



m: Ballers.ca



MLP CAMPS **HANDBOOK**

Welcome to the Move Learn Play Camp Guide.

ABOUT US

MISSION

Provide programming that maximizes movement, social time, and fun in a safe, inclusive, and developmentally appropriate environment. To help children ages 3–12 develop a love for teamwork, learning, movement, and sport.

VISION

A basketball camp, that also includes multi sport opportunities, games, highly structured, and unstructured play to provide a well rounded experiential experience for kids 3–12 years old.

COST

- \$190– 1 Week Full Days
- \$110– 1 Week Half Days
- \$50– Full Day
- \$30– Half Day

Emergency Lunch = \$10, Late fees = \$1 per minute,

CAMP SCHEDULE

- Early Drop-Off: 8:00 AM – 9:00 AM
- Full Day Camp: 9:00 AM – 4:00 PM
- Late Pick-Up: 4:00 PM – 4:30 PM (5 pm in summer only)
- Morning Half Day: 9:00 AM – 12:00 PM (no lunch) – 9:00 AM – 12:30 PM (includes lunch time)
- Afternoon Half Day: 12:30 PM – 1:00 PM: Free play / flexible arrival 1:00 PM – 4:00 PM: Official camp start and activities

SUMMER 2025



WHAT YOU WILL FIND IN OUR PROGRAMMING

- Opportunities to move in both unstructured and structured environments.
- Opportunities for all children to lead, explore, and innovate.
- Availability of developmentally-appropriate equipment.
- Exposure to fun and challenging activities that produce both success and learning opportunities.
- Opportunities to choose between a variety of activities and environments.
- High rates of participation where the potential for movement is maximized.

PREPARING YOUR MINI FOR CAMP

Camp is a fun and exciting opportunity for kids, for many families, it is on their bucket list. Please prepare your child in advance and explain what they are doing and why.

You are welcome to stay and watch for part or some of the camp, but we prefer that campers are as independent as possible. Go to work, run errands, book that massage! They are in good hands!



PREPARING YOUR MINI FOR CAMP CONT'

PERSONAL BELONGINGS

WHAT TO PACK:

All these items should be labeled in a back pack your child can carry.

- Water bottle
- Toque
- Mittens
- Neck Warmer
- Indoor shoes
- Full-day campers: 2 snacks – Half-day campers: 1 snack.
- Lunch (with an ice pack)– we do not refrigerate food.
- Sweater (with hood, ideally)
- Extra set of clothes (e.g. shorts and a t-shirt)
- Extra pair of socks
- Epinephrine auto-injector. (if required)– must be labelled and should not be expired.



WHAT NOT TO PACK:

- Toys from home
- Electronics
- Stuffed animals from home
- Sentimental items that can be lost or damaged
- Elaborate snacks
- Junk food, candy, chips should be limited or avoided whenever possible
- Food that needs to be heated or refrigerated

*Please set these expectations in advance.

PREPARING YOUR MINI FOR CAMP CONT'

MEALS

Lunch is 1 hour (30 min meal- 30 min free time) and snack breaks are 15 minutes long, which includes time to hydrate and use the bathroom all at once.

Emergency Lunches: An emergency lunch can be provided at an additional charge of \$10, charged to your Uplifter account. Your child can take any of the following: PBJ Sandwich (sun butter if allergic to nuts), ritz crackers, granola bar, carrots, cucumber, and cheese string.

Emergency Snacks: We have complimentary emergency nut-free granola bars if campers forget a snack.

Storing and Heating up Lunches:

We do not refrigerate lunches, please place an icepack inside your child's lunch. We do not microwave food, please do not send "heat up" leftovers.

Treats:

Please be mindful of the treats included in your child's lunch. We ask that candy, chocolate, and chips be limited to one or two small treats per day. Our goal is to ensure campers have balanced lunches rather than meals made up primarily of treats. Large portions of snack foods can also be challenging for other children and may lead to food sharing or trading. Thank you for your understanding and support.

PIZZA FRIDAYS

On Friday you do not need to worry about packing a lunch, we order pizza and offer campers a freezie.

GYM RIOT FRIDAYS

If your child is with us Friday please be prepared to dress them in their "team colour" that will be assigned early in the week. This will be used to have a camp "riot" where teams compete against each other in fun challenges!



ALLERGIES

We have adopted an allergy awareness policy that does not prohibit any foods.

Under no circumstances are campers allowed to share food.

