



CAMP ARLO

CHAMPIONS CHECK IN HERE

JUNE 16 - AUGUST 15, 2025



For more information please email: empow3rsports@gmail.com
empowersportsperformance.com

WELCOME TO CAMP ARLO

CAMP PHILOSOPHY

Our philosophy at EMPOW3R Sports Performance Day Camp is to create a culture where campers can develop their whole self with confidence through activities that will challenge them physically, socially, and mentally. Campers will create memories as they build friendships, engage in healthy choices, and explore ways to reach their peak potential.

Curious about who ARLO is? Come to camp and find out!

CAMP
INFORMATION
SESSION
VIRTUAL

Wednesday, April 16

7:00 - 8:00 pm

[CLICK HERE TO JOIN](#)

SAMPLE SCHEDULE AT A GLANCE

MORNING

- 8:30- 8:50 Morning Camp Huddle
- 8:50 - 9:00 Bathroom, water bottles, and sunscreen
- 9:00 - 11:15 Specialty Camps
- 11:15 - 12:15 Lunch and Recess

AFTERNOON

- 12:15 - 12:30 Bathroom, water bottles and sunscreen
- 12:30 - 1:15 Small Team Activities
- 1:15 - 2:30 Weekly Challenge Prep
- 2:30 - 3:15 Large Group Games
- 3:15 - 4:00 Crafts, Teambuilding, Daily Closing Prep, etc
- 3:45 - 4:30 Team Huddle and Closing Camp Ceremonies

Afternoon activities will consist of group games, crafts, Olympics prep time, weekly challenge prep, yoga, camp pride, etc. All groups will also rotate through EMPOW3R Sports sessions at least two times per week.



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LOCATION

CAMP ARLO is in partnership with the Fox Point Bayside School District and will be operated at **Stormonth Elementary School**
7301 N. Longacre Road

EVERYONE IS WELCOME

EMPOW3R Sports Performance Camp ARLO welcomes all campers. This camp is designed to promote healthy lifestyles, centered around sports, traditional camp activities, and social/emotional health. Each camper will participate in weekly topics based on the EMPOW3R curriculum.

CAMP CONTACTS

Camp Directors: **Brooke Gumataotao**
Chelsea Roth

The Camp Directors phone numbers will be listed in weekly newsletter.

Tina Kreitlow (917) 696-3467
Mike Zussman (414) 698-3852

2025 WEEKLY THEMES AND FIELD TRIPS

WEEK 1	June 16 - 20	8:30am - 4:30 pm	ESP Theme: What Is An EMPOW3R Sports Camper? Field Trip: First and Bowl
WEEK 2	June 23 - 27	12:00 - 4:30 pm	ESP Theme: Who Are You? Field Trip: Movie
WEEK 3	June 30 - July 3	12:00 - 4:30 pm	ESP Theme: Secret To Communication Field Trip: On-Site Foam Party
WEEK 4	July 7 - 11	Monday Full Day Tues-Fri Half Day	ESP Theme: Managing All Those Big Feelings Field Trip: Pettit Nat'l Ice Center
WEEK 5	July 14 - 18	12:00 - 4:30 pm	ESP Theme: Thriving Under Pressure Field Trip: Weiberg Aquatic Center
WEEK 6	July 21 - 25	8:30am - 4:30 pm	ESP Theme: Who Is ARLO Anyway? Field Trip: American Family Field Behind The Scenes
WEEK 7	July 28 - Aug 1	8:30am - 4:30 pm	ESP Theme: The Competitive Mindset Field Trip: Regner Beach
WEEK 8	August 4 - 8	8:30am - 4:30 pm	ESP Theme: I Am Important, I Am My Future Field Trip: Little Amerricka
WEEK 9	August 11 - 15	8:30 am - 4:30 pm	ESP Theme: The Year Ahead Field Trip: On-Site Camp Carnival

Field Trips Subject to Change

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DAY CAMP HOURS

Camp will be run a total of 9 weeks in the summer of 2025.

