



CAMP Y- OWASCO

PARENT HANDBOOK

**Preparing your children for a successful
camp experience!**

A letter from the Camp Director...

Dear Campers and Families,

Welcome to Camp Y-Owasco! I am so excited to meet you and see you experience adventure every day at camp this summer! Regardless of whether this is your first time or your tenth time at camp, it promises to be an exciting, one-of-kind experience that I think you won't ever forget!

If it's your first time, welcome to the family! The staff and I are looking forward to meeting you and showing you around. You will be placed in a cabin with other campers close to your age, with two counselors to help you and keep you safe. This cabin will be your camp family. If it's not your first time, then I can't wait to see you again!! We have lots of new and exciting stuff at camp for you to explore this year.

We have some of the best staff around and our camp counselors are here to help you have fun, make friends, and enjoy camp life; so rest assured that you will never be lonely at camp. I think that Camp Y-Owasco is the greatest place on Earth because, at camp, you can be the person you want to be, and no one will ever judge you or think you're crazy. Camp works a little differently than the outside world because we sometimes do crazy things just for fun. That said, I hope you remember to push your comfort zone and try something new, make at least one new friend, and keep an open mind about doing some things you may have never thought about doing before, all while having an amazing time with the other campers and staff who will be in your extended family here at camp.

If you or your parents have any questions or concerns, you can always call or email me, or stop by my office at the Auburn YMCA, if camp hasn't started yet. Or you can stop by just to say "hi", if you want!

In the spirit of camp,

**Gracie "Boop" Murphy
Camp Director
Camp Y-Owasco**

PS: You can see pictures and get updates about camp on our Facebook page! Just search for "Camp Y-Owasco" on Facebook and "like" us!

Mission Statement

Camp Y-Owasco will put Christian principles into practice through the use of its programs, facilities, and natural surroundings to strengthen family life, provide for positive value development, foster health and personal growth in an outdoor setting, promote friendship and intercultural understanding, and explore principles of environmental stewardship and conservation.

Staff

Prior to camp, all Camp Y-Owasco staff spends a few days updating their certifications and child abuse prevention training. One week is spent in "Prep Time" polishing their skills and preparing their program areas. All waterfront staff receive required aquatic and waterfront training and certifications, as well as participate in ongoing summer training. Program staff receive training specific to their program area and certifications, where applicable. Our staff training curriculum includes topics such as teaching, childcare, camp policies, group dynamics, conflict prevention and mediation, leadership skills, friendship facilitation, YMCA values, and child abuse prevention, just to name a few subjects. A criminal background check and sex offender registry check are conducted on all staff. We take child abuse prevention and safety very seriously here at Camp Y Owasco.

Camp Tuition & Cancellations

The total balance of the camp fee is due 3 weeks prior to your camp session start date. A registration made less than 2 weeks prior to the beginning of your requested camp session must be paid in full at the time of registration.

Refunds will be issued as long as cancellation occurs more than 22 days prior to the start of the week. This refund will be equal to 100% of the amount of the weekly rate.

No refund will be made for cancellations within a week of the start of a session the camper is scheduled to attend or after the session has begun, regardless of whether the camper attended the session. Homesickness is not a condition for refund. Should behavior, discipline problems or homesickness affect our work with other campers, or the enjoyment of and safety at Camp Y-Owasco, we reserve the right to dismiss, without refund, those campers responsible.

Forms

It is important for the safety of your camper that all forms are filled out accurately and completely. The forms are a valuable tool for our staff and they are required by the New York State Department of Health. **All forms are required at the time of registration, with no exceptions!**

If you arrive at Camp and all mandatory forms are not turned in (or with you when you arrive), your child **will not be allowed to stay at camp until all necessary paperwork is in the camp's possession.**

Medical Policy

All medical information on the medical form is required by NYS Law, prior to attendance at camp. All campers are required to have a complete physical within 24 months of the time your child attends camp. Campers will not be allowed to attend camp if their immunization records are missing or incomplete.

****IF your camper has been exposed to infectious or communicable diseases (i.e. chicken pox, scabies, etc.) in the two weeks prior to attendance, please don't send your child to camp. Call the camp office and we will be happy to work something out.****

A well-stocked infirmary is maintained at camp. A written record is kept of all incidents requiring first aid. The Camp Medical Director will contact parents if there is evidence of serious injury or illness.

