



**Y** We build strong kids, strong families, strong communities.

***Parent's Guide to  
Resident Camp  
2010***



**SAVE THIS BOOK!**

**YMCA of the East Valley  
Camp Edwards**

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**YRESIDENT CAMP™**  
We build strong kids, strong families, strong communities.

**W**elcome to the YMCA of the East Valley Camp Edwards 2010 summer season. We look forward to sharing the best camping experience the YMCA has to offer for your entire family! For over 80 years, our YMCA has offered exciting camping opportunities at Camp Edwards and while we did not invent camping, the YMCA has all but perfected it.

This year we are celebrating our 84th year of camping at Camp Edwards! With our campfires, hiking, canoeing at Jenks Lake and star filled skies, we continue today the traditions many of you experienced as campers and now send your children and grandchildren to experience. To help make the camping week memorable for your children and easier for you as parents, we have prepared the following Parent's guide to answer all of your questions.

I look forward to meeting you at check-in or before!

Yours in Camping,

Perry Mecate  
Vice President of Operations

## 2010 Dates

**Session I (7-14 year olds)**  
**Traditional Activities**  
**Monday, June 21 to Saturday, June 26**  

<u>BASIC</u>	<u>FACILITY</u>
Camper \$299	Camper \$280
CIT \$153	CIT \$143

**Session III (7-14 year olds)**  
**(Combo) Traditional Activities**  
**Monday, Aug 2 to Friday, Aug 6**  

<u>BASIC</u>	<u>FACILITY</u>
Camper \$299	Camper \$280
CIT \$153	CIT \$143

**Session II (7-11 year olds)**  
**Circus and Traditional Activities**  
**Monday, July 26 to Saturday, July 31**  

<u>BASIC</u>	<u>FACILITY</u>
Camper \$299	Camper \$280
CIT \$153	CIT \$143

### WHAT IS CAMP?

Camp Edwards is YMCA of the East Valley's own private retreat located in the San Bernardino Mountains just a few miles above Redlands and San Bernardino. YMCA's from all over Southern California send campers of all ages to our camp to enjoy nature's magic and the awesome beauty of this mountain hide-away.

Camp Edwards is an accredited member of the American Camp Association (ACA). Our membership and accreditation assures you, as a parent, our Camp meets over 300 standards of operation in camping for both program and site operation.

Fun is the best part of our camp program. At Camp Edwards, our campers make new friends, enjoy new experiences and learn important lessons all at the same time. Our camp program gives campers opportunities to increase self-esteem through activities like our climbing tower, high-ropes course, leap of faith and zip line; increase ability and discipline in archery, express creativity through artistic exploration at our arts and crafts center and build team skills and self confidence in our low-ropes activities.

Camp helps campers increase social skills that are nurtured in the cabin groups where campers meet others from diverse backgrounds, share memories with old friends returning to camp and develop cabin unity under the leadership of trained counselors.

It is the purpose of camp to have every camper enjoy a week filled with new experiences, fun and friendship. Each day the campers are presented with new lessons, challenges and numerous opportunities to make new friends. Through our focus on honesty, caring, respect and responsibility we improve each campers Spirit, Body and Mind.

No other summer activity can even begin to match what Camp Edwards offers. But don't take our word for it. Just ask any of the thousands of former campers what a wonderful experience Camp Edwards can be. It truly is an experience that will last a lifetime.

### **WHAT PROGRAMS ARE OFFERED AT CAMP?**

We have two options as an exciting way to round off an amazing summer. Our Circus Week is for ALL campers, not just participants in the Great All American Youth Circus. New campers have an opportunity to enjoy the traditional camp activities with a twist! A handful of trainers from the Circus Program at the Redlands YMCA volunteer to provide a unique program for anyone interested in performing arts and circus activities. Our "Traditional" week focuses primarily on camp activities we all remember from our childhood. See below for more information on the specific weeks.

