing / High Ropes <i>(3 groups alternate)</i>	
4:30	Gimp and Beads or Speedball or both <i>(your choice)</i>	free time / bracelet making / Swim in the lake <i>(your choice)</i>	
6:00	Dinner time	Dinner time	
7:00	Falconathon / Giant Slingshot	Animal Survival <i>(Omnivores, Canivores &amp; Hunters)</i>	
8:45	Camp Fire	Movie Night or Camp Fire (group choice)	
10:00	Quiet time / Lights out	Quiet time / Lights out	

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**YMCA - Cedar Glen - Schomberg Ontario**

The week of July 28th, our destination is Schomberg, Ontario. YMCA Cedar Glen. We will be staying in the newly renovated Cedar Glen facilities. A haven of nature close to the GTA. This is a facility that specializes in leadership activities with several high and low ropes circuits and abundant green space for outdoor games.

Situated on 263 acres of the Oak Ridges Moraine, YMCA Cedar Glen Outdoor Centre is the perfect backdrop for campers to grow in confidence and learn new skills. Cedar Glen offers a wide variety of outdoor experiential learning programs providing a positive experience for each camper. The chalet-style accommodation with private washrooms creates a comforting atmosphere. The dining hall provides delicious meals with a breathtaking view overlooking the valley. Campers will be able to relax in a Muskoka chair and take in the view, or play in the games room featuring a pool and table tennis. Cedar Glen also offers fun outdoor challenges like the high and low ropes!



**General:** In general, curfew will be at 10:30 PM both nights and the children will be woken up at 7:30AM. All meals and activities are included from Tuesday morning to Friday afternoon as well as lunch on Monday at day camp.

**Please see the table below for a full detail of the schedule for the 4-day overnight portion of the program.**



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**YMCA - Cedar Glen - Schomberg: Itinerary - July 29th - Aug 1st**

	<b><u>Day 1 : July 29th</u></b>	<b><u>Day 2: July 30th</u></b>	<b><u>Day 3: July 31st</u></b>	<b><u>Day 3: August 1st</u></b>
8:00		Breakfast	Breakfast	Breakfast / Pack bags / empty rooms
9:00		Group 1: Low rope challenges Group 2: Grand Jeux (Camp Tournesol)	Group 2: Low Rope challenges Group 1: Grand Jeux (Camp Tournesol)	Climbing Wall ( <i>alternate between 2 groups with the next activity</i> )
10:30		Pool time	Pool time	Large group field game
12:00	12:00: Arrival / Welcome / Lunch time/ Rooms	Lunch time	Lunch time	12:00: Lunch time / Departure at 1:00PM latest
1:00	Games: Icebreakers	High Ropes	Fire building workshop	
2:30	Team building activities ( <i>alternate between 2 groups with previous activity</i> )	Compass orienteering ( <i>alternate between 2 groups with previous activity</i> )	Archery ( <i>alternate between 2 groups with previous activity</i> )	
4:00	Swim in the pool	<i>Free time / bracelet making (gimp / rainbow loom/ hemp/beads)</i>	<i>Free time / bracelet making (gimp / rainbow loom/ hemp/beads)</i>	
5:00	Dinner time	Dinner time	Dinner time	
6:00	Labyrinth	Animal Survival	Team Challenge	
7:30	Inuit games ( <i>alternate between 2 groups with previous activity</i> )	Gaga ball / outdoor games	Nature hike ( <i>Discover the local fauna and flora with a local guide</i> )	
8:45	Camp Fire / Snacks	Camp Fire / Movie night <i>if there is a rainy night</i>	Camp Fire	
10:30	Quiet time / Lights out	Quiet time / Lights out	Quiet time / Lights out	

## What to bring

Packing for a short trip can be challenging but please be practical, travel light and dress comfortably. Make sure ALL your children's clothing is **labeled**. Please remember that the children must carry their luggage to and from the buses.

We have partnered with **Mabel's Labels**, a company with all types of labels that are colourful, indestructible and fun! With a special 'Camp Pack' available and also a larger "Big Combo", your camper can label absolutely everything! Go to [www.tournesol.mabel.ca](http://www.tournesol.mabel.ca) and then place your order! We look forward to sending campers home with ALL their belongings this summer!