If a camper sustains an injury or comes down with an illness that is untreatable at camp, requires follow up with a doctor, or has lasting effects after the camp session, the Camp Medical Director will call the parent or guardian and inform them of the situation.

Examples of injuries and illnesses we will inform you of: 2nd degree burns and higher, severe bleeding, sprained/twisted ankle, fractures, fever, vomiting, etc.

Examples of things we will not inform you of:

Minor scrapes, cuts, and bruises, minor stomach aches (unless they continue for a long period of time), minor burns (unless it is in a sensitive area such as the face), minor headaches, etc.

Medications

If your child is taking medication or has a medical situation that must be dealt with, it is imperative that the Medical Director be informed. The policy for campers receiving medications at camp is as follows:

No medication will be given without a Doctor's order. This order must include the camper's name, name of medication, dosage, time and dates. The medicine bottle label is not sufficient.

Along with the Doctor's order, a written request from the parent for the Medical Director to administer each medicine must be provided.

Medication must be in the original prescription container.

The Medication must be given to the Medical Director or Camp Director at check-in.

All medications—including over-the-counter medication will be kept in the Infirmary.

Lunches & Snacks

At camp, regardless of which program you are attending, **we are 100% tree nut and peanut free!** We have many staff and campers who have severe and life threatening nut allergies. Our number one goal at Camp is to ensure everyone has a safe summer with us. **If you pack any food containing tree nuts or peanuts, you will NOT be able to eat the item at Camp! This includes, but is not limited to: peanut butter sandwiches, nutella products, granola with nuts in it, or any kind of nuts on their own.**

Swim Tests & Bands

All campers must take a swim test during which our certified waterfront staff assess their swimming abilities. Campers are placed into 3 categories—red, yellow, and blue—and are given a wristband that corresponds to that color. **Please allow your camper to wear the swim band for the entire session as they must have it on every day at camp.** (They are fastened loose enough to allow for plenty of wiggle room and circulation while not slipping over their hands.) If you do not wish your camper to take Swimming, a signed note from the parent needs to be turned into the Camp Director. Campers are placed into swim levels for safety at the discretion of our trained lifeguards. Please respect their assessment even if you do not agree with it. We take dark water swim protocols very seriously for the protection and safety of your camper. Thank you for understanding.

In the event that we get HABs (blue-green algae), or for any other reasoning where, the water front will be closed. no swimming or boating will take place- even if campers have a swim test from previous weeks.

Discipline

Even in a place as wonderful as camp, there must be discipline. The camp staff spends a significant portion of their training learning about "Positive Reinforcement", but at times we do encounter behavioral problems. A camper who exhibits consistent behavioral problems will spend some time away chatting with the Program and/or Camp Director. A phone call will also be made to the parent/guardian, so that we can work together to solve the problem. If the problem persists, the child will be suspended from camp for a day or longer (determined by the Camp Director). We encourage parents to keep open communication with the camp staff. Our staff is here to work with you and your child to provide a great camp experience. Should the problems persist, the child may be sent home from camp and not allowed to return for the rest of the session, or possibly summer.

We have a very strict no physical violence policy. Any incident of hitting, kicking, punching, biting, etc. that causes intentional physical harm to another child or staff will result in being sent home for the remainder of the week. If a second incident occurs after the child returns for another week, they will be sent home and can not return for the remainder of the summer.

The Camp Director reserves the right to make that call at any moment she feels necessary.

Camp Attire & Dress Code

Please label all belongings to increase the likelihood of their return. The Camp is not responsible for lost clothing and equipment. A clothing list is enclosed for your assistance. We strongly recommend you double check upon departure to be sure your camper goes home with everything they came with.

Keeping Clothing Camp Appropriate: One of our goals at Camp Y-Owasco is to develop character and respect for oneself and others. To help foster this objective, we have the following rules of dress to keep clothing camp appropriate.

* Female Dress Code: Shirts, pants/shorts, and shoes must be worn at all times. The only places campers and staff are allowed to be shoeless are at the waterfront, inside the bathhouse, and inside the cabin. Low-cut shirts are prohibited. Shirts that show any part of a person's midsection are prohibited—shirts must meet the pants/shorts. Shorts must have at least a 3 inch inseam. Please no very short shorts. Female campers are not allowed to wear string bikinis as swimwear. Please pack and dress accordingly.

