

Welcome Package - Saints Golf Camp

INTRODUCTION

Welcome to the Selkirk Saints Golf Camp 2012!

This year marks the 8th edition of the camp and we are looking forward to another great week of golf and fun activities!

We would like to thank you in advance for registering your child/relation in one of the best golf camps in BC. We have many activities planned for the week and encourage you to read through this package to ensure you and your child/relation feels comfortable with everything involved.

If you have any questions or comments, please do not hesitate to contact me.

Thank you for your support!

Sincerely,

Kim Verigin
Camp Coordinator and Athletic Director, Selkirk College



IMPORTANT CONTACT AND EMERGENCY INFORMATION

Castlegar Golf Course
1602 Aaron Rd
Castlegar, BC
(250) 365-5006 - Pro Shop

Kim Verigin
Camp Coordinator
(250) 368-1991 Cell Phone

Selkirk College
301 Frank Beinder Way
Castlegar, BC
(250) 365-7292 - Switchboard

Little Bear Golf Course
872 Waterloo Road
Castlegar, BC 250.365.2353 Phone



PLEASE READ THE FOLLOWING WITH YOUR CHILD/RELATION:

WHAT WE TEACH?



Our programs are designed to assist in the overall development of junior golfers. From beginners to the most experienced, the main goal is to educate the participants with a "whole golf experience." Students will have opportunities to learn the basics, develop their skills and master more advanced skills depending on the current level of their game. They will also learn about the history of the game, proper etiquette, game strategies, course management, club making and much more.

There are other things to learn, such as the whole concept of the College, what it is and the opportunities within. Students will have a chance to spend time with student-athletes that have gone to college, earned scholarships and learn about their experiences. They will hear about academics and athletics, how the two are related and how they can both be approached successfully.

WHERE WE TEACH?

Instruction will take place at the College (gymnasium and field) and on the Castlegar and Little Bear Golf Courses. All activities, exercises and drills are structured to allow for maximum contact time with the instructors. Students will learn in small groups and be taught by several different experienced golfers and golf pros with common philosophies and methods.

WHEN WE TEACH?

The typical day will be 9-4pm with a 1 hour lunch break.

All schedules are tentative due to uncontrollable weather changes and course conditions. Students should be prepared for last minute changes. Any major changes will be available on the website or posted at the gym or golf courses.

All campers are expected to be at camp on time and for the entire length of instruction. Arriving late or leaving early is not acceptable unless prior arrangements have been made.

CAMP RULES AND EXPECTATIONS

* **RESPECT FOR PEOPLE** - the instructors are willing to give utmost respect to each and every camper. They would appreciate the same in return. Similarly, it is important to recognize that not all golfers are at the same ability level. Some may be better, some may be less experienced - you can learn from those who are better and be a role model for those who need some extra help.

* **RESPECT FOR EQUIPMENT** - the equipment and facilities at the college and golf course are presented for your development and enjoyment. It is very important to treat

everything as though it is yours and leave it in the same condition (or better) when you are finished.

*BEHAVIOR - is it expected that all camp participants will be on their best behavior at all times. Your instructors are here to teach you and educate you and the less time they spend on behavioral issues, the more you will learn.

INSTRUCTORS

This year we are fortunate to have the following head instructors:

Denny McArthur – CPGA Professional



Denny has over 30 years of teaching experience in the golf industry. He has an excellent rapport with the participants and specializes in swing mechanics. His patience and ability to communicate with students is amazing. Denny has been with the camp since day one and is looking forward to another great week of golf and fun.

Pat Biln – CPGA Professional



Pat is the head pro at the Castlegar Golf Club and is very active running the pro shop and teaching lessons. He has taught at numerous golf camps and brings several years of experience teaching junior golfers. This will be Pat's sixth year with the camp!

Noel Veitch – CPGA Professional



Noel has over 10 years of teaching experience with private and group lessons. He is currently the assistant pro at the Christina Lake Golf Club and is rejoining us after several years away from the camp. Noel taught with the camp for 3 years when it initially started back in 2006 and also coached the Selkirk Saints Varsity Golf team for two years.