**Medication:** We prefer to have epipens carried by the camper in a pouch around his or her waist. You must have informed us in writing ahead of time (on the medical form or otherwise). If your child requires medication during the day, please complete the medical form attached to this package as soon as possible. EpiPen forms must be completed and submitted prior to the beginning of the camp. Medical forms must be completed before the beginning of the camp for any known medical concerns and to provide us with your child's OHIP number on file. **THE FIRST DAY OF CAMP IS NOT A GOOD TIME TO PROVIDE MEDICAL INSTRUCTIONS TO STAFF.**



### **BEDDING**

**Children must bring their sleeping bags and pillows for the trip to YLCC - Peterborough ONLY.**

**Children going to the July 28th Schomberg trips are NOT required to bring any sleeping gears or pillows. They are provided onsite.**

**Weather: Please remember that both programs will run rain or shine**

### **TOILETRIES etc...**

- Toothbrush, toothpaste, soap, shampoo, facecloth, deodorant, feminine hygiene products etc...(please leave scented products at home)
- MEDICATION, clearly labelled in a ziploc bag (make sure you have sufficient supply of any prescription medications).
- Contacts and eyeglasses if you wear them.
- Bath/Beach towel and facecloth
- Small backpack for day trip if they would like
- Hat to protect from the sun during our walks/hikes
- Lip balm
- Sunscreen SPF 15 or higher, VERY IMPORTANT and MANDATORY
- Sunglasses (optional)
- Bug repellent (non-aerosol, no spray and no disposable wipes), MANDATORY



### **CLOTHES**

- 1 pair of long pants (1 jean or track suit pants) (2 for the 4 day trip)
- 1 sweatshirt or warmer top with a windbreaker (2 for the 4 day trip)
- Underwear and socks
- 1 pair of shorts (or Capri) for daytime and 2 t-shirts or tops for day wear (add 1 of each for the 4 day trip)
- Flip flops, slippers, or other INDOOR footwear for the evening.
- One pair of good walking shoes for outdoors. They can be running shoes in good condition and tied up.
- Waterproof raincoat and footwear (we will continue our visits rain or shine)
- Pajamas



#### OTHERS

- Reusable water bottle
- Card games or other small games.
- Binocular (optional)
- Flashlight and spare batteries.
- Inexpensive watch (optional)
- Camera with batteries (optional)
- Reading books or magazines (mainly for the bus ride and evenings).
- Notebook, pens or pencils
- Musical instruments are welcome and encouraged for campfires or just hanging out
- **For the Peterborough trip:** there is a tuck shop on site, you may send money if you would like. Be aware that candies and chocolates are sold there.
- You may send some snacks with the children for the bus ride but please refrain from sending large quantities of candies and fatty snacks. **NO NUT PRODUCTS.** The campers are NOT allowed to have food in their rooms. **Whatever is left once we arrive will be thrown out.**
  - **ALLOWED:** ipod shuffle or Ipod Nano (with chargers). Absolutely no devices with wifi capability.
  - **PLEASE DO NOT SEND CELL PHONES, IPODS TOUCH, HANDHELD VIDEO GAMES, OR ANY DEVICES THAT HAVE WI-FI ABILITY, CURLING IRONS OR KNIVES.** If you do, they will be **CONFISCATED.**



#### Valuables

If you choose to send digital cameras, ipod/MP3, handheld video games or any other electronic valuables with your child, they will be their responsibility. Camp Tournesol cannot be responsible for any lost or stolen items. In addition, any devices with wi-fi capability such as handheld video games or ipods will be forbidden during our trip, activities and confiscated. Please do not send any valuable/expensive jewelry or watches etc. with your child.



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**List of Accommodations**

If you need to reach your child, please contact the office or send an email at:  
[martine@camptournesol.ca](mailto:martine@camptournesol.ca)

**IF YOUR CHILD HAS DIET RESTRICTIONS OR ALLERGIES, WE MUST BE NOTIFIED at least 45 days in advance. PLEASE COMPLETE THE LUNCH / DIET RESTRICTION FORM THAT WAS SENT TO YOU.**

**YLCC - Pigeon Lake - Peterborough:**

At YLCC Pigeon Lake we have 12 camper cabins consisting of 8 beds (bunk bed style) in each.



The cabins are split into two or three rooms, and each one has a washroom and a shower.

They are located in the centre of camp, and each cabin has a beautiful view of the waterfront.



**YMCA Cedar Glen - Schomberg:**

YMCA Cedar Glen is a beautiful Outdoor Centre set on 283 acres of land. The sleeping accommodations are quaint wooden lodges adjacent to the main lodge.

Students will be organized in rooms of 4 campers of the same gender. Each room includes 2 bunk beds as well as a full bathroom including showers. The rooms are located in a large building where the counselors also have their rooms.



Campers will also have access to the full cafeteria and the beautiful lounge with view on the valley.

Students will also have designated time to complete fun outdoor activities like the high and low ropes!