#### **CIRCUS WEEK CAMP**

This week provides a special opportunity to combine aspects of the Great Y Circus such as unicycle, teeterboard, juggling and trapeze with the camp activities listed in the Traditional Week and is a great tradition with the YMCA of the East Valley. **You do not need to be involved in the Circus to attend.** Hurry up and register since these sessions fill up fast. ***Previous participation in past circus programs does not hold or guarantee you a space in this camp session.***

#### **TRADITIONAL WEEK**

The traditional program is a way to include summer camp experiences for your child's summer break with a climbing wall and high ropes course, hiking, archery, canoeing, swimming and campfire and all the fun and tradition that has been the center of camping at Camp Edwards. All activities are led by trained and certified program staff.

#### **TRADITIONAL-COMBO WEEK**

Another week of traditional activities as listed above, and in conjunction with the Triunfo YMCA. This session is a great way for your kids to make new friends with youth from the Inland Empire and the Ventura areas.

### **WHAT ARE COUNSELORS AND COUNSELORS IN TRAINING?**

A **Counselor** is a person at least 18 years old. They may have previously demonstrated exceptional skills in our CIT program. They are interviewed by our Camp Director and invited to participate in one or more weeks of camp. Counselors are trained to work as youth leaders. They are assigned to cabins for the entire week each session. The counselor assumes responsibility for the safety, fun and memorable time the campers have at camp. Each cabin has at least one Counselor assigned to them.

**All Staff are required to attend 6 days of training prior to campers arriving.**

**Counselors-in-training** (CIT's) are persons 15-17 years of age who want to learn to become counselors. They are ready to expand their knowledge and test their leadership skills while working with younger campers.

If your child or someone you know is interested in becoming a Counselor-In-Training or a Counselor, please contact the camp office. Developing young leaders is one of our camp goals and we look forward to working with all who are interested in leadership in the camping areas.

## **WHAT CAMP ACTIVITIES ARE AVAILABLE?**

### **Climbing Tower and High Ropes Course**

This is a 35 ft. three sided climbing tower with a rock climbing surface, vertical play pen, cat-walk, criss-cross, leap-of-faith and a zip line. All activities are supervised by fully trained instructors.

### **Lakefront Canoeing**

Under the supervision of Red Cross trained lifeguards, campers experience the joy of canoeing on Jenks Lake.

### **Team Challenge Adventure Course (low ropes)**

Cabin groups are led through a series of problem solving activities and individuals learn to work together as a group to achieve success.

### **Archery**

Our N.A.A. Certified Archery instructor teaches each camper how to safely use a bow and arrow.

### **Arts and Crafts**

Campers make wonderful keepsakes to remind them of their camping experiences for years to come. Old favorites such as lanyards are a part of the crafts learned by the campers.

### **Nature Program**

Nature hikes led by our nature instructor provide opportunities for campers to learn about the largest trees and smallest flowers seen in our mountains.

### **Pool**

Under the supervision of a Red Cross Certified Lifeguard, campers enjoy our cool relaxing pool.

### **Twilight Games**

Each evening, before campfire, cabins of campers compete against each other in a variety of friendly competitions such as scavenger hunts and counselor hunts.

### **Hiking**

The YMCA values of honesty, caring, respect and responsibility for themselves and other campers are explored as campers hike to scenic locations around camp.

### **Mountain Bikes**

Under the direction of trained leaders, campers ages 11 and older have the opportunity to discover the trails of the San Gorgonio Wilderness atop a mountain bike.

### **Chapel**

Each day begins with thanks and inspiration at our non-denominational outdoor chapel. Campers participate in chapel through stories and songs ***based on core values of honesty, caring, respect and responsibility.***

### **Campfire**

All campers and cabin leaders gather each night under the stars and around the campfire to end the day together with songs, skits and silliness. Shooting stars and an amazing array of stars in our galaxy are easily observed.

### **Group-Building Games**

Various group-building games and activities provide opportunities for cabin groups to learn to share and work together.