Of those 9 weeks, 4 weeks will be wrap-around camp to the Fox Point Bayside Summer School. While camp during those weeks is wrap-around for summer school, anyone outside of the FPBS District is still welcome to attend.

The other 5 weeks will be full-day camp, open to everyone.

WEEK 1	8:30am - 4:30 pm
WEEK 2	12:00 - 4:30 pm
WEEK 3	12:00 - 4:30 pm, no 7/4
WEEK 4	Monday 8:30am - 4:30 pm Tues - Fri 12:00 - 4:30 pm
WEEK 5	12:00 - 4:30 pm
WEEK 6	8:30 am - 4:30 pm
WEEK 7	8:30 am - 4:30 pm
WEEK 8	8:30 am - 4:30 pm
WEEK 9	8:30 am - 4:30 pm

Early Drop-Off is available starting at 7:30 am on weeks where camp begins at 8:30 am.

Late Pick-Up is available until 5:30 pm each week.

CAMPER SUPERVISION

One of the most important things to consider when choosing a summer camp for your child is the counselor or camper ratio. At EMPOW3R Sports Performance, we pride ourselves on having a lower ratio than the state requires for camp. Our general guidelines are as follows:

AGE	COUNSELOR TO CAMPER RATIO
5-6 yrs	1 to 8
7-9 yrs	1 to 10
10-12 yrs	1 to 12

REGISTRATION & PAYMENT

EMPOW3R Sports Performance uses Sawyer as our registration software. You will be able to begin setting up your family account as of January 20th, 2025.

Sawyer will ask for ACH or a credit card to be entered for payments. You may choose to pay in full at the time of registration, or you may choose the payment option which will then charge your payment type on the Monday before the following week of camp.

if you choose the payment option, a \$50 deposit will be required for each week at the time of check out.

Should you need to cancel any week you are registered for, we ask that you provide one week's notice so that we may open your spot for a camper on our waitlist.

Camp fees are non-refundable, unless we cancel the program.

FEE STRUCTURE:

Weeks 1, 6-9	\$285 per week
Weeks 2 + 5	\$190 per week
Week 3	\$160 per week
Week 4	\$255 per week

EARLY DROP OFF	\$5 per week
LATE PICK UP	\$5 per week



CAMP ARLO ~ IN THE KNOW

ABOUT OUR STAFF

The greatest asset in any camp is not the facilities or shiny new equipment, but rather the counselors who develop connections with campers each day. We take a great deal of pride in hand-picking some of the best staff around town to work with your children each summer. Our counselors have been hired with a desire to have a positive impact on campers by providing meaningful programs and new experiences that will allow your child to grow physically, mentally, and socially. Most importantly, they prioritize safety as much as EMPOW3R Sports does!

In addition to counselors who have the right attitude to work with children each summer, we give them a little extra support through worthwhile training before the start of camp. Some of our topics include First Aid/CPR, Behavior Management, Large Group Games, Lesson Planning, EMPOW3R Sports Implementation, and more.

SUNSCREEN AND BUG SPRAY

Because the majority of our days will be spent outdoors we ask that caregivers apply sunscreen and bug spray before coming to camp each morning. We also ask that you send your camper with sunscreen which will be applied throughout the day. Counselors and staff can assist our younger campers with applying **SPRAY** sunscreen, however they will not apply lotion sunscreen to campers. We recommend practicing how to apply sunscreen with your child before attending camp.



LUNCH AND SNACKS

Campers should bring lunch, afternoon snacks, and a water bottle to camp daily. Campers will have access to coolers in the Stormonth cafeteria to place lunches in if needed.

We ask that campers not bring soda or other sugary or energy drinks to camp.

During the weeks of summer school and wrap-around camp, campers will be eating lunch at camp, so please pack a lunch and send it with your child to summer school.

WRAP AROUND CAMP

The Fox Point Bayside School District will be running summer school for four weeks this summer. During those weeks, EMPOW3R Sports Performance will offer a wrap-around summer camp. During the week of summer school, no full-day camp will be offered.