**Transportation**

Transportation is provided by school bus by First Students for both trips. See the itinerary in the corresponding section. These times are ONLY for your information. They DO NOT AFFECT YOUR PICK UP AND DROP OFF TIMES. You will be picking up and dropping off at 9AM and 4PM as usual. Campers who embarked at the first few campuses will be allowed to come off and stretch their legs at the last stop before the longer driving stretch and the same on the return trip.



**YLCC - Pigeon Lake, Peterborough, Ontario**

Please ensure that all campers are at their respective campuses on time, on Wednesday morning.

**Bus # 1**

Bus Stop	July 16th Departure	July 18th Arrival
Oakville Christian School	9:15 am	3:30 pm
Settlers Green PS	9:41 am	3:05 pm
Mineola PS	10:07 am	2:40 pm
Pigeon Lake	12:30 pm	12:16 pm

**Bus # 2**

Bus Stop	July 16th Departure	July 18th Arrival
St Antoine Daniel Elementary School	9:35 am	3:30 pm
Beynon Fields PS	9:57 am	3:08 pm
Pigeon Lake	12:00 pm	1:05 pm

Drop off on Wednesday and pick on Friday is at regular time at the campus except at the campus on Wednesday morning. **Campers are not guaranteed to be back on time on Friday to make the daily bus service so please plan accordingly. In all cases, the campers will remain at the campus until regular dismissal at 4PM.**



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**YMCA - Cedar Glen - Schomberg Ontario**

Please ensure that all campers are at their respective campus on time (9am) on Tuesday morning. (Please note that there will likely be a second bus added which will change some of these times.

Bus Stop	July 29th Departure	August 1st Arrival
Oakville Christian School	9:26 am	3:30 pm
Settlers Green Public School	9:52 am	3:05 pm
Mineola Public School	10:18 am	2:40 pm
James Culnan Public School	10:42	2:16 pm
St Antoine Daniel Elementary School	11:07 am	1:52 pm
Beynon Field P.S	11:28 am	1:30 pm
Cedar Glen	12:00 pm	12:58 pm

You will drop off your child on Tuesday and pick them up on Friday at the campus. **Campers are not guaranteed to be back on time on Friday to make the daily bus service so please plan accordingly. In all cases, the campers will remain at the campus until regular dismissal at 4PM.**



# Parent's handbook *Intrépides-en-Route trips* Summer 2014

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## Code Of Conduct

At Camp Tournesol, we want all children to have fun and have an opportunity to learn. In order to achieve that, it is important that each camper conduct himself or herself in a respectful and appropriate way. Parents and Campers should review our guidelines together and ensure that your child understand them. At Camp Tournesol safe, respectful and appropriate behavior does NOT include:

- Leaving an area without permission AND without a buddy.
- Standing on tables or chairs.
- Climbing trees or breaking branches.
- Carrying or throwing sticks, stones or sand.
- Being disrespectful to counselors or other campers.
- Disregarding counselor's instructions.
- Water fights or throwing water (unless planned . .).
- Hitting, kicking, biting, wrestling moves or violence.
- Swearing or explicit and violent language.
- Stealing.
- Consistent use of English / no efforts made to use French (for the French campers)
- Putting arms or heads out of the bus window as well as standing or kneeling on the bus.
- 
- Here are the behaviors that ARE acceptable:
- Making efforts to express yourself in French all day and try to use English as rarely as possible.
- Obtain permission prior to leaving an area where your group is
- Always use proper language (no swear words or violent words)
- Follow instructions as given by counselors
- Participate in the activities with enthusiasm.
- Be respectful towards all the counselors and your peers.

Any person found violating this code will be dealt with according to the following procedure:

1. Warning / discussion by their lead counselor and appropriate consequences depending on the gravity of the behavior (sitting out an activity etc.).
2. Meet with the Camp Director and/or phone call to parent.
3. Parent must pick up their child from the camp.
4. Expulsion from the camp.

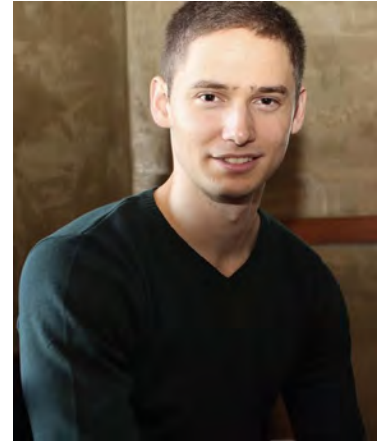
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**Bio of the counselors**

There will be 6 counselors accompanying the children on each trip. All counselors have provided a police background check, have extensive experience caring for children and are trained for First Aid and CPR. Here is a brief biography of the counselors.

