

# EXERCISE YOUR RIGHT FOR FUN THIS SUMMER!



## MCCC SPORTS CAMPS 2020



# WELCOME TO SUMMER CAMPS

at Mercer County Community College  
*featuring...*

## UNIQUE PROGRAMS

Mercer County Community College provides "one-stop" shopping to fill all of your summer camp needs for children, ages 6-15. Whether you're looking for a variety of sports, intensive visual and performing arts workshops, traditional camp, half and full-day arts and science programs, or an opportunity for high school students to earn college credit for academic study, look no further. For additional information or to request a brochure for any summer youth program, see page 3.

### • SPORTS CAMPS

**A variety of six one-week sports camps for ages 6-13.**

### • CAMP COLLEGE

Four-week traditional camp of academic and recreational programs and half and full day arts, sciences, and recreational programs for ages 6-17.

### • TOMATO PATCH

An intensive visual and performing arts summer workshop for students entering grades 5-7 and grades 8-12.

### • SUMMER COLLEGE FOR HIGH SCHOOL STUDENTS

A unique opportunity for students who have completed at least one year of high school to earn from three to seven college credits.

### • SMILE, GEAR UP, AND COMMUNITY OF LEARNERS

Open to students who attend targeted secondary schools in the Trenton Public School District, for grades 7-12, to prepare them for success in high school and college.

### • UPWARD BOUND

is offered to educationally and economically disadvantaged Trenton students who have the desire and potential to succeed in college.

## LOCATION

More than 70 different summer programs, full of variety and fun for young people ages 6-17, will be offered at Mercer County Community College's beautiful West Windsor campus.

The 292-acre campus is located five miles south of Princeton on Old Trenton Road in West Windsor/Hamilton Townships, bordering Mercer County Park.

For directions to the college call **(609) 586-4800**, ext. 3950.



## TOP-NOTCH FACILITIES

- Fully equipped "state of the art" computer and technology laboratories
- A variety of art studios
- A 400-seat professional theater
- Air conditioned, handicapped-accessible buildings
- 25 yard heated indoor swimming pool
- Greenhouse complex, athletic fields (including an astro-play soccer field) and new state-of-the-art tennis courts
- College cafeteria serving a variety of hot and cold breakfast and lunch items
- 1000-seat air-conditioned gymnasium

## HOW TO USE THIS CATALOG

- **See pages 11-17 for the registration and medical forms required for every program.**

Read the descriptions carefully for information regarding applications, deadlines, and prerequisites.

### NOTE

When registering for any of our camp programs, enclose a completed and signed copy of the medical form on page 17 with your application and payment.

*We look forward to seeing you this summer!*

### RYAN ZEGARSKI

for Sports Camps  
(609) 570-3778

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## SPORTS CAMPS

### 16 separate one-week sessions focused on five different sports camps:

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# OTHER SUMMER YOUTH PROGRAMS AT MCCC

## CAMP COLLEGE (AGES 6-17)

Art, performing arts, science, juggling, crafts, archery, swimming, computers, sports and more! Campus Kid's campers choose six "courses" and activities for each session to make this a truly customized experience for ages 6-13. Specialty Camps are one-week or multiple-week workshops, half and full-day offering a variety of art, aviation, science, computer, engineering and culinary programs for ages 6-17. Optional "Early Bird" program begins at 7:15 a.m. and "After Camp" ends at 6 p.m. For more information call (609) 570-3311 or visit [www.mccc.edu/campcollege](http://www.mccc.edu/campcollege).

## TOMATO PATCH WORKSHOPS (GRADES 5-12)

An intensive visual and performing arts summer workshop now celebrating its 40<sup>th</sup> year, Tomato Patch is the longest running, most successful summer arts program in Central N.J. Designed for children entering grades five through twelve who have had some structured study in any one of the visual or performing arts, Tomato Patchers select a "major area of interest" in performing or visual arts which they may pursue in the morning. During the remainder of the day, they enroll in courses to expand their awareness and skills in other disciplines. For more information call (609) 570-3566 or visit [www.kelseyatmccc.org/tomato\\_patch](http://www.kelseyatmccc.org/tomato_patch).

