

the 10 Commandments

(of sports camp research)

Set forth by **Renee Flax**—American Camp Association New York Director, Program Services



★ NEW YORK FAMILY CAMP FAIR

1. Ask yourself: Is your child shy, outgoing, confident, self directed? The answer to these initial questions will guide you to the type of camp that works best.

2. Investigate carefully. Speak to the camp director, visit the camp yourself, have the camp director come to your home, get references from other families already attending the camp, see if the camp is accredited by the ACA.

3. Get your child's input. They'll help you understand what they would like to do at camp which helps you identify the values you want the camp to provide.

4. Be careful about limiting young children to a one-sport sports camp. Your child may become tired of playing that sport each day, all day for weeks on end. At a sports camp that offers many sports they might find a new sport they never played before that will become their favorite.

5. Do you want competition? Good non-competitive instruction is one type of experience. A very competitive sports program where winning and getting trophies is the key element is another. Be honest with yourself and know whether your child can effectively handle the competition and if they are not the best at a particular sport!

6. Be totally honest with a camp director! If your child has specific needs, address them ahead of time. You need to know if a camp is not comfortable dealing with certain issues or suggests your child may not fit in well with their population.

7. Remember—you are not picking a camp for yourself. It's about what is right for your child! Assess their needs, your needs and be honest about it.

8. Make a checklist: Check the instructor credentials. How do they break down the groups- by age, sports ability? What happens on bad weather or if it rains for several days? Do they have indoor facilities?

9. Dorms or Bunks? A dorm with one other roommate is very different than being in a bunk with 10 other campers and 2 counselors. Ask dorm-camps how they manage this for a young child away from home for the first time.

10. Get professional assistance—call Renee Flax at ACA-NY. She has been guiding families for the past 11 years in choosing the right summer camp for their child. Contact: renee@aca-ny.org (1-800-777-2267 Ext.1002) 📞

UPCOMING: New York Family Camp Fairs

3/28 • St. Jean Baptiste High School • 173 East 75th St • 12pm - 3pm
3/29 • Congregation Rodeph Sholom • 7 West 83rd St. • 12pm - 3pm