

CAMP NAZARETH



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Dear Parents and Guardians,

Here at Camp, we are preparing for the arrival of your children. This is an incredible responsibility and opportunity, one that we are partners in as parents, children, and staff. In cooperation with one another, our Camp will be everything we, and our children, need it to be. We thank God for the blessing of this Camp, its founders and benefactors, its previous staff and volunteers, and its campers and their parents. We have inherited a genuine blessing. In that spirit of gratitude we eagerly look forward to another wonderful and blessed summer at Camp Nazareth and to our newest event, this year's Science and Nature Camp.

As we prepare for the arrival of your children we want you to know that the safety and well-being of your children is Camp Nazareth's primary concern. Camp provides a safe environment in which your children will be well taken care of from the moment they arrive to the moment they leave for home. We take this responsibility seriously at Camp and we want you to know that we continually look for ways to improve the camp experience by providing the safe environment you expect from us. We ask that you partner with us in this endeavor by preparing your child for the Camp Nazareth experience.

Please take the time to look through the Camper Parent Information Guide as it contains NEW and IMPORTANT information to help prepare your child (and you) for camp. Please read the section about Packing for Camp carefully as it contains important information about what to bring to camp and what not to bring. We often hear from campers that they were unaware of what they could and could not bring to Camp. Remember that a prepared camper will get more out of their camping experience than one who is not as prepared.

Each of us wants a Camp that we can be proud of, a Camp that we want to send our children to, and a Camp that they want to attend. We partner in this responsibility. At the Camp we provide the safe and peaceful environment as well as an excellent Science & Nature Camp Program. We ask you to provide children who are prepared to receive all that Camp Nazareth has to offer them.

We look forward to seeing you and your children this summer at our Science and Nature Camp!

Again, please read through this booklet. It contains NEW and IMPORTANT information to ensure your children are prepared for Camp. This preparation is essential for a great Camp experience.

Thank you.

Sincerely,

Fr. Stephen Lopusky
Camp Administrator

PREPARING FOR CAMP

The camp experience is like other important experiences in life: the better one is prepared, the more one gets out of the experience. **Remember that a child must be at least 8 years old AND have completed 2nd Grade in order to attend Camp.** Please review the following with your campers.

CAMP LIFE

Life at camp is unlike any other experience with which your child is likely familiar. While giving them a positive preview of their coming experience, let them know that life will be different and that you want them to grow from many new experiences. Please prepare them for their upcoming experience by including the following information:

* Living arrangements: Campers live with 15 fellow campers and 2 counselors. Each cabin has 8 sets of bunk beds. One of the best aspects of the camp experience is learning to adjust to group living and getting along as part of a community. Each cabin is essentially a family for a week. Help your children look forward to forming friendships within that family.

* Meals: Breakfast, lunch, and dinner are enjoyed together as a community in our Dining Hall. Some items served will be things your child may have never tried before, while other items may be things they dislike. Assure your camper that our dietician-reviewed menu is both nutritious and delicious. More importantly remind your camper that at Camp **FOOD = FUEL!** The campers need to eat and drink enough to handle the rigors of the Camp Program. Also note that because of the demands of feeding many campers in a relatively short period of time, **we are not able to handle special requests for meals unless medically necessary.** Help your camper by relaying your expectation that they will try new foods and eat what is served.

* Independence: One of the major adjustments campers experience is being independent from parents, with typically no contact with them during the short one-week camping session. Learning to be more independent can be one of the most positive experiences they have at Camp and one that helps them mature even during their short stay here. Be aware that you as a parent may need to prepare for this as much, if not more, than your camper! They can do it and so can you!

FIRST-TIME CAMPERS & PARENTS

If this is your child's first time at Camp Nazareth, you as a parent may miss them just as much as they may miss you. That's great! It means you love your child and they love you. However, we ask you to prepare your child in advance to help them have the best possible camp experience and minimize the effects of homesickness. This does not mean don't miss your kids and for them not to miss you. It means coach them in advance to take advantage of what can be a tremendous learning and growing experience for them. Please visit the following link on the Camp Nazareth website. It is an article with some coaching tips as you prepare you and your child for their first visit to Camp Nazareth. The link is: <http://www.campnazareth.org/Forms&Registration.htm>.