* Male Dress Code: Shirts, pants/shorts, and shoes must be worn at all times. The only places a male camper or staff is allowed to be shirtless or shoeless is on the waterfront, inside the bathhouse, or inside the cabin (unless it is a special event approved by the camp director). Shirts must come low enough to meet or exceed the pants/shorts. Shorts, pants, and swimwear should be worn high enough so that they are secure and do not fall off or show an excessive amount of underwear and/or anatomy. Shorts and swimwear must have at least a 3 inch inseam. Please pack and dress accordingly.

References to Drugs, Sex, or Alcohol: Clothing with references to drugs, sex, or alcohol is prohibited at camp. Please do not allow your child to include it in his or her luggage, or allow them to wear it to day camp.

If a camper fails to meet dress code, he or she will be asked to change clothing immediately or he/she may be given something more appropriate to wear instead.

Physical Address & Directions

If you plan on using a GPS device to find your way to Camp Y-Owasco, enter our physical address below. However, please do NOT send mail to this address—it will only delay the delivery, as all mail for Camp Y-Owasco is sent to the Auburn YMCA.

Our physical address (for navigational purposes only)

4187 Sam Adams Lane
Auburn, NY 13021

Just look for our directional sign with the YMCA logo at Fire Lane 19!

Directions from points north & west (Auburn, Geneva, etc):

- From Auburn, head south on 38A/Owasco Road/East Lake Road (via Routes 5 & 20 from Geneva or via NY-34 B & 34 & Sand Beach Road from Union Springs)
- Turn right on Rockefeller Road
- Turn right on Sam Adams Lane

- Turn right on Fire Lane 19.

Directions from points east (Syracuse, Skaneateles, etc):

- From Syracuse, head west on I-690.
- Exit to NY-695 south toward Auburn.
- Turn right on NY-5 (west) toward Auburn
- Turn left on NY-321.
- Turn right (west) on US-20 (In Skaneateles)
- Turn left on NY-41A/West Lake Road/Kane Ave
- Turn right on Benson Road
- Turn right on NY-38A
- Turn LEFT on Rockefeller Road
- Turn right on Sam Adams Lane
- Turn right on Fire Lane 19.

Directions from points south (Cortland, Moravia, etc):

- Take NY-38 into Moravia (via NY-90 & NY-54 from Cortland)
- Go straight through the 4-way stop sign in Moravia to follow Rockefeller Road.
- Turn left onto Sam Adams Lane
- Turn left on Fire Lane 19.

RESIDENT CAMP

Traditional Resident Camp Check-In & Check-Out

Check-in time is between 1:00 p.m. & 4:00 p.m. on Sunday afternoon for Resident Camps. Checking in will be done in order of last name. **If you arrive before your time slot, you will be asked to leave and return during your assigned check-in time!**

A-H: 1:00-2:00

I-Q: 2:00- 3:00

R-Z 3:00-4:00

Prior to 1:00 you will find the entrance gate locked and the staff prepping for the week. At 1:00 pm, we will have staff monitoring traffic flow up and down the hill, as well as checking your last name to make sure it is your assigned time, so please be patient upon arrival. Safety first!

Check-out time is between 3:30-6:30 on Friday Evenings for TRADITIONAL RESIDENT CAMP

Wilderness/Construction Resident Camp Check-In & Check-out

Check-in for wilderness and Construction Resident Camps is between 9:15-10:30 am on Monday morning. Please be mindful that day camp will be doing drop off until 9:00 on Monday morning, so if you arrive early for wilderness/construction camp it may lead to more traffic with day camp parents and buses.

Check-out for Wilderness/Construction camps is Friday afternoon from 4:00-5:00

All Resident Camps

Parents and campers are required to check-in together. Please report to the Lodge for check-in. Staff will be available at stations inside to check your camper on the roster, confirm that all forms are in and your balance is paid, check-in medication with the Medical Director, set up a camp store account, and perform a head lice check on your camper. Head lice checks are required for the safety of all campers and staff. We appreciate your understanding and cooperation.

.All parents/guardians must sign their child out with their child's cabin counselor at the cabin, and pick up any medication at the Infirmary.

Should a camper be arriving late or departing early, please notify the Camp Director in writing what time your camper will be arriving or departing.