### **Mealtime**

Campers eat family style with the cabins being the camper's family while at Camp Edwards. Many special dietary needs can be accommodated. Please be sure to let us know if your camper has special dietary needs.

### **Devotions**

Campers end their day talking about the days events and how they observed the core values of honesty, caring, respect and responsibility. Devotions are done in the individual cabins and are led by the Staff.

### **Rag and Leather Program**

The rags and leathers are outward symbols of inner personal challenges campers *may choose to take*. Each camper 9 and older has the opportunity to make changes in their life through the challenges. A tradition bound ceremony occurs for campers who choose to participate in the program.

### **WHAT CAN YOU EXPECT WHEN YOUR CHILD RETURNS FROM CAMP?**

When your child returns from camp you may notice that they have a new sense of self-confidence and self esteem. You may see increased social skills and a sense of unity in groups. They may demonstrate a greater awareness in applying honesty, caring, respect and responsibility in their daily life. You may see your child show better communication skills and they may seem more comfortable in group settings. They may have an increased ability to get up in front of and lead peer groups in different social settings. You may see that your child has an increased appreciation for diverse groups and cultures. Children may demonstrate a better sense of their role in society and how one person affects the lives of others. Parents may even see their child's study habits improve, they may actually enjoy their siblings, and some may see their child act before they are asked to do a chore or homework. They may see a stronger commitment to church and improving their personal life-style. Camp can foster a strong, positive ongoing change in a child.

### **WHAT DOES MY CHILD NEED TO BRING TO CAMP?**

Your child will be participating in many exciting activities while at camp. During the day the average temperature is about 82 degrees. At night, the average temperature is about 40 degrees. Your child will sleep on a wooden-frame bunk bed inside a heated, insulated cabin. There are two high-capacity shower-restroom facilities (with individual private shower booths and private restroom stalls) available for your child's privacy and convenience.

Depending on the length of the camp week, your child will need the following items. **Please limit luggage to one duffel bag or soft sided suitcase. They need to be able to carry their luggage.**

#### **PLEASE LABEL ALL ITEMS--MANY CAMPERS HAVE IDENTICAL ITEMS.**

\_\_\_\_\_ 5 to 7 pairs of underwear (depending on the length of the session your camper is attending)

\_\_\_\_\_ 5 to 7 pairs of socks (depending on the length of the session your camper is attending)

\_\_\_\_\_ 2 pairs of durable jeans- **boys –waist of pants may be no lower than the hips**

\_\_\_\_\_ 5 t-shirts – **girls- no low cut spaghetti strap tops – bottom of tops must reach waist**

\_\_\_\_\_ 2 pairs of shorts – **girls- shorts must cover buttocks,**

\_\_\_\_\_ 1 sweatshirt

\_\_\_\_\_ 1 pair shoes athletic shoes

\_\_\_\_\_ 1 pair of hiking shoes – comfortable with distinct heel may replace athletic shoes.

\_\_\_\_\_ **NO OPEN TOE SHOES OR SANDALS ARE ALLOWED** (except flip-flops for showers)

\_\_\_\_\_ 1 warm winter jacket (nights get cold)

\_\_\_\_\_ 1 set of sleep wear

\_\_\_\_\_ 1 bathing suit (No Bikinis)

\_\_\_\_\_ 1 beach towel

\_\_\_\_\_ Toiletries (soap, toothpaste, toothbrush, comb/brush, shampoo, tissue & deodorant – all in a toiletry bag)

\_\_\_\_\_ 2 bath towels

\_\_\_\_\_ Sunscreen, lip balm, lotion (it is very dry up here)

\_\_\_\_\_ Sunglasses

\_\_\_\_\_ Flashlight (extra batteries)

\_\_\_\_\_ **Medication-any you need to take at camp (both Prescription & over the counter– must be turned in to nurse at registration (in original bottles)**

\_\_\_\_\_ 1 sleeping bag

\_\_\_\_\_ 1 pillow

\_\_\_\_\_ 1 bag for dirty laundry – there is no laundry<sup>s</sup>service at camp

