

2009 Summer Resident Camp Schedule

Session 1	July 5 - July 11
Session 2	July 12 - 18
Session 3	July 19 - 25
Session 4	July 26- August 1
Session 5	August 2 - 8
Session 6	August 9 - 15
Session 7	August 16 - 22
Session 8	August 23 - 29

Session 9(Day Camp)August30-September 4

Teen Camp/Teen XL/ Counselors in Training

Session 1	July 5 - 18
Session 2	July 19 - August 1
Session 3	August 2 - 15
Session 4 (Teen Camp Only)	Aug 16-Sept 4

Family Camp
Memorial Day May 23 - 25
Labor Day September 5 - 7

YMCA Camp Collins Family Handbook



YMCA Camp Collins
3001 SE Oxbow Parkway
Gresham OR 97080
Phone: 503-663-5813
Fax: 503-663-2323
www.campcollins.org



Table of Contents

Welcome Letter	2	Camp Schedule	11
Partnering with Parents	4	Meals	12
Helping Campers Succeed	4	Mail	12
Camper Commitment	4	Emails	13
Camper Behavior Management	5	Care Packages	13
Packing for Camp	6	Medical Care at Camp	13
Changing Sessions & Refunds	7	Insurance	14
Check-In	8	Emergency Communication	14
Arrival Times	8	Missing Home (Homesickness)	14
Cabin Assignments	9	Open House	15
Camper Health/Medications	9	Evaluations	16
Camp Store	9	Contributions	16
Check-Out	10	Day Camp	17
Lost & Found	10		

YMCA Mission: To put the Christian principles of, love, respect, honesty, responsibility and service into practice through programs that build a healthy spirit, mind and body for all .

Dear Parent or Guardian,

Thank you for choosing YMCA Camp Collins! Our goal is to provide every child/teen with a fantastic camp experience. We strive to create opportunities for personal growth and new friendships while always keeping physical and emotional safety a priority. We hope that YMCA Camp Collins becomes a yearly tradition in your family.

Along with the handbook, several important forms are included in this packet. Please complete these forms and bring them with you to check-in.

The forms are:

- **Photo Identification Form and Camp Store Deposit Form.** The Photo Identification Form is used to authorize specific individuals to pick-up your child at camp. Please be sure to list parent/guardian names on the Photo Identification Form. Only people on this form will be able to pick-up your camper. The Camp Store Form is used to deposit money in the camp bank for your child to use at the store. Driving directions to camp are included on the back of this form.
- **USDA Confidential Summer Meal Application.** This form gives camp information so that it can participate in the USDA Free and Reduced Lunch Grant program. The information on this form is kept secure at camp. Only one form is needed per family. We appreciate your help so that we can comply with the USDA program requirements.
- **Health and Medical History Form.** This form provides important medical information to YMCA Camp Collins. It also gives camp personnel permission to provide necessary treatment or emergency care. Campers will not be admitted to camp without a completed and signed Health Form.
- **Letter to My Counselor and (on reverse) Letter to My Child’s Counselor.** This form provides you and your child an opportunity to communicate with the Cabin Counselor. This letter is very important. Counselors gain valuable insights that help them facilitate a positive experience for each camper. Please complete your respective sides.

Campers will not be admitted without completed paperwork.

Please bring these completed forms with you to check-in for your child's session (see Page 8 and Page 10 for details on camper pick-up and drop-off times). Please do not mail or fax these forms to camp.

Reminder: Our office must receive the balance of your camp fees by **June 1st**. Please send your balance due as soon as possible to: YMCA Camp Collins, 3001 SE Oxbow Parkway, Gresham OR 97080. An unpaid balance may result in the loss of your space at camp.

On the following pages you will find information about your camper's stay at YMCA Camp Collins. Please read it thoroughly, fill out the enclosed forms and bring them with you to camp when you check your child in. Please call or email our office if you have any questions or concerns about your child's session at camp. Contact us at YMCA Camp Collins Monday through Friday 8:30 am- 4:30 pm at **(503) 663-5813** or e-mail at **CampCollins@ymca-portland.org**.