## SUMMER COLLEGE FOR HIGH SCHOOL STUDENTS

A unique opportunity for students who have completed at least one year of high school to "try" college in the supportive environment for which Mercer has become known. Under the guidance and supervision of Mercer staff, qualified students will be able to earn from three to seven college credits this summer. For more information call (609) 570-3225 or visit [www.mccc.edu](http://www.mccc.edu).

## SMILE, GEAR UP, AND COMMUNITY OF LEARNERS

A six-week summer and 20-week academic year program designed to stimulate the interest of youngsters in mathematics, science, and technology. Students receive personal, academic and career counseling and have the opportunity to improve vocabulary, reading, writing, library, and test-taking skills.

## UPWARD BOUND

Through the federally funded Upward Bound program, the college provides Trenton city high school students with college preparatory courses and tutoring as well as personal and career counseling. Upward Bound's primary purpose is to help students improve their grades and develop the skills needed for college or other programs of higher education. In addition, limited college credit courses are available to ease the transition from high school to college.



# INTRODUCTION

## EXPERIENCED STAFF, QUALITY FACILITIES

Celebrating their 43rd season, this year's Sports Camps include nine different sports in one-week, full-day sessions. Staffed by experienced instructors, including local visiting college and high school coaches and college athletes, our camps are designed to help youngsters develop their skills in a competitive, but fun, environment. Making use of the college's excellent athletic facilities, campers enjoy small group, individualized instruction based on their age and/or ability, along with friendly competitions.

Our directors have many years of experience and expertise in their sport. They structure their approach to ensure that each camper, from the beginner to those with more advanced skills, makes progress and achieves new goals. Appearances by special guest coaches supplement the activities developed by the regular staff.

Mercer's camp programs are inspected and certified annually by the NJ State Dept. of Health. Each camp includes certificated K-12 Instructors.

## CAMPER RESPONSIBILITIES

- ✓ Campers must submit a completed copy of the medical form on page 15 with each application submitted. Registrations will not be accepted without a medical form.
- ✓ Campers may bring their own lunches (refrigeration is not available) or purchase meals and drinks at the college cafeteria.
- ✓ Campers are invited to use the college's Olympic size swimming pool at the end of the afternoon session. Those wishing to swim must bring a bathing suit, towel and sandals. From 3 to 3:30 p.m.
- ✓ Locker facilities are available. Campers are asked to bring their own locks to secure their items.
- ✓ Campers should not bring electronic games or devices.

## AGES

The age range for MCCC Sports Camps is 6-13. Exceptions may be made in some cases at the discretion of the Sports Camps staff.

## CAMP HOURS

Campers must report to the gymnasium at 8:30 a.m. on Monday for registration and at 9:00 a.m. on all other days. Campers may be picked up at 3:00 p.m., or at 3:45 p.m. if they choose to swim at the end of the day's activities.

## COST

The cost for each sports camp session is listed in the following pages and on each application form.

### CAMP DAY DISMISSAL POLICY

Campers are dismissed daily with Elementary School (not Day Care) type supervision. Example: counselor supervision and sign out in the lobby and gymnasium area.

\*Optional daycare type dismissal for 7-8 year olds

The elective After-Care program will provide Day Care sign-out type dismissal for 7-8 year olds

## REFUND POLICY

Refunds will only be granted when written notice of a camper's withdrawal is received no later than five working days before the first day of camp. Refunds thereafter will be charged a \$25 processing fee. Telephone withdrawals will not be accepted.



# MCCC SPORTS CAMPS 2020

## BASKETBALL CAMP

(AGES 6-13) CO-ED

June 22-26

June 29, 30 - July 1, 2

July 6-10

July 20-24

July 27-31

August 3-7

## FIELD HOCKEY CAMP

(AGES 6-13) CO-ED

June 29, 30 - July 1, 2

## SPORTS FITNESS & READINESS

(AGES 6-13) CO-ED

June 15-19

July 6-10

July 13-17

July 20-24

## TENNIS CAMP

(AGES 6-13) CO-ED

June 15-19

June 22-26

June 29, 30 - July 1, 2

July 6-10

July 13-17



## BEFORE AND AFTER-CARE FOR SPORTS CAMPS

FOR PARTICIPANTS AGES 6-13 IN ALL MCCC SUMMER YOUTH PROGRAMS



For parents whose workdays extend beyond the regular camp hours of 9 a.m. to 3:45 p.m., Mercer's Sports Camps offer Before-Care and After-Care programs. Campers may be dropped off **AS EARLY AS 7:30 A.M. AND STAY AS LATE AS 6 P.M.**

