



**TRUENORTH**  
SPORTS CAMPS



# Summer Camp Guide 2022



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True North Sports Camps offers year-round sports programming for boys and girls ages 4–14 of all skill levels in Toronto and Etobicoke. We operate summer day camps as well as after school and weekend programs for baseball, flag football, basketball, soccer and multi-sport.

At True North Sports Camps, we believe that recreational sports are an important part of every child's development and we make it our top priority to deliver a truly memorable experience. With low camper to staff ratios, our outstanding coaches are committed to building an individual rapport with each and every camper.

All of our energetic coaches are experts in their sport, who love to share their knowledge of the game while stressing the importance of sportsmanship, team work and fair play. We focus on creating an encouraging environment where all players learn something new, stay active and have fun!

Since 2007, our goal has remained the same: to provide the highest quality sports instruction in a fun, safe and encouraging environment.



# How we are Navigating the COVID-19 Pandemic

True North was thrilled to be able to offer summer camps in both 2020 and 2021 (albeit modified) with no COVID-19 cases.

Below are some key operational changes we've made for 2022:



## 01. Indoor Facilities

We're back to running camp both indoors and outdoors!  
Where feasible, our goal is to remain outdoors as much as we can.

## 02. Hours

Our traditional camp hours of 8:30am-4:00pm are back!

## 03. Extended Hours

Extended care starting at 8:00am until 5:00pm is back!

## 04. Vaccination Status

Campers ages 12+ must be able to provide proof of full COVID-19 vaccination in order to attend our camps.

*(Required by 3rd party indoor facilities)*

## 05. Staff

All of our staff will be fully vaccinated.

### Please Note

True North will continue to follow the Ministry of Health guidelines and protocols to ensure the safety of both our campers and staff and reserves the right to alter our policies as guidance changes.



# Flexibility

We understand that these are still uncertain times for parents and booking summer camps far in advance can be challenging not knowing how the summer will unfold. Therefore, we've done our best to provide parents with flexibility regarding registration:

## 01. Payment

Register without paying **ANYTHING** until May 1st, 2022.

## 02. Cancellation Policy

Our Summer Camp cancellation policy can be found online [here](#).

## 03. Transfers

You are able to transfer your child's registration to a different camp/week assuming there is still availability in the camp/week you're looking to transfer into.



## First Registration

Your first registration at True North Sports Camps will cost **\$395 (plus HST)**.

## 4-Day Weeks

Please note any 4-day weeks (i.e., Week 5) the cost is prorated accordingly.

**Please Note** all Memorial Park camps operate on the Civic Holiday Monday August 1st. If you will be attending for only 4 days that week, you can use the "**CIVIC22**" discount code to receive 10% off your registration.

## Multi-Sibling and Multi-Week Discounts

We offer a Multi-Sibling and Multi-Week discount. Any additional weeks of camp (whether for the same child or a sibling) will be discounted by **\$60/week**.

**Please Note** that discounts will be applied between different sports camps and locations (ie. Baseball, Flag Football, Multi-Sport, Soccer and Basketball).

## Extended Care

Drop your child off as early as 8:00am and pick-up between 4:00pm to 5:00pm for an additional **\$75/week per child**.

## Pricing Notes

Applicable Taxes: all fees are subject to 13% HST

[Click here](#) for information about our cancellation policy and payment options.



True North Sports Camps offers a variety of baseball summer camps for boys and girls ages 4 to 14 in Toronto. Campers will be taught the FUNdamentals of throwing, fielding and hitting through a combination of drills, competitions and games. Whether you want to learn how to field a groundball or pop-fly, or how to hit a homerun or bunt, our experienced staff challenge every camper to improve. We have something for everyone!