Thank you for your attention to these important details. We look forward to seeing you and your camper this summer!

Sincerely,

Willard Burks
Executive Director
wburks@ymca-portland.org
503-663-7966

Colin Higbee
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Preparing for Camp

Partnering with Parents

YMCA Camp Collins will make every effort to help your child have a wonderful camp experience. Parents can help by letting us know in advance by calling the Program Director at 503-663-3190 or by including information on the registration form about specific behavioral, health-related, emotional or other issues that affect your child. With sufficient notice, we can contact parents in advance of arrival at camp to discuss strategies to ensure their child's success.

Helping Campers Succeed

The following can act as a guide to communicating with your child about different aspects of camp. The number one characteristic of a successful camper at YMCA Camp Collins is that *the camper wants to be at camp*. Campers who understand what to expect at camp and want to get the most fun out of their stay will create a successful experience for themselves and others.

Camper's Commitment (Found on the registration form): I want to become a camper at YMCA Camp Collins. I understand I may not possess or use tobacco products, alcoholic beverages, or non-prescription drugs while at camp. I will do my best to follow instructions, remain in designated areas, and keep others and myself safe. I will do my best to make this a good experience for my fellow campers and myself. I understand that failure to live up to this promise might result in my dismissal from camp without a refund.

Happy Campers are: Emotionally stable and independent enough to enjoy the camp experience; able to care for themselves at an age-appropriate level, maintain basic hygiene (brushing teeth, showering, table manners, etc.), emotionally appropriate with peers and staff and physically safe with self and others. We expect campers to uphold the YMCA values: Love, Respect, Honesty, Responsibility and Service.

YMCA Camp Collins offers a recreational program. Participating fully in activities is important and expected. The camp experience does not include phones, TV, computers, or candy at our store. Resident campers sleep on bunk beds in a cabin or yurt, usually with 9-10 peers, and

2 staff. Camp is physically active, with long days (7 am- 10 pm). Our schedule is very structured. Sharing and group-building activities are a regular part of cabin activities. There is a rest period of one hour on most days.

Teamwork is a big part of the camp experience. Many of our activities are designed to give campers the opportunity to take a step out of their comfort zone (i.e. climbing tower, group building, overnight campout, etc.). As part of group living, campers will participate in cabin and camp clean up, eat meals served family-style and travel around camp with a group, or at least with a buddy, at all times.

Camper Behavior Management is implemented with care and respect by our staff. There are some times when a camper's behavior detracts from the overall experience of the cabin group by requiring excessive one-on-one attention from the staff. As a commitment to the success and enjoyment of camp by each camper, we want you to know our usual steps for redirecting challenging behavior.

- Cabin Counselors will talk about the specific undesirable behavior with the camper and together make a verbal corrective plan for success. The Cabin Counselor will let his/her Unit Director know what has happened.
- If the behavior continues, the Unit Director will have a conversation with the camper and create a plan for change. After a conversation with the Program Director, the Unit Director will call the camper's home, explain what has happened, let a parent know the approaches that we have tried, and ask for advice with the situation ("what do you do at home when ____ occurs?" "Is there something that might be causing this behavior?" "Do you have any suggestions?") Our partnering with parents has been very successful! However. . .
- If the behavior continues, we will involve the parent in a phone conversation with the camper. This call would be initiated and supervised by the Unit Director and/or Program Director.
- And, unfortunately, there are situations when campers are removed from camp activities and parents are asked to pick up their child from camp without a refund. This, of course, is not our preference, but for the well-being and safety of the whole group, or as a logical consequence for continued inappropriate behavior, dismissal from camp may be required by the Program Director.

- There are also some behaviors that may result in immediate dismissal from the camp program. These include, but are not limited to: physical violence, possessing alcohol, tobacco, or drugs, damage or theft of property, sexual misconduct and bullying. will involve the parent/guardian in a phone conversation with the camper. This call would be initiated and supervised by the Unit Director and/or Program Director.

