

Tentative Camp Schedule

Tuesday

2:30 - 4:00 - Arrive & Check in

4:00 - New Camper Orientation

5:00 - Supper

6:00 - Flag lowering and vespers

6:30 - Get Acquainted with your group

7:15 - Camp rules

7:30 - Get Acquainted Recreation

8:30 - Concession stand open

9:00 - Prepare for campfire in your groups

9:30 - Campfire followed by evening snack

10:15 - To cabins, get to know your cabin mates, get settled in and ready for bed

11:00 - Lights out!

Wednesday through Friday

6:30 - Early bird activities - if you are an early riser, come to main camp for some fun

7:30 - Rise and shine for the rest of the sleepy heads!

8:00 - Breakfast - (Friday is breakfast in bed!!) - followed by morning announcements, flag raising, cabin and restroom cleanup

9:30 - Optional sessions - pick one of the activities offered

10:30 - Optional session - pick one of the activities offered

11:30 - Free time

12:00 - Lunch

1:00 - Rest time in cabins

1:30 - Group meetings

2:00 - Optional sessions - pick one of the activities offered

3:00 - Group meetings

3:30 - Whole camp activities

4:30 - Free time

5:00 - Supper

6:00 - Flag lowering and vespers

6:15 - Playtime

7:15 - Evening program

8:30 - Concession stand open

8:45 - Prepare for campfire

9:30 - Campfire followed by evening snack

10:30 - To cabins

11:00 - Lights out

Saturday - Wake up, eat breakfast, pack for home, clean up camp, watch the camp slide show, and head on home!!!

Campers must be picked up by 11:00 a.m.—Saturday, June 18

Preparing Children for Camp

While at camp your child will be learning to live in a group atmosphere, that includes:

- assisting with clean-up and chores such as sweeping, washing tables, trash pick-up, cabin and restroom clean-up.
- keeping their own belongings neat and tidy.
- being respectful of others' belongings and personal space.
- working cooperatively with cabin mates and in groups.
- showering and changing in restrooms and cabins - there is privacy but it's not like your own bedroom or bathroom at home.
- following directions from teen cabin counselors, cooperation is expected at all times.

Prior to camp, parents should also talk with campers about the importance of:

- wearing sunscreen and (especially) bug spray. Have your child practice applying both, so they understand how to do it safely on their own at camp.
- drinking lots of fluids (not pop!) to stay hydrated on hot and active days.
- eating at meal times - at home, some children may eat when they are hungry and not at a set meal time. It is important to understand that there is not food available "on demand" unless there is a medical condition that requires food between meals.
- eating the meals provided. Camp food is comparable to school food, I try to pick "kid friendly" foods like pizza, chicken patties and spaghetti. There is a salad bar at lunch and supper and a breakfast bar with granola bars, fruit offered daily. A peanut butter and jelly sandwich option can be offered if a camper truly does not like the meal. It is important to eat, we are very active at camp and burn a lot of energy!

Prior to camp, prepare your child for "independent living" at camp:

- prepare your child to care for him/herself. Have them practice picking out their own clothes, making their bed, staying with a friend for the weekend, etc. Personal hygiene - showering, washing and brushing hair.
- problem solve with your child. Discuss "What if.. you don't feel well at camp? You don't remember where to go next?..." (Our counselors are there to help with these types of questions).
- talk about missing home and how to cope with that. Pack a family picture, send pre-addressed stamped envelopes and letter writing supplies. Tell your camper that "feeling lonesome is okay, but we want you to have fun! Think of all the things you'll have to tell me when you get home!"
- do not impress your fears on your child - statements like "I know you will be homesick" or "I know you won't like the food" will set your child up for homesickness and give them permission not to like camp without giving it a chance.
- strongly avoid statements such as "If you don't like camp you can come home". Children who are experiencing difficulties adjusting to camp will compound the problem by not giving it a fair chance. They will close their minds to adapting to camp, and focus immediately upon going home.

Things you and your child can do to understand more about 4-H camp:

- review the enclosed schedule - we are active from rise and shine to lights out!
- understand that cell phone use is strictly prohibited by 4-H policy! If a camper is homesick, I as camp director or the camp nurse will contact you to determine the best plan for your child.
- talk with other parents and friends to learn from their experience.
- introduce your child to others who have been to camp or who will be attending camp this year.
- talk with 4-H Staff with questions and concerns. Lori and I have experienced camp in many different ways: as camp director/assistant director, as "homesick moms" when we went to camp and our children stayed home, as moms of first year campers and lastly experienced campers and counselors. We will be happy to share our ideas from both a personal and professional point of view!