## Summer Camp

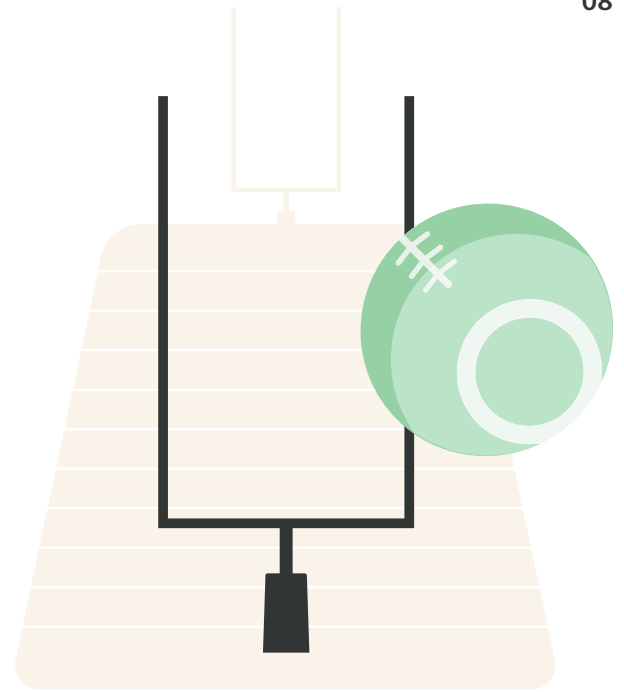
Location		Sport	Ages
Lawrence Park	John Ross Robertson	<b>Junior Baseball</b>	4 to 7
	Glenview Public School	<b>Baseball</b>	7 to 14
	Glenview Public School	<b>Girls Baseball (Week 2)</b>	7 to 14
Forest Hill	Memorial Park	<b>Baseball</b>	7 to 14
North York	Bond Park	<b>Recreational Baseball</b>	7 to 14
	Bond Park	<b>Elite Baseball</b>	9 to 14 Rep Level Players

Extended care available at all locations

Week	Dates	Lawrence Park			Forest Hill	North York	
		Junior	Glenview	Girls	Memorial	Recreational	Elite
1	July 4-8	✓	✓		✓	✓	✓
2	July 11-15	✓	✓	✓	✓	✓	✓
3	July 18-22	✓	✓		✓	✓	✓
4	July 25-29	✓	✓		✓	✓	✓
5	Aug 2-5 *	✓	✓		✓	✓	✓
6	Aug 8-12	✓	✓		✓	✓	✓
7	Aug 15-19	✓	✓		✓	✓	✓
8	Aug 22-26				✓	✓	✓
9	Aug 29-Sept 2				✓		

\* Baseball Camp at MEMORIAL is open on Monday Aug 1<sup>st</sup>

True North Sports Camps offers non-contact flag football day camps in Toronto designed to introduce campers to the game of football in a fun and pressure free environment. Throughout the week, campers will be taught the FUNdamentals of throwing, receiving, rushing and defense, as they rotate between quarter back, running back and wide receiver stations. From the skills combine to the draft, we make campers feel like they're in the pros!



## Summer Camp

Location	Memorial Park
Ages	7 to 14
Level	All Skill Level
Convenience	Extended Care Available

Week	Dates	Flag Football
1	July 4-8	✓
2	July 11-15	✓
3	July 18-22	✓
4	July 25-29	✓
5	<b>Aug 1-5 *</b>	✓
6	Aug 8-12	✓
7	Aug 15-19	✓

\* Toronto Flag Football Camp is open on Monday Aug 1st

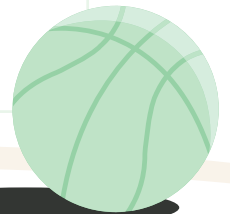


True North’s Basketball Camps are recreational day camps designed to focus on the FUNdamentals of dribbling, passing, shooting and rebounding. By rotating positions during drills and scrimmages, players will have the chance to play all positions and learn as much as possible about the game. In addition, several team concepts will be introduced including defensive strategies, setting screens, cutting without the ball, and of course, the pick and roll. We work hard to make sure that every single camper has a truly memorable experience!

