

All Star Sports Camp at the Community House in partnership with Hoops4Health

About Hoops4Health

Founded in 2010 and based in Winnetka, IL, Hoops4Health is dedicated to teaching the fundamentals of sports while promoting a healthy and active lifestyle. Our programs are rooted in a culture of care, passion, and purpose—delivered by coaches who are committed to making every experience unforgettable.

At Hoops4Health, we believe that sports are more than just games—they're powerful tools for building confidence, teamwork, leadership, and lifelong wellness. That's why our coaches not only focus on skill development, but also on building character and creating a fun, positive environment for every participant.

All-Star Sports Camp

Our All-Star Sports Camp is all about having FUN and feeling like an ALL STAR! Each day is filled with a wide variety of indoor and outdoor sports and activities that keep campers engaged, active, and excited to return. Each week will feature a unique theme and field trip, along with a variety of sports, games, and high-energy activities.

Camp Highlights:

- Designed for children ages 5-11
- Limited to 50 campers per session to ensure every child receives personal attention
- 2-week sessions offered across 8 weeks of summer:
 - June 15 – June 26
 - June 27 – July 10 (no camp July 3)
 - July 13 – July 24
 - July 27 – August 7
- Camp runs from 9am to 3pm, with optional extended day program until 5pm
- Camp curriculum combines sports fundamentals with health and wellness education
- Focus on leadership, sportsmanship, and teamwork
- Coaches bring high energy, positivity, and care to every interaction
- CPR/AED certified staff trained by the American Red Cross
- An unforgettable experience designed to spark a lifelong love for sports

Program Details:

- On the first day of camp, teams for our exciting All-Star Sports League are formed based on age groups, ensuring fair and balanced play. We do our best to accommodate friend requests so campers can enjoy the experience alongside their buddies.

- While teams are divided by age for league play, there are plenty of all-camp activities where different age groups mix and play together. This gives campers the chance to spend time with their friends as well as meet new ones, helping foster a welcoming and social environment for everyone.
- One of the standout features of our camp is the small group size, which allows for more personal attention from coaches and more opportunities to build friendships. It's the perfect balance of individual care, fun competition, and community building—all wrapped into one unforgettable summer experience.
- Every Friday is our All-Star Sports League Playoffs that includes fun games, prizes, and awards. Everyone leaves camp with at least one prize!
- A delicious daily lunch and snack are provided by Marla's Lunch is included in the camp fee. Fridays will be picnicking type food or an exciting food truck.

General Daily Schedule

8:45am – 9am	Drop Off (Pine Street parking lot)
9am	Meet in the Gym - Attendance and Morning Intro
9:15am	Warmup and Indoor Gym Activities
10am	Outdoor Activities
11am	Lunch and Movie
12pm	Lounge Time – Board Games / Trivia / Art & Crafts
12:50pm	Outdoor Activities
1:50pm	Snack (Indoors)
2:10pm	Indoor Gym Activities
2:45pm	Wrap Up
3pm	Pick Up (Pine Street parking lot)

Extended Day Program

For families needing a later pickup time or campers who simply can't get enough of the fun, our Extended Day program is the perfect choice!

This relaxed, low-key extension of camp includes:

- Down time and unwinding activities
- Movies & reading
- Creative games
- Snack time
- And more laid-back fun in a supervised, positive environment

It's a great way for campers to recharge after an active day while still enjoying the company of friends and our energetic staff.

Camp Location:

We are proud to host our camp at the Community House in Winnetka — a beautiful, historic 3-acre facility that has been a cornerstone of the community for over 100 years. With access to both indoor and outdoor spaces, campers will enjoy a wide range of sports and activities, rain or shine.

Camp Calendar:

Session	Week	Theme	Field Trip*	Activities
1 6/15-26	1	All Star Week	Par King Mini Golf	Flag Football (League Play), plus Ultimate Frisbee, Spike Ball, & Super Ball
	2	Space Jam	WNBA or Planetarium	Basketball (League Play), plus Space Blasters, Skills Challenge, Shooting Stars, & Hot Shot
2 6/29-7/10 *no camp 7/3	1	Nature & Wellness	Brookfield or Lincoln Park Zoo	Volleyball (League Play), plus Capture the Flag, Scavenger Hunt, & Newcomb
	2	Classic Sports	Chicago Dogs Baseball	Baseball (League Play), plus Bocce Ball, Croquet, Horseshoes, & Steal the Bacon
3 7/13-24	1	FIFA	College Sports Field Trip	Soccer (League Play), plus Penalty Kick Challenge, Relays, Kickball, & Kick it Like Pele
	2	Ocean Wonders	Shedd Aquarium	League Play with Backyard Bowling, Obstacle Course, Bucket Challenge, & Water Cup Relay, plus Slip-n-Slide
4 7/27-8/7	1	Olympics	Chicago Sports Museum	League Play with Relay Races, Water Balloon Race, Long Jump, Hurdles, Discus Throw, & Curling
	2	Rivalry	Arcade / Laser Tag	League Play with Pickleball, Tug of War, Egg Spoon Race, Potato Sack Race, & Ring Toss

* Field trips are subject to change, and some field trips may require campers to stay for the full day (9am-5pm). Details will be communicated to parents at least one week prior to each planned trip.