Families may sign up for before-care, after-care or both, depending upon their scheduling needs. Before-Care campers are supervised by experienced camp staff members who ensure your child's safety and prompt check-in for the 9 a.m. start. In After-Care, campers remain at the Physical Education Building for an optional swim period and additional activities from 4 p.m. to 6 p.m. The cost for Before-Care is \$50; After-Care is \$75 per week. For further information or to register for Before- and/or After-Care, see applications on page 13 or call (609) 570-3779.

\*Children who have not been picked up by 6 p.m. will be taken to the Security Office in the Student Center for pick-up.

# BASKETBALL CAMP

## AGES 6-13 (CO-ED)

June 22-26

June 29, 30 - July 1, 2

July 6-10

July 20-24

July 27-31

August 3-7



## INSTRUCTIONAL SKILLS & ACTIVITIES

Camp Director Mike Tenaglia's program emphasizes fundamentals and personalized attention.

- Dribbling
- Passing
- Shooting
- Offensive and defensive strategies
- Conditioning
- Game competition
- Swimming (optional)

## CAMP STAFF

Director **Mike Tenaglia**

Head Coach,

MCCC Women's Basketball

College basketball players and visiting coaches

## FACILITIES

- Spacious, air conditioned gymnasium
- Video Room
- Olympic size indoor swimming pool

## AGES

Boys and girls ages 6-13 are welcome. Participants will be separated by age and/or ability for both instruction and games. Participation is co-ed.

## DAILY SCHEDULE

**9:00-9:30**

Warm-up

**9:30-10:30**

Team game

**10:30-11:45**

Visiting coach instruction

**11:45-1:00**

Lunch

**1:00-2:00**

MCCC instruction

**2:00-3:00**

Team game

**3:00-3:30**

Swim or practice drills

## REQUIRED EQUIPMENT/ATTIRE

Campers should wear sneakers and suitable gym clothing. Those interested in the end-of-the-day swim should bring a bathing suit, sandals and towel.





# FIELD HOCKEY CAMP

**AGES 6-13 (CO-ED)**

June 29, 30 - July 1, 2



## INSTRUCTIONAL SKILLS & ACTIVITIES

- Passing, Dribbling, Shooting
- Offensive and defensive skills
- Game competitions
- Fan team building activities
- Swimming (optional)

## CAMP STAFF

Director **Suzanne Albanese, M.Ed.**

Certified K-12

Teacher

USFHA Level II Certified Coach

USFHA Level III Umpire

College and club players on staff

## FACILITIES

- MCCC full-size turf field
- Spacious, air conditioned gymnasium
- Olympic size indoor swimming pool

## AGES

Participants will be separated by age and ability for both instruction and games.

## EQUIPMENT

- Stick
- Shin Guards
- Mouth Guard
- Water Bottle
- Sun Screen

## DAILY SCHEDULE

**9:00-10:00**

Attendance / warm-up / Stick Skills

**10:00-11:45**

Fundamentals / drills / games

**11:45-12:15**

Lunch

**12:15-1:00**

Instructional films

**1:00-1:45**

Instruction / Review

**1:45-2:45**

Teaching games for understanding (TGFO)

**3:00-3:30**

Swim, gym or classroom for video



# SPORTS FITNESS & READINESS

## AGES 6-13 (CO-ED)

June 15-19

July 6-10

July 13-17

July 20-24



The fitness and sports readiness camp is a unique program that develops the needed physical skills that young aspiring athletes need to successfully perform on local recreation, travel and school level teams.

The camp will focus on testing and provide needed exercises for the following physical skills: Balance, Agility, Eye/Hand Coordination, Core Strength, Quickness/Speed, Eye/Foot Coordination.

During the course of the week the child will be introducing to the team sports that encompass the required skill set.