## Summer Camp

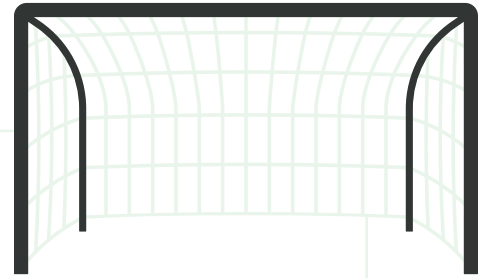
Location		Sport	Ages
Lawrence Park	John Ross Robertson	Junior Basketball	4 to 8
	John Ross Robertson	Girls Basketball	8 to 14
	Glenview Public School	Basketball	8 to 14
Extended care available at all locations			

Week	Dates	Lawrence Park		
		Junior	Girls	Basketball
1	July 4–8	✓		✓
2	July 11–15	✓		✓
3	July 18–22	✓		✓
4	July 25–29		✓	✓
5	Aug 2–5	✓		✓
6	Aug 8–12	✓		✓
7	Aug 15–19	✓		✓



True North Soccer Camp is a recreational day camp for girls and boys of all skill levels! Our program is designed to teach campers the FUNdamentals of soccer, while introducing advanced skill development for more experienced players (i.e. spacing, player support and ball movement). Our low camper-to-staff ratio allows our experienced coaches to ensure that the skills, drills and games are tailored to each player’s needs. We work hard to ensure that each and every camper has fun, stays active and learns new skills!

## Summer Camp



Location	Memorial Park
Ages	4 to 12
Level	All Skill Level
Convenience	Extended Care Available

Week	Dates	Soccer
1	July 4–8	✓
2	July 11–15	✓
3	July 18–22	✓
4	July 25–29	✓
5	<b>Aug 1–5 *</b>	✓
6	Aug 8–12	✓
7	Aug 15–19	✓

\* Toronto Soccer Camp is open on Monday Aug 1st

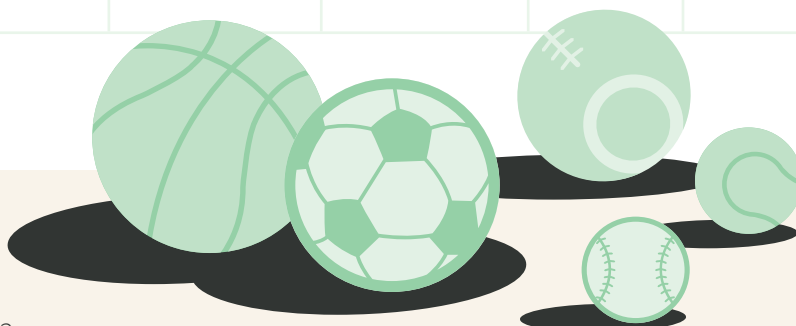


True North Sports Camps offers multi-sport day camps in Toronto and Etobicoke! Our recreational day camps expose campers to a wide variety of sports and activities allowing campers to develop fundamental movement and sport skills with an emphasis on fun, teamwork and fair play. Campers will have a chance to challenge themselves and stay active while playing baseball, basketball, flag football, soccer, floor hockey, badminton and more! Our experienced coaches work hard to create a culture that ensures every camper has a truly memorable experience.

## Summer Camp

Location	
Toronto	Etobicoke
Lawrence Park (Glenview Public School) Leaside (Bennington Heights) Forest Hill (Memorial Park)	Rosethorn Junior School
Extended care available at all locations	

Week	Dates	Lawrence Park	Girls (Lawrence Park)	Leaside	Forest Hill	Etobicoke
1	July 4-8	✓		✓		✓
2	July 11-15	✓		✓		✓
3	July 18-22	✓	✓	✓		✓
4	July 25-29	✓		✓		✓
5	Aug 2-5	✓		✓		✓
6	Aug 8-12	✓		✓		✓
7	Aug 15-19	✓		✓		✓
8	Aug 22-26				✓	
9	Aug 29-Sept 2				✓	



While all of our programs are co-ed, we understand that there can be social barriers when it comes to participation in sport, especially in programs that can be heavily dominated by boy participants. In order to encourage all of our campers to feel safe and confident, we offer girls only versions of our baseball, multi-sport, and basketball programs!

## Summer Camp

Location	Glenview Public School
Level	All Skill Level
Convenience	Extended Care Available

Week	Dates	Baseball (Ages 7 to 14)	Multi-Sport (Ages 4 to 12)	Basketball (Ages 8 to 14)
1	July 11-15	✓		
2	July 18-22		✓	
3	July 25-29			✓



# Different Camps Explained

## Single-Sport v. Multi-Sport

### Single-Sport Camps

Baseball, Basketball, Soccer and Flag Football

From our first summer in 2007, we have offered sport-specific camps including baseball, basketball, flag football and soccer. When registering for one of these programs, campers can expect to spend the majority of their week playing a variety of drills and games all related to the one particular sport.