CAMP ACTIVITIES

Life at camp takes full advantage of our outdoor setting. Activities include field sports, hiking, softball, kickball, swimming, volleyball, the High and Low Ropes Course, and more. All the activities are geared towards your child's learning, enjoyment, and fun. Other than the Low and High Ropes Courses there are no specialized activities that require specialized camper training or special supervision. The outdoor activities, sports and games are all adapted so everyone can participate. Moderate physical exercise in sports and hiking should be anticipated. As with any physical activity of this sort campers should anticipate the normal falls, scraps, bumps, bruises and the occasional sprained ankle, wrist or finger. The Low Ropes Course is a series of elements under 10' high that the camper works through with his or her cabin-mates under the supervision of the Camp Staff. The High Ropes Course is a series of elements from the ground up to 35' high that the camper will work through under the supervision of the Camp Staff. These include a climbing wall, climbing net and other elements which require the campers to be in harnesses and either be belayed by trained staff or be connected to a cable system by the trained staff. No one under 14 is permitted by State Law to go on the High Ropes Course. All ropes course elements are "challenge by choice" which means your camper is given the opportunity to NOT participate in them. Your child should anticipate a

moderate degree of exertion and difficulty on the low ropes course and a high degree of exertion and difficulty on the high ropes course. While safety is stressed in both staff training and in camper orientation for both the Low and High Ropes Course, campers should be prepared for the occasional bumps and bruises related to physical exertion. It is also possible, though not likely, that a camper could strain a muscle, fall to the ground from a Low Course element, bruise or scrape their leg on a High element, or receive another unanticipated or unexpected injury. If your child has restrictions precluding any of these activities, please note them on the Health Form online and have your child's physician note them on the Medical Examination Form (Physical). Other than the age restriction for the High Ropes Course all campers are expected to participate in all camp activities unless there is a medical reason to not participate. Rainy days are a frequent occurrence and we try to continue programs as much as possible despite light rain, so rain gear (poncho or water proof jacket) is a must. Please also note that each day we will be saying morning and evening prayers together as a Camp family. This is part of the Camp's life as an Orthodox Christian Camp.

FEES

Balances of all payments are due by check-in. All balances will be billed to the camper's parents, regardless of any subsidies from other sources. Campers are registered according to the date they register online. Camp Nazareth is very proud to offer its program at some of the lowest rates available in America today. We encourage you to research this information, as **you will find this fee to be extremely affordable in comparison to other weeklong camps**. The fee for a one week session at camp is **\$290 per child**. If your child stays multiple weeks and stays over the weekend at Camp, a \$55/weekend fee will be assessed.

DISCOUNT INFORMATION

For a family sending more than 1 child, a Discount of \$25 per child (after the first child) will be given. *(Please note that once online registration is complete, you will be sent via email the Medical Examination Form (i.e. Physical Form) to be completed by the camper's physician. A Physical must be completed each year and the form turned in as soon as possible, but no later than July 1.)*

Payment by check, money order, or credit card is accepted. Checks and Money Orders are to be made payable to Camp Nazareth and sent to Camp Nazareth at 339 Pew Road, Merver, PA 16137. If paying by Credit Card, please do so through the online registration process.

CANCELLATION POLICY

If an applicant wishes to cancel, they must do so no later than 1 week prior to the beginning of their Camping week in order to avoid being charged Camp fees for food and supplies. If an applicant cancels less than 1 week prior to the beginning of their session a \$150 fee will be assessed. Once final registration is complete on the day the camper's session begins, and a camper has not shown up, no refunds will be given.

HEALTH CARE

The online Health History Form and the paper Medical Examination Form (Physical) are a necessary part of the camper application process and both must be filled out completely. The Health History is part of the online registration process. The Medical Examination Form was sent to you via email after you registered online. It needs to be filled out, signed and remitted by July 1. Any special medical conditions or allergies must be noted on the forms. Please do not allow embarrassment to prevent us from providing adequate care for your child in your absence. The forms are confidential and the information will be available only to those responsible for your child's health and well-being. A licensed Medical Doctor or Registered Nurse is in residence during the camping season to take care of any health care needs, including the dispensing of medication, to the campers. All medications (prescription and over-the-counter) will be collected upon arrival at camp, so please pack them in an accessible location. **All medication must be brought in the ORIGINAL CONTAINER.**

INSURANCE

All campers should be covered by their family policy. While Camp Nazareth will act as guarantor, any costs incurred by the Camp in providing required treatment for doctor's appointments, prescriptions etc., are the

responsibility of the camper's legal guardians and those costs will be billed accordingly.