Post camp Swimming is optional

### INSTRUCTIONAL SKILLS & ACTIVITIES

- Core training
- Drills
- Mechanical analysis
- Personalized instruction
- Videos
- Skills testing
- Team play
- Swimming (optional)

### FACILITIES

- Turf field
- Spacious, air conditioned gymnasium
- Tennis courts
- Fitness Center
- 25 yard indoor swimming pool

### AGES

Full day: boys and girls ages 6-13





## DAILY SCHEDULE

**9:00-9:30**

Dynamic warm-up

**9:30-10:30**

SAQ and Plyos

**10:30-10:45**

Mandatory water

**10:45-11:45**

Videos or instruction

**11:45-1:00**

Lunch

**1:00-1:45**

Instruction

**1:45-2:30**

Core training

**2:30-3:00**

Games/drills

**3:00-3:30**

Swim, gym or classroom  
for video

### REQUIRED EQUIPMENT/ATTIRE

Participants should wear sneakers and clothing suitable for working out. Those interested in the end-of-the-day swim should bring a bathing suit, sandals and towel.



# TENNIS CAMP

## AGES 6-13 (CO-ED)

June 15-19

June 22-26

June 29, 30 - July 1, 2

July 6-10

July 13-17



## CAMP STAFF

Director **Marc Petchel**

Former MCCC/Rider University  
player. Teacher and Tennis pro.

## INSTRUCTIONAL SKILLS & ACTIVITIES

- Basic strokes, including groundstrokes, serve and volley
- Tennis Etiquette
- Rules and scoring for beginners
- Strategy and tactics for various levels
- Movies and exhibitions
- Games, round robins, singles and doubles
- Swimming (optional)

## FACILITIES

- Newly refurbished state-of-the-art tennis courts
- Spacious, air conditioned gymnasium
- 25 yard indoor swimming pool
- Mercer County Tennis Center

## AGES

Boys and girls ages 6-13 are welcome, and all participation is coed. Participants will be separated by age and/or ability for both instruction and games. Younger or handicapped applicants may be accepted with approval of camp director.

## DAILY SCHEDULE

### 9:00-9:30

Attendance & warm-up

### 9:30-11:30

Groundstrokes, serve, volley, and drills

### 11:30-12:15

Lunch

### 12:15-1:00

Film

### 1:00- 2:45

Games, round robins, singles & doubles

### 3:00-3:30

Swimming or free play on courts

## REQUIRED EQUIPMENT/ATTIRE

Participants are required to bring their own tennis racket. Those interested in the end-of-the-day swim should bring a bathing suit, sandals and towel.





# MERCER COUNTY COMMUNITY COLLEGE SUMMER SPORTS CAMPS REGISTRATION FORM 2020

Mail this signed, completed form with full payment and a completed medical form to:  
Athletics Department • Mercer County Community College • PO Box 17202 • Trenton, NJ 08690

Camper's Last Name \_\_\_\_\_ First Name \_\_\_\_\_  
 Street \_\_\_\_\_ Male/Female \_\_\_\_\_  
 City \_\_\_\_\_ State & Zip \_\_\_\_\_  
 Home Phone \_\_\_\_\_ Date of Birth \_\_\_\_\_ Age \_\_\_\_\_  
 T-Shirt Size (S/M/L) \_\_\_\_\_ Ball Size (Soccer Camp Only) #4 \_\_\_\_\_ #5 \_\_\_\_\_  
 Ball Size (Basketball Camp Only) - Adult Size \_\_\_\_\_ Girls/Youth (28.5) \_\_\_\_ Boys (30.0) \_\_\_\_\_

