



WELCOME TO RDC SUMMER SPORT CAMPS!

Frequently Asked Questions:

Where do we go on the first day of camp?

There will be a registration table set up in front of the main gym at RDC. Please bring your medical waiver and child attendance waiver. After signing your child into camp, parents are free to leave and campers will enter the gym to spend some supervised “free time” before camp starts at 9:00 AM.

What should my child bring to camp?

Camp shirts will be provided at registration and campers are encouraged to wear that shirt for the week. Please bring non-marking running shoes everyday as well as appropriate clothing for physical activity. Lunches should be hearty and healthy to provide the campers with enough energy throughout the day. Please refrain from bringing any type of nut or nut-containing foods. Campers are encouraged to bring reusable water bottles and drink often.

NOTE: Multi-Sport camps involve various activities throughout the week. Campers are expected to bring a hat, sunscreen, bug spray, a baseball glove, and a working bike and helmet in order to participate in these various activities.

Where should I pick my child up after camp?

Campers will not be released off campus without their authorized parent. Children may be picked up inside the main gym or the side KS gym.

Why do I have to sign my child in and out everyday?

If parents choose to not fill out the child attendance waiver form, they are required to sign their child in and out everyday of camp. These children will not be released from the building until the parents arrive to sign them out. The implementation of this rule is for the security of the children and will not be adjusted.

What do you do to ensure safety at camp?

Providing a safe and fun environment is a big focus at RDC Summer Sport Camps. Our head coaches are highly qualified and certified in CRP and First Aid. Our staff constantly evaluates the playing environment and equipment to ensure safe conditions. Campers are also supervised at all times including lunch and snack breaks.

What will my child learn at camp?

Our instructors follow a sport specific curriculum and focus on teaching and building on fundamental skills to further the child's sport development. Sample curriculums are available upon request.

How competitive will the camp be?

While competition is not a big focus in our camps, we do not deter friendly competition. We feel it is important to include both cooperative and competitive activity in each camp and when necessary monitor competition to ensure the best camp experience for each participant. We also offer Elite Camps for athletes looking for a higher degree of competition throughout the week.