**Marek Dobransky: “Chef de Mission” - both trips at the North York campus**

Marek Dobransky grew up in Slovakia as well as France, and has lived in Canada since 1997. He holds a BA in French and Political Science from the University of Western Ontario and a Bachelor of Education from the University of Ottawa. Presently a Grade 1 teacher at École élémentaire Jeanne-Lajoie in Toronto with Conseil scolaire Viamonde, Marek first discovered his love of languages at age five, when his family moved to Paris. Since then, Marek has taken every opportunity to cultivate his French – through summer exchanges in Québec, a university exchange in France, translation work, private tutoring, and teaching. A well-rounded and dynamic sportsman, Marek contributes the intangible human aspect to teaching and leadership. A newcomer to Camp Tournesol, he is thoroughly looking forward to oversee the Peterborough and Schomberg trips and to promote spoken French through engaging and motivating activities.



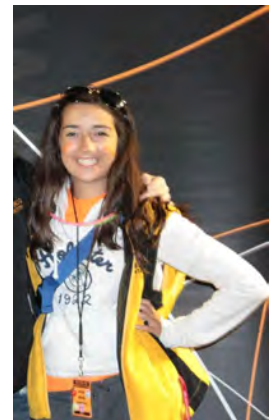
**Katelyn Asbil: “Moniteur adulte” – both trips at the Mississauga – Kenollie campus**

Katelyn is a graduate of the French Immersion program in Mississauga. Katelyn attends Laurentian University for Concurrent education and modern languages. Katelyn enjoys languages and physical activity, especially swimming – she is a trained and certified lifeguard. As well Katelyn will be spending the next school year abroad in Spain to increase her Spanish speaking abilities and to learn more about the Spanish culture. She has been a counselor for Camp Tournesol at the Mississauga campus for 6 years after completing the CIT program and prior to that she was a camper since the very beginning of Camp Tournesol in 2001. Katelyn has accompanied campers on the IER trips since 2010.



**Amanda Cloutier: “Moniteur adulte” – both trips at the Mississauga - Mineola campus**

If there's one thing you'll always find Amanda doing, it's dancing. Starting from a young age, Amanda took ballet classes until she discovered the excitement of tap and soon switched. Tap class quickly became one of Amanda's strongest passions, one that she carries through to today. Amanda's second passion is without a doubt a passion for the French language, beginning at the age of 8 in a French classroom. This passion drove her to participate in an exchange where she ventured to the small village of Val-Brillant near Rimouski, Quebec. A few years later, Amanda reunited with la belle province in Chicoutimi, where she spent her third year of university. Amanda studies in the Faculty of Arts at the University of Waterloo, pursuing the French Teaching Specialization with a Mathematics Minor. During her studies, Amanda enjoys volunteering in the community, in particular in the classrooms of elementary schools. Amanda enjoys travelling within Canada, and is excited to join Camp Tournesol's IER trips this summer.



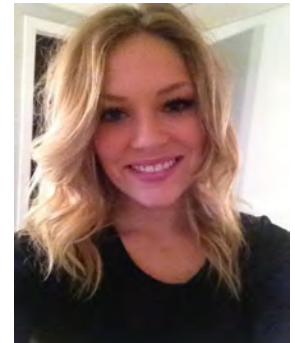
**Arielle Maraj: “Monitrice-enseignante” - both trips at the Oakville campus**

Arielle will be working with Camp Tournesol for the first time this summer. She has been a fun loving camp counselor for the past 6 years and is very excited to join the Tournesol team. She enjoys long distance running and playing amateur, very amateur guitar. She will be finishing her Bachelor of Education this June at Glendon College, where she majored in Theatre and French Studies. Arielle speaks both French and English and can't wait to spend an amazing summer at *Camp Tournesol*.



**Anne-Frédérique Gagnon: “Moniteur adulte” – both trips at the Richmond Hill campus**

Anne-Frédérique is a student who just finished the second year of the BAC in French Teaching at Université du Québec à Montréal. She has a true passion for the French language and the French culture and she loves sharing it with everyone around her, especially kids. She also loves travelling, cooking, animals, physical activities and the outdoors. She looks forward to spending this summer at Camp Tournesol and make it a memorable one for every kid that will attend it.



**Alexa Brown: “Moniteur adulte” – both trips at the Mississauga - North - Settler's Green campus**

Alexa is an enthusiastic camp counselor who is returning this year for her 6<sup>th</sup> summer working as a counselor for *Camp Tournesol*. She enjoys music and loves to swim, and is fluent in French and English. She attends the University of Waterloo where she is working on Bachelor of Science degree, specializing in Kinesiology. Alexa previously attended *Camp Tournesol*, so she has first hand experience of the benefits of the wonderful balance between french language education and recreational activities that the camp has to offer. She is looking forward to another fun-filled summer at *Camp Tournesol*.