## Mark your SELECTION(S) for the desired sport(s) and dates...

CAMP	DATES	SECTION	COST	CHECK
<b>Basketball</b> (ages 6-13) CO-ED	June 22-26		\$280	<input type="checkbox"/>
	June 29, 30 - July 1,2		\$230	<input type="checkbox"/>
	July 6-10		\$280	<input type="checkbox"/>
	July 20-24		\$280	<input type="checkbox"/>
	July 27-31		\$280	<input type="checkbox"/>
	August 3-7		\$280	<input type="checkbox"/>
<b>Field Hockey</b> (ages 6-13) CO-ED	June 29, 30 - July 1, 2		\$230	<input type="checkbox"/>
<b>Sports Fitness &amp; Readiness</b> CO-ED (ages 6-13)	June 15-19		\$280	<input type="checkbox"/>
	July 6-10		\$280	<input type="checkbox"/>
	July 13-17		\$280	<input type="checkbox"/>
	July 20-24		\$280	<input type="checkbox"/>
<b>Tennis</b> (ages 6-13) CO-ED	June 15-19		\$280	<input type="checkbox"/>
	June 22-26		\$280	<input type="checkbox"/>
	June 29, 30 - July 1, 2		\$230	<input type="checkbox"/>
	July 6-10		\$280	<input type="checkbox"/>
	July 13-17		\$280	<input type="checkbox"/>

**Total for Sports Camps \$ \_\_\_\_\_**

Continued on the next page

**PLAYER LEVEL AND PREFERENCES**

**FIELD HOCKEY** Does camper have experience? Yes\_\_\_\_ No\_\_\_\_

**TENNIS** Check the camper's tennis ability:  
\_\_\_\_ Beginner (never had lessons — cannot rally)  
\_\_\_\_ Advanced Beginner (can rally 3 or 4 times)  
\_\_\_\_ Intermediate (can play games and sets)  
\_\_\_\_ Advanced Intermediate (play in local or USTA tournaments)

**SOCCER** Which ball size? #4\_\_\_\_ #5\_\_\_\_  
Which position? \_\_\_\_\_ Second choice? \_\_\_\_\_

**BASEBALL** Which position? \_\_\_\_\_ Second choice? \_\_\_\_\_

**SOFTBALL** Which position? \_\_\_\_\_ Second choice? \_\_\_\_\_

**BASKETBALL** Which position? \_\_\_\_\_ Second choice? \_\_\_\_\_

**GOLF** Beginner\_\_\_\_ Intermediate\_\_\_\_ Advanced\_\_\_\_

**SIGNATURE (REQUIRED)**

**SIGNATURE (REQUIRED)**

Also enclosed is the completed medical form. I am aware that locker facilities are available and that campers must bring their own locks or be prepared to carry all items. Participants of optional swimming from 3:00 to 3:30 p.m. daily are required to bring their own locks.

In addition, for Golf & Tennis Camp, and all other camps that incur inclement weather, I give my child permission to be bused to an indoor facility or campus property by a licensed school bus company, and under the supervision of directors and counselors.

**Signature of Parent or Guardian** \_\_\_\_\_  
**Date** \_\_\_\_\_

**METHOD OF PAYMENT**

\$\_\_\_\_\_ Check or Money Order payable to MCCC

Write camper's name on check. **DO NOT SEND CASH.**

Charge to: ☐ Visa ☐ Mastercard ☐ American Express ☐ Discover

Card Number \_\_\_\_\_ Exp. Date \_\_\_\_\_ CVV2 # \_\_\_\_\_

Cardholder's Name \_\_\_\_\_

Cardholder's Signature \_\_\_\_\_

Charge Amount \$ \_\_\_\_\_

**Questions?** Email [athlete@mccc.edu](mailto:athlete@mccc.edu) or call (609) 570-3779.



# MERCER COUNTY COMMUNITY COLLEGE SUMMER SPORTS CAMPS

# REGISTRATION FORM 2020

Last Name \_\_\_\_\_

First Name \_\_\_\_\_

M \_\_\_\_\_ F \_\_\_\_\_

## BEFORE CARE

SECTION	DAYS	COST
<input type="checkbox"/>	June 15-19	\$50
<input type="checkbox"/>	June 22-26	\$50
<input type="checkbox"/>	June 29, 30 - July 1, 2	\$50
<input type="checkbox"/>	July 6-10	\$50
<input type="checkbox"/>	July 13-17	\$50
<input type="checkbox"/>	July 20-24	\$50
<input type="checkbox"/>	July 27-31	\$50
<input type="checkbox"/>	August 3-7	\$50