Should something occur that would force us to change the times above, either Camp Y-Owasco or the Auburn YMCA will make every effort to contact you to inform you of the change in plans.

Camper Placement For Traditional Resident Camp

Campers are placed in cabin groups during their stay at camp. Each cabin group consists of 6 - 12 campers of the same gender, and supervision ratios are kept to a minimum of 8 campers to one staff and at night two staff living in the cabins with the campers. These groups allow for positive relationships to develop between campers and staff.

For placement in program areas, campers participate in a process called "Arena" during which they choose their own program areas and when they'd like to take them.

Almost every day, all campers get to choose something different that is offered during Smorgasbord, which can literally be almost anything, providing more time to try new things and meet new people, or hang out with old friends while doing something they know they enjoy.

Please do not request specific cabin or program assignments.

Cell Phones, Calls, & Visits

With over 100 years of experience behind us, we have found that visits and phone calls by families and friends can be disruptive to a child's camping experience.

If there is an emergency, or if you want to check on your camper's progress, call the Camp Director or Medical Director. We would be happy to pass along a message, fill you in on your camper's progress, or allow your child to speak on the phone if an emergency arises. Cell phones are NOT allowed at camp. Cabins are not equipped with electrical outlets suitable for charging, and most cell phones do not receive a signal. **PLEASE, PLEASE, PLEASE do not send your child to camp with a cell phone—even if they are at camp the whole week!** Camp is a time to unplug from electronics and reconnect with nature and friends. If we do find a cell phone with a camper, it will be confiscated and kept in the program office for the remainder of the week.

Snacks & Drinks

If you must send a snack and/or drink in your camper's care package, please send enough to share with your child's whole cabin group. Food typically attracts bugs and/or mice, which in turn attracts other less than desirable critters.

Please keep in mind the possible food allergies or diet limitations of other campers.

Please, do not send items that contain or were processed in a facility with nuts!!!

Any item that contains peanuts or tree nuts will not be able to be eaten at camp. This policy is in place because, at camp, we learn to live with a group of other people, some of whom may have severe food allergies, and we learn to live with nature at (or sometimes inside) our doorstep, which means the chipmunks and skunks aren't far off. We very much appreciate your cooperation. If there are any questions or concerns, please feel free to call the Camp Director.

Homesickness

Homesickness is very common and occurs in some form in people of all ages at camp—even the staff! Rest assured that our caring staff is trained in reliable, comforting homesickness-curing methods. To help us facilitate our efforts to keep homesickness at a minimum, we ask that you refrain from writing about certain topics in your letters to your campers. Topics to stay away from include:

- Death of pets
- Family gatherings
- Vacations while the child is away at camp
- Relationship separations
- Serious illness of family, friends, or pets.

Water Bottles

Please pack a water bottle everyday! Your child is going to be very active at camp—probably more active than usual—and, being summer, it can get pretty hot out here sometimes. There is no air conditioning at Camp Y-Owasco, so it is VITAL that your child's natural cooling system stay in top condition. (That means they have to be able to sweat to stay healthy!) Even on rainy days, we need them to stay hydrated and healthy. Camp will always provide clean, drinkable water. Please help us help your child stay happy and healthy.

Mailings & Care Packages

All children enjoy receiving letters in the mail, and camp is no exception, so we encourage parents and family members to write often! All letters and care packages can be dropped off at the Auburn YMCA service desk. At 7:00 am each morning, all mail will be brought out to camp and distributed at a meal time. There is time set aside each day for campers to write home and read mail. If you want to send something with the "authentic mail touch," our mailing address is:

Camper's Name
Camp Y-Owasco
C/O Auburn YMCA
27 William Street
Auburn, NY 13021

What NOT to Bring List

Below is a list of items we do NOT allow at camp. PLEASE do not pack or allow your camper to bring these items! Some of these items may sound ridiculous, but we wouldn't have them on this list if we haven't seen them brought before!