PACKING FOR CAMP

PROPER CAMP ATTIRE

While camping is by its nature informal, modesty should be your guiding principle when helping pack for your child's stay at Camp Nazareth. The Camp will encourage your child to learn what modesty is and what it means to be modest in their attire. We ask that you as parents partner with us in this endeavor.

Inappropriate clothing at Camp includes, but is not limited to: excessively revealing open back tops, tube tops, halter tops, crop tops, low-cut fronts, shirts or lacrosse jerseys that dip low on the sides, skin tight clothing, half shirts, tank tops with less than two finger-width straps, tank-top undershirts, two-piece bathing suits (or one piece suits with cut outs), tankinis, short swim trunks, speedos, boxers as outerwear, shorts cut revealingly (shorter than mid-thigh), spandex shorts as outerwear, sheer/see through clothing, mini skirts, clothing with inappropriate imagery or language (ex. Profane language, reference to drugs, alcohol, tobacco, violent or anti-Christian wording or imagery, etc.), shorts or pants with writing or imagery on the seat, sports bras without shirts, spaghetti-strap blouses or dresses, and low-cut waistlines. If your child has a tattoo, the Camp Staff may ask them to keep it covered if there is anything the Camp deems inappropriate about the tattoo. Sagging pants and exposed underwear/undergarments are a no-no as well. We ask that all attire be a sign of respect for one's self and everyone else in the community of Camp.

Tank tops, t-shirts, racer/razor-back tops, yoga pants and leggings (as long as they are not see-through), pants, jeans, shorts (mid-thigh or longer), and athletic shorts (mid-thigh or longer) are permitted at Camp.

Spandex, yoga pants, stretch pants and other athletic undergarments **are allowed and recommended for the Ropes Course as long as** they are covered with other shorts. Shorts that are too short and "ride up" from beneath the Ropes Course harnesses without having athletic undergarments on underneath as well will make the harnesses uncomfortable for your child.

Rain is a frequent occurrence so proper rain gear is required. Athletics/Sports are part of the Camp program so athletic shoes are required for those parts of the program. Hiking boots are not needed but are recommended for the hiking part of the program.

The Camp Staff reserves the right to ask you to change your clothing if it feels that what you are wearing is inappropriate.

SPENDING MONEY

The camper fee covers all regular camping expenses. Shopping in our popular Camp Gift Shop, which stocks books, items of clothing bearing the Camp Nazareth logo, ice cream, drinks and snacks, etc. does require spending money. Spending money will be collected on the first day and maintained for them during the week. Any remaining balance will be returned to the camper before departure. No money should be kept with the camper in the cabins, as Camp Nazareth is not responsible for any lost money. We discourage sending cash to your child through the mail. Average amounts of spending money: \$20 to \$60 per week.

SNACKS AND CARE PACKAGES

Please do not send additional snacks with the campers. The camper fee covers the costs of snacks, which will be distributed throughout the day. The Camp does not allow sending additional snacks for a variety of reasons including problems with rodents, insects, and other wild animals, the unfairness of one child with snacks and another of less means without, improper nutrition, etc.

LAUNDRY

Pack enough clothing to last at least one full week. All campers should bring a laundry bag in which to accumulate dirty clothing. Your child's name should be written on each piece of clothing with a permanent marker or with a name label to reduce the chance of loss. Upon return home, please check your camper's luggage immediately and notify the Camp Office of any lost items. Clothing left behind will be held for two weeks after the end of the camping session, after which all unclaimed items will be donated to local families in need.

