

CAMP ARLO



FIND WHAT CENTERS YOU

2026



For more information please email:
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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

Thursday, May 14
7:00 - 8:00 pm

LOCATION

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

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.

SAMPLE FULL-DAY SCHEDULE

MORNING

8:30- 8:50	Morning Camp Huddle
8:50 - 9:00	Bathroom, water bottles, and sunscreen
9:00 - 11:15	Traditional / Specialty
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.

CAMP ARLO ~ IN THE KNOW

REGISTRATION & PAYMENT

EMPOW3R Sports Performance uses Sawyer as our registration software. You are able to set up your family account immediately, unless you already have one.

If you choose the installment option, a \$50 deposit will be required for each week at the time of checkout.

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.

WEEKLY FEES:

Weeks 1, 6-9	\$285 per week
Weeks 2 + 5	\$200 per week
Weeks 3 + 4	\$170 per week
EARLY DROP OFF	\$5 per week
LATE PICK UP	\$5 per week

DAY CAMP HOURS

Camp will be run a total of 9 weeks in the summer of 2026. 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.

See the weeks to the right for specific hours.

FULL DAYS: 8:30 am - 4:30 pm

HALF DAYS: 12:00 - 4:30 pm

Early Drop-Off is available starting at 7:30 am on weeks where camp begins at 8:30 am. There is no Early Drop Off on half days.

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

2026 WEEKLY THEMES AND FIELD TRIPS

WEEK 1	June 15 - 19	8:30 am - 4:30 pm	ESP Theme: What Is An EMPOW3R Sports Camper?	Field Trip: Ultimate Ninja
WEEK 2	June 22 - 26	12:00 - 4:30 pm	ESP Theme: Who Are You?	Field Trip: Movie
WEEK 3	June 29 - July 3	M-Th 12:00 - 4:30 pm Fri 8:30 am - 4:30pm	ESP Theme: Secret To Communication	Field Trip: Garcade
WEEK 4	July 6 - 10	Mon 8:30 am - 4:30 pm Tue-Thur 12:00-4:00 pm	ESP Theme: Managing All Those Big Feelings	Field Trip: Slick City
WEEK 5	July 13 - 17	12:00 - 4:30 pm	ESP Theme: Thriving Under Pressure	Field Trip: Brown Deer Lanes
WEEK 6	July 20 - 24	8:30 am - 4:30 pm	ESP Theme: Who Is ARLO Anyway?	Field Trip: Regner Beach
WEEK 7	July 27 - 31	8:30 am - 4:30 pm	ESP Theme: The Competitive Mindset	Field Trip: Little Amerrikka
WEEK 8	August 3 - 7	8:30 am - 4:30 pm	ESP Theme: I Am Important, I Am My Future	Field Trip: Springs Waterpark
WEEK 9	August 10 - 14	8:30 am - 4:30 pm	ESP Theme: The Year Ahead	Field Trip: On-Site Camp Carnival

Field Trips Subject to Change

CAMP ARLO ~ IN THE KNOW

ABOUT OUR STAFF

When asked what separates Camp ARLO from other camps, the answer is: it's 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 the amazing staff, we also work with Marquette University and the Wisconsin School of Professional Psychology to bring on Master's, PsyD, and PhD-level psychology practicum students who deliver our EMPOW3R Sports Curriculum. These trained professionals not only create engaging activities and programs for our campers, but are also able to use their expertise to support each camper in their own individual growth.

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.

CAMP ARLO ~ IN THE KNOW

WEATHER

Summer camp is held rain or shine, hot or cold! While Camp Arlo is predominantly 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!

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

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

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.

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.

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



CAMP ARLO ~ IN THE KNOW

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.

NOT COMING TO CAMP?

If your child will not be at camp due to illness or other reasons, 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 our ability to provide care for your child should an emergency arise.

A Glimpse Into The EMPOW3R Sports Curriculum

WHO ARE YOU?

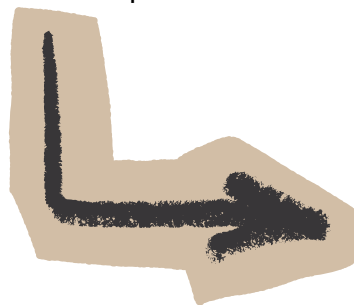
One of our favorite activities at EMPOW3R, in the Who Are You? section, is building a player profile. Inspired by the sports video game concept, where players can build their strength profile, we have a similar activity that allows campers to rank their strengths, such as positive attitude, calm under stress, resiliency, teamwork, and more. Once campers rate their strengths, it offers us an opportunity to have a deeper discussion of maintaining their strengths and ways to increase areas they have rated themselves lower. This tool has been very effective in self-reflection and goal setting for each camper.

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:
 - Froggy Goes To Camp
 - The Night Before Summer Camp



CHECK-IN / CHECK-OUT PROCEDURES

CHECK-IN

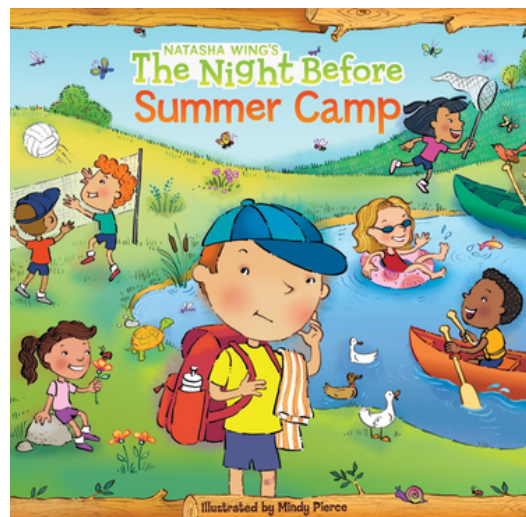
Camp begins at 8:30 am with our All Camp Huddle scheduled from 8:35 - 8:50 am. From 8:50 - 9:00 am campers will gather with their counselors to prepare for the day.

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

This year, in addition to the variety of sports camps being offered, we will also be offering a Traditional Camp program. Traditional Camp will focus on a variety of activities each week, including sports, games, crafts, team-building exercises, experiments, and more. For those who select a sport-specific camp, the sport of the week will be in the morning hours, while the afternoon will be a traditional camp experience.

\$285

WEEK 1 June 15 - 19
Traditional Camp - All Ages
Tennis Camp - Ages 7 - 12
Basketball Camp - Ages 7 - 12

\$285

WEEK 7 July 27 - 31
Traditional Camp - All Ages
Sports of All Sorts - Ages 5 - 6
Baseball Camp - Ages 7 - 12
Tennis Camp - Ages 7 - 12

\$170

WEEK 2 June 22 - 26
Traditional Camp
All Ages

\$285

WEEK 8 August 3 - 7
Traditional Camp - All Ages
Tae Kwon Do Camp - Ages 5 - 7
Soccer Camp - Ages 7 - 12
Football Camp - Ages 7 - 12

\$200

WEEK 3 June 29 - July 3
Traditional Camp
All Ages

\$285

WEEK 9 August 10 - 14
Basketball Camp - Ages 7 - 12
Soccer - Ages 5 - 7
Dance Camp - All Ages
Tae Kwon Do Camp - Ages 8 - 12

\$200

WEEK 4 July 6 - 10
Traditional Camp
All Ages

\$170

WEEK 5 July 13 - 17
Traditional Camp
All Ages

\$285

WEEK 6 July 20 - 24
Traditional Camp - All Ages
Football Camp - Ages 7 - 12
Dance Camp - Ages 7 - 12

REGISTRATION

**Opens Monday, December 15, 2025
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.

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.