**TOTAL:** \_\_\_\_\_

## AFTER CARE

SECTION	DAYS	COST
<input type="checkbox"/>	June 15-19	\$75
<input type="checkbox"/>	June 22-26	\$75
<input type="checkbox"/>	June 29, 30 - July 1, 2	\$75
<input type="checkbox"/>	July 6-10	\$75
<input type="checkbox"/>	July 13-17	\$75
<input type="checkbox"/>	July 20-24	\$75
<input type="checkbox"/>	July 27-31	\$75
<input type="checkbox"/>	August 3-7	\$75

**TOTAL:** \_\_\_\_\_

## METHOD OF PAYMENT

\$\_\_\_\_\_ Check or Money Order payable to MCCC

Write camper's name on check. **DO NOT SEND CASH.**

Charge to: ☐ Visa ☐ Mastercard ☐ American Express ☐ Discover

Card Number \_\_\_\_\_ Exp. Date \_\_\_\_\_ CVV2 # \_\_\_\_\_

Cardholder's Name \_\_\_\_\_

Cardholder's Signature \_\_\_\_\_

Charge Amount \$ \_\_\_\_\_

**Questions?** Email [athlete@mccc.edu](mailto:athlete@mccc.edu) or call (609) 570-3779.



A COMPLETED COPY OF THIS FORM MUST BE  
SUBMITTED WITH EACH CAMP APPLICATION

**QUESTIONS?** CALL (609) 570-3779



# MCCC SPORTS CAMP 2020

## SPORTS CAMPER PICK UP AUTHORIZATION



For your child's safety, a valid photo/picture ID must be presented at pick-up which authorizes a child's release to the bearer of the card. The name listed on the form below must be identical to driver's license or other picture ID. Campers will not be released without proper identification. If you need emergency camper pickup or early pickup for your child, you must provide the camp office with a note including the person's name, relationship and phone number who is authorized for this early or emergency pickup.

### CAMPER NAME:

The names below are individuals authorized to pickup my child from MCCC Sports Camps.

_____ Parent/Guardian	_____ Relationship	_____ Telephone #
--------------------------	-----------------------	----------------------

_____ Parent/Guardian	_____ Relationship	_____ Telephone #
--------------------------	-----------------------	----------------------

_____ Name	_____ Relationship	_____ Telephone #
---------------	-----------------------	----------------------

_____ Name	_____ Relationship	_____ Telephone #
---------------	-----------------------	----------------------

I have authorized the above persons to pickup the above mentioned camper from MCCC Sports Camp and I am aware that the camper will not be released to any individual without proper identification.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

# MCCC – SPORTS CAMP

## Health History & Medical Authorization For All Persons Under Age 18

This form must be completed with inoculation dates and returned with EACH camp application.

NOTE: A doctor's signature is NOT required.

NAME OF STUDENT

Last

First

MI

Birthdate

Male ☐ Female ☐

Parent/Guardian #1 Name: \_\_\_\_\_ Daytime Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Parent/Guardian #2 Name: \_\_\_\_\_ Daytime Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Alt. Emer. Contact: \_\_\_\_\_ Daytime Phone: \_\_\_\_\_

Family Physician: \_\_\_\_\_ Daytime Phone: \_\_\_\_\_

### PLEASE COMPLETE THE FOLLOWING:

For the safety of your child, do not withhold any pertinent medical information.

1. Were you ever advised not to allow this child to play in any sports? \_\_\_\_\_ YES\* \_\_\_\_\_ NO

2. List any malfunction or loss of an organ: \_\_\_\_\_

3. List any allergies including bee stings, peanuts, hives, asthma: \_\_\_\_\_

4. Currently under physician's care for: \_\_\_\_\_

5. Current medications being taken: \_\_\_\_\_

6. Will your child need medication at camp? N \_\_\_\_\_ Y \_\_\_\_\_ Name of Medication \_\_\_\_\_

If yes, please bring medication to the nurse on the first day your child attends camp.