CAMPER PACKING LIST

We do not recommend bringing expensive or name brand clothing or other expensive items to camp. All items must be clearly labeled for identification. Cabin storage space is limited, so each camper should bring no more than two pieces of luggage: one suitcase/duffle bag and one small bag or backpack. Please see the following packing list:

- ❑ Proper clothing for 7 days of camping, with all items marked properly for I.D.
- ❑ Proper athletic shoes.
- ❑ Hiking boots
- ❑ Waders or rubber boots that can go into shallow water
- ❑ Also shower shoes/slippers.
- ❑ Appropriate swimming attire and accessories (1 piece suit for girls, no cut-outs, swim trunks for boys)
- ❑ Sweater, sweatshirt, or lightweight jacket
- ❑ Waterproof gear, coat or poncho
- ❑ Sleeping bag or blanket, twin sheets and pillow
- ❑ Laundry bag, marked with camper's name
- ❑ Flashlight
- ❑ Two towels, washcloth, pool towel
- ❑ Insect repellent (non-aerosol) (be sure the repellent is safe for your child's age group)
- ❑ Sunscreen
- ❑ Toiletries, such as Comb/brush, toothbrush, toothpaste, soap, shampoo, deodorant (non-aerosol)
- ❑ Money (if so desired)
- ❑ Prescription Medication Clearly labeled in ORIGINAL CONTAINER with instructions for use (if applicable)
- ❑ Optional: Disposable Camera (marked with name), journal, water bottle, cards, long sleeve shirts for mosquito protection, etc.
- ❑ A Great Attitude and the Willingness to Have Fun!

PLEASE DO NOT BRING TO CAMP...

- Food (attracts animals and can be unfair to children who have none)
- Items of value, which can be ruined, stolen, damaged or misplaced, such as jewelry, electronic equipment, cell phones, etc. **Cell phones and music related equipment such as Ipods and MP3 players are required to be turned in during registration and will be returned upon departure. This is a standard industry practice. It ensures the safety of the equipment and the focus of the children during their stay.** (The Camp is not responsible for valuables not turned in, which is why we ask that they be left home)
- Roller blades, sneaker skates, roller skates, etc. (no place to use them safely)
- Your own yard games or other sports equipment. Your own lawn chairs.
- Immodest apparel and clothing with suggestive or obscene imagery or words (see the Dress Code Form)
- Any aerosol products (non-aerosol only, please)
- The following items may not be brought to camp for obvious reasons:
 - All tobacco products
 - Hookah Pens and Electronic Cigarettes (E-Cigarettes)
 - All alcoholic beverages

- Any and all illegal substances. This includes any synthetic drugs (ex. K2, Spice, Bath Salts, etc.) that may or may not as yet be declared illegal by law.
- Dangerous implements and/or prank items, i.e. knives, guns, small axes, fireworks, laser pointers, etc.

If a camper is caught with any of the items listed above, he/she is subject to any legal disciplinary action and/or immediate removal from the Camp. Camp Nazareth is a nationally accredited camp with the ACA. Any behavior by campers, their parents, staff or clergy that might jeopardize that accreditation or bring the camp's credibility and status into question as a safe, Christian environment, will not be tolerated.

DURING THE CAMPING SESSION

REST EASY

While your child is at camp, rest easy knowing that they are in a safe, secure, Christian environment. Missing your children is normal, so write a letter or two to your children, as they enjoy receiving mail. One good idea is to write a letter and mail it the day before they leave home, so they will get it soon after they arrive at Camp. Be assured that your children are in capable hands and that they will be safe and cared for at camp.

REGARDING VISITS TO CAMP NAZARETH AND TEMPORARY LEAVE

Please feel free to meet our staff and tour the camp facilities upon check-in. However, due to problems in the past with family visits (which often resulted in campers becoming homesick), we ask parents to please be patient, as your children will be home soon. The campers have a very busy schedule, and only a short time at camp. Additionally, campers are not permitted to come and go from the camp during their stay for any reason under normal circumstances. Our campers must always make their camp experience a priority over other events during the week of their stay.

Insurance regulations and our Child Protection Procedures forbid any unauthorized overnight visitors from staying at the camp. In addition, new child protection laws require Camp to perform background checks on more than just the Camp Staff. This requires that all visitors to the camp, during the camping session, contact the Camp Administrator at least 1 month before their scheduled arrival.

