

**Emory University | Athletics and Recreation**

***EMORY***  
***SPORTS FITNESS CAMP*** <sup>TM</sup>

***Sports Fitness Camp Handbook***  
***2025***

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## About Sports Fitness Camp

Emory University Sports Fitness Camp is the original all-sports camp in Atlanta and enjoys a long-standing reputation for providing a safe, fun, and incredibly rewarding experience for campers ages 5-12. Our experienced and highly trained camp staff will supervise the children from drop-off until pick-up. Our camp can accommodate children of all skill levels, and campers will rotate through instructional activities throughout the day.

## Camp Organization

### Our Staff

Full-time staff members within the Department of Athletics and Recreation oversee all administrative and operational aspects of Sports Fitness Camp programming and are responsible for the direct oversight of the counselors and activity coordinators.

Our team of counselors and coaches consists of teachers and undergraduate and graduate students pursuing degrees in child-related or activity-related fields of study. All activities are run by activity coordinators who are highly experienced and well-trained teachers in local schools. All counselors and camp staff are present during pool time, and the pool is monitored by certified lifeguards. Additionally, a certified athletic trainer supports our camp's medical needs. All staff hold an accredited adult and child CPR and AED certification, with most administrative staff holding advanced certifications. Staff also completes child safety, behavioral, and child abuse reporting training.

### What to Expect

Campers are grouped by age and will rotate through a variety of activities during the day, such as:

- Team Sports
- Rock Climbing
- Gymnastics
- Yoga
- Track & Field
- Team Building
- Hiking
- Aquatics
- Obstacle Courses
- Scavenger Hunts

A schedule can be found under the A Typical Day section on our website at <https://recwell.emory.edu/programs/sports-fitness-camp.html>. It will be updated on a weekly basis to follow each week of camp based on groups. The schedule is subject to change based on weather or activities may be modified by counselors based on group dynamics.

Emory Sports Fitness Camp follows [American Camp Association camper-to-staff ratio](#) guidelines at a minimum.

## Registration

*What is required to register?*

- Registration Form
- Payment
- Participation Waiver
- Medical Form
- Medical Waiver

### How to Register Your Camper

Camper registration and payment is completed at <https://emorysfc.campbrainregistration.com/>.

### Registration Fees

- \$325 per week (8:30 – 9:10 AM to 4:00 – 4:45 PM)

\* Please note we will be hosting a 4-day camp during Week Three of SFC (June 17<sup>th</sup> – June 21<sup>st</sup>) in observance of Juneteenth. Adjusted registration fees can be found below.

- \$260 Week 3 (8:30 – 9:10 AM to 4:00 – 4:45 PM)

### Discounts

- Additional campers receive \$20 off their registration
- Emory University and Healthcare staff receives a 10% discount

Discounts can be applied at the time of check out following registration. Campers must be registered at the same time to receive the additional camper discount.

For tax purposes, Emory's Tax ID is 58-0566256.

*\*Registration FAQs can be found in the appendix at the end of this document.*

### Buddy Requests

Requests for campers to be placed in a group with another camper can be submitted during registration and Sports Fitness Camp administrators do our best to accommodate. Please note, campers are grouped by age, and buddy requests are not guaranteed. Requests should be made before the camp season, as counselors receive all camper information and prepare for their groups before the start.

### Cancellations

Requests for cancellation must be made in writing at [sportsfitness@emory.edu](mailto:sportsfitness@emory.edu) three weeks before the start of the camp season (the first Monday of June) for a full refund minus a \$25 administrative fee.

## **Payment Policies**

Camp payments are due in full three weeks before the start of the camp season (the first Monday of June) with a 30% deposit due at the time of registration. If payments are not made by the deadline, campers' spots will be removed and available spots will be filled from the waitlist. Payments must be made via credit card at <https://emorysfc.campbrainregistration.com/>. Two payment and three payment installment plans are available at the time of registration.

## **Age Policies**

A camper must be five years old before the start of the camp season to register for Sports Fitness Camp. A camper should not turn 13 before the start of the season to participate in Sports Fitness Camp. We recommend campers have participated in structured activities (classroom setting, sports teams, previous camps) for success at Sports Fitness Camp activities.

## **What to Bring to Camp**

It is recommended that guardians label their children's belongings with their first and last names. In the event an article goes missing or is in the possession of another, it may be much more easily found with name identification. Campers will be provided with a Sports Fitness Camp t-shirt, bag, water bottle, and other SFC goodies upon their first check in.