Will Mounstevan – CPGA Professional

Will has been teaching golf for the past 4 years and is currently an assistant professional at the Christina Lake Golf Club. This will be Will's 2nd year with the camp.

Assistant Instructors/Helpers include (more to be added):

Garrett Kucher (Golf Camp Alumni, evening chaperone)
Josh Mace (Selkirk Saints Alumni, school teacher SD#8)
Cassie MacDonald (Golf Camp Alumni)
Abby Verigin (Golf Camp Alumni)
Ruby Chambers (First Aid)

MEALS, DRINKS and SNACKS



All campers will be given one bottle of water each day along with a fruit bar (or substitute) snack. If the weather is extremely hot, extra water and Gatorade will be made available. Fresh fruit will be available as much as possible.

Lunches will be hosted in the college cafeteria and at the golf course restaurants.

Students with food allergies or specific diets must contact camp staff to make alternate arrangements.

Lunches (tentative)

Monday	-pizza, caesar salad, drinks, ice cream bar (at College)
Tuesday	-sandwiches/wraps (variety), veggies/dip, cookie/chips (at College) -to be determined (at Cas Golf Club)
Wednesday	-sandwiches/wraps (variety), veggies/dip, cookie/chips (at College) -to be determined (at Cas Golf Club)
Thursday	-taco bar, drinks, ice cream bar (at Little Bear Golf Course)
Friday	-bag lunch with sandwiches veggies, drink (at Cas Golf Course), -to be determined (at Little bear Golf Course)

Breakfasts

Monday – continental
Tuesday – scrambled eggs, ham, hashbrowns, yogurt/fruit/granola, coffee/juice
Wednesday – french toast sausages, yogurt/fruit/granola, coffee/juice
Thursday – waffles with fixings, bacon, yogurt/fruit/granola, coffee/juice
Friday – breakfast denver omelets with cheese, bacon, sausages, hashbrowns, yogurt/fruit/granola, coffee/juice

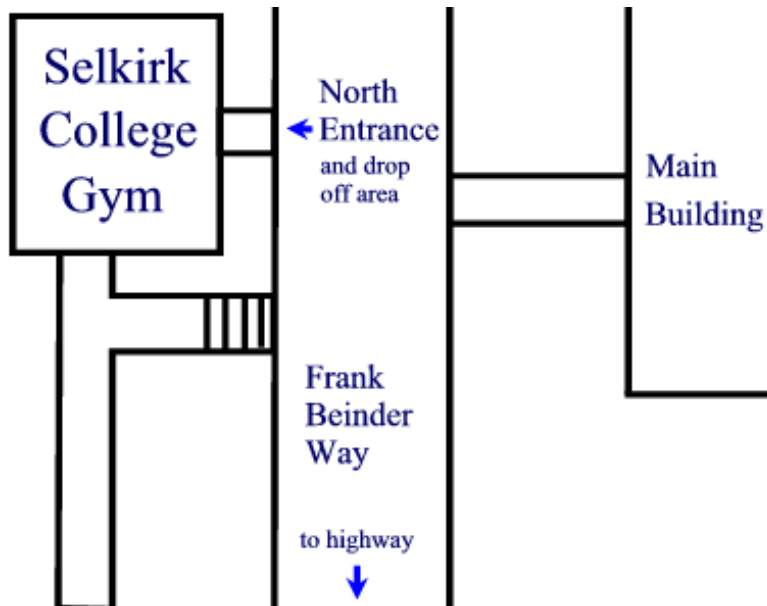
Suppers

Monday – BBQ back ribs, roasted potatoes, glazed carrots, salad, apple crisp w cream
Tuesday – honey garlic chicken, fried rice, peas, ham, stir fry veg, strawberry shortcake
Wednesday – homemade custom burgers, potato wedges, caesar salad, SUNDAY BAR
Thursday – roast beef with Yorkshires, mashed potato, mixed veggies, salad, dessert