If your child is enrolled in the FPBS Pathways Summer School, your child will be checked out from summer school and brought directly to Camp Arlo check-in located on-site at Stormonth. The location will be shared in the Weekly Camp Newsletter.

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WRAP AROUND CAMP

If your child is not in summer school at Stormonth, caregivers are welcome to drop your camper off at noon for summer camp activities.

Please see page 4 for full details of the weeks of summer school and corresponding weekly prices.



WEATHER

Summer camp is held rain or shine, hot or cold! While Camp Arlo is predominately an outdoor camp, in the event of extreme or inclement weather, campers will be brought indoors to Stormonth Elementary School for modified programming. Counselors will be trained on “rainy day” activities and will be prepared to run a variety of activities using the indoor spaces available.

PHOTO POLICY

EMPOW3R Sports Performance will regularly take pictures of our campers and program participants for promotional purposes. Photos may be used in print materials, on the website, on social media, etc.

Please be sure to check the photo release in the registration process so you can see your campers in action each week!

FACILITIES

EMPOW3R Sports Performance Camp Arlo is located at Stormonth Elementary School in Fox Point. The school has abundant outdoor space, both green and blacktop for use in all types of programming. There are also outdoor basketball hoops, a large playground, and fields for large group games and sports. In the adjacent park, there are tennis courts and additional green space.

Camp Arlo will also have access to Stormonth Elementary School, utilizing the gym and cafeteria spaces as needed.

SELF CARE

All campers must be able to provide self-care within a group setting. This includes, but is not limited to, the following:

- Using the restroom and washing hands without assistance
- Being able to stay with a group
- Eating lunch without assistance
- Demonstrating good behavior and the ability to listen and follow instructions throughout the day
- Change clothes without assistance

MY RESPONSIBILITY AS A CAREGIVER

As a caregiver of a Camp Arlo camper, your responsibility is to provide staff and counselors with current and relevant information on the physical and mental health of your child, including medical information that would be needed while at camp. We also ask that you notify our Camp Director if your child will not be in attendance at camp, plans on arriving late, or is picked up early.

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MY RESPONSIBILITY AS A CAREGIVER

Finally, please make sure that you send your child with all of the items needed for a successful day at camp, including lunch, snacks, water bottle, and sunscreen. You may also want to include a light jacket or sweatshirt in their backpack, along with swimsuit and towel on days in which we have water activities planned, which will be noted in the weekly newsletter.

WHAT TO BRING TO CAMP

- Lunch
- Afternoon Snack
- Water Bottle
- Light Jacket / Sweatshirt
- Sunscreen
- Swimsuit / Towel

WHAT NOT TO BRING TO CAMP

- Money
- Electronics
- Valuables
- Or anything you would not want lost, stolen, broken, or dirty!

PLEASE LABEL ALL ITEMS WITH YOUR CHILDS NAME.

WHAT HAPPENS IF MY CHILD BECOMES ILL AT CAMP?

If your child becomes ill while at camp we will notify a parent/guardian. Caregivers will not receive a call every time a band-aid or ice pack is given. Staff will be trained in First Aid/CPR and will assess an injury to determine if a parent/guardian should be notified. If your child is sick or has a fever, please do not send them to camp until fever is gone for 24 hours.

If your child will not be at camp due to illness, please contact the camp phone number, provided in the weekly camp newsletter.

If your child does experience an injury while at camp that requires more than basic first aid, our staff will take the following steps:

1. Emergency services will be contacted.
2. Parent/Guardian will be notified. If the parent/guardian is not able to be reached, the staff will proceed to the emergency contact list.
3. If your child needs additional medical attention once emergency services arrive, please don't hesitate to let me know. In that case, your child will be transported via ambulance to the nearest hospital and accompanied by a camp staff member.

Just a reminder to provide as much information as possible to help us and ability to provide care for your child should an emergency arise.