Packing for Camp

Please make sure that your camper's clothes provide adequate coverage for their active time at camp; *spaghetti strap tank tops, string bikinis, short shorts, shirts that do not cover the midriff, and pants that reveal undergarments do not belong at camp.* Clothing with inappropriate or disrespectful logos/topics, such as alcohol or tobacco, should also be left at home.

Clothing

- Socks (7-8 pairs)
- Shorts (2-3 pairs)
- Swimming Suit
- Jacket or Coat
- Underwear
- Pants (2-3 pairs)
- Shirts (4-5)
- Pajamas
- Shoes (2 pair: one comfortable, sturdy walking pair with backs and one for getting wet and dirty with backs)

Other

- Water Bottle
- Flashlight & batteries
- Camera/film
- Stationary, pens & stamps
- Playing Cards
- Plastic Bag (for dirty clothes)

Bedding & Toiletries

- Sleeping Bag
- Pillow
- Towels and washcloths (2)
- Comb or brush
- Lip Balm
- Toothbrush/paste
- Sunscreen
- Deodorant
- Insect Repellent (lotion or wipes, no spray please)
- Feminine Products

Please label everything with your child's name!

We recommend having your camper help you pack for camp, so they will be able to find items in their bag and identify which items are theirs.

Continued on Page 7

What Not to Bring

Camp is a natural setting and our program is focused on building relationships. Many electronic items distract campers and can create conflict. We ask that campers please leave *radios, cell phones, Discmans, iPods, hair dryers, curling irons, and electronic games* at home. Also, please do not bring *food, candy, gum, knives, weapons of any kind, alcohol, tobacco, drugs, inappropriate reading material and/or valuables* home.

Changing Sessions & Refunds

Should it become necessary to cancel or change your child's session, please contact the YMCA Camp Collins office at 503-663-5813.

Changes can be made three weeks prior to the start of the registered session as long as there is space in the desired session.

One-half of the total camp fee is refundable three weeks prior to the start of the session. There are no refunds given if a child leaves camp early for any reason, drops within three weeks of the start date or does not show up on the first day of their camp session.

The First & Last Day of Camp

Check-In

Please bring the forms in this packet with you to check-in for your child's session.

Arrival Times

Check-in on Sunday* is staggered because of limited parking. Please follow the schedule below based on the camper's last name. Our staff will be involved with final preparations for camp up until 2:00 pm, so an earlier check-in is not possible.

Sunday 2:00 S-Z
2:20 M-R
2:40 G-L
3:00 A-F

* For Pioneer campers starting a session on Wednesday (7b or 8b), check-in is from 2:00- 2:30 p.m.

Please be prepared to walk up to 250 yards to the cabin with your camper and luggage.

There are two steps to check your child in at camp:

1. The first stop for check-in takes place in the Dining Hall at camp. There will be staff in the parking lot and along the main trail to direct you where to go. In the Dining Hall, you will leave the Photo Identification Form/Camp Store Deposit, the USDA Confidential Summer Meal Application and the Health Form with the appropriate staff. You will also drop off any medications and speak with the Health Officer. The last step in the Dining Hall will be a lice check; you may then proceed to the cabin with your child.
2. Upon arrival at the cabin, you will meet the Cabin Counselor, leave your Letter to the Counselor form with them and help your child get settled.

Parents and guardians are urged to leave camp shortly thereafter, so that campers can become actively involved in the camp program right

away! Building relationships with their cabin-mates will be easier once the adults they come with have left. If you suspect your child may become homesick, please don't delay your departure from camp- he or she will be in good hands.

Transportation

All families must provide their own transportation to and from resident camp. Driving directions are printed on the back of the Photo Identification Form included in this packet.

Cabin Assignments

We make every effort to place campers with "cabin buddies" as indicated on the registration form. We have learned from experience that placing three or more requested campers together tends to negatively impact cabin dynamics. Therefore, campers may mutually request one person only, within one year of the camper's age, on their registration forms. Please understand that it may not be possible to fulfill all requests.

