



# Welcome to RDC

Thank you for registering your child for the Red Deer College Summer Sport Camps. RDC Multi-Sport/Activity camps provide everyone an opportunity to discover many sports/activities in a new and exciting light, promoting active living and FUN. These camps focus on teaching fundamental skills in various sport and activities through a safe, non-competitive environment.

## Things to Remember:

**Medical Information and Waiver Forms:** Please ensure you have completed and signed the online waiver form prior to the commencement of the camp. This form will have been emailed out to you at least one week prior to the camp start date. The completion of this waiver is mandatory so if you have not received a form, please contact the School of Continuing Education at [continuingeducation@rdc.ab.ca](mailto:continuingeducation@rdc.ab.ca) or 403.356.4900.

**Camp Time:** 9:00 AM-4:00 PM. Please have your child at the college, ready to play at 8:45 AM daily. Pick-up will be done at the MAIN GYM after the child is signed out by their parent or authorized adult. Please DO NOT drop your child off any earlier than 8:40 AM, as there is no before or after camp care provided.

**Clothing:** Please ensure your child is dressed appropriately for both indoor and outdoor activity. Shorts, T-shirt (camp shirt provided the first day), running shoes, insect repellent and sunscreen are required.

**Lunch and Snack:** Please provide a re-usable water bottle as well as a healthy, hearty lunch for your child during this week of camp. The kids are involved in constant physical activity and are encouraged to take several water and snack breaks throughout the day. Due to various allergies, please refrain from bringing any kind of nut, or nut-containing foods.

After several days of camp, kids may feel fatigued as they will be constantly active and engaged. Early bedtimes and proper nutrition are key for improving their skills and making the most of their summer camp experience!

If you have any questions or concerns at all during the course of the week, please do not hesitate to contact the School of Continuing Education at 403-356-4900.

**Have a great time at CAMP!**