CAMP ARLO ~ IN THE KNOW

ADVICE TO NEW CAMPERS

For some children, camp is a new and unfamiliar experience. If this is your child's first summer camp experience there are a few things you can do to help ease the transition and to help them prepare for what they can expect from their time in camp. Here are a couple of tips you can go over with them before the start of camp:

- Discuss the similarities between camp and school: you will bring a backpack with your lunch, you'll have a teacher/counselor, many of your friends will be there and there is excitement in meeting new friends.
- If you have a child at Stormonth, remind them that they already know the outdoor space and inside the building and they can help others who may not know the building as well.
- If your child does not attend Stormonth, stop by the space and walk around the outdoor green space and playground so they can see where they will be spending their time, and build excitement for all the fun they will have this summer.
- If applicable, reassure your child that their siblings will be at the same camp and that there will be lots of times throughout the day to see them.
- Pack a transition item in their backpack that can comfort them throughout the day. This could be a small stuffed animal, a blanket, etc.
- Create a countdown calendar.
- Two of our favorite books for new campers are:
 - The Night Before Summer Camp
 - Froggy Goes To Camp



CHECK-IN / CHECK-OUT PROCEDURES

CHECK-IN

Camp begins at 8:30 am with our All Camp Huddle scheduled from 8:35 - 8:50 am. From 8:50 - 9:00 am campers will gather with their counselors to prepare for the day.

1. The parent/guardian is required to sign campers daily at the check-in table.
2. Parent/Guardian will notify camp staff of any special notes for the day. This could be an early pick, health or behavior notes, or any changes in pick-up, etc.
3. Place lunch in a cooler, if needed, and personal belongings in the designated age group area.
4. One of the counselors will show the camper to the morning activity area.

CHECK-OUT

Daily check-out is at 4:30 pm unless your camper is scheduled for late pick-up.

1. Parent/Guardian will notify the staff at the check-out table of the child they are picking up.
2. Staff will notify counselors to retrieve your camper.
3. Sign your child from camp for the day.
4. You may be asked for an ID to verify until counselors get to know our families.
5. If someone from your authorized to pick-up list will be picking up your child, please notify them to bring an ID.
6. Gather personal belongings for the day.

REGISTRATION AND PRICING

Each week there will be three different camps to choose from. Please note, that not all ages will be eligible for every camp available. All camps are on a first-come, first-served basis with waitlists available.

Choosing a sports camp means that campers will focus on that sport for the week, however, they will also have a chance to participate in a variety of sports and activities each week.

WEEK 1 June 16 - 20

Basketball - Ages 5 - 12
Volleyball - Ages 8 - 12
Football - Ages 5 - 12



WEEK 2 June 23 - 27

Baseball - Ages 5 - 12
Dance - Ages 5 - 12
Soccer - Ages 5 - 12



WEEK 3 June 30 - July 3

Disc Golf - Ages 8 - 12
Softball - Ages 5 - 12
Football - Ages 5 - 12

WEEK 4 July 7 - 11

Tennis - Ages 5 - 12
Basketball - Ages 5 - 12
Track & Field - Ages 8 - 12



WEEK 5 July 14 - 18

Baseball - Ages 5 - 12
Soccer - Ages 5 - 12
Dance - Ages 5 - 12

WEEK 6 July 21 - 25

Football - Ages 5 - 12
Dance - Ages 5 - 12
Volleyball - Ages 8 - 12

WEEK 7 July 28 - August 1

Basketball - Ages 5 - 12
Tennis - Ages 5 - 12
Softball - Ages 5 - 12

WEEK 8 August 4 - 8

Baseball - Ages 5 - 12
Soccer - Ages 5 - 12
Track & Field - Ages 8 - 12

WEEK 9 August 11 - 15

Basketball - Ages 5 - 12
Volleyball - Ages 5 - 12
Disc Golf - Ages 8 - 12



REGISTRATION

**Opens Friday, February 7th
10:00 am**

Registration can be completed online at the EMPOW3R Sports Performance website. In order to register you must create an account with Sawyer, link found on the EMPOW3R website. Once your account is created you will be ready to register on February 7th.

Upon registering your child/ren, a credit card or ACH account must be entered and will be kept on file for recurring payments. An installment schedule will be available on Sawyer at time of registration. All payments will be processed the Monday prior to the following week of camp.