KEEPING IN TOUCH WITH YOUR CHILD

We have an active Camp schedule. However, in-coming and out-going emergency calls will always take precedence over all other activities. If your camper suffers serious injury or illness, you will be promptly notified. This would include any issue requiring off-camp health services or an illness in which a fever lasts for more than 24 hours. Non-emergency out-going calls from campers are allowed at the discretion of the Camp Administrator. However, in-coming phone calls during the session are respectfully discouraged so as not to disrupt the camping program.

Should a serious need to communicate with your child arise, please call the Camp Office at 724-662-4840.

We encourage letter writing both to and from camp, as well as emailing your child (you may sign up for this during the online registration process) with mail and emails being delivered daily. Sending a letter or writing an email before your child leaves home is a good idea, as the mail or email will be waiting for your child on their first full day of camp. If you sign up for emailing your child, please note the email to send to is: campnazareth@gmail.com. You may want to include in the letter or email to your child, short declarations of love, such as "We're so proud of you," "We love you," or "See you real soon." Phrases like these will be sure to brighten their day. Avoid phrases like "We miss you", which while sounding encouraging, actually foster homesickness.

CABIN SELECTION AND PLACEMENT

All campers are placed in their cabins by age only. Friends and/or siblings are not considerations unless medically necessary. Obviously, situations may also arise where a child may have friends in different age groups or may be in a grade not typical of others in their own age group. However, due to the fact that our cabins are often filled to near capacity, simply moving children to other cabins as a matter of preference can be problematic, as other campers are then forced to move to accommodate the desires of one single camper. For this reason, moving up or down cabins to accommodate friends or family is disruptive and will be highly unlikely. Changes may be made only at the Administrator's discretion.

PROPER CAMPER CONDUCT

By allowing your child to come to camp, it is understood that you believe your child is reasonably able to act in ways appropriate to an Orthodox Christian. While all disciplinary action will be taken to attempt resolution on site, the Camp Director reserves the right to dismiss campers for gross violations of camp rules and conduct, which will be clearly outlined and enforced during the camping session for the camper's safety and security. Parents will be responsible for arranging and covering the costs for their child's early departure. In regard to all minor infractions, we utilize a progressive disciplinary process. This usually involves time out, building maintenance (sweeping or light cleaning), or general property clean up (sweeping or garbage pick-up), talks with their counselors, and in some cases talks with the Camp Administrator. These measures are meant to demonstrate to our campers the importance of both appreciating and maintaining our camp. Camp Nazareth and its staff do not engage in or allow the use of corporal punishment.

ARRIVAL AND DEPARTURE

CHECK-IN

On the first day of the session (Sunday), Campers must be checked in between **4:00 PM** and **6:00 PM**. Those who need to arrive at any other time **must notify** the Camp Administrator in advance.

Registration will take place in the Pavilion. The process will include an introduction to your Camper's Counselor, the collection of any technology, the collection of cash funds sent for your Camper's use, and meeting the medical staff to discuss any health issues as well as to turn over any medications. All medications and/or cash funds that are not used will be returned at the conclusion of your Camper's session.

CHECK-OUT

The Camping Session ends on the following Saturday morning. All Campers must be picked up between 10:30 AM and 11:30 AM. Please be sure to pick up your child no later than 11:30AM, as our staff must prepare for the next group of campers arriving.

REGARDING LATE ARRIVALS AND EARLY DEPARTURES

The Camp Nazareth Program should be experienced from start to finish for the greatest benefit to our children. Late arrivals and early departures are generally **not permitted**. Exceptions do not include obligations such as other camps (sports or other), birthday parties, family vacations, etc. Please contact the Camp before registering your camper if you feel this may become an issue. Camp Nazareth retains its legal right to deny camper enrollment for this reason and does not offer discounted, shorter stays.

DRIVING DIRECTIONS

From Interstate 80, take Exit 15, to US Route 19 North towards Mercer. Travel 2.5 miles on Route 19 through the Town of Mercer. At the North end of town you will come to a Y, where you will bear left onto State Route 58 West. Go 6 miles until you reach Pew Road on the left. (Pew Road is a semi-finished road.) Proceed down Pew Road for approximately 1 mile until you come to a T-intersection at the bottom of the hill. Bear right onto Camp Nazareth's private access road.