## **Clothing & Shoes**

Campers should come to Sports Fitness Camp dressed for a full day of activity. We recommend outdoor activity clothes and athletic shoes. Your child will not be permitted to participate in activities if they come wearing sport-sandals or open-toed shoes. Please survey what your child brings to camp in the morning to avoid lost items.

## **Swimming Gear**

Campers have scheduled pool time twice a week in the afternoon. Please make sure your camper(s) pack a swimsuit and towel, labeled with their name, on Tuesdays and Thursdays. If you are registered for Week Four – Water Week, please also pack a swimsuit and towel on Wednesday and Friday. If needed, personal goggles and floatation devices should also be labeled and sent with your camper. Floatation devices must be [US Coast Guard approved](#).

## **Water Bottle**

Water is a vital component when physically active, especially in the Georgia climate. SFC does provide a reusable water bottle upon first day check-in. Please be sure your camper(s) bring a water bottle each day, labeled with their name.

## **Sunblock**

Outdoor activities are a major component to the Sports Fitness Camp experience. Make sure your camper(s) has adequate protection from the sun. We recommend applying sunblock (SPF 30 or higher recommended) on your child prior to arrival. Sending additional sunblock with your camper(s) is also highly recommended.

## **Backpack/Gym Bag**

A backpack or gym bag is recommended for your camper's belongings. They will be stored in cubbies during camp activities. Please label all of your camper's items with their name.

## **Lunch & Snacks**

Lunch is not provided for campers. Campers should bring their lunches in small coolers, lunch boxes, or lunch bags. Refrigeration and microwaves are not available. Snack breaks are provided mid-morning and mid-afternoon, and we suggest that additional snacks be packed and sent with campers.

Lunches and any additional snacks should be nutritious. Campers stay very active and work up an appetite! Please do not drop off fast food for a camp participant or send carbonated drinks.

## **Arriving at Camp**

### **Check-In & Arrival Procedures**

Check-in will be from 8:30 AM – 9:10 AM.

Campers should be escorted inside for check-in on their first day of camp in the Woodruff P.E. Center (WPEC) located at 26 Eagle Row, Atlanta, GA 30033. The Sports Fitness Camp check-in area is on the first-floor Atrium of the WPEC near the Arena courts. Parking is available in the Peavine Parking Deck at 29 Eagle Row and gates will be open on Mondays (this is adjacent to the paid visitor surface lot). After check-in, campers will be escorted by camp staff to drop off their belongings and join their assigned group.

Following the first day, campers can be dropped off by vehicle (or escorted if walking) with camp staff in the roundabout outside of the Woodruff P.E. Center.

### **Late Arrivals**

All late arrivals (after 9:10 AM) should be escorted inside by a guardian for check-in at Camp Headquarters, located in the first-floor Atrium of the WPEC near the Arena courts. Upon arrival, both guardian and child must check in with the administrative staff. Once signed in, a camp administrator will take the camper(s) to their assigned group.

## **Departing Camp**

### **Early Departures**

For early pick-up (before 4:00 PM), advance notice must be given in writing either via email to [sportsfitness@emory.edu](mailto:sportsfitness@emory.edu) or to the staff at drop off.

Everyone approved to pick up the camper must sign them out with camp staff and present a government-issued ID at the time of pickup. Only the camper's primary contacts may make changes to the authorized pick up- list. Changes to authorized pick-ups may be submitted to camp staff at Camp Headquarters or via email to [sportsfitness@emory.edu](mailto:sportsfitness@emory.edu).

### **Pick Up Procedures**

Daily pick up is between 4:00 – 4:45 PM. Campers not picked up by 4:45 PM will be charged after care fees to their household balance. The Sports Fitness Camp pick-up area is behind 22 Eagle Row, on the west side of the Woodruff P.E. Center.

If picking up by vehicle, Parking and Transportation Services will direct cars via the roundabout in front of the WPEC to the lot behind 22 Eagle Row. Displaying the SFC tag in the dashboard helps Parking and Transportation streamline pick up procedures. Pick up time overlaps with other camps utilizing space near the Woodruff P.E. Center. We appreciate your patience in any delays.

If parking and walking is preferred over the car line, the Peavine Parking Lot Deck at 29 Eagle Row gates are open after 4:00 PM and campers may be checked out from SFC staff in the pick-up area behind 22 Eagle Row.

