



Excite! Camp: Friday, June 12th- Monday, June 15th

ARRIVAL:

Please arrive at the Gym with colored ribbon(s) attached to suitcase(s):

11:30am: Lady Ex, Gym Group Black

12:00pm: Gossip, Gym Group Red and Blue

BUSES WILL LEAVE PROMPTLY AT 1:15pm (Buses arrive at 12:30pm)

WHAT TO WEAR ON THE BUS:

Athletes need to wear their 2026-2027 Black Tank. Make sure athletes have easy access in their carryon bag; Running Shoes/ Water Shoes/ Beach Towel/Swim Suit and Water Bottle.

WHAT TO BRING ON THE BUS:

A sack lunch MUST be brought for the bus ride to camp-we will not be making a food stop. **NO PEANUT OR NUT PRODUCTS OF ANY KIND.** All items need to be disposable, no cooler bags, etc. Think of a "BROWN BAG LUNCH". ONLY screw on drinks is allowed, no cans. Please do not send campers with money for the vending machine at our gym, send them ready to go! See below about how our policies will work with Electronics.

DROP OFF PROCEDURE:

We will have a traffic drop off "assembly line." Please be sure all items that go underneath the bus have their team color ribbon on them! This will be given out at their final practice before camp.

NOTE: All cars must enter through the front entrance to Excite! (Highland Village Rd)

Entrance by Seven Mile and Car Wash will be blocked – THIS IS OUR ONLY EXIT!

NO PARKING will be allowed in the Excite! parking lot

If you are a licensed driver, please arrange for someone to drop you off as the gym will still be open while we are gone. If you absolutely must drive, you need to park your car in the very back of the gym by the trailers facing the trees.

-If NEEDING to drop off medications:

*Step 1: South Side of circle drive and pull through front door/overhang facing north.

*Step 2: drop off all medicines at nurse station and confirm medical sheet. See Medical Information for how items need to be packaged.

*Step 3: Merge into the north side drive and follow the instructions below.

-If NOT needing to drop off medicines:

*Step 1: Pull around to the North side of building; drop your athlete at back garage door. They will need to take items for the bus with them: **lunch/ water bottles/ backpacks etc.** *(Hugs and kisses will need to be given at home). Parents will NOT get out of the car at any point.

*Step 2: Pull around to the back of building and luggage will be unloaded for you. Look for our volunteers.

*Step 3: Exit parking lot by Carwash/ Seven Mile.

NO entry into the gym or parking in our lot. We have camp, classes and other activities going on and need to be courteous to these parents and students.

CAMP/ BUS INFORMATION:

The bus Company is Imperial Charters

Camp Address:

Oakridge Christian Camp and Retreat Center

20007 State Highway 9

Anadarko, OK 73005

RETURN INFORMATION:

Return is Monday, June 15th. Estimated time of arrival back at the gym is between 11:30am-2:00pm. All updates on departure and arrival back to the gym will be posted on our social media accounts. Please do your best to arrive close to when the buses do.

CELL PHONE/ ELECTRONIC POLICIES:

Cell Phones, iPod, Apple/Smart watches will be allowed on the **BUS ONLY. MAKE SURE TO LABEL THESE ITEMS (INCLUDING CHARGERS)**. Coaches and volunteers will collect these upon check in at camp. EXCITE! STAFF OR CHAPERONES WILL NOT BE RESPONSIBLE FOR LOST OR STOLEN ITEMS. If there is a need to call home, a phone will be provided. **There will be a \$100.00 fine if your camper is caught with ANY ELECTRONICS.**

GoPros, Digital or Disposable Cameras WILL be allowed! Please make sure your athlete's name is on the item. Again, we will not be held responsible for lost or stolen items.

GENERAL CAMP INFORMATION TO KNOW:

-Any deviation from the rules will NOT be allowed, if this happens you will be called to come pick up your child. We must establish up front that this is a fun trip, but we cannot let anyone ruin it for the group.

-Camp is all about the bonding of our teams and program. Our goal is to build unity, form relationships and make memories to last a lifetime! With these goals in mind, we will not tolerate bullying or hurtful/inappropriate speech of any kind.

-Parents are not allowed to visit the camp without prior approval. If you want to be on the camp property you must have a complete waiver and confirmed times to arrive and depart by Julie, Alison or Caitlin. This camp is for our teams to bond and rely on each other. Just like all other camps, this one is no different in this request. If you want to come to visit camp, please email directors@excitegym.com prior to June 15th.

-The students' days are going to be scheduled from morning to night and sometimes well into the night. This is a VERY active camp. We will be running, training basic skills, conditioning, playing outdoor games as well as many other things. We will also play tricks, do fear factor games and crazy fun things going on each day. By sending your child to camp, you acknowledge that you trust our staff to keep your child's safety a top priority and that this will be an extremely adventurous camp, with unpredictable camp-like scenarios.

-If you have any concerns regarding these events, you must tell us to NOT include your child prior to us leaving for camp on your camp waivers. *Fear Factor will include everyone as they have the option on what tasks they want to complete or not- not every member has to do every task.*

-We have some super fun things planned, and the coaches and Julie will be with them for the full day, every day. At night the coaches will return to their lodging less than ½ mile away and still on property. Cabin moms will oversee all students get in bed and go to sleep.

-All parent volunteers and coaches have current background checks to attend. Oakridge staff also has these of their staff members that will be present. Safety is a top priority, and we are confident in our abilities for us, our selected parent volunteers and Oakridge staff to keep our athletes safe. If you have any questions or concerns that you feel need to be shared with our volunteers, please alert us prior to June 15th by emailing directors@excitegym.com.

-Snacks: We will have plenty of food for your campers at camp, including all meals and additional snack bags. However, we will allow small snacks to be brought if you feel necessary. We will be in the wilderness, so items need to be tightly contained and not cause a mess when opened! Any packed products should not contain any nuts of any kind. No energy drinks, powder drinks, candy/junk food or sodas allowed. See on the packing list for our Snack Shack option as well!

-Excite! has been running this camp for many years, and all students return with a sense of unity, pride, and renewed competitiveness for making it through! Remember, kids' stories may grow, but that is because it is fun and they like complaining about the conditioning and activities, which are really bragging rights. NO other gym puts on a camp like this one!

MEDICAL INFORMATION:

The head nurse will be present at camp all day and night. They know the location of the closest hospital and emergency care centers. Our nurse this year is JESSICA DUROCHER! She is an Excite! Alumni that have been working in the nursing field for several years now. She attended camp for over 10 years as an athlete, and we are excited to have her joining us for another amazing camp experience!

ALL medications are turned into nurse-even for older kids. We need all the medications to be in the original bottle with just enough for camp. All meds need to be inside a labeled Ziploc bag with child's name, medication name, schedule of when to take it and current picture of child attached to it. All medications will be returned at the front desk once the Nurses have returned to the gym.

We provide basic pain relievers and over-the-counter medications.

We are looking at safety from every angle and we take our role very seriously. We have the experience needed to make this camp what it should be for the kids: Fun & Safety in all areas is our main concern.

EMERGENCY CONTACTS:

If you need to reach us for any reason while at camp: Text Alison (Cheer Director) 214-649-5624, and Caitlin (Gymnastics Director) 281-610-4941