- Firearms
- Ammunition (even if already used!)
- Knives of ANY sort (including pocket knives) - Swords
- Razor blades
- **CELLPHONES**
- PIDs (Personal Isolation Devices) this includes Tablets, Personal Gaming Devices, Headsets, Etc.
- Axes, hatchets, etc.
- Condoms
- Drugs
- Alcohol

Traditional Resident Camp Typical Daily Schedule

7:00: Early Morning Electives (Optional)

7:30: Wakeup call/ Morning prep

8:00: Flagpole

8:15: Breakfast

9:00: Cabin/ Camp Clean up

9:30: First activity period

10:30: Second activity period

11:30: Cabin Activity

12:30: Lunch

1:30: Third activity period

2:30: Forth activity period

3:30: Siesta

4:30: Smorgasbord & Free swim

5:30: Flagpole

5:45: Dinner

7:00: All camp event

8:30: Unit activity ages 12-15/ Showers ages

8-11 9:30: Showers ages 12-15/ Lights out ages 8-11

10:30: Lights out ages 12-15

Wilderness Camp Typical Daily Schedule

7:00: Early Morning Electives (Optional)
7:30: Wakeup call/ Morning prep
8:00: Flagpole
8:15: Breakfast
9:00: Cabin/ Camp Clean up
9:30: Outdoor Learning Skill
12:30: Lunch
1:30: Outdoor Learning Skill
3:30: Siesta
4:30: Smorgasbord & Free swim
5:30: Flagpole
5:45: Dinner
7:00: All camp event
8:30: Showers
9:30 Evening Embers
10:00: Lights out

Construction Camp Typical Daily Schedule

7:00: Early Morning Electives (Optional)
7:30: Wakeup call/ Morning prep
8:00: Flagpole
8:15: Breakfast
9:00: Cabin/ Camp Clean up
9:30: Building/ Learning Skill
12:30: Lunch
1:30: Building/ Learning Skill
3:30: Siesta
4:30: Smorgasbord & Free swim
5:30: Flagpole
5:45: Dinner
7:00: All camp event
8:30: Showers
9:30 Evening Embers
10:00: Lights out

Day Camp

Camper Placement

Campers are placed in groups, sometimes co-ed groups during their stay at camp. Each group consists of 12 - 14 campers of the same age, and is supervised by at least 2 counselors. These groups allow for positive relationships to develop between campers and staff.

For placement in program areas, campers ages 8 and up participate in a process called "Arena" during which they choose their own program areas and when they'd like to take them. Campers ages 6-7 rotate through a wide variety of program areas throughout the session so they experience as much of camp as possible!

Almost every day, all campers get to choose something different that is offered during Smorgasbord, which can literally be almost anything, providing more time to try new things and meet new people, or hang out with old friends while doing something they know they enjoy.

Please do not request specific cabin group or program assignments.

Transportation

Camp Y-Owasco charts 2 buses to and from camp during Day Camp. A bus counselor will be available each day to check campers on and off the bus and ensure safety. The times on the brochure represent the time the bus will leave that stop. Should your camper miss the bus, you can go to the last stop on the list (Auburn High School or Seward Elementary School) or call the YMCA for directions to camp.

No camper will be dropped off at a stop other than the one specified on the registration form, unless written permission from a parent is received by the Camp Director stating a bus stop change. We will also not let a child off the bus if his/her parent or guardian is not at the stop to pick up the child. To remain on time for the other stops, we must keep the bus moving. If your child is kept on the bus for any reason, you may pick your child up after 5 pm at the Auburn YMCA. Attempts will be made to notify the parent/guardian of the situation first, then the person(s) designated on the Medical Form. If the bus is more than 10 minutes late, please call camp or the Auburn YMCA.

BUS SAFETY RULES:

- 1.) Remain seated while the bus is in motion.
- 2.) Keep arms and belongings inside the bus at all times.
- 3.) Please follow the four core values.
- 4.) The throwing of any items is prohibited.
- 5.) Please give any medications, fishing poles, or archery equipment to the bus counselor.
- 5.) Obey the bus counselors and driver at all times.

BUS STOP SAFETY GUIDELINES:

- 1.) Please stay out of the street!
- 2.) Parents should remain with their camper until the bus arrives.
- 3.) Stay off private property.

Parents who wish to bring their child to camp may do so, but please call the camp to let us know if your camper usually rides the bus. We ask that you arrive at camp before the buses arrive at 9:00am and leave after the buses leave. You may also arrive just after the buses leave at 9:10am. In the event of an emergency or bus schedule change, Camp Y-Owasco and the Auburn YMCA will make every effort to contact you by phone. Please feel free to call camp at 315-784-5481 if you are concerned about the bus being severely off schedule and haven't heard from us.