Everyone approved to pick up the camper will be required to sign them out with camp staff and present a government-issued ID at the time of pickup. Only the camper's primary contacts may make changes to the approved pick up list. Changes to authorized pick-ups may be submitted to camp staff at Camp Headquarters or via email to [sportsfitness@emory.edu](mailto:sportsfitness@emory.edu).

## **Inclement Weather Pick Up**

In the event of inclement weather, pick up procedures will move indoors for the safety of campers and staff. Notification of modified pick up procedures will be sent via email to all household members. While we try to send out communication of modified procedures by 3:00 P.M., weather events can be unpredictable and could result in a shorter notice. Individuals will be asked to park in the Peavine Parking Deck and walk into the Woodruff P.E. Center to the Central Desk on the main floor of the facility, where counselors will check campers out and release them to the authorized individual.

## **Before and After Care Policies**

### **Before Care**

Before care is available for campers at a rate of \$50 for the week (\$40 during week three of camp). Before care can be added to your session on the SFC registration site. Before-care hours are 7:45 AM – 8:30 AM.

Arrival procedures are the same for before care campers, with the exception that the gate to the Peavine Parking Deck may not be open before 8:00 AM on Mondays when all campers are walked in for check-in.

### **After Care**

After care is available for campers at a rate of \$50 for the week (\$40 during week three of camp). After can be added to your session at any time on the SFC registration site. After care hours are 4:45 PM – 5:30 PM. Please park in the Peavine Parking Deck (open after 4:00 PM) and walk into the WPEC to pick up your after care campers from Camp Headquarters.

## **Medication Policies**

If medication (over the counter or prescription) is required, it must be administered by the athletic trainer at Camp Headquarters.

A Medical Form must be completed by the guardian at registration. Any updates to the Medical Form should be made via the registration site before the first day of camp. All medication must be in its original container and should be dropped off with the athletic trainer or SFC administrator upon check-in with a notation of administration instructions and whether it should be sent home with camper or secured overnight.

Please note, Sports Fitness Camp Staff are not permitted to administer any medication other than what is indicated on the camper's Medical Form.

## **Accident/Illness Policies**

In case of an emergency or accident involving your child, the primary contact will be notified following appropriate emergency personnel's notification, as needed. All camp staff are certified in Adult & Child CPR and AED. Camp



administrators and the athletic trainer possess advanced certifications including first aid. All staff are trained in emergency procedures.

The primary contact person will be notified via phone in an emergency or sudden illness related to an individual camper. Please do not bring your camper if they are experiencing symptoms that may be contagious or if they are unable to participate in activities with their group.

## **Discipline Policies**

Sports Fitness Camp understands that there will be times when every camper has a difficult day. First and foremost, Sports Fitness Camp desires to resolve any issues and conflicts between and among campers and keeps campers involved in all activities.

On occasion, it may be necessary to give a camper a chance to re-group away from the activity area and other campers. Should a camper still have difficulty in a situation, a primary contact will be notified via phone calling outlining information relayed through an incident report.

Should the conflicting behavior persist, escalate, or show a level of severity, a primary contact will be contacted immediately, and the incident(s) may result in suspension or expulsion from the program.

Some serious behavior infractions that may result in immediate suspension or permanent expulsion from the program are but not limited to:

1. Any behavior that endangers the health and safety of children, staff, or members
2. Leaving the camp program without permission/refusing to remain with assigned group
3. Inappropriate touching of other campers or sexual misconduct
4. Theft, defacing or destruction of property belonging
5. Verbal abuse or threats, bullying and name-calling
6. Any kind of physical assault including but not limited to hitting, kicking, or biting
7. No gang-related activity permitted
8. Possession of weapons, tobacco, alcohol, or illegal drugs

## **Bullying Policies**

Sports Fitness Camp does not tolerate bullying or disrespectful behavior. Counselors are trained to keep a watch out for bullying behavior and instruct campers to report bullying to counselors. Any bullying or disrespectful behavior that is observed or reported to the counselors will be addressed by camp administrative staff.

## **Additional Policies**

### **Search**

If necessary, the Sports Fitness Camp staff reserves the right to search a camper's belongings, with another staff member present, for the safety of the child and all other participants.

