



2022 Summer Camp Training Camp Information

Dates: Thursday July 28 to Sunday July 31, 2022

Location:

[Sheridan College – Davis Campus](#)

7899 McLaughlin Road
Brampton, ON L6Y5H9

[Campus website](#)

Accommodations:

Sheridan College – Davis Residence
7897 McLaughlin Road
Brampton, ON L6Y 5H9

[Take a room tour!](#)

Check-In: Thursday July 28 *(we will check in as a group after our first training session)*

Check-Out: Sunday July 31 *(prior to our team building session)*

- ONPARA will make the room reservations for the athletes and coaches.
- All rooms will be double occupancy (two to a suite). Suites are set up with:
 - two private rooms (each with their own double bed, desk, dresser, and lockable door)
 - a shared kitchen (with fridge, microwave, sink, counter space, and table & chairs)
 - a shared 3-piece bathroom

Parents will not be allowed to stay with the group in the residences. Any parents from out of town looking to stay overnight are responsible for making their own arrangements.

Tentative Camp Schedule:

(a detailed camp schedule will be shared after the registration deadline to all those who have registered)

Thursday July 28	Friday July 29
<p><i>Please ensure that you have eaten lunch <u>prior</u> to practice on Thursday.</i></p> <p>12:00-12:30pm – Arrival 1:00-4:00pm – Practice #1 4:00pm – Check-in @ Residence 5:15-6:15pm – Dinner 7:00-9:00pm – Practice #2</p>	<p>8:00-9:00am – Breakfast 10:00-11:30am – Practice #3 11:45am-12:15pm – Lunch 1:00-3:00pm – Practice #4 3:30-4:30pm – Recovery Session 4:30-5:30pm – Team Building Session 5:30-6:30pm – Dinner 7:00-9:00pm – Practice #5</p>
Saturday July 30	Sunday July 31
<p>7:30-8:30am – Breakfast 9:00am-12:00pm – Practice #6 12:30-1:30pm – Lunch 2:00-5:00pm – Practice #7 5:30-6:30pm – Dinner 7:00-10:00pm – Video Review & Team Building Session</p>	<p><i>No on-court practices</i></p> <p>7:30-8:30am – Breakfast 9:00-11:45am – Team Building session 12:00-2:00pm – Lunch and Parents/Athletes Info Session 2:00pm – Departure</p>



Transportation:

- Transportation to and from camp are the responsibility of each individual athlete/family.
- All camp locations (athletic centre, residence, meeting rooms, etc.) are located within walking/wheeling distance and will not require any additional transportation.
- We are asking parents/athletes to arrive at the [Sheridan College Athletic Complex](#) around 12:00pm-12:30pm on Thursday July 28.
- An athlete/parent information session is planned for 12:00pm-2:00pm on Sunday July 31 and all parents & guardians are encouraged to attend.
- Departure will take place after 2:00pm on Sunday.

Meals and Snacks:

ONPARA will provide lunches and dinners throughout camp.

- Dinner – Thursday, Friday, Saturday
- Lunch – Friday, Saturday, Sunday

Light snacks, such as fruit and granola bars will be available for the group.

Athletes are asked to come prepared with the following food items for the duration of camp:

- Preferred breakfast items (Friday, Saturday & Sunday)
 - Please note that all residence suites have a kitchenette with fridge, microwave, sink, counter space, and table & chairs
 - Suggestions: Fruit, yogurt, muffins, bread/croissants/bagels/etc. and spreads (nut butter, jam, cream cheese, etc.), breakfast bars, cereal, pre-made breakfast shakes or smoothies, juice, milk, etc.
- Preferred snacks

Registration Form and Camp Fee:

All athletes planning to attend the Team Ontario Junior Summer Camp will be required to complete the online [registration & payment form](#) by **Tuesday July 19 at 11:59pm ET.**

As a reminder, there is a camp registration fee of \$200 fee to assist with covering costs for the camp including facility rentals, overnight accommodations (3 nights), coaching, and meals (all lunches and dinners).

Athletes can pay online (credit card or PayPal) or in person (cash or cheque) to Josée on the last day of Camp (Sunday).

Contacts:

- Kathy – 647-207-6732
- Andrea – 647-406-6048
- Josh – 519-902-2094
- Josée – 416-407-9915

Further information will be provided after the registration deadline to all athletes who have registered for camp. This will include a detailed schedule, rooming list, pack list, Parent Info Session, COVID-19 guidelines & protocols, and other important details.