SUMMER 2026

PARENT HANDBOOK

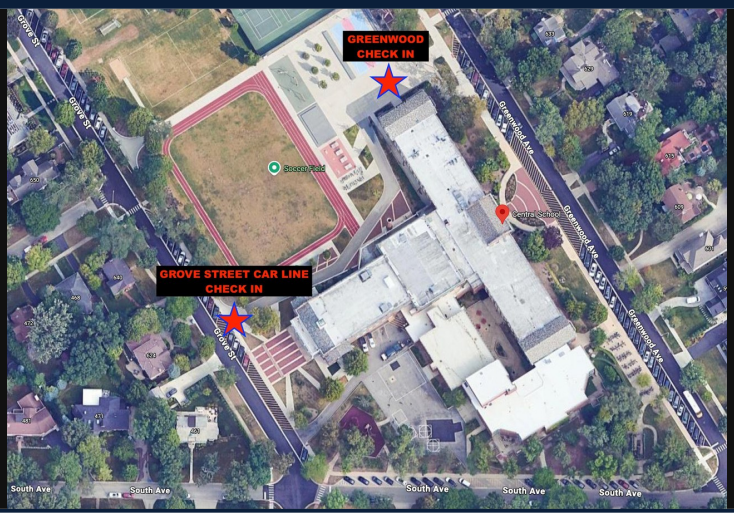
SPORTS. FRIENDSHIP. GROWTH.

GRADES	CAMP DATES	HOURS	LOCATION
Rising 1st–7th	June 15 – August 6	9:00 AM – 3:00 PM	Central School, Glencoe



CHECK-IN & DROP-OFF MAP

Central School · 620 Greenwood Ave, Glencoe ★ Grove Street Car Line ★ Greenwood Check-In



finishstrongkids.com | (847) 282-2596 | ed@finishstrongkids.com

WELCOME TO FINISH STRONG

Welcome to our **18th summer** of providing safe, high-energy, and meaningful sports programming to the North Shore community. This handbook gives your family everything you need to have an outstanding camp experience.

We have four incredible sessions planned — World Cup, Tribal Takeover, July Madness, and Color War — each filled with sports, field trips, spirit days, and the traditions that make Finish Strong special. Whether your son is a returning camper or joining us for the first time, our coaches are ready to meet him where he is and help him grow.

Please call our camp phone at (847) 282-2596 if you have any questions. Thank you for trusting us this summer.

COACH ED REFORMADO

Owner & Director, Finish Strong Sports Camp

ed@finishstrongkids.com · (847) 282-2596

WHAT TO PACK DAILY

What to Wear	Wear your **reversible jersey** every day — and your **camp tee on field trips!** A hat is strongly recommended.
What to Bring	Pack **sunscreen, a water bottle, swim trunks,** and a **towel** every day.
Sunscreen	Please **apply sunscreen before camp.** We will reapply sunscreen after lunch for all campers.

FINISH STRONG VALUES

EFFORT OVER EVERYTHING
We celebrate hustle, attitude, and growth — not just results. Every camper gives their best.

RESPECT & INCLUSION
Every camper and coach deserves to feel welcome, valued, and safe. We celebrate everyone.

FRIENDSHIP
Some of the best friendships are made at camp. We create an environment where every bond is real.

TEAMWORK
The best players make everyone around them better. We develop team-first athletes.

ACCOUNTABILITY
We own our actions, effort, and attitude. Campers learn to take responsibility and make it right.

COACHABILITY
The best athletes are the best listeners. We build campers who embrace feedback and apply it.

SPORTSMANSHIP
Win with class, lose with grace. Shake hands, acknowledge great plays, compete with character.

COMMUNITY
Finish Strong is part of the North Shore. We show up for each other and our community.

AGE GROUPS & LEADERSHIP

1ST	**Ducks**	Purple & Green	Andrew Daley, Matt Merrigan & Cole Beerman
2ND	**Gators**	Orange & Blue	Andrew Daley, Sam Shapiro & Mason Venamore
3RD	**Sharks**	Blue & Gray	Jason Chaplain & Hayden Shape
4TH	**Wolves**	Red & White	Jason Chaplain & RJ Skolnik
5TH	**Bears**	Navy & Orange	Nick Foreman
6TH	**Lions**	Gold & Black	Mac Jones & Luke Solomon
7TH	**Eagles**	Green & Gold	Mac Jones & Luke Solomon

DAILY SCHEDULE

9:00 AM	Campers Arrive & Attendance Lines
9:15–9:30	Morning Announcement & Huddle
9:40–10:50	Games 1 & 2 with Snack Break
11:00–11:45	Lunch — 1st, 2nd & 3rd Grade
12:00–12:45	Lunch — 4th, 5th, 6th & 7th Grade
1:00–2:30	Optional Swim Lesson, Games 3 & 4 or Afternoon Program
2:30–3:00	Leadership Cards, Closing Huddle & Popsicles
3:00 PM	**Camp Dismissal**

🏊 **Group Swim** — Tuesdays & Thursdays. Optional swim lessons available 1:00–2:30 PM.

🍎 **Daily Snacks** — Fresh fruit, goldfish, fruit snacks, and popsicles provided every morning and afternoon.