### **Valuables**

We request that campers leave all items of sentimental or monetary value at home (i.e., collector cards, handheld video games, sports equipment, money, etc.). Inappropriate items brought to Sports Fitness Camp will be confiscated, held at Camp Headquarters until pick up and requested not to be brought back. Athletics and Recreation cannot be responsible for lost or stolen items.

## **Communication Devices**

We discourage the use of communication devices during Sports Fitness Camp. At times, campers have communicated with parents or guardians via personal communication devices without the knowledge of counselors or camp administrators (i.e. requesting early pick up or complaining of ailments without communicating with counselors or staff). If you are concerned about the health or wellbeing of your camper, please use the information below to contact camp administrators or notify administrators about an early pick up.

## **Lost and Found**

Any lost items turned in or found during camp will be held at Camp Headquarters. Lost and found items will be posted on the Facebook page at Emory Sports Fitness Camp weekly. Any items not picked up by the end of July will be donated.

## **Mandatory Child Abuse Reporting**

Emory University is committed to maintaining a supportive and safe educational environment and to enhancing the well-being of all members of its community, and places importance on creating a secure environment for children. To that end, Emory has adopted a Child Abuse Reporting policy, Policy 4.119, that sets forth the requirement and processes for reporting suspected child abuse. The Child Abuse Reporting Policy applies to Emory faculty and staff, including student employees, Emory volunteers, students, and third parties whose capacity of employment or duties involve interaction with children. Policy 4.119 is available for review at <http://www.policies.emory.edu/4.119>.

Unless there is an exception under Georgia law, Emory University requires all Emory University faculty, staff, volunteers, students and Third Parties to report suspected Child Abuse of which they are made aware in their capacity of employment or duties. Policy 4.119 makes clear that the safety and welfare of a child is paramount, any uncertainty about whether reporting is required should always be resolved in favor of making a report, and that failure to make a report of suspected child abuse may be a criminal offense under Georgia law (O.C.G.A. § 19-7-5).

## **Emergency Protocol**

In the event of an emergency (i.e. fire, evacuation, active shooter, severe weather, etc.) Sports Fitness Camp will adhere to the Emergency Action Plan put in place by the Department of Athletics and Recreation and Emory's Office of Critical Event Preparedness and Response.

The primary contact person will be notified via phone in an emergency related to an individual camper.

## **Contact Information**

Camp administrators are highly involved in the day-to-day camp operations, so email may be the quickest way to reach staff at [sportsfitness@emory.edu](mailto:sportsfitness@emory.edu).

In the event of an emergency, you may contact a camp administrator on their cell phone:

Juliana Frigerio, Assistant Director of Intramural and Club Sports (770) 570-0223  
Hannah Williams, Coordinator of Intramural and Club Sports (919) 886-2637  
Alyssa O'Keefe, Associate Director of Recreation and Wellness (813) 293-2377

## **Appendix - Pool FAQ**

### **Where is the pool located?**

The pool is located at the Student Activity and Academic Center (SAAC) at 1946 Starvine Way, Decatur, GA 30033. Campers travel by Emory shuttle with their group, counselors, and administrative staff.

### **Are campers in the pool for the full hour and a half on the schedule?**

No, locker room changing times are staggered by age and group, both heading to the pool and leaving the pool. Naturally, it takes our younger campers longer to change than our older campers.

### **What is the locker room/changing procedure?**

Campers are escorted to the locker rooms by counselors and camp administrators. Locker rooms are separated by gender, and an all-gender restroom is available for use. Counselors will be in the locker rooms to ensure appropriate and efficient use. Campers should be able to dress and undress themselves independently, but counselors and staff are present to assist with final touches (buttons, zippers, ties, shoes, etc.). Counselors will also help ensure campers have applied sunscreen prior to pool time.

### **Can my camper bring toys to the pool?**

We recommend campers not bring personal toys for pool time. SFC will provide pool toys for camper use. We encourage personal labeled goggles and eye protection for swim time, and [US Coast Guard approved](#) floatation devices. Campers are responsible for keeping up with their personal items.

### **Will swimming skills be taught?**

No, there is no instructional component to pool time.

### **How do you assess my camper's swimming abilities?**

Our main priority is the safety of all our campers. We understand that pool time can be a source of stress for guardians. To guarantee a safe and enjoyable experience, our camp conducts a swimming assessment for campers who want to swim without the assistance of a floatation device.