\_\_\_\_\_ 1 duffel bag We suggest an army-type duffel bag with their name clearly marked. (trunks, hard suitcases and plastic bags are not allowed)

## **THE FOLLOWING ARE OPTIONAL**

- \_\_\_\_\_ Disposable Camera (they are also available at the Camp Store to purchase)
- \_\_\_\_\_ Musical Instruments
- \_\_\_\_\_ Fishing Pole
- \_\_\_\_\_ Day Pack
- \_\_\_\_\_ Books/Cards/Games
- \_\_\_\_\_ Costumes/Skit Props
- \_\_\_\_\_ Writing Paper/Pencil
- \_\_\_\_\_ Envelopes/Stamps

## **WHAT MY CHILD MAY NOT BRING TO CAMP**

Money – ***additional camp store money must be turned in at registration***

Weapons – including pocket knives

Fireworks or other dangerous substances

Pets

Alcohol or controlled substances

Toys (except stuffed animals or other night-time friends)

Video games (such as Game Boy or PSP, Etc.)

Walkmans/Radios/CD players/iPODs

Matches or lighters

Tobacco or similarly harmful products

**Cell phones**

Candy or other food (for camper safety food is not allowed in any cabins)

**To prevent any problems before they start, check your child's luggage before they get on the bus. Ensure that your child brings only approved items. Items that are brought to camp and not approved to be at camp will be removed from the camper and returned to the camper's parents at the end of the week. Thank you for your support.**

**The camp staff and all YMCA employees are not held responsible for any item lost or stolen during the course of the week.**

## **WHERE DO I SEND MY CHILD'S MAIL**

Sending your child mail will make their day! Some children will experience homesickness. You are encouraged to write to them to lessen the degree of that homesickness. **Please note that there is no regular mail service from the Redlands, San Bernardino or Highland YMCA's. Please do not leave packages at any of the branches.**

Based on our several years of dealing with mail for a short week at camp....Here is how to best send mail to your child so it arrives while they are at camp and not after they leave.

On the Thursday or Friday **BEFORE YOUR CHILD LEAVES FOR CAMP**, mail your letter or package to camp. Mailing an item on this day will allow enough time for the item to arrive before your child leaves camp and returns home. Please do not send packages that need signatures from the camp staff to be obtained.

Send your mail (US Postal or UPS)

**Campers Name**

**YMCA Camp Edwards (Session/ dates they will be at camp)**

**42842 Jenks Lake Road East**

**Angelus Oaks, CA 92305**

Make sure that your return address is clearly written in case your child has left camp and we need to return the letter/package. So that your child can send mail to you, provide them with paper and a pen, and a couple of stamped, pre-addressed envelopes.

### **E-MAIL**

We have set up a special e-mail account for campers so they can receive e-mails while at camp. **THIS IS RECEIVE ONLY.** E-mail will not be available for campers to return messages. The camp staff will print out the e mails for campers and hand them out before dinner each day.

You may send messages to [campers@ymcaeastvalley.org](mailto:campers@ymcaeastvalley.org)

**Please put your child's name and session number in the Subject line.**

### **CAMPER BUDDY REQUEST**

If your child has a friend coming to camp, it is possible, with some guidelines, to ask to be assigned to the same cabin with the friend. On the Buddy request section of the application form, have your child request the friend as a buddy. The friend should also request your child as a buddy. They must be the same gender and within one year of age of each other. We will honor **1 (one)** request per camper. ***Both Buddies must request each other.*** We will make every effort to assign your child to the best cabin for them. With this in mind, we will pre-assign campers based on their registration form.