Camper Health

Please bring medication in its original container. Prescription medication needs to be in the camper's name. Parents and guardians will have the opportunity to speak with the Health Officer in order to give specific instructions about their child's medication.

Please check your camper thoroughly for head lice during the weeks leading up to camp. All children will be checked for lice upon arrival in camp. Children will not be able to attend camp while there is evidence of lice.

Please see Page 13 to learn about our procedures if your child/teen becomes sick while at camp.

The Camp Store

The camp store carries clothing, stuffed animals, cameras, and other camp momentos ranging from \$0.25- \$30. The store also carries stamps, toiletries and other personal items. Food is not sold in the camp store.

Check-Out

Check-out on Saturday* is staggered because of limited parking. Please follow the schedule below based on the camper's last name.

Saturday 9:30 S-Z
9:45 I-R
10:00 A-H

Check-out is closed at 10:30. Adherence to this schedule is greatly appreciated.

* Pioneer Sessions 7a and 8a will end Wednesday morning at 10:00 am

1. You will pick up campers outside of their cabins. The Cabin Counselor will give you the Photo Identification Form, a cabin photo and any remaining medications. Gather their belongings and keep the Photo Identification form accessible.
2. As you are driving out of camp, before you reach the end of the parking lot, you will be asked to show the Photo Identification form and picture identification. Only people whose names appear on your child's form will be able to leave camp with him/her. This step in our check-out process is designed to ensure that campers only leave with adults who have been approved by a parent or guardian.

Consecutive Sessions

Campers registered for consecutive sessions must be picked up and dropped off as specified above, as staff members are taking well-deserved **time off**. Accommodations between sessions are not available.

Lost and Found

We will make every effort to return lost and found items while your child is in camp. Please label items plainly with your child's name to help staff identify the owner of lost and found items. Unclaimed items will be brought to the check-out area on the last day of the session. Please look to see if your child is missing any items. After one month, any unclaimed items will be donated to a local charity. *YMCA Camp Collins is not responsible for lost, stolen or damaged articles.*

While at Camp

Camp Schedule

Weekly highlights at YMCA Camp Collins include theme meals, an overnight camp-out, Friday night closing campfire and much more!

Time is spent as a cabin group (excluding Questor specialty, which are coed groups of age-mates). A typical day at camp looks like this:

7:00 a.m.	Good Morning!
8:00 a.m.	Breakfast Cabin Clean up Chapel (focused on one our 5 Core Values: Love, Respect, Honesty, Responsibility and Service) 2 Cabin Activities/Questor Specialty*
12:20 p.m.	Lunch Rest Time 2 Cabin Activities/Questor Specialty* Snack Swimming in the Pool
5:45 p.m.	Dinner Twilight Activity (with other cabins in their Unit) All-Camp Evening Activity
9:30 pm	Embers (A time to reflect on the day)
10:00 p.m.	Lights Out

* Each Questor camper will have either morning or afternoon specialty.

A Note on Showers

Days at camp are busy and full, and our schedule does not have an assigned daily shower time for campers. All campers shower after their overnight camp-out and once more during the week. If your child needs more than two showers during their camp session, please tell your child's cabin counselor.

Meals

Meals are served family style in our Dining Hall. Campers sit as cabin groups for most meals. Friday night dinner is an all camp BBQ outside! A snack is available each day. Below is a sampling of some typical meals:

Breakfast: All breakfasts include options of a cereal bar, as well as the hot meal.

Pancakes & Bacon	Eggs & Hash browns
Breakfast Burritos	French Toast

Lunch: All lunches include a fresh salad bar.

Pizza	Tacos
Sandwiches	Macaroni & Cheese

Dinner: All dinners include a fresh salad bar and a dessert.