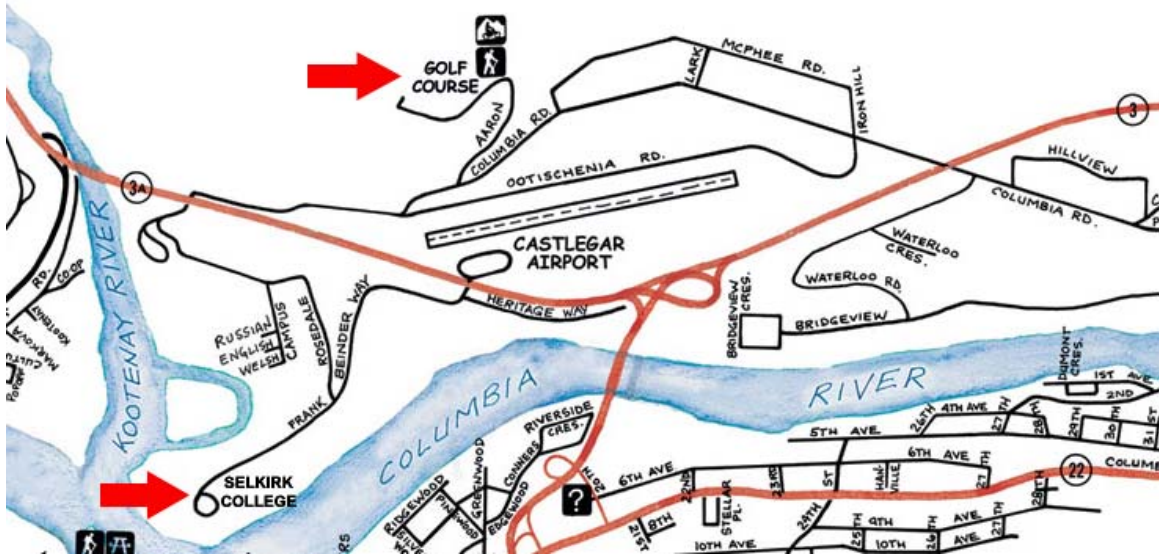
DIRECTIONS (PICK UP and DROP OFF AREAS)

Selkirk College is located on Frank Beinder Way which is right across the highway from the Castlegar airport. Turn west off Highway 3A and follow Frank Beinder Way until you reach the main college grounds. The main buildings are on the right and the gymnasium is on the left.

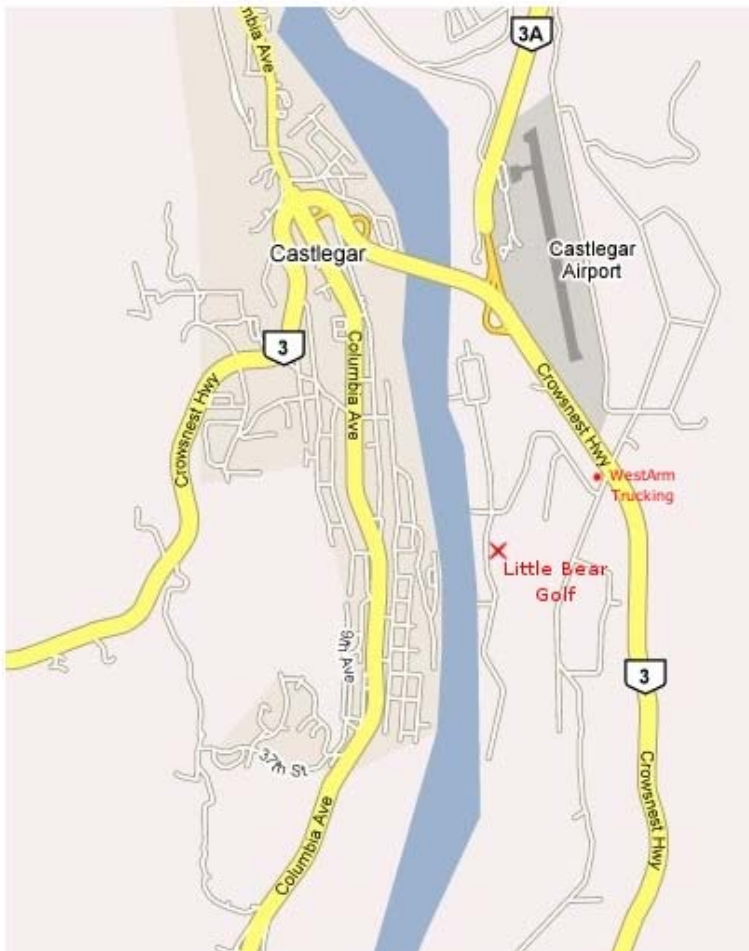
All campers will be dropped off on the main road between the gymnasium and college (a map is provided below). Students will enter the gymnasium through the lower level blue door located on the north end of the gymnasium.