All campers who want to swim without the assistance of a floatation device must complete a swim assessment upon their first time at the pool each summer. For the assessment, campers must swim 25 yards across the pool length using any stroke but the backstroke (doggy paddle, freestyle, breaststroke, etc.). Lifeguards and camp administrators will assess swimming abilities based on the demonstrated skills and determine whether campers need to swim using a floatation device or may swim independently.

Campers using a floatation device may not swim in the deep end (more than 4.5ft.) or use the diving boards.

### **Can my camper retake their swim assessment?**

The assessment can be retaken on a different day but not on the same day.

### **Are life vests provided?**

We have life vests available, but often, campers are more comfortable in personal floatation devices. All floatation devices must be [US Coast-Guard Approved](#) and personal floatation devices should be labeled with your camper's name.

### **How deep is the pool?**

The shallow end of the pool is approximately four feet deep. The deep end extends to 12'. There are lane lines that separate the shallow end from the deep end, which start at 4 ½ feet. Campers using a floatation device may not swim in the deep end (more than 4.5ft.) or use the diving boards.

### **Who is monitoring my camper in the pool?**

Pool time is “all hands on deck” for Sports Fitness Camp staff. In addition to lifeguards, counselors and administrators are in the pool with campers and monitoring from the pool deck.

### **What if my camper doesn't want to swim?**

Those campers who are not swimming in the pool may spend time on the pool deck with a book or engaging in games with our counselors.

## **Appendix – Registration FAQs**

<https://emorysfc.campbrainregistration.com/>

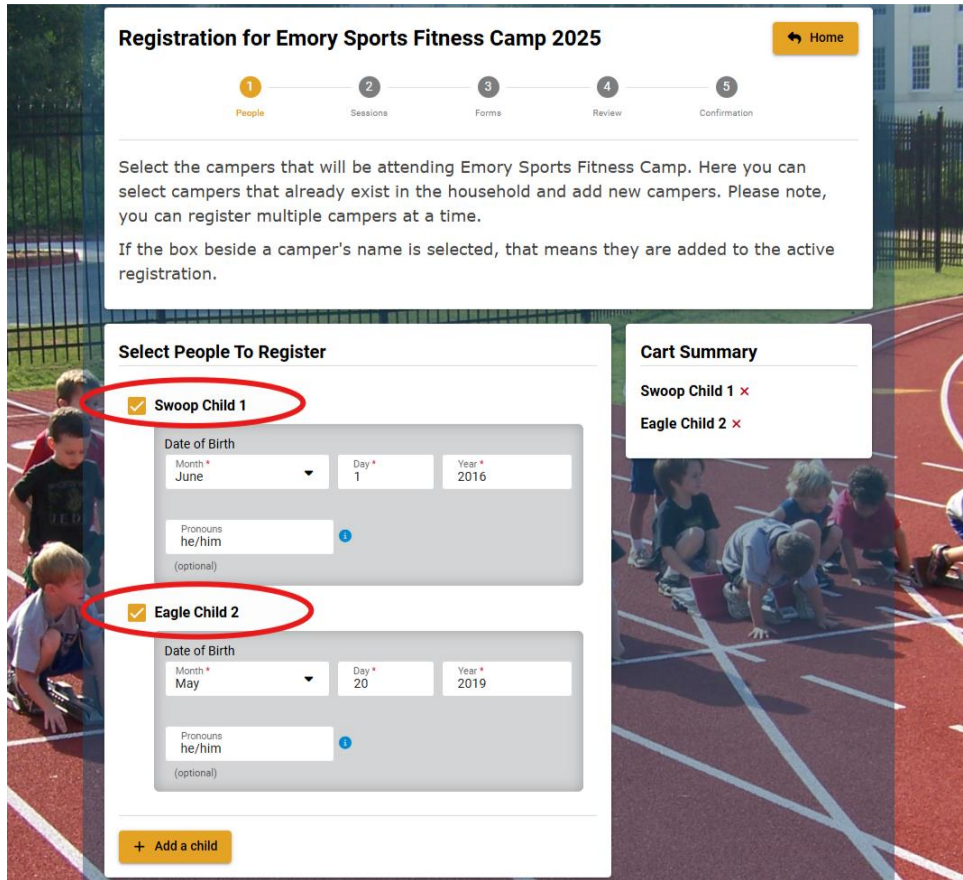
### **CampBrain Registration platform tips**

