



CAMP INFORMATION

MEDICAL

Medical assistance will be available throughout the camp. Be sure you have your Health card number and other medical information with you.

RESIDENCE

We will be sleeping at Canadore College in a student residence and you have been paired with a roommate for the four nights in North Bay. There will be a curfew in place for each evening. We are guests of Canadore College, and how we care for the rooms and the property will influence decisions on future camps. The rooms are air-conditioned but you may wish to bring a fan for your room.

CURLING ICE / ACTIVITIES

Our on-ice activities will take place at nearby North Bay Granite Curling Club where a 6-sheet ice surface will give us lots of room for instruction. It is an excellent facility with a meeting area for some off-ice activities. All of us will spend a significant part of each day at the club and on the ice. Other activities will take place at a local indoor swimming pool, school, or other community facilities.

MEALS / FOOD

All of our meals will be served at The North Bay Granite Club. Please bring your personalized water bottle this year. There will be water jugs for you to fill up your water bottles daily. There are several places near the club to purchase extra food if you want (Subway, Tim Hortons, Orchards Grocery Store, Freshco).

PHYSICAL EDUCATION ACTIVITIES

The Amethyst Camp employs a staff member with a Bachelor of Physical and Health Education to plan a full off-ice activity period for you each day. You will be involved in a number of fun sessions that may include softball, volleyball, soccer, tennis, ultimate frisbee, cooperative group games, and swimming. Several of these activities will be outside, rain or shine, hot or cold - so please come prepared.

MONEY / VALUABLES

Your meals, accommodations, activities, and camp travel are all included in the cost of the camp. Your need for extra money will be minimal but could include extra pictures, Electives night and nutritional 'junk food.' We have never had a problem with theft in all our years of camp and trust that it will be the same this summer. We believe that curlers are a special group of people!

ELECTRONIC DEVICES

Laptops, iPods, etc, are quite acceptable for your rooms, but large stereo equipment, gaming equipment, etc. is not wanted at the camp or in the residences. Please do not bring them.