### **WHAT IS THE CAMP STORE?**

At the Camp Store, we offer a variety of items the campers may purchase during their stay at camp. Every camper receives a \$5.00 credit at the store. If you would like them to have additional money you may turn it in during the registration process or during check-in. **DO NOT SEND MONEY IN YOUR CHILD'S POCKETS OR LUGGAGE. ANY MONEY YOUR CHILD DOES NOT USE AT CAMP WILL NOT BE RETURNED. IT WILL BE DONATED TO OUR CAMPERSHIP FUND TO HELP THOSE WHO MAY NOT HAVE THE SAME FINANCIAL RESOURCES AS YOU.**

### **CAN I VISIT MY CHILD AT CAMP?**

Camp is a 5 or 6 day experience. With such a short time at camp it is best if we maintain a certain frame of mind with the campers. Our experience shows that if a child is visited by parents/guardians that they will grow homesick and wish to return home even if they were having a wonderful time at camp before your visit. With that in mind parents/guardians are strongly discouraged from visiting their children at camp during the Camp Week. If you want to be at camp with your child, please sign up for Family Camp.

### **HOW DO WE HANDLE CAMPER DISCIPLINE ?**

Your child will soon be participating in a camping program at YMCA Camp Edwards. The YMCA is an organization that is dedicated to help all individuals realize their fullest potential. Camp rules and policies have been carefully established to meet the emotional and physical needs of our campers.

#### **Orientation:**

All campers begin their stay with an orientation. They will meet the camp staff and will listen to a clear delineation of camp procedures and rules. The rules revolve around the YMCA core values of honesty, caring, respect and responsibility. We encourage campers' understanding that they need to make camp a positive experience for everyone and that an individual's behaviors affect everyone.

#### **Getting Back on Track:**

Campers and counselors work together to resolve problems and campers are guided to make appropriate choices. If the problem persists, a Core Staff member will discuss the issue with the camper who will then fill out a behavior contract to make a positive change to resolve the problem. If problems continue, a second contract will be filled out and will involve the core staff member, the cabin counselor and a phone call to the parent/guardian. Any further issues may result in the camper's dismissal from camp (without a refund). Parents shall be responsible for the camper's immediate transportation home should this occur.

**Reasons for the Rules:**

Please keep in mind that our program has unique requirements. Our standards are a result of the high expectations we must meet to provide 24-hour care for all of the campers we serve. The natural environment, outdoor activity schedule, and resident setting all require that we take safety very seriously. If a child exhibits defiance, lack of respect, fighting, stealing, or any other behavior that puts either themselves or others in danger, they cannot remain as a participant in our program.

It is not abnormal for some children to misbehave. This is a fact. In addition, when they do misbehave, it is necessary to impose corrections so that they will not repeat actions that are wrong, harmful or not in the spirit of Camp.

When we see that a child is misbehaving we individually meet with the child to try to determine the cause of the problem. Once we have done that, we then try to remedy the problem while simultaneously making the child aware of the unacceptable nature of their behavior. They are guided to help them make appropriate positive choices. Once the child understands what they have done, we secure a promise from the child to not repeat the problem behavior. Once this promise is made, we determine an appropriate disciplinary action for the camper. This action is not, under any circumstances any form of corporal punishment. It may be as mild as talking to a leader or apologizing for a behavior. If a camper continues to misbehave, we may call you for your input and assistance. Often a discussion with the parent/guardian will help change the inappropriate behavior in a positive manner.

If we determine that your child's behavior is detrimental to the camp program, we will ask that you come to camp and pick up your child immediately and at your own expense. No refund of camp fees is available in this case.

**WHERE DO I DROP OFF AND PICK UP MY CHILD FOR CAMP?**

Sending your child off to Camp on that first day can be overwhelming for each of you. At least ten days before each program we will send you a reminder letter that includes information about where to bring your child for transportation to camp and where to pick-up your child when camp is over. **You must not just drop them off. You must be present to sign your child in and out on those days.**

**Medication information:**

If your child has any medication to take while they are at camp you must give it to the nurse at registration. It must be in a pharmacy bottle with child's name, medication dosage and directions on the label. Over the counter medications must be in original bottles and must also be given to the nurse. This is for each child's safety. No medications are to be in cabins. All medications are kept in the infirmary under lock.

**The check in procedure will be as follows:**

Arrive - Highland YMCA at the predetermined time. (7793 Central Ave.)