- Only ONE household member can be logged into their household account at a time to register their campers
- Only use ONE browser and ONE tab to register
- If you have an existing account, use the Sign-In Section
  - If you forgot your password, you can use the Reset Password function below
  - You will be able to add campers using your existing account
- If you do not have an existing account, use the Create Account button
  - Accounts can only be created when registration is live
  - This will prompt creation of a household, and a household must be completed before moving forward with registration

### **Registration Step One**

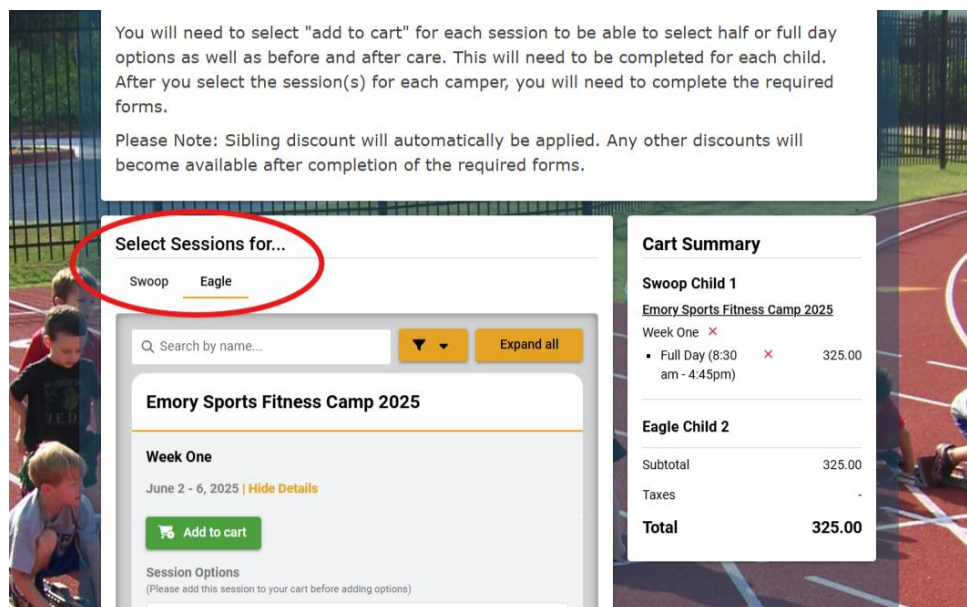
- Select each camper to register prior to selecting sessions (image below)

- o This will reduce the likelihood of one camper securing a week without their sibling(s)



## Registration Step Two

- Toggle between campers when selecting sessions and adding items to cart
  - o For example, as seen below, select Swoop – Week One and then Eagle – Week One
  - o This will further reduce the likelihood of one camper securing a week without their sibling(s)



## Registration Step Three

- Add all items to cart prior to completing forms (items will be held in cart for 20 minutes)

You will need to select "add to cart" for each session to be able to select half or full day options as well as before and after care. This will need to be completed for each child. After you select the session(s) for each camper, you will need to complete the required forms.

Please Note: Sibling discount will automatically be applied. Any other discounts will become available after completion of the required forms.

**Select Sessions for...**

Swoop Eagle

Search by name... Expand all

**Emory Sports Fitness Camp 2025**

Week One

June 2 - 6, 2025 | Hide Details

Remove from cart

Session Options

1 item required. \* 1 items in cart.

Full Day (8:30 am - 4:45pm) 325.00

**Cart Summary**

**Swoop Child 1**

Emory Sports Fitness Camp 2025

Week One

- Full Day (8:30 am - 4:45pm) 325.00

**Eagle Child 2**

Emory Sports Fitness Camp 2025

Week One

- Full Day (8:30 am - 4:45pm) 325.00
- Sibling Discount -20.00

Subtotal 630.00

Taxes -

**Total 630.00**

## Step Four

- Complete additional registration steps: forms, review, and pay deposit or make payment in full

**Registration for Emory Sports Fitness Camp 2025** Home

1 People 2 Sessions 3 Forms 4 Review 5 Confirmation

You will need to select "add to cart" for each session to be able to select half or full day options as well as before and after care. This will need to be completed for each child. After you select the session(s) for each camper, you will need to complete the required forms.