If there is a pre-disclosed allergy, we will seat students away from possible allergens, wash hands thoroughly- before and after meals, and sanitize eating surfaces after each meal.

If parents warn us of a particular life-threatening allergy, we can e-mail all campers prior to camp and notify them that the allergen should be excluded from lunches and snacks.

Children with epiphenirine autoinjectors should have Epinephrine auto-injector labeled in their backpacks.

FOOTWEAR

Children should have indoor and outdoor shoes. Please place indoor shoes in their backpack, when and if needed we will instruct campers to change their shoes. If it is especially dirty, dusty, or wet we do not want to dirty the indoor space for consideration and safety reasons. Indoor shoes do not need to be pristine indoor-only shoes, they just need to be relatively clean and designated as a second pair should your mini need to switch.

All footwear should be closed-toe, children should not come to camp with open-toe sandals.

PERSONAL PROPERTY

Mini Ballers is not responsible for lost or stolen property, we make every effort to help campers keep track of all of their belongings, please leave valuable items at home. We will email an updated lost and found list if one accumulates,.



OUR TEAM OF COACHES

Who are our coaches? Aspiring physiotherapists, education students, and university athletes, big kids at heart! All have completed our background checks, training, and NCCP Respect in Sport Course. The level of experience our coaches has is incredible, from current Bison and Wesmen student-athletes, to high-performance coaches with club, and provincial team experience we are more than qualified to show your 10-12-year-olds the basics to help them take their game to the next level.

QUALIFICATIONS

Respect in Sport certification.
First Aid/CPR certifications
Clear Child Abuse Registry and Criminal Record Checks.

Our coaches are thoroughly trained in our specialized Move, Learn, Play (MLP) Curriculum and are eager and excited to welcome your mini!

GROUP WITH

Campers are divided into three age groups to ensure age-appropriate programming and themes. If your child would like to be grouped with a friend or sibling, please note this at checkout—we'll do our best to accommodate, depending on enrollment and ages. If camp numbers are low, we may combine groups into one junior and one senior group.



PARTICIPATION HESITANCY

Suggestions for parents we use.

It is normal for children to feel shy or unsure regularly or randomly in class. These are some of our tried-and-true suggestions we have found can work wonders, over time.

1. "OK" their feelings:

"Are you feeling nervous? It's ok, I feel nervous sometimes too." Do not dismiss their concerns. It will only magnify their fear/nervousness.

2. Suggest solutions through choice:

Giving them a choice on how they would like to re-engage. "Would you like me to walk you to your coach, or do you want to walk over with the other kids?" "Do you want to sit on the a blue dot or the green one?"

3. Dealing with refusal:

Play it cool. We know it's hard, but don't think of these moments as losing out on the money or the time you have invested into their experience. Tell them you will set a timer and watch for 5 minutes (or whatever time you think is appropriate) and see how they are feeling after the timer. Usually, refusal diminishes throughout the sessions as children become more comfortable with their surroundings.

4. Staying power:

In general, the more consistent and willing you are to accommodate their "moods or tantrums" the more the law of averages will kick in. After 10 weeks, you will look back and realize there were ups and downs, but in general, it was a positive experience. If a child is struggling to feel comfortable and at ease in our classes, we take note of that and try our best to "spotlight the right" and encourage any and every positive milestone. We are there to support you and your child(ren). All of the children are learning and we do not plan our lessons for 100% adherence, we expect the unexpected and respect the dignity and feelings of every child.

5. You know your child best:

These are our suggestions, but you know your child best and what will help them the most! We know you and your Mini one are doing your best! Whenever they feel ready to join in on the action, we're happy to welcome them back onto the court - with as much or as little enthusiasm from their teammates as coaches as best suits their individual needs!

CONTACT US

Contact us via email. Registered parents are provided with Camp leads phone number.

General inquiries:

General questions, comments, concerns. info@miniballers.ca

mws PARTNERS

We are a Canada Basketball verified program, insured by Basketball Manitoba, we work with MWSAA when and if possible to adapt programming for mini wheelchair basketball athletes.





Stay Connected!

Stay up to date with the latest @miniballers.ca updates by following us on social media! Feel free to share photos of your child with us by tagging @miniballersmb, so we can also repost them on our social media!



Happy with your Mini Ballers Experience?

Let us know! Please share your thoughts and experience on Google Review, Facebook,



Life is busy, thank you for reading through our policies and setting yourself up for success now and in the future. We can't wait to see you on the court!



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