Park in designated areas only.

Place labeled luggage in luggage pile.

Go to the check in table and sign in your child.

**If you are not going to be the one to pick your child up please let the staff member know so the name of the person picking your child up is written on the sign in form. Campers are not released to anyone unless we have the person's name from you. Phone calls to give us names are not acceptable.**

Go to the nurses station – all campers and parent/guardians must check with nurse.

Head lice and temperature checks will be done on all campers before they join their cabin members.

Say good bye to your child. Your child will go with a camp staff member to the gymnasium and join their counselor and other cabin members for games.

You may wait for the buses to leave or you may leave now. Have a good week!

The Check-in procedure may seem long and tedious, but it is designed with your child's safety in mind.

Please allow 30 to 60 minutes out of your schedule to insure a safe and positive experience for your child's time at camp.

**The check out procedure when camp is over will be as follows:**

Arrive at the Highland YMCA at the predetermined time – there is a charge for late pick-up .

\$5 for every 15 minutes.

Park in designated areas only

Go to the check out table, **show your picture identification** and sign your child out.

You will receive either a camp picture or ticket to take to camp staff to show you have properly signed your child out of camp.

**Be sure to check with the nurse for any remaining medications.**

Go with your child to pick up their luggage – be sure it is theirs and that you get it all!

Enjoy listening to your child’s stories – ask about their leather or rag!

**WHAT IS OUR PAYMENT AND REFUND POLICY?**

Payment of the camp deposit and fees can be made in cash, by check or with a credit card at the front desk at any of our YMCA branches. Please be sure that you have completed your registration forms when you make your payment and that you have a receipt for your payment.

If you cancel up to 1 week before your child is scheduled for camp, you will receive a full refund except for your \$40.00 deposit. This includes all Campership participants. A written explanation must be given to the Camp office in order to receive a refund. We will not refund any portion of your camp fee if you do not contact us before one (1) week prior to Camp.

The YMCA must receive full payment before your child leaves for Camp. No exceptions will be made.

Any campers with a balance will not be allowed on the bus. Final payments may be made at check-in.

Please remember that to participate, all campers must be members of the YMCA. Membership fees are in addition to the price listed for the week of camp and may be found at your local branch. A member is a child or parent who are members of the YMCA of the East Valley. Parents who are applying for a Campership must still place a \$40.00 non-refundable deposit of their own.

**CAN I SELL PEANUTS TO PAY MY WAY?**

A long-standing tradition at the YMCA is that campers may sell toffee-covered P-Nuttles® in order to help pay their way to camp. At the YMCA front desk, you and your child can check out up to 2 cases of peanuts at a time to sell. For each case you sell, a \$21.00 credit will be issued to your child’s camp session.

**WHAT IF I CANNOT AFFORD THE CAMP FEE?**

It is the policy of the YMCA to avoid denying participation in any Y program to any person because of their inability to pay for the costs of that program. Therefore, if the price of attending a week at Camp is a bit beyond your means, you may apply for the financial aid camp scholarships that we call Camperships. The cost of camp well exceeds the camp fee we charge. We charge you only the direct cost of camp expenses and therefore we subsidize every camper.

“Rules for acceptance and participation in the camp program are the same for everyone without regard to race, sex, color, religion or national origin.” If you cannot afford the fee for Camp and you qualify for financial assistance, you will pay the standard deposit of \$40.00 and the YMCA will arrange a cost sharing plan with you to include selling YMCA Peanuts. This is available for campers and CIT’s between the ages of 7 and 17 years of age. In order to receive our assistance, please fill out the Campership portion of the registration form at the time you fill out the registration form. You will be notified before camp of your eligibility for the Campership.

**WHAT IS THE FINAL WORD?**

As with any document, changes may occur. The YMCA and its staff reserve the right to make changes with regard to the program. We anticipate this will not be necessary, however life is full of changes and we can never predict what may occur days or months down the line. We appreciate your thoughtful consideration and participation.