

# **THE ROYAL CANADIAN LEGION NEW BRUNSWICK COMMAND**



## **LEADERSHIP TRAINING CAMP**

**INFORMATION BULLETIN**

**MOUNT ALLISON UNIVERSITY  
SACKVILLE, NB**

**JULY 10 – JULY 17, 2016**

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

**THE ROYAL CANADIAN LEGION  
NEW BRUNSWICK COMMAND**

**LEADERSHIP TRAINING CAMP**

Welcome to the 57th 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, July 10th.** IF YOU ARE TRAVELLING BY BUS PLEASE NOTIFY NB COMMAND OF YOUR TIME OF ARRIVAL IN SACKVILLE BY WEDNESDAY JULY 6th SO THAT YOU CAN BE MET. Our office number is 1-866-320-8387.

**DEPARTURE**

The Camp will finish on Sunday, July 17th at 10:00 AM. 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
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 – 3-4 pair (inside/outside)	Rackets (tennis, badminton) if you have
Cleats (if owned)	comfortable sneakers - outdoor education
Laundry detergent/soap	tank tops
A535 Antiphlogistine	10 - 20 pair socks
Water bottles	Proper fitness undergarments
Personal hygiene items (shampoo, toothpaste, face cloths, towels, Band-Aids, etc.)	
Pillows and bedding will be provided.	

## MAILING ADDRESS

Students Name, C/O Legion Leadership Camp, Mount Allison Conference Office, 151 Main Street, Sackville, NB E4L 1B5.

## VISITING HOURS

Friday evening July 15<sup>th</sup> 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 pop, juice vending machines and laundry).

Registration fee is \$200.00 which includes uniforms, accommodations, meals and Tree-go.

Pictures will be available at minimal cost (8x10 of Full camp and 4- 5x7 squad pictures @ \$10.00) Juice and water will also be available at reduced prices.

## 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 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 eight 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 8 day commitment. **There will no leave of absences.**

## SAMPLE DAILY SCHEDULE 2016

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