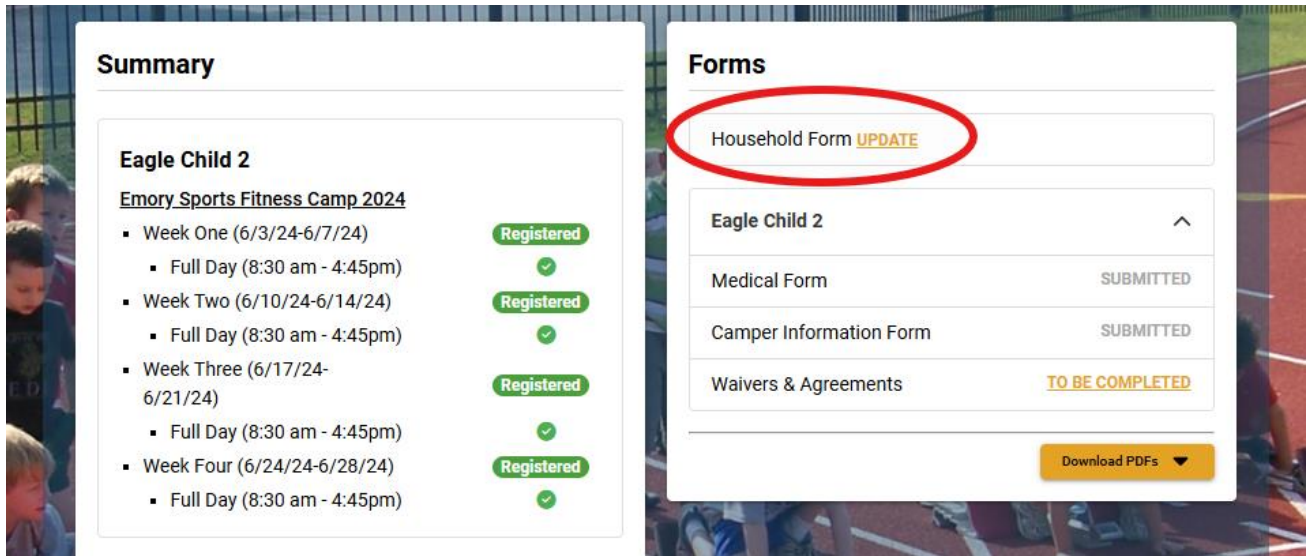
Please Note: Sibling discount will automatically be applied. Any other discounts will become available after completion of the required forms.

## **Additional Registration FAQs**

### **Authorized Pick Ups**

- Please add any adults that may pick up campers
  - For example, grandparents if primary caretakers will be out of town, nannies or babysitters, other campers' parents or family friends

- o Authorized pickups can be edited at any time following registration by viewing submitted applications and updating the household form



## Discounts

- Sibling discounts are applied automatically to the cart when more than one camper in the household is registered (\$20 discount per additional camper)
- Emory employee discounts (10% of total registration) must be added manually to the cart via a discount code
  - o The code appears during form completion following answering questions regarding Emory employment

## Waitlist Management

- Campers can be added to a session waitlist at the time of registration (until a waitlist is filled or registration closes)
- After registration closes, camp administrators place campers into cabins based on age. Campers will be removed from the waitlist as space in cabins becomes available.
- Campers are first prioritized from the waitlist based on siblings currently registered for camp
- Campers are second prioritized from the waitlist based on cabin needs (including ages)
  - o This is why we cannot disclose specific positions on a waitlist
- We anticipate most movement from the waitlist to be complete within three weeks of camp registration closing
- We will maintain the waitlist until the first day of the camp season for any last-minute cancellations or spots that become available
  - o You would receive communication via email to all adults in the household and given a deadline to respond before the spot is offered to the next camper

## General Reminders

- Emory SFC is a highly active sports and fitness camp. While our weekly themes guide the creativity of activities each week, we are still sports and activity focused. Many activities are repeated week to week including, but not limited to team sports, rock climbing, gymnastics and swimming (two afternoons per week)
- We are able to accommodate most buddy requests, with the exception of siblings. Activities and activity accommodations are structured for groups based on age.
- Our counselors are trained to support an inclusive environment and mediate camper dynamics but are not equipped to manage advanced behavioral needs. Most of our counselors are college aged individuals with an interest in early childhood education and physical education.
- Full policies are outlined in the Camp Handbook which will be sent to all registrants the month prior to camp.

If there are additional registration questions, please contact [sportsfitness@emory.edu](mailto:sportsfitness@emory.edu).