CASTLEGAR GOLF COURSE:



LITTLE BEAR GOLF COURSE



FIRST AID

There is a first aid attendant on campus and at the golf course at all times. Any injuries or accidents will be dealt with in an appropriate manner. Parents/guardians will be contacted immediately in the event of a serious situation. The first aid attendant will also be well prepared for extremely hot weather.

MONEY & VALUABLES

All activities planned are included in the camp fees therefore campers are not required to bring extra money. Vending machines are available on campus for snacks and drinks however each camper is responsible for their own money if choose to bring some.

It is highly advisable that students NOT bring valuable items such as cd players, mp3 players, watches, hand held video games etc. Even though efforts are made to create a safe environment there are other people on the college grounds and golf courses every day. The camp WILL NOT be responsible for lost money or valuables.

CLEAN-UP TIME

All campers will have access to the change rooms in the gymnasium which are fully equipped with washroom facilities and showers. Residence campers will have opportunities for “clean up time” each afternoon.

CAMP SUPERVISION

Every effort is made to ensure that all campers are kept safe and under proper supervision. Day campers will be with one or more instructors for the entire day. Residence campers will be under supervision 24 hours a day whenever possible. Campers will not be allowed to leave the college grounds or wander on the golf course. For those unfamiliar with Selkirk College, the town of Castlegar is not within reasonable walking distance.

The camp coordinator will be on campus and on the course as much as possible to ensure all activities and events run as planned.

RESIDENCE CAMP SLEEPING ARRANGEMENTS

Classrooms in the gymnasium have been converted to dorm rooms. Campers will be sleeping on the floor therefore a good foamy or air mattress would be suitable. Residence campers will be divided into appropriate age groups, with each occupying separate space. Campers are reminded that regular dorm room checks will take place to check for cleanliness.

Each dorm room will have an overnight chaperone.

ALL CAMPERS CHECKIST

- Golf Clubs
 - minimum set of a driver, two or three irons (e.g. 5-iron, 7-iron, p-wedge), putter
 - full sets of clubs are not mandatory
- Golf shoes - not mandatory however appropriate footwear (ie. runners) is required
- Balls: 3 game balls are included with camp, extras may be required
- Tees: tees are available upon request until supplies last
- Club towel: not mandatory but useful in wet weather
- Umbrella: very useful in wet weather
- Rain gear: jacket, pants if you have them or something suitable for golfing in the rain
- Extra socks
- Extra shirt
- Extra pants/shorts
- Hat
- Sunscreen
- Gym strip or swim suit (not mandatory but may be appropriate for the recreation break)

*Extra clothing and other items may be stored at the college. Students will not have to carry everything with them at all times.

***Prepare for all-weather golf (rain or shine)!**



RESIDENCE CAMPER CHECKLIST

- Sleeping bag
- Foamy
- Pillow
- Toiletries (soap, tooth brush/paste, deodorant etc.)
- Clothes (pants, shirts, sweat shirt, socks, shorts, jacket)
- Bathing suit
- Towel

Extras (not required):

- Fishing Rod (rods available to borrow)
- Mosquito Repellant
- Golf/sport related movies on DVD
- Fun Game(s)

REMINDER: Bring valuables at own risk.

