



10x Nora Oliver Summer Program

Parent & Guardian Handbook – Summer 2026

Email: nora@noraoliver.com

Phone: 781-888-5354

Welcome Letter

Dear Parents and Guardians,

Welcome to the 10x Nora Oliver Sports Program! We are beyond excited to have your child join us for a fun-filled and empowering summer experience. Our mission is to provide a dynamic and inclusive environment where children can explore a variety of sports, stay active, grow in confidence, and make lasting friendships.

Our staff is passionate about promoting teamwork, positive mindset, and respect while ensuring each child has a safe and memorable experience. Thank you for trusting us with your child, we're looking forward to helping them thrive this summer!

Warmly,

Nora Oliver

Founder & Program Director



Program Overview

Location: Hormel Stadium, 90 Locust St, Medford, MA 02155

Program Dates: Weekly sessions throughout the summer (Monday through Friday)

Daily Hours Full Day: 8:30 AM – 4:00 PM

Drop-Off Time: 8:30AM (at your convenience)

Pick-Up Time: 4:00 PM

Our program introduces children to a wide variety of sports and structured activities such as:

- Soccer
- Track
- Volleyball
- Tennis
- Flag Football
- Arts & Crafts
- Water Play & Cool Mist
- Structured Team Building Games and lots more

We focus on effort, enjoyment, and engagement, placing value on sportsmanship and development over competition.

Meals & Snacks

Lunch Time: 12:30 PM (Daily)

Please pack plenty of your own food for your child's lunch and snacks. Children burn a lot of energy during our active days and often get extra hungry, especially in the summer. We strongly encourage extra portions to avoid hunger during the day.

- Full-Day Students (8:00 AM – 4:00 PM): Please pack 2 snacks and lunch



- Pack plenty of water- we can keep extra waters in the fridge to keep cool.

Important: We do not share food and cannot provide food due to allergy risks. Your child must bring their own food daily.

What to Bring Each Day

Please ensure all belongings are labeled with your child's name.

- Lunch and required snacks
- Refillable water bottle
- Sunscreen (labeled)
- Sneakers and athletic clothes
- Towel, Swimsuit, water shoes/sandals (for water play)
- Hat and sunglasses (optional)
- Medications i.e. EpiPen etc (with signed medical release form)

Pick-Up Policy & Authorized Contacts

Children may only be picked up by individuals you authorize on the Child Awareness Form.

- ID will be required at pickup (until we get to know you).
- We must have written consent in advance for any new pickup individuals not listed on your original form.
- In emergency situations, please call or email as early as possible.

For the safety of all children, we will not release a child without proper ID and prior authorization.

Health & Safety

Your child's well-being is our highest priority.

Please notify us of any medical conditions, allergies, or medications on your child's registration and awareness forms. Children who require medication must provide it in its original packaging, labeled, with signed release forms.



Sunscreen, EpiPens, and Medication

- Please apply sunscreen before arrival each morning. Staff will reapply as needed with your permission.
- If your child requires medication such as an EpiPen, inhaler, or daily medication, it must be provided with a signed Medication Administration Form.
- We cannot administer any medication without written consent.

Behavior Expectations

We maintain a respectful, kind, and inclusive environment. Children are expected to:

- Be respectful to peers and staff
- Follow safety rules and directions
- Refrain from physical or verbal aggression
- Participate in group activities with a positive attitude

Repeated behavioral issues will lead to parent notification and may result in dismissal from the program if safety or program integrity is affected.

Contact Information

Program Director: Nora Oliver

Email: nora@noraoliver.com

Phone: 781-888-5354

Feel free to reach out to us with questions, suggestions, or updates regarding your child's participation.



Parent Acknowledgment

I acknowledge that I have read and understood the 10x Nora Oliver Sports Program Handbook and agree to the policies and procedures outlined above.

Child's Name: _____

Parent/Guardian Name: _____

Signature: _____

Date: _____

10x Nora Oliver Sports Program – FAQ

1. What are the program hours?

Full Day: 8:30 AM – 4:00 PM

Drop-off begins at 8:30 AM. Pick-up is promptly at 4PM.

2. Where is the program located?

Our program takes place at:

Hormel Stadium

90 Locust St

Medford, MA 02155

3. What sports and activities are offered?

Children will experience a mix of sports and structured play including:

- Soccer



- Track
- Volleyball
- Tennis
- Flag football
- Arts & Crafts
- Water Play & Cool Mist
- Team-building games
- Mindset and leadership activities

4. What should my child bring each day?

- Lunch and snacks
- Refillable water bottle- pack extra water
- Sunscreen (labeled)
- Sneakers and athletic wear
- Swimwear, towel, and flip-flops/water shoes
- Any required medications (with signed medical release form)

5. What time is lunch and snack?

Lunch is at 12:30 PM.

- Full-day students: bring 2 snacks and lunch

Please pack extra food, children tend to be very active and get hungry!

6. Do you provide food or drinks?

No. We do not provide food or drinks and do not allow food sharing due to allergy concerns (siblings may share as long as no allergies). Please send your child with all necessary meals and beverages for the day.



7. What is your pick-up policy?

Only individuals listed on your child's Contact/Pickup Form may pick up your child.

A valid photo ID is required at pickup.

If someone else needs to pick up your child, we need written consent in advance.

8. What if my child has allergies or medical needs?

Please list all allergies and medications on the Child Awareness Form.

EpiPens, inhalers, and other medications must be clearly labeled and accompanied by a signed Medication Administration Form. Staff is trained in basic first aid and EpiPen administration.

9. Is sunscreen reapplied during the day?

Yes, if permission is given. Please apply sunscreen to your child before drop-off. Staff will assist with reapplication as needed throughout the day.

10. Can my child walk or bike to camp?

Only with written permission from a parent or guardian.

11. What happens if there's bad weather?

Activities may move indoors or be adjusted for safety. In the event of severe weather, we will contact parents via email or phone.