7. Has this child: YES\* NO

(a) had difficulty with sight? \_\_\_\_\_

(b) had difficulty with hearing? \_\_\_\_\_

(c) ever been unconscious after an injury? \_\_\_\_\_

(d) had a fracture or dislocation within the last three years? \_\_\_\_\_

(e) ever experienced high blood pressure? \_\_\_\_\_

(f) ever experienced chest pain/palpitations? \_\_\_\_\_

(g) had to stay in the hospital overnight within the last year? \_\_\_\_\_

(h) other \_\_\_\_\_

8. Does this child have a history of:

(a) fainting with exercise? \_\_\_\_\_

(b) undue tiredness/fatigue? \_\_\_\_\_

(c) a family member having sudden unexplained death under the age of 40? \_\_\_\_\_

\* Please explain (attach extra pages if necessary.)

According to state law, all campers must be immunized or submit a statement from a physician that immunization is in progress.\*\*

**IMPORTANT: Attach a CURRENT copy of Immunization Record from Doctor's office.**

If an emergency illness or injury occurs, I (parent/guardian) hereby authorize Mercer County Community College to treat and/or send this person to a physician or hospital and authorize the necessary treatment. I also authorize the physician or hospital to release my child after treatment to a representative of Mercer County Community College. My child's medical insurance carrier is \_\_\_\_\_.

I authorize MCCC to share pertinent health information with camp staff as needed to safeguard my child's health. My hospital of choice is \_\_\_\_\_. All information on this form is complete, true and accurate to the best of my knowledge.

SIGNATURE OF PARENT/GUARDIAN \_\_\_\_\_ DATE \_\_\_\_\_

\*\*NOTE

1. If there is a religious objection to immunization of a child, a written statement must be signed and submitted which states that the child is in good health and that you will assume full responsibility for his/her health while in camp.

2. If immunization is contraindicated for medical reasons, the parent or guardian shall submit to the camp a written statement signed by a licensed physician, indicating both the reason and length of the medical contraindication.

A COMPLETED COPY OF THIS FORM MUST BE SUBMITTED WITH EACH CAMP APPLICATION

609-570-3779

SPORTS CAMPS • Summer 2020

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# SPORTS CAMP

## MEDICATION REQUEST



I request Camp College staff to administer the medication described below to my child:

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Name of medication: \_\_\_\_\_

Amount to be administered: \_\_\_\_\_ Time(s) to be given: \_\_\_\_\_

Reason: \_\_\_\_\_

\_\_\_\_\_

Side effects: \_\_\_\_\_

Phone Numbers: \_\_\_\_\_

Parent Signature/Date: \_\_\_\_\_

**IMPORTANT – PLEASE READ:** Administering medication is discouraged; however, some children with various illnesses and disabilities will require medication during camp hours. If medication must be administered, please complete and sign this form for **each** medication, including over-the-counter drugs. This form may be copied as needed.

**Notify the camp director in writing if there is a change in the medication, or if it should be discontinued. Medication must be delivered in the original container,** appropriately labeled by the pharmacy or physician, and handed to a camp administrator or nurse **with a completed and signed copy of this form.** The medication will be held in the health office and must be taken by the camper under staff supervision. **(Medications that a child must carry throughout the day for self-administration must have a completed *Camper Self-Medication Permission*.)**

PHYSICIAN SIGNATURE REQUIRED \_\_\_\_\_

Health Office – SC 141 • Telephone (609) 570-3777

# SPORTS CAMP

## SELF-MEDICATION PERMISSION



***Complete this section only if self-medication is required.***

Camper's Name: \_\_\_\_\_

Camp Session or Program: \_\_\_\_\_

### PARENT/GUARDIAN AUTHORIZATION

My child has a physical condition which requires him/her to receive medication as quickly as possible in order to avoid a medical crisis. In the interest of his/her personal well being, I hereby grant my child the authority to carry his/her medication \_\_\_\_\_ and to self-administer it as directed by the prescribing physician when needed.

Name of Medication: \_\_\_\_\_ Dose/Amount: \_\_\_\_\_

Condition requiring self-medication: \_\_\_\_\_

In granting this permission for my child to self-medicate, I hereby absolve Mercer County Community College and all its employees from any liability or legal responsibility for any condition that may arise from the administration or lack of administration of such medication.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### PHYSICIAN'S AUTHORIZATION

The above-named patient must use \_\_\_\_\_ by self-administration. He/she has been instructed in its proper use.