Camp Fees:

Half of the program fee is due at registration, with the remainder due May 1.

	Early Bird Fee for each 2-week session (through 12/31)	Regular Fee for each 2-week session (starting 1/1)	8-Week Fee for all 8 weeks
Camp (9am-3pm)	\$1,645	\$1,795	\$6,580
Extended Day (3pm-5pm)	\$495	\$545	\$1,980

A family discount of 5% is available when siblings attend the same session (one discount per summer). Contact Jeff at jeffw@mywch.org or 847.881.9305 for more information.

Additional Information & Policies:

Refund Policy

- 50% of the total fee is due at the time of registration and is non-refundable; the remainder is due by May 1, and no refunds are available after May 1

Waiver Form, Allergy & Medical Form, Get to Know You Form

- All required forms (sent to parents after registration) are due by April 15th

Pick Up, Drop Off, and Program Visits

- Only approved adults can pick up unless arrangements are made.
- Transportation changes including late drop-off or early pick-up must be communicated to our admin team 24 hours in advance, in writing.

Field Trip Safety

- Our counselors follow a strict field trip safety checklist that includes a Buddy System and regular roll calls.
- There are no water park/beach field trips but camp will include fun outdoor water activities during our Ocean Wonders week.
- Field trip transportation is provided by a professional school bus company.

Hydration

- Campers must bring a refillable water bottle daily
- Campers are encouraged to stay hydrated and multiple water breaks and cool down period are taken throughout the day.

Lunch

- Friday Cookouts + hot lunch options from Marla's Lunches
- Lunch in air-conditioned room.
- Campers may bring their own packed lunches; refrigeration is available. Packed lunches must NOT contain any peanuts or tree nuts.

Snacks

- Snacks are provided daily and will include items such as fresh fruit, ice cream, popsicles, etc.

Rest, Sun, & Shade

- We have rest periods throughout the day including our lunch/movie time, lounge time, and snack breaks.
- Campers are required to bring sunscreen daily
- Mandatory sunblock checks
- Multiple indoor periods to cool off

Personal Items

Please bring the items listed below each day – no other items should be brought to camp.

Hoops4Health is not responsible or liable for any lost or stolen personal items.

- Water bottle with name
- Sunblock
- Towel
- Extra t-shirt
- Lunch (if the family chooses to send a packed lunch from home)

Rainy Day Programming

- No worries if it rains – we have a ton of fun activities and games to keep the camp fun going indoors!

Allergies

- Our hot lunch vendor (Marla's Lunch) is peanut and tree nut free
- No peanut or tree nut products are allowed in packed lunches. Counselors will inspect lunches, and any nuts will be removed.

Camp Culture

- Our counselors lead by example, fostering a culture of respect and positive behavior. While we encourage kids to have fun and express themselves freely, we place a strong emphasis on always showing respect toward both counselors and fellow campers.
- We teach core values such as sportsmanship, teamwork, camaraderie, and friendship, helping students build meaningful connections and learn how to work together.
- Positive behavior is celebrated throughout the week with fun prizes and awards that recognize leadership, active listening, and kindness. These celebrations help reinforce the values we promote every day.

Camp Code of Ethics

- Campers should always be respectful to their fellow campers and coaches.
- Treat others as you would like to be treated.
- Cheer on your teammates and help them out by encouraging them and giving them positive feedback.
- Always show sportsmanship towards peers.
- Bullying, fighting, and profanity are never allowed.
- Violations of the code of ethics will be handled by the Hoops4Health administrative team on a case-by-case basis, which may result in consequences up to and including removal from the program without a refund.

Support for Your Child

- Parents are responsible to share our Code of Ethics with their child and make sure campers are clear on our policies and consequences of policies not being followed.

- Please make sure to complete our required forms. It's important that you share any relevant information— medical, behavioral, emotional—so we can create the safest and most positive experience for your child.
- Our goal is to support every child in having the best experience possible. If there's anything specific you believe would help us support your child better, we encourage you to let us know. We're here to help!

About Our Camp Director: Martin Freeman

Coach Martin Freeman has been a respected leader in youth sports for over 30 years, bringing a wealth of experience, energy, and passion to everything he does. A long-time fixture on the North Shore, Martin has coached numerous middle school teams at North Shore Country Day School, where he also served as a Physical Education teacher for 15 years.

Martin's dedication to youth development extends far beyond the classroom. He has coached local travel teams, led camps and clinics, and helped develop countless young athletes across the North Shore. As a Hoops4Health Coaching Director, and key leader of our youth programming, Martin plays an instrumental role in building a strong foundation for young players, focusing on teamwork, fundamentals, and a deep understanding of the game.

In addition to coaching, Martin serves as the head referee and league developer for our 3-on-3 League, ensuring competitive play and positive experiences for all participants. Martin also is a great mentor and motivator to young coaches and aspiring athletes.

Coach Freeman brings not only a deep knowledge of the game, but also a genuine love for teaching and mentoring young athletes. His impact on the court—and in the lives of players—continues to be profound and lasting.