### Multi-Sport Camps

Our Multi-Sport Camps allow campers to try out a variety of sports throughout the week. Campers will participate in drills and games focused on two sports per day (including, for example, soccer, ball hockey, flag football, baseball, basketball, etc.). Our schedule will likely also include other high-energy activities such as dodge ball, capture the flag, track and field events, and more!

[truenorthcamps.com](http://truenorthcamps.com)

Scroll down to the bottom of any camp page on our website to see a more detailed schedule of what to expect!





## Weekly Clinics

### Toronto

We offer after-school and weekend clinics from September to June at several locations in midtown Toronto. For 60 to 90 minutes each week, players will have an opportunity to improve their skills in baseball, basketball, flag football and/or soccer! Our clinics offer a great way for young athletes to stay active, have fun and learn something new.

## March Break Camp

### Toronto

Join us for a week of high-energy sports programming at our Multi-Sport March Break Camp! Our recreational day camp is for girls and boys ages 4-14 years old and will expose campers to a wide variety of sports in order to develop fundamental movement and sport skills with an emphasis on fair play and teamwork.

Location	Branksome Hall
Dates	March 14 to 18
Ages	4 to 12
Level	All Skill Level
Convenience	Extended Care Available

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# Birthday Parties & Team Lessons

## Toronto and Etobicoke

Our coaches are available to run a series of practices or lessons for house league and rep teams as well as pre-organized groups. Instructors will provide the direction and knowledge to help players succeed individually and as a team. We can also help you host a baseball, basketball, flag football, soccer or general sports themed birthday party! Our coaches will come to the location of your party with all necessary equipment for each sport.

Please contact us to learn more!





We are thrilled to be continuing the True North experience in Toronto and Etobicoke in 2022!

## Toronto

Our baseball, basketball, soccer, flag-football and multi-sport summer camps are located at several parks throughout Toronto.

Sport	Ages
<b>Forest Hill – Memorial Park (Spadina And Eglinton)</b>	
Baseball	7 to 14
Soccer	4 to 12
Flag Football	7 to 14
Multi-Sport (Weeks 8 And 9)	4 to 12
<b>Lawrence Park – Glenview Public School (Avenue And Lawrence)</b>	
Baseball	7 to 14
Junior Baseball	4 to 7
Basketball	8 to 14
Junior Basketball	4 to 8
Multi-Sport	4 to 12
Girls Camp	
Baseball	7 to 14
Basketball	8 to 14
Multi-Sport	4 to 12
<b>North York – Bond Park (Leslie And York Mills)</b>	
Recreational Baseball	7 to 14
Elite Baseball	9 to 14
<b>Leaside – Bennington Heights (Bayview And Moore)</b>	
Multi-Sport	4 to 12

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## Etobicoke

Our Etobicoke multi-sport (ages 4 to 12) summer camps will be located at Rosethorn Junior School and will run for one-week sessions throughout July and August. Whether you are new to a sport or an elite level player, we have something for everyone!

Location	Rosethorn Junior School
Sport	Multi-Sport
Ages	4 to 12
Level	All Skill Level







## **TRUENORTH** SPORTS CAMPS

**Thank you for taking the time to learn about True North Sports Camps!**

The last few years has been challenging for everyone. We were thrilled to have been able to offer summer camps in both 2020 and 2021 (albeit modified) with no COVID-19 cases. This summer we are hopeful to return to a more traditional version of our summer camps.

At True North, we provide a fun and safe environment that encourages campers to be active, socialize and develop their athletic skills. We believe that the campers' experience is driven directly by the quality of our staff, and as a result, we focus on hiring passionate and dedicated coaches that ensure that every athlete has a truly memorable experience. We sincerely appreciate your interest and recognize it can be difficult to get a feel for our culture and values by reading a digital catalogue or online profile. At your convenience, we encourage you to contact us to find out more about our programs and what makes us so special.

**We hope to see you in 2022!**

**Warmest Regards,**

**Blake Koester**

*Executive Director*



We would love to hear from you!

If you have any questions about our program or are interested in learning more, please do not hesitate to contact us anytime.

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