Physician's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

***NOTE: A completed and signed copy of this form must be given to the camp director or nurse no later than the first day of camp or on the first day that the child brings the medication to camp. (609) 570-3777.***

# THE FITNESS CENTER AT MERCER

WELCOMES COUNTY RESIDENTS AGES 15 AND UP

1200 OLD TRENTON ROAD, WEST WINDSOR, NJ • 609-570-3758



**HOURS** Mon, Wed: 6 a.m. - 9 p.m.  
 Tues, Thurs: 7 a.m. - 9 p.m.  
 Friday: 6 a.m. - 8 p.m.  
 Saturday: 9 a.m. - 3 p.m.  
 Sunday: 10 a.m. - 2 p.m.



OPTIONS	TIMES	FEES
ANNUAL	MON. - SUN.	\$225 ANNUAL*
ANNUAL RESTRICTED	MON. - FRI. (9 a.m. - 3 p.m.)	\$150 ANNUAL*
QUARTERLY	MON. - SUN.	\$75 PER QUARTER
MONTHLY	MON. - SUN.	\$35 PER MONTH
ALUMNI / SR. CITIZEN	MON. - SUN.	\$200 ANNUAL*
SENIOR QUARTERLY	MON. - SUN.	\$50 PER QUARTER

\*ONLY ANNUAL MEMBERSHIPS INCLUDE THE USE OF OLYMPIC-SIZE POOL DURING RECREATIONAL HOURS

**VISA, MASTERCARD, AMERICAN EXPRESS, DISCOVER ACCEPTED**

- ASSISTED CHIN/DIP
- FULL NAUTILUS TRAINING CIRCUIT
- INDOOR OLYMPIC-SIZE POOL
- DUMBBELLS & BENCHES
- STAIR MASTERS
- ELLIPTICAL MACHINES
- RECUMBENT BICYCLES
- LOCKER ROOMS WITH SHOWERS
- TREADMILLS
- NORDICTRACK
- ROWING MACHINE
- STRIVE TRAINING CIRCUIT

FOR THOSE WHO ARE NOT FAMILIAR WITH THE PROPER USE OF OUR EQUIPMENT, THE CENTER OFFERS A SPECIAL INSTRUCTIONAL COURSE.







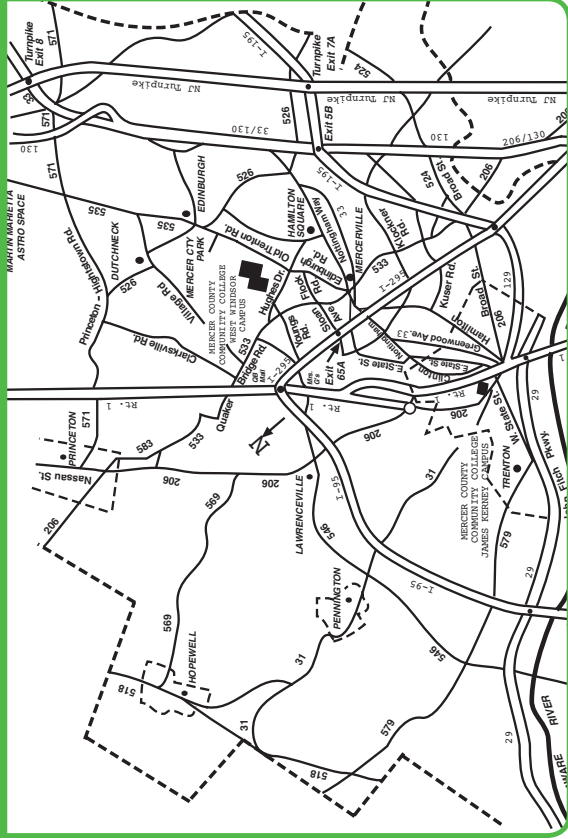


**MERCER**  
COUNTY COMMUNITY COLLEGE



**MERCER COUNTY COMMUNITY COLLEGE**  
**ATHLETICS DEPARTMENT**  
**P.O. BOX 17202**  
**TRENTON, NJ 08690**  
**609.570.3779**

## MAP TO CAMPUS



OCE • 2500 • 1/20