

# CAMP NAZARETH



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Dear Parents and Guardians,

Glory Be To Jesus Christ! Glory Be Forever!

Here at Camp, we are preparing for the arrival of your children. We continue to ask our Lord Jesus Christ for help in this task so that our children's Camp experience would draw them closer to Him, that even in a short period of time at Camp they would be transformed by the presence of God in their lives. This is an incredible responsibility and opportunity, one that we are partners in as Diocese, parents, children, and staff. In cooperation with one another, by the guidance of the Holy Spirit, our beloved Camp will be everything we, and our children, need it to be in the eyes of God. 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 year at Camp Nazareth.

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 Orthodox Christian 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, but more importantly, a Camp that God will continue to bless because we seek only to do His will with it. We partner in this responsibility. At the Camp we provide the safe and peaceful environment as well as an excellent Camp Program. We ask you to provide children who are prepared to receive all that Camp Nazareth has to offer them. "Let the children come to Me and do not hinder them for to such belongs the Kingdom of God," were our Lord's words to His Apostles. Camp Nazareth is a place that allows that command of our Lord to be fulfilled. It is one of our diocesan apostolates that seeks to allow and foster a deeper relationship between our children and our Lord. Again, this is an awesome responsibility, but a blessed and joyful one. We look forward to seeing you and your children this summer as we seek to fulfill this blessed and joyful responsibility.

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 peaceful and profitable Camp experience.

Thank you.

Yours in Christ,

Fr. Stephen Laposky, 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. 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 and more. If your child has restrictions precluding any of these activities, please note them on the Health Form. 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.

### FEES

Balances of all payments are due by check-in. All balances will be billed to the camper's parents, regardless of any parish subsidies. Campers are registered according to postmark date. Preference is given to those whose deanery week it is. Campers are allowed to stay multiple weeks, but again preference will be given to those for whom it is their first week. If your child stays multiple weeks and stays over the weekend at Camp, a \$50/weekend fee will be assessed.

## **DISCOUNT INFORMATION**

For any family sending more than 1 child, a Family Discount of \$25 per child will be given. The Ambassador's Discount (for having invited a newly enrolled, non-diocesan guest camper) is a one-time \$25 discount.

## **CANCELLATION POLICY**

If an applicant wishes to cancel, they must do so before final registration at check-in. Once final registration is complete, no refunds will be given, as food and supplies have already been purchased for your camper.

## **HEALTH CARE**

The Health History and Medical Examination form is a necessary part of the camper application process and must be filled out completely by you and the camper's doctor. It needs to be submitted with the Registration form and remitted by July 1st. Any special medical conditions or allergies must be noted on the form. Please do not allow embarrassment to prevent us from providing adequate care for your child in your absence. The form is confidential and the information will be available only to those responsible for your child's health and well-being. A Registered Nurse or Licensed Practical Nurse is in residence during the camping season to take care of any health care needs, including the dispensing of all medication. All medications (including prescription and over-the-counter) will be collected upon arrival at camp, