**THE ROYAL CANADIAN LEGION**

**NEW BRUNSWICK COMMAND**

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**LEADERSHIP TRAINING CAMP**

**INFORMATION BULLETIN**

**MOUNT ALLISON UNIVERSITY**

**SACKVILLE, NB**

**June 30th – July 6th, 2024**

**\*PLEASE BRING THIS BOOKLET TO CAMP WITH YOU**

**THE ROYAL CANADIAN LEGION**

**NEW BRUNSWICK COMMAND**

***LEADERSHIP TRAINING CAMP***

Welcome to the 62nd  Annual Leadership Training Camp. It is the hope of The Royal Canadian Legion, New Brunswick Command and the Camp staff that you will find your stay, educational, interesting and enjoyable.

This booklet has been prepared to provide you with some of the details concerning the Camp. Please read it carefully and bring it with you.

**PLEASE READ CAREFULLY**

**Personal Information**

From the moment you arrive at the Camp you will be designated a leader. You will be given many opportunities to learn, to assume leadership responsibilities and to participate in a wide variety of vigorous physical activity and stimulating group work. We expect your complete involvement and co-operation.

The following details should be carefully studied:

**ARRIVAL**

You are expected to arrive for registration at the Athletic Center, Mount Allison University, **after 3:00 PM but no later than 4:00 PM, Sunday June 30th.** IF YOU ARE TRAVELLING BY BUS PLEASE NOTIFY NB COMMAND OF YOUR TIME OF ARRIVAL IN SACKVILLE BY WEDNESDAY June 21st  SO YOU CAN BE MET. Our office number is 1-866-320-8387.

**DEPARTURE**

The Camp will finish on Saturday, July 6th. **Parents are encouraged to attend** **the closing ceremonies at 9:00 AM** and are required to know the arrangements for the students return home. Please make sure your child is picked up no later than 11:00 AM.

**CLOTHING AND EQUIPMENT**

A standard Camp uniform will be issued on arrival. This will consist of a T-shirt and shorts (2 sets) and one hooded sweatshirt. You will be wearing your Camp uniform for much of the time. Proper fitting gym shoes (2 pairs, if possible) and comfortable socks are essential. A pair of old comfortable sneakers for the 1 day outdoor education experience is recommended. During free time, and at designated periods on the weekend, street dress will be permitted.

You may wish to bring some of your own personal athletic equipment, e.g. baseball glove, tennis racket, knee pads, shin pads, cleats, etc. The following list will provide a general guide in determining what to bring for the eight (8) day Camp.

Please be sure that your name is indelibly placed on all personal articles. Neither the Camp authorities nor the University assume any responsibility for loss of personal articles.

Swim cap sweater/jacket/splash pants or sweat pants

Swim suits dress (girls) (semi-formal) for “Graduation”

Raincoat sports coat/suit/shirt & tie (boys) for “Graduation”

Sun hat/cap 100 pages ruled loose leaf

Pajamas needle & thread

Shoulder pack/kit bag joint wraps, elastic wraps, knee pads

Music instruments (for variety show) pens, markers, pencils

A fan for the dorm room camera with extra batteries

Sunglasses alarm clock (Cellphone not allowed during day)

Sneakers – (inside and outside) Rackets (tennis, badminton) if you have

Cleats (if owned) comfortable sneakers - outdoor education

Laundry detergent/soap tank tops

A535 Antiphlogistine Bug spray and sunscreen, aloe vera

10 - 20 pair socks Water bottles

Proper fitness undergarments Watch

Street clothing--Enough for each day for supper,) campers change back to uniform after supper)

Pillow, towels, facecloths (The University supplies some but you may prefer more)

Personal hygiene items (shampoo, toothpaste, Band-Aids, etc.)

Pillows and bedding will be provided.

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**VISITING HOURS**

Friday evening July 5th you will be free to visit the town or with family or friends. **Students will be responsible for arranging their own meal during this time.** Legion officials are welcome to visit the Camp at any time, but unfortunately, meals and overnight accommodations cannot be provided for any visitor.

**SPENDING MONEY**

**You may wish to bring ($100.00 max) of spending money. (Please make sure this includes a roll of quarters and a roll of loonies) Larger amounts are not recommended. Loss of money for any reason will not be reimbursed. (You will need change for vending machines and laundry).**

**Registration fee is $250.00 which includes uniforms, accommodations, meals and Tree-go.**

**ADMINISTRATION**

The daily program will be largely the responsibility of the students with staff members acting as advisers. Committees will be appointed for such responsibilities as:

1. Planning and conducting the regular evening program.
2. Organizing special camp athletic events.
3. The closing program.
4. Other responsibilities as they arise.

**GROUP ADMINISTRATION**

The students in attendance will be divided into four groups for the duration of the camp - each under a staff adviser.

Each student in turn will fulfill the role of leader of his or her group. For this purpose, each day is divided into two sessions - morning and evening; and leaders will function for one session each. The staff adviser for each group will post a schedule indicating leaders for all sessions. Sessions will involve the following for this purpose:

**DAY PROGRAM 7:00 AM to 5:00 PM**

**EVENING PROGRAM 5:00 PM to Lights out (11:00 PM)**

The responsibility of group leaders will include the following plus any others as assigned by the group adviser:

1. Getting group members up on time in the morning.
2. The wearing of proper uniforms as well as cleanliness of uniforms.
3. Neatness in quarters.
4. Promptness in arriving for meals.
5. Promptness in arriving at all classes and evening programs.
6. General conduct in moving from class to class.
7. Assisting with class equipment.
8. Assisting with evening programs as required.
9. Reporting any injury or illness to your staff adviser.
10. Supervising evening lunches.
11. See that lights are out on schedule.

**RULES OF CONDUCT**

1. Leaders must be on time for all sessions.
2. Each leader shall wear the uniform of the day as instructed by your staff adviser.
3. Each leader shall be responsible for keeping his/her quarters neat and clean. Staff advisers will inspect daily at various times.
4. A “no smoking” rule is in effect for the duration of the camp.
5. The use of any alcoholic beverage is strictly prohibited.
6. Residences other than the one to which you are assigned are **“out-of-bounds”**.
7. Leaders may not leave the Campus or their residence unless written permission is obtained from the staff adviser concerned.
8. Leaders shall attend all meal sessions unless approval is given otherwise by the staff adviser concerned.
9. Any case of illness shall be immediately reported to your staff adviser.
10. Leaders shall be expected to conduct themselves appropriately at all times.
11. Groups moving from one course location to another shall do smartly and efficiently.
12. Staff members shall be addressed as “Sir” or “Ma’am” or by name.
13. Proper posture is stressed at all times.
14. Any problems affecting conduct will be handled by the Camp administrators.
15. Gym shoes must be thoroughly cleaned before going on the gymnasium floor.

**CAMP LIBRARY**

A library of books, films and other reference materials is located in your residence.

**FACILITIES**

All Camp activities will be centered on the campus of Mount Allison University. The facilities include separate accommodations for girls and boys. The Dining Hall, the Athletic Center with its gymnasium, swimming and classroom facilities will be used for the daily indoor program. Outdoor facilities include a running track and fields for football, soccer and field hockey.

**PRE-CAMP CONDITIONING**

For 7 days you will be participating in STRENUOUS physical activities.

BE PREPARED! A pre-camp conditioning program is strongly recommended.

***A WORD TO THE WISE***

Should you plan to buy new footwear for the Camp, break them in before you arrive.

**miscellaneous**

There will be a variety show organized during the camp and each member is required to take part. If you play a particular musical instrument please feel free to bring it with you.

**ATTENDANCE**

Campers **MUST** keep in mind that this camp is an 7-day commitment. **There will no leave of absences.**

**THE STUDENT IS RESPONSIBLE TO PAY THEIR $250.00 REGISTRATION FEE WHEN THEY RETURN THEIR COMPLETED PARENTAL PERMISSION FORM AND ACCEPTANCE FORM. IF THE STUDENT CANCELS WITHIN 7 DAYS PRIOR TO CAMP OR THEY DO NOT SHOW UP ON REGISTRATION DAY, NO REFUNDS WILL BE GIVEN AS THE FEES WILL HAVE BEEN PREVIOUSLY PAID TO MOUNT ALLISON.**

***SAMPLE* DAILY SCHEDULE 2024**

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| **HOUR** | **SQUAD 1** | **SQUAD 2** | **SQUAD 3** | **SQUAD 4** |
| 7:00 | RISE | RISE | RISE | RISE |
| 7:30 | BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST |
| 8:30 - 9:30 | GYMNASTICS | GYMNASTICS | STUDY AND NOTES | AQUATICS |
| 9:45 - 10:45 | BASKET BALL | AQUATICS | TRACK | TRACK |
| 11:00 - 12:00 | TRACK | TRACK | AQUATICS | BASKET BALL |
| 12:15 | LUNCH | LUNCH | LUNCH | LUNCH |
| 1:00 - 2:00 | AQUATICS | COMMITTEE MEETING | FREE TIME | COMMITTEE MEETING |
| 2:00 - 2:30 | STUDY AND NOTES | BASKET BALL | FIELD HOCKEY | FIELD HOCKEY |
| 2:45 - 345 | FREE TIME | SPORTS ORGANIZATION | GYMNASTICS | GYMNASTICS |
| 4:00 - 5:00 | SPORTS ORGANIZATION | STUDY AND NOTES | BASKET BALL | STUDY AND NOTES |
| 5:30 | SUPPER | SUPPER | SUPPER | SUPPER |
| 6:30 - 7:45 | MEETS | TOURNAMENTS | SPECIAL EVENTS |  |
| 8:00 - 9:15 | MEETINGS ARRANGED | BY STUDENTS |  |  |
| 9:30 | SNACK | SNACK | SNACK | SNACK |
| 10:15 | OWN | QUARTERS |  |  |
| 11:00 | LIGHTS OUT | LIGHTS OUT | LIGHTS OUT | LIGHTS OUT |

OTHER SPORTING ACTIVITIES INCLUDE: VOLLEYBALL, BADMINTON, SOCCER, SOFTBALL AND TOUCH FOOTBALL

GENERAL ACTIVITIES INCLUDE: SEMI FORMAL DANCE AND VARIETY SHOW.