



RAVENS

WELCOME TO OUR SPECIALTY CAMPS

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Welcome to the Carleton Ravens specialty camp program. We are proud to offer a wide range of camps covering many sports and activities including Basketball Camp, Hockey Camp, Soccer Camp, Ringette Camp, Leadership Camp, Tennis Camp, Art and Sport, Creative Writing, Earth Sciences, Fencing, Rugby and Baseball Camp. This welcome letter will give you the basic details that you will need for your upcoming camp.

WHAT TO BRING TO CAMP

- ALL CAMPS**
- Appropriate sports/basketball/soccer or tennis shoes for your activity, shorts & t-shirt
 - Bathing suit and towel
 - Epi-pen, puffer, medications (if required)
 - Water bottle, Sun hat and sunscreen for outdoor activities

- HOCKEY**
- Skates (have them sharpened) and Stick
 - Approved helmet with chin strap, Full face cage (attached to helmet)
 - Neck guard, Shoulder pads, Elbow pads, Hockey gloves, On-ice hockey pants, Shin pads (that cover knee as well), Hockey socks (cover shin pad), Hockey athletic support/pelvis protector
 - Goalies bring own goalie equipment

- RINGETTE**
- Helmet, Neck guard, Shoulder pads, Elbow pads, Girdle, Shin pads, Ringette pants, Skates, Gloves, Stick

TENNIS

- Tennis Racquet (Optional, racquets will be provided)

BASEBALL

- Baseball glove

ALL OTHER SPORTS

- Equipment will be provided for all other sports

DO NOT BRING

Please do not bring any valuables, cellphones, money, or electronic devices to camp as communal change rooms will be used and we cannot take responsibility for any loss or theft.



CHECK-IN/OUT AND PARKING

DROP OFF AND CHECK OUT LOCATIONS

PARKING LOT 5

Fieldhouse: Sports Camp, Soccer Camp, Leadership Camp, Football Camp, Art and Sport Camp, Creative Writing Camp, Baseball Camp

Alumni Hall: Basketball Camp (Ravens Nest Gym), Mini Ravens Camp (Ravens Studio)

Carleton Tennis Bubble: Tennis Camp (Check in location = Tennis Bubble, Check out location = Fieldhouse)

PARKING LOT 3

Carleton Ice House: Hockey Camp, Ringette Camp

CAMP DROP OFF AND PICK-UP

Please find the general times for drop off and pick up for each camp.

8:15AM - 8:45 AM
4:15 - 4:45 PM

Basketball Camp, Leadership Camp, Soccer Camp, Football Camp, Art and Sport Camp, Creative Writing Camp, Tennis Camp, Earth Science Camp, Fencing Camp, Rugby Camp, Baseball Camp

VARIABLES PER WEEK

Hockey Camp & Ringette Camp (each group's specific pick up and drop off times will be confirmed by e-mail a few days before camp)

LUNCH

- Lunch is provided at the University Residence cafeteria.
- Options of a hot lunch, a sandwich, salad bar, and a variety of desserts and drinks.
- Meals are supervised and a well-balanced menu will be encouraged.
- The cafeteria food is peanut and nut free.
- PLEASE NOTE: No outside food is allowed in the cafeteria. The cafeteria is well equipped to handle any dietary restriction. Please communicate any concerns you may have.

**FOR OTHER INFORMATION, PLEASE SEE OUR
FULL SUMMER CAMP GUIDE.**

CAMPER ABSENCES, EMERGENCIES, AND CAMP PHONE NUMBERS

- If your child is unable to make it to camp on any day, please email sports.camps@carleton.ca.
- If you need to reach your child for any reason, or in case of emergency, please call the Welcome Centre at 613-520-4480 and our staff will contact the Camp Supervisor.

Ages 12+ Only

As a Senior Camper, your child may check out independently with parental consent.

Please sign and detach form if you permit your child to check out independently.

I (parent/guardian's name) _____

give permission to (child's name) _____

to check out of Carleton University Sports Camps independently at 4:45pm each day of the session.

Please note that campers will still be required to inform counselors that they are checking out.

Parent/Guardian Signature: _____

Date: _____

CARLETON SPORTS CAMPS PARKING PASSES

CU SPORTS CAMPS

15 minutes max access to lot #5
7:30-9:00AM or 4:00-5:45PM ONLY

Restricted to CU Camps parents

July 2 - August 30, 2019

**Please place on
left side dash of car.**



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