



Community Connections Middle/High Summer Day Camp Info

May 2010

Dear Middle & High School Families,

Community Connections Summer Camps are on the way! We are looking forward to a great summer! Here are some things you need to know when you send your 5th - 12th grader to camp. Please read both sides and be sure your child is aware of this information.

Locations - The following camps will meet at Montpelier High School: Backpack Long Trail, Kayaking, VT Folk Furniture, Maine Canoe & Backpack, Rock Climbing, Advanced Mountain Biking, Beginner Backpack, and Steeps & Deeps . These camps will meet at U-32: Dirt Divas, High Ropes Adventure, Learn to Mountain Bike, Huck Finn, U-32 Tennis, Saco River, and Farm Fresh.

Staff: Counselors include Community Connections Site Coordinators and afterschool staff, all experienced youth workers certified in first aid and CPR. Drew McNaughton, Dave Bennett, Paul Dayton & Bill Merrylees of CC, plus U-32 and MHS faculty members will be the primary camp staff.

Schedule/Drop Off: These camps begin at 9 am and end at 4:30, with the exception of the technology courses (times listed on confirm sheet) and the camps doing overnights (they'll have a separate itinerary). Check in with camp staff on Monday morning each week for a **schedule for the week** for the outdoor camps, including where we'll be and when, and contact info for that week. **Please do not drop your child off before 8:50 am. We do not have the staff capacity to offer before & after care for middle/high camps.** Having your child walk or bike to & from our starting locations is fine as long as we have your permission for this in writing on the registration form (see below).

Medical Registration: We need a signed registration form for every child. You only need to fill out one form for the year. If you have already completed a Registration Form (during the 2009-2010 school year), please check with the CC office to verify that the information we have is correct. We can make updates with your permission. The form is also used to tell us about special health, emotional, or behavioral concerns, *anything that might help us work with your child.* If we do not have your form on file when we receive your child's sign-up, we will enclose one here, or you may download it at www.communityconnections.us. You will have to fill one out on the 1st day of camp, before your child can participate, if we do not have the form on file.

For Long Trail Backpack, Beginning Backpack, and Maine Canoe & Backpack: Since participants will be in the wilderness for days at a time, we need more complete medical information. We require a medical exam form signed by your physician within the last 12 months, plus a confidential health questionnaire signed by parent/guardian. These forms need to be received 2 weeks prior to the beginning of camp. For physical exam you may use your physician's form or a template that we have enclosed. We have also included the Itinerary and "What to Bring List" for these courses in this packet.

Medications: If your child needs any medication during summer camp hours, you will need to sign a permission slip stating correct times and allowing our staff to administer the medication.

Medications must be brought in on a daily basis and handed (by an adult) to the site coordinator.

(OVER)

General What to Bring List:

- **Healthy bag lunch**, plus a snack. Please make sure we are aware of any food restrictions.
- **Water bottle**. This is very important for outdoor courses. We will have some water to refill bottles during the day.
- **Appropriate clothing**, including good footwear, (not just flip-flops!, as the outdoor camps will do a lot of walking/hiking) a bathing suit and towel, jacket or sweatshirt, hats, sunglasses, etc. Outerwear and appropriate clothing for that day's weather and activities.
- **Sunscreen and bug repellent**, (we have some extra as well.)
- **A quiet reading book** or a journal, if desired.
- **A good attitude and a desire to HAVE FUN!**

Safety: Keeping everyone safe is our main objective. While we are consistently encouraging and enforcing safety, it is important that everybody is pre-informed that unsafe behavior cannot be permitted and could result in removal from the camp without a refund. We'll provide warnings in the case of less severe risk, but if the situation demands immediate action, we could be forced to remove the student immediately.

Our second expectation and hope is that all participants maintain a positive attitude, and that they work to make the experience positive for everyone involved. It is that simple, and it makes the camp a million times more fun! As an additional responsibility, we hope that all camp members will inform an adult if he/she needs a rest so that we are all in good spirits. **Please prep your son/daughter by having this conversation before camp even begins.**

For Bicycling, please pack in addition to the "What to Bring List" above:

- Your bike, in good operating condition. It's best to have it looked over by a bike mechanic. If you need to borrow a bike, we have some available at no charge. Please call us.
- A bike helmet that fits. Call us if you need one.
- A fanny pack or bike bag to carry snack & gear, preferably NOT a backpack.
- Water, with a way to carry it while bicycling
- A spare inner tube that fits your bike (read the size on tire, probably 26x1.75)
- Do lots of bicycling beforehand. We will be going up hills, some long hills; after all - this is Vermont. You'll have more fun if you start biking regularly NOW to be in the best shape for the week. ☺

For Kayaking, please pack in addition to the "What to Bring List" above:

- Water shoes or sandals that will stay on the feet (not flip-flops)
- A peaked baseball hat, also sunglasses and a strap to keep them on
- An extra change of dry clothes, (optional - check daily temperatures)
- No electronic devices, or anything else that can't get wet!
- You may bring your child's own floatation vest & paddle if you have them. Your own kayak is fine too, call for details.

For Farm Fresh Camp, please bring work gloves.

General Info: The main number at Community Connections is 223-3456. Feel free to phone us.

Thank you for your assistance and support in making this a great summer for your kids and us!

Ginny Burley, Director of Community Connections