Cell Phones, Calls, & Visits

With over 100 years of experience behind us, we have found that visits and phone calls by families and friends can be disruptive to a child's camping experience. If there is an emergency, or if you want to check on your camper's progress, call the Camp Director or Medical Director. We would be happy to pass along a message, fill you in on your camper's progress, or allow your child to speak on the phone if an emergency arises.

Cell phones are NOT allowed at camp. **PLEASE, PLEASE, PLEASE do not send your child to camp with a cell phone—even for the sleepover!** Camp is a place to unplug from electronics and reconnect with nature and friends. If a cell phone is found on a camper, it will be confiscated and kept in the program office until pick up.

Sleepover

Sleepovers are available for specific day camp sessions on Thursdays. Each sleepover is an additional \$30 charge that must be paid no later than 6 p.m. on the Tuesday prior to the sleepover. Make sure to Pack 2 lunches and have a signed permission slip. Dinner Thursday and Breakfast Friday morning will be provided by camp.

Absences

The camp policy is to take attendance of all campers and staff daily. If a camper will be absent, please call the camp office.

Camp Office Phone: 315-784-5481

Lunches

During Day Camp, campers bring their lunch every day, clearly marked with their name on it. Water is available every day for lunch. There is a refrigerator on site for camper use.

It is very important to us to keep all campers and staff safe. **Please do NOT send any lunches or snacks that contain peanuts or tree nuts! We are a completely tree-nut and peanut free facility!**

Water bottles

EVERY CHILD MUST HAVE A WATER BOTTLE, AND SHOULD HAVE IT WITH THEM EVERYWHERE THEY GO, EVERYDAY! Your child is going to be very active at camp—probably more active than usual—and, being summer, it can get pretty hot out here sometimes. There is no air conditioning at Camp Y-Owasco, so it is VITAL that your child's natural cooling system stay in top condition. (That means they have to be able to sweat to stay healthy!) Even on rainy days, we need them to stay hydrated and healthy. Camp will always provide clean, drinkable water. Please help us help your child stay happy and healthy. Especially for the sleepover!

What NOT to Bring List

Below is a list of items we do NOT allow at camp. PLEASE do not pack or allow your camper to bring these items! Some of these items may sound ridiculous, but we wouldn't have them on this list if we haven't seen them brought before!

- Firearms
- Ammunition (even if already used!)
- Knives of ANY sort (including pocket knives) - Swords
- Axes, hatchets, etc.
- Condoms
- Drugs/ Alcohol
- Razor blades
- CELLPHONES
- PIDs (Personal Isolation Devices) this includes Tablets, Personal Gaming Devices, Headsets, Etc.

Day Camp Typical Daily Schedule

9:00: Campers Arrive

9:10: Flagpole

9:30: First activity period

10:30: Second
activity period

11:30: Lunch

12:30: Cabin activity

1:30: Third activity period

2:30: Smorgasbord &
Free Swim/All camp
game

3:45: Flagpole

4:00: Board buses

Wilderness Camp

What is Wilderness Camp?

Wilderness camp is a resident camp program for campers age 11-16, with drop off Monday morning and pick up Friday afternoon. Wilderness camp campers will learn outdoor living skills like fire building, outdoor cooking, shelter making, how to navigate using a compass, and more! Wilderness camp is always an adventure and a super fun way to grow your knowledge of the outdoors!

During Wilderness Camp, Campers will be fully immersed in the outdoors- this includes cooking meals over the fire, spending every night sleeping in our lean-to sites, and using tools such as matches and lighters to build camp fires under direct staff supervision.

What do the sleeping arrangements look like?

In wilderness camp, our campers will spend the week sleeping in our lean-to sites. The lean-to sites are still separated by gender. At a lean-to site, there are multiple lean-tos. A lean-to is exactly the same as a cabin, but with only 3 walls instead of 4. Rather than a door, it is open where a fourth wall would be which allows for some awesome viewing of a camp fire before bed, being able to chat across the site, and enjoying even more of the outdoors! The beds and mattresses that are inside of the lean-tos are the exact same beds and mattresses you will find in any of our traditional cabins. Don't worry, rain or shine, the overhang of the roof is far enough that everything inside the lean-to will remain nice and dry!

If you have any further questions regarding the sleeping arrangement for wilderness camp, please reach out to our Camp Director, Gracie, at Gracem@auburnymca.net

What to pack?

