



Dear Parents:

Welcome to the **Levine JCC Tennis Camp!** We are looking forward to a great week of tennis and fun!

For drop off and pick up, please turn into the Providence Road entrance of the JCC. 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 to the mailboxes. **Drop-off and pick-up will be by the mailboxes in front of the rotunda.** If you prefer, you can park and walk your camper to the mailboxes or to the track if it is after 9:10am.

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, a swimsuit, towel, and sunscreen and a tennis racket. Please label all camper belongings. Campers have free swim daily. Each camper will take a brief swim test in order to do so.

PLEASE NOTE: ALL SPORTS CAMPS FORMS ARE DUE PRIOR TO CAMP START DATE. Your child will not be able to participate without all necessary forms on file.

Please note that camp begins promptly at 9:00 am and ends promptly at 1:00pm (for half day participants) and 4:00pm (for full day participants). If your child needs to be dropped off before 9:00am or picked up after 1:00pm (half day) or after 4:00pm (full day) you have an option to register for AM/PM care. This is a separate registration from tennis camp and space is limited. To register for AM/PM care please contact customer service at 704-366-5007.

Looking forward to having a great week of camp,

Gregory O'Connor
Director of Tennis
gregory.oconnor@charlottejcc.org