ENROLLMENT POLICIES

Transfers & Add-Ons	Session transfers and additions are subject to availability. Contact the camp office to request changes.
Cancellations	A non-refundable deposit is required at registration.
Absence Policy	Notify camp of any planned or unexpected absence. No credits or refunds for individual missed days.
Participation Policy	Campers are expected to participate in all daily activities. Medical exemptions require written documentation from a physician.

TRANSPORTATION

Express Bus	Stop-based bus service available for an additional fee. Register via the camp portal. **Note: Door-to-door service is not offered this summer.**
Car Line Drop-Off	Drop-off begins at **8:50 AM** via the **auditorium entrance on Grove Street.** Walkers and bikers should power off phones on arrival.
Car Line Pick-Up	Pick-up begins at **3:05 PM** after buses depart. Remain parked until staff place safety cones.
Transportation Changes	All changes submitted **by 1:00 PM the day before.** Require staff approval. Unverified campers ride their assigned bus.
Absences & Late Arrivals	Notify camp of any absence. Campers arriving after **9:15 AM** must be accompanied by an adult to the office.
Early Pickup	Notify camp the prior day. Call **(847) 282-2596** on arrival. Deadline: **2:30 PM Mon–Thu · 2:15 PM Fri.**
Busing Expectations	Remain seated and respectful. No food, phones, or smart watches. Only camp staff and registered campers on buses.

MEALS AT CAMP

Hot Lunch Program	A hot lunch is served daily through our catering partner. Meals are nut-free and nutritionally balanced. An extra entrée is available for **$7.50.**
Sack Lunch Option	Campers may bring lunch from home. All food must be **nut-free.** No glass containers.
Daily Snacks	Fresh fruit, goldfish, fruit snacks, and popsicles provided every morning and afternoon at no charge.

🚫 **Nut-Free Camp:** We are a completely nut-free environment. Please check all food labels carefully, including snacks from home.

HEALTH & MEDICAL

Health Forms	A current health form is required before the first day. Must list all medications, allergies, and medical conditions.
Medications	All medications checked in with staff. Campers may not self-administer. Prescription medications require a signed physician order.
Allergies & EpiPens	Notify us of all allergies. Bus riders needing an EpiPen or Auvi-Q receive a red pack. Severe allergies may require a pre-camp meeting.
Sick Camper Policy	Keep campers home if ill. Return criteria: fever-free 24 hrs without meds, no vomiting/diarrhea 24 hrs, able to fully participate.

🌦️ **Rainy Day Policy:** Camp always runs! On inclement weather days, campers move to Central School's AC gymnasiums and partner indoor facilities.

SWIM POLICY

🔴 **Beginner**
Needs supervision. Shallow water only. Cannot swim independently.

🟡 **Intermediate**
Swims 15–25 yards. Treads water 15–30 seconds.

🟢 **Advanced**
Swims 50+ yards continuously. Treads water 1+ minute.

Swim levels assessed on the first swim day. Campers receive a colored wristband. Levels may be reassessed at any time.

FIELD TRIPS

Field trips are a highlight of every session — 1 to 2 trips per session to local and regional destinations including Great Wolf Lodge, Cubs games, Bowlero, Puttshack, K1 Racing, Northwestern University, and more.

What to Wear	All campers wear their Finish Strong camp shirt on field trip days for identification.
Supervision	**4:1 counselor-to-camper ratio** at all times. Buddy system active throughout.
Safety	Briefings before departure, headcounts at all stops. All counselors CPR/ First Aid certified.
Early Pickup	Notify the office the day before. Coordinate pickup at the trip location when possible.

RESPECT & BEHAVIOR

We guide campers with clear expectations. Our three-step process keeps camp safe and fun for everyone.

1
Redirection
Coach addresses behavior directly and redirects to expected conduct.

2
Warning & Consequence
Formal warning issued. Camper removed from activity; consequence assigned.

3
Parent Contact
Staff contacts parent or guardian. Repeated incidents may result in suspension.

COMMUNICATIONS FROM CAMP

Daily Recaps	Session recap emails sent regularly with highlights, photos, and upcoming events.
Field Trip Notifications	Departure and arrival updates on all field trip days. Save **(847) 282-2596** in contacts.
Injury Notifications	Parents contacted immediately for any injury requiring medical attention beyond basic first aid. Medical costs are the family's responsibility.
Best Way to Reach Us	Call **(847) 282-2596** or email **camp@finishstrongkids.com** for non-urgent matters.

📵 **Phones & Smart Watches:** Campers may not use phones or smart watches during camp hours. Devices must be powered off and stored in backpacks. **Violations result in the device being held at the office.**

WE CAN'T WAIT

Summer 2026 is going to be something special. We have spent the offseason planning an incredible lineup of sports, field trips, and daily experiences designed to challenge your son, grow his confidence, and surround him with great people.

Whether it's the friendships built during a flag football celebration, the energy of a gym full of kids cheering teammates on for a big hockey game, the laughs on the way to a Cubs game, or a big **"BOOM!"** celebration at the end of the day — these are the moments that last.

We are honored to have your family with us this summer. Our coaches are ready, the fields are set, and the trips are planned. Let's make some memories.



The Leadership Team

COACH ED REFORMADO

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SUMMER MEMORIES