When packing for wilderness camp, you can follow the "all resident camp packing check-list" that is in this packet. If there are any specific and appropriate extra items you would like to bring that are specific to wilderness camp, such as binoculars, bug capture kits, your own compass, etc. please feel free! You may also want to pack an extra blanket in case it gets cooler at night and some extra bug spray!

Junior Leaders, L.I.T, & C.I.T Programs

What is a Junior Leader?

A junior leader is a camper that is looking to gain leadership skills, participate in community service, and learn more about the behind the scenes to camp magic. Being a junior leader is the first step to making the transition from camper to staff and is much more than the typical camp experience. Junior leaders will receive many unique opportunities such as "shadowing" all the different positions at camp and see what responsibilities and tasks go into making camp run, creating a service project that will leave a lasting impact at camp, working together to develop a camp community within their peers, and so much more. Junior leadership is an opportunity to grow responsibility, how to work as a team, create life long friendships with their camp cohort, and have a summer experience unlike any other program offered at Camp Y-Owasco.

What is a Leader-In-Training (L.I.T.)?

A Leader-In-Training (LIT) is more than just a participant in the LIT program. An LIT is a camper who desires more than the traditional camp experience. They yearn to learn leadership and group work skills in a supportive, fun, outdoor environment conducive to self-discovery. They are excited by more than just experiencing the adventure of camp and want to be a part of

creating that adventure for others while still experiencing it themselves. They want something unique and are willing to work a little to get it. They are inclined to make new friends and try new things while learning new skills to facilitate a new adventure. While learning about leading others, perhaps they wish to learn a little more about leading themselves and becoming the person they desire to be. Most importantly, though, LITs are ready and willing to give back to camp. They will participate in a service project and design and lead some camp activities. In return, camp will provide an unforgettable experience, including a multi day/night trip off-site and indispensable leadership skills and experience that will continue to benefit them for years to come.

NOTE: LIT consists of 2 weeks of Day Camp and 1 week of Resident Camp.

What is a Counselor-In-Training (C.I.T.)?

A Counselor-In-Training (CIT) is not the same thing as an LIT, and is also more than just a participant in our CIT program. A CIT is still a CAMPER, but they are a camper who is transitioning to being staff. A CIT should very much want to be a Camp Y-Owasco Counselor. In fact, CIT can also stand for “Camper-In-Transition.” There arguably is a point in the 4-week CIT experience at which our CITs switch from Campers-In-Transition to Counselors-In-Training. A CIT is a role model—whether they want to be or not—for the rest of the camp—including some staff! They desire an intense learning and social experience in which they build friendships, childcare and camp skills, and confidence. Most importantly, they want to give back to camp in the form of program design and management (with guidance) and creativity. Finally, they look forward to the day when they can give a child the golden camp experience that they received when they were younger, and camp will provide that opportunity during their three weeks here along with incredible memories, friendships, and skills that can be carried beyond summer and into the “outside world.”

NOTE: CIT consists of 2 weeks of day camp and one week of resident camp

Evaluations of Campers

LIT and CIT are both progressive learning programs. That means that we expect them to come out of the programs better than when they came in! To measure their progress, the Leadership Director(s) will be giving our teen leaders mid-session and final evaluations. The mid-session evaluations will point out the things they are doing well and some things they can continue to work on while giving them an opportunity to gauge their own success and inform the counselor how he/she could best help them. The final evaluations will be a complete diagnostic of their progress in the program and how well they met their goals set at the beginning of the program. They will be given a copy of the final evaluation form at the start of the session so they know ahead of time what to shoot for. Finally, for LIT, they can be recommended for CIT next year. For CIT, they can be recommended for hire for the remainder of the summer. The camp administration takes the final recommendation for hire seriously when considering applications from former CITs and LITs.

Cell Phones **Junior Leader/LIT/CIT cellular phones are not allowed. Please do not send a cell phone with your child.**

The camp environment features many of the cell phone’s natural enemies (water, heat, dirt, and children). In addition, the LIT/CIT experience is about independence and learning to thrive in new environments while leading by example. We want your child to feel comfortable coming to camp staff to address any wants or needs he/she may have while in our care. Should a camper NEED to call home we will arrange for that to happen using the camp phone. Should a camper WANT to call home due to homesickness, we will work with that camper and be in touch with you on the best way to proceed in making sure your child’s experience at camp is a successful one.

