

EXTREME RECESS: SPORTS & ADVENTURE CAMP

**Please note: This document is for informational purposes, but details and schedules may change. Camp letters and forms will be mailed to registrants approximately two weeks prior to the start of camp with the most current information.*

Camp Description:

9-12 yrs / 1 wk, start dates below / \$219

Experience a camp that is packed with “old school style” games, sports and new adventures that will send your child home happy and excited for the next day. This camp offers a variety of activities including swimming, kayaking, fishing, archery, basketball, capture the flag, kickball, dodgeball, hiking and much more! Camp prerequisite: must be able to pass a basic swimming test. Schedule is subject to change; camp is held rain or shine. Fee includes bus or van transportation, supervision and activities. For more information, contact Dawn Thomas at 410-313-4623.

RP9710.401 Meadowbrook Ath Comp	Jun 27	9am-5pm	M-F
RP9710.402 Meadowbrook Ath Comp	Jul 18	9am-5pm	M-F
RP9710.403 Meadowbrook Ath Comp	Aug 1	9am-5pm	M-F
RP9710.404 N Laurel Comm Ctr	Jul 25	9am-5pm	M-F

Camp Prerequisites:

- Must be able to pass a basic swimming test.

What to Bring:

Eat a quality breakfast each morning. Please bring a small daypack with a full non-leaking water bottle and a non-perishable lunch. **Please do not bring any food items that contain any peanut or nut products (other children may be allergic). No cell phones or electronics allowed in camp due to the nature of the activities.** The Camp Director will have a camp cell phone available for all emergencies.

Important Forms:

- **Participant Information Form**
You MUST bring this form, completed and signed, with you on the first day of camp. Without this form, we cannot accept your child at camp. Please note somewhere on the Participant Information Form your child’s swimming ability. Please notify the Camp Director in writing of any allergies or health concerns pertinent to your child’s camp experience.
- **Medication Order Form**
Sending medication to camp is highly discouraged. But, if it is necessary for medication to be administered during the operation of the camp, a Medication Order Form must be filled out and signed by the parent. Forms are available on the Department’s website: www.hcrpsports.com or can be obtained at camp on

the first day. A separate form is required for each medication. All medications must be in the original container with the medication name, physician's name, dosage and expiration date.

Directions:

Meadowbrook Athletic Complex - 5001 Meadowbrook Lane, Ellicott City, MD 21043. From Route 29, exit Route 100 East. Exit onto Long Gate Parkway (the first exit). Stay straight at the end of the exit ramp. After passing the Park & Ride, turn left into the Meadowbrook Park entrance.

North Laurel Community Center – Directions coming soon. The community center is under construction on property adjacent to Laurel Woods Elementary School.

Inclement Weather:

The camp will meet rain or shine. For severe weather program changes, information will be available one hour prior to the camp start time on the Department's program status line, 410-313-4451; press 4 for camps. The recorded message will reflect any change to the drop off location or time changes for the camp. If the weather is severe, we will arrange for indoor activities. If there is a threat of lightning, we will take cover in a shelter.

Tentative Camp Schedule (please note—schedule is from 2010 and may be updated for 2011:

Extreme Recess: Sports & Adventure Camp					
Times	Monday	Tuesday	Wednesday	Thursday	Friday
9:00-9:30 am	Capture the Flag	Freeze Tag	4 Corners	SPUD	Get the Bacon
9:30 AM - 11:30 pm Group Rotations	Ice Breaker & Mixer Games, Ultimate Disc, Kickball	Fishing @ Cent Pk. Freeze Tag Handball	Fishing @ Cent Pk Indoor Soccer Dodgeball	Hiking @ Rockburn & Patapsco State Parks	Archery @Cent Pk., Kayaking @Cent Pk., Kickball Wiffleball
LUNCH & RECESS	Recess- Free Play 30 minutes	Recess- Free Play 30 minutes	Recess- Free Play 30 minutes	Recess- Free Play 30 minutes	Recess- Free Play 30 minutes
12:15pm- 2:30pm Group Rotations	Kayaking @ Cent Pk. Archery @Cent Pk. Soccer Dodgeball	Kayaking @ Cent Pk. Archery @ Cent Pk. Basketball Wiffleball	Kayaking @ Cent Pk. Archery @ Cent Pk. Volleyball Kickball	Ultimate Disc Volleyball Campers Choice	Sports Challenge
2:30-4:30 pm	Swimming @RCRC	Swimming @RCRC	Swimming @RCRC	Swimming @RCRC	Swimming @RCRC
4:45-5:00 pm	4 Corners	SPUD	Get the Bacon	Freeze Tag	Capture the Flag
5:00 pm	Camp Ends	Camp Ends	Camp Ends	Camp Ends	Camp Ends

For More Information:

Dawn Thomas

Outdoor Recreation Manager

410-313-4623

dthomas@howardcountymd.gov

Stephanie Haas

Outdoor Recreation Coordinator

410-313-4719

skhaas@howardcountymd.gov