

Dear Parents:

Welcome to the **JLAX Lacrosse Camp**! The camp, presented by The Sandra and Leon Levine Jewish Community Center, will run Monday, July 22 through Friday, July 26, 9:00am – 4:00pm. Jamie Schmidt and his JLAX staff will oversee all lacrosse instruction and activities. Camp will take place on the Ostrow Family Athletic Fields.

For drop off and pick up, please turn into the Providence Road entrance of the LJCC. Take a left at the stop sign at the end of the drive. Take a right turn into the big parking lot past building E. Follow the lot in front of the rotunda entrance. There will be staff at the mailboxes. If you prefer, you can park and walk your camper onto the field. Campers should not arrive earlier than 8:45am.

**CAMPERS NEED TO BRING a daily kosher lunch in accordance with the rules of Kashrut (Jewish dietary laws).**

### **WHAT IS KASHRUT? WHY KASHRUT?**

*Kashrut* is the Jewish dietary laws. They represent both the rationale and the laws regarding what traditional Jews are and are not permitted to eat. Contrary to popular belief, *kashrut* has nothing to do with rabbinic blessings or health codes. The Torah associates *kashrut* with holiness.

**All pork products are not kosher**

**All shellfish – including shrimp and lobster – are not kosher**

**Meat and milk products cannot be used together or eaten at the same meal**

Jewish Community Center food policies abide by the traditional laws of *Kashrut*. By doing so we seek to provide a program environment that can be supported by the broad spectrum of Jewish lifestyles in our community, and that is comfortable for all participants.

### **THE DO'S & DO NOT'S FOR PREPARING YOUR CHILD'S LUNCH**

All lunches, snacks and drinks served at The Mindy Ellen Levine Day Camp must adhere to the Jewish dietary laws of our community.

For those who send **lunch from home**, we rely on you to help us respect Jewish dietary laws by adhering to these simple guidelines:

1. All fruits and vegetables are acceptable with any lunch, meat or dairy.
2. All Meat must be Kosher
3. Foods are Kosher if they have special Kosher symbols on the package. The following are some of the symbols most commonly found on foods available in the Charlotte community:



4. Any foods with one of the aforementioned symbols followed by or including a (d) or (D) is an indication that the food is dairy. **Do not** serve these foods with meat products.

5. Any food with one of the aforementioned symbols followed by or including a (p) or (P) means that the food is *parve*. This means the food is neither meat nor dairy and, therefore, can be part of any lunch (i.e. eggs are *parve* and can be served with any meal).
6. All dairy products are considered Kosher.
7. Please, **Do Not Do The Following:**
  - Do Not** – Send lunches with any variety of pork or shellfish
  - Do Not** – Pack lunches with meat and dairy products together.For example: this means you should not pack a turkey sandwich with chocolate pudding for dessert; or you should not pack a Turkey and cheese sandwich.
  - Do Not** – Send lunches from fast food restaurants. Such food is usually not kosher.
8. To assure that meat and milk lunches are not mixed, **campers will not be allowed to share their lunches with others.**

Campers should also bring a water bottle, comfortable clothes, sneakers, sandals/flip-flops, a swimsuit, towel, and sunscreen. Please label all camper belongings. Campers will also have free swim daily. Each camper will take a brief swim test in order to do so.

### **Important Forms Online**

Emergency Information Form, Registration/Medical Release Form, Permission to Administer Medications Form, Transportation Permission Form. Please complete the Emergency Information Form and the Registration/Medical Release Forms online before the first day of camp.

In addition, if your child needs to take prescribed medication, please fill out the permission form and bring any necessary medication with written instructions on the first day of camp. Please label all medications.

If your camper is getting a ride with anyone other than your family, you must fill out the transportation permission form enclosed.

Please note that CAMP ENDS DAILY AT 4:00pm. If you cannot arrange for a ride to pick up your camper at that time, you must register for PM care at the LJCC, 4:00 – 6:00pm.

AM care is available daily, Monday through Friday at the LJCC, 7:00-9:00am and PM care is 4:00-6:00pm. The cost per session is \$65 for LJCC members, \$75 for non-members. You must register for AM and/or PM care. You can do so at the LJCC front desk.

If you have any questions on any of this information, please contact me at the Levine JCC at (704) 944-6743 or email at [stephanie.garner@charlottejcc.org](mailto:stephanie.garner@charlottejcc.org).

**PLEASE NOTE: ALL FORMS ARE DUE BEFORE the first day of camp. Your child will not be able to participate without all necessary forms on file.**

Looking forward to having a great week of camp,

Stephanie L. Garner,  
Levine JCC Sports Director