Discipline

Because of their age and motivation to participate in our leadership programs, Junior leaders, LITs and CITs are given more opportunities for independence and self-reliance than our traditional campers. They are, of course, still subject to all

the camp rules and will be expected to MODEL those rules for the younger campers! Their inclination to be role models is vital to success in the programs. Naturally, even in a place as wonderful as camp, and even for our oldest campers, there must be discipline. The camp staff spends a significant portion of their training learning about "Positive Reinforcement", but at times we do encounter behavioral problems—even in Junior Leaders, LIT and CIT. A camper who exhibits consistent behavioral problems will spend some time away chatting with the Program and/or Camp Director. A phone call will also be made to the parent/guardian, so that we can work together to solve the problem. If the problem persists, the child will be suspended from camp for a day or longer (determined by the Camp Director). We encourage parents to keep open communication with the camp staff. Our staff is here to work with you and your child to provide a great camp experience. Should the problems persist, the child may be sent home from camp and not allowed to return for the rest of the session or possibly summer. The Camp Director reserves the right to make that call at any moment he feels necessary.

*Because of the intimate social and educational nature of our leadership programs, Junior Leader, LIT and CIT campers who consistently exhibit behaviors that are disruptive to the learning of the other campers may be removed from the program or from camp altogether, even if their behaviors would be tolerated in traditional camp programs. Furthermore, because our teen leadership programs are co-ed, maintaining camp-appropriate social relationships is paramount for success in the program and is taken extremely seriously by camp staff. There is no refund if a camper is expelled from the program.

What NOT to Bring List

Below is a list of items we do NOT allow at camp. PLEASE do not pack or allow your camper to bring these items! Some of these items may sound ridiculous, but we wouldn't have them on this list if we haven't seen them brought before:

- Razor blades
- CELLPHONES
- PIDs (Personal Isolation Devices) this includes Tablets, Personal Gaming Devices, Headsets, Etc.
- Axes, hatchets, etc.
- Condoms
- Firearms
- Ammunition (Even if already used!)
- Knives of ANY size (Including pocket knives)
- Swords

All Resident Camp Packing Checklist

- _____ Sleeping Bag/ 3 Blankets
- _____ Pillow
- _____ Pajamas
- _____ Toothbrush/toothpaste
- _____ Washcloth/towels
- _____ Outdoor footwear
- _____ Shower Shoes (flip-flops, sandals etc.)
- _____ Changes of underwear
- _____ Shorts & shirts
- _____ Poncho or raingear
- _____ Jacket or heavy sweater
- _____ Water shoes or old sneakers
- _____ Swimsuit
- _____ Socks
- _____ Jeans or long pants
- _____ Flashlight & batteries
- _____ Soap
- _____ Toiletry articles
- _____ Pre-stamped envelopes
- _____ Paper for Letters Home
- _____ WATERBOTTLE or CANTEEN
- _____ Book for recreational reading
- _____ Positive Attitude! ☺

Optional Items

- _____ Medications
- _____ Camera
- _____ Books
- _____ Fishing gear
- _____ Musical instruments
- _____ Paper, journals
- _____ Archery bows
- _____ Mask, fins, snorkel
- _____ Dance attire
- _____ Soccer pads, shoes

Day Camp Packing List

- _____ Sunscreen & hat
- _____ Outdoor footwear
- _____ Extra Socks
- _____ Swimsuit & towel
- _____ Water shoes or old sneakers
- _____ Jacket or heavy sweater
- _____ Changes of shirt, shorts & underwear
- _____ WATERBOTTLE or CANTEEN
- _____ Positive Attitude! ☺

Sleepover:

- _____ Sleeping Bag/ 3 Blankets
- _____ Pillow
- _____ Pajamas
- _____ Toothbrush/toothpaste
- _____ Washcloth/towels
- _____ Underwear
- _____ Shorts & shirts
- _____ Jeans or long pants
- _____ Flashlight & batteries
- _____ Soap
- _____ articles

Optional Items:

- _____ Medications
- _____ Camera
- _____ Books
- _____ Fishing gear
- _____ Musical instruments
- _____ Paper, journals
- _____ Archery bows
- _____ Mask, fins, snorkel
- _____ Soccer pads, shoes
- _____ Poncho or Raingear