Spaghetti	Baked Chicken
Ham & Au Gratin Potatoes	Chili

During check-in you will have an opportunity to communicate food allergies or other food restrictions to our kitchen staff. *If your child has a severe food allergy or restriction, please call the Program Director at 503-663-3190, so that we can do our best to accommodate his/her needs.*

Mail

To help your child make a smooth transition to camp, try to write them regularly. You can start the letters before your camper arrives, so a letter will be waiting on their first full day of camp. Mail from pets, siblings, relatives and friends are great ways to show your love and support for your child. Funny cards and picture postcards are great too. Ask questions about camp and try to avoid telling your child how much you miss them. Short declarations of love, such as "We're so proud of you," or "We love you," or "See you soon" are just what children want to hear. Please address mail to your child as follows:

Child's name, Cabin Name (if known)
YMCA Camp Collins
3001 SE Oxbow Parkway
Gresham OR 97080

Emails can be sent to: campermail@ymca-portland.org. Please include your child's full name and cabin name (if known) in the subject box. Campers will not be able to send emails while at camp. *Emails sent after 11:00 am will be delivered the next day.*

If you don't hear from your child, don't worry! He/she is probably having fun and letter writing sometimes feels like a chore to children.

If you receive a letter from your camper that concerns you, please contact the Program Director, at 503-663-3190. We will investigate the situation through conversations with both the camper and the counselor and get back to you right away.

Care Packages

Putting a small gift in a letter or sending packages is a treat your child will appreciate. However, we need your help: please do not send food, candy, or snacks to camp. Packages with food or candy are an invitation to ants or rodents to come and get dinner! Also, candy/food from home can negatively complicate camper relationships. We provide campers three full meals and a snack each day.

If you wish to send a care package, inexpensive non-food items (including books, non-electronic toys, travel games, puzzles and the like- especially one the whole cabin can enjoy) will show your child you care about and are thinking of them, and will not disrupt the camp environment. Please remember to allow time for shipping!

Medical Care

Our Health Officer is in residence at our Health House. In case of an emergency, arrangements for treatment have been made with Mt Hood Medical Center in Gresham, which is seven miles from camp. Should any serious accident or illness occur at camp, parents or guardians are notified immediately. In case of minor illness, parents are informed if their child remains in the Health House for more than 24 hours.

We reserve the right to send a child home if the Health Officer concludes that it is in the best interest of the child or the other campers in their cabin. If you plan to be away for any length of time during your child's time at camp, please arrange for a relative or friend to be able to pick up your child should he or she become ill. Please include their name and telephone number on the Photo Identification Form.

Insurance

All campers at YMCA Camp Collins are covered by the camp's accident policy, which is secondary coverage to the family's own insurance.

Emergency Communication

In case of a medical or family emergency at home, contact YMCA Camp Collins at 503-663-5813 or use the emergency pager at 503-441-1472. After office hours, our voice mail system will give you a link to the pager and an opportunity to leave a message for the Program Director.

Telephone Contact

Parents may contact camp at any time to get a report on how their child is doing from the Program Director at (503) 663-3190. Our experience is that campers' telephone conversations with parents tend to exacerbate or kick-start homesickness, so campers do not have access to a telephone. In the event a child requests to make a phone call, permission to do so is granted at the Program Director's discretion. Staff will make advance contact with the parent/guardian to discuss the situation.

Missing Home (Homesickness)

Prepare your Child

For most children (including those who have been to camp before), missing home is something they experience at camp. Parents/guardians can play a big role in helping their child to overcome homesickness before and during camp.

Develop Realistic Expectations

Developing realistic expectations about camp is very important. Parents can sometimes over-glamorize the camp experience.

(“Honey, you’re going to have the best time of your whole life!” or “You’ll make the greatest friends you’ve ever met!”) Going away to camp will be fun and worthwhile, but it is important to make sure your child understands it may not be fun every minute. There may be problems to solve, feelings of worry or sadness to overcome, and/or insecurities to work on and these problems and feelings are normal.

Go ahead and talk about the fun they’ll have, but also discuss rainy days; about liking some people more than others (both campers and counselors); about making choices at camp; and how it can be tough to not get your way when a group is making decisions together. Talk about spending the night outside with their cabin group sleeping in the woods. Discuss worries they might have about not being “good” at an activity or about making friends. By doing this you help children understand their feelings, so they are better able to recognize and cope with them.

Visit Camp Early

Many children fare better at camp if they are able to see where they will be staying. Consider taking a trip to visit camp during an Open House, so your child will have an opportunity to see the cabins and other facilities. While you are at camp, discuss what it will be like.

Cautious children especially need to know: what a cabin looks like inside (where they will sleep, put their clothes, etc); who else will be in the cabin (usually 10 campers and 2 staff members); where the bathrooms are; where the Dining Hall is and how they’ll get food.

For More Information

Additional resources regarding preparation for camp and reducing feelings of homesickness are available on the American Camp Association website, www.campparents.org. Or you can call the camp office and we will send you a copy of some additional proactive strategies.

After Camp

Evaluations

As you leave camp, your family will receive instructions of how to complete an evaluation. Please take the time to give us feedback. If you see or hear of a problem with any part of our program or staff, please contact the YMCA Camp Collins office immediately, so that corrections can be made. We take all feedback that we receive very seriously and welcome your input as we strive to continually improve our programs. We also enjoy passing on positive comments to the staff members who work very hard to create a positive experience for every camper. If you’d like to speak to someone directly about your evaluation, please call the Program Director at 503-663-3190.

Contributions

Tipping of individual staff members is not permitted, but you can show your appreciation by making a donation to the YMCA Camp Collins Campership Fund. Each year we raise over \$100,000 to send children to camp.

If you would like to learn more about our Campership Fund or how you can be involved in YMCA Camp Collins please contact Willard Burks at wburks@ymca-portland.org.

Notes

Day Camp

We provide daily bus service to and from the **Alameda Elementary School**, 2732 NE Fremont; **Gresham United Methodist Church**, 620 NW 8th St., Gresham (take Division one block west of Eastman Parkway, then south one block on Norman St. to the Church); and **North Clackamas Aquatic Center**, 7300 SE Harmony Rd. *Please indicate which site you will be using during the time of registration AND check the appropriate box on the Photo Identification Form.* Please call if you have questions about our pick-up/drop-off locations.

Each morning you will sign your child in at one of the drop-off points and YMCA staff will supervise your child until the bus arrives. Campers will load up and YMCA staff will do a final name call to make sure everyone is aboard and ready for a full day. Each evening when your child returns from camp, two YMCA staff members will organize a systematic procedure to ensure a safe and speedy check-out. There will always be a YMCA staff member and a YMCA driver on the bus with your child(ren) to ensure their safety while the bus is in motion.

SCHEDULE	ALAMEDA	GUMC	NCAC
Supervision begins:	7:30 am	7:30 am	7:30 am
Bus Departs at:	8:00 am	8:30 am	8:00 am
Bus Returns at:	5:45 pm	5:15 pm	5:45 pm
Supervision ends:	6:00 pm	6:00 pm	6:00 pm

A late fee of \$10 per child will be charged for every 15 minutes we extend supervision. If applicable, this fee will be billed to you at the end of the session.

Bringing Your Day Camper to Camp

If you prefer, you may bring your child directly to camp. Day Camp Staff will begin supervision at YMCA Camp Collins at 8:30 am. Check-in and check-out will take place at the Day Camp Tent (in the center of camp). Parents and/or guardians will be required to walk their children to the Day

Camp Tent from the parking lot in order to officially sign their child in each day. You will pick-up your child from the Day Camp Tent as well. Supervision at YMCA Camp Collins will end at 5:00 pm, and the same fee of \$10 per child for every 15 minutes of extended supervision will apply.

Packing List for Day Camp

We will spend almost all of our time outside. Please dress your camper in layers of comfortable play clothes. You do not need to send food with your camper, we will provide a delicious lunch and snack.

1. Sturdy shoes (sneakers with backs) are mandatory for outdoor tag games and exploration through the rough terrain. Wearing sandals or open toed shoes may result in stubbed toes, bruised heels and/or other foot related injuries.
2. Swimming suit and towel everyday
3. Sunscreen
4. A lightweight jacket and rain gear if it looks like rain.
5. Please put all items in a backpack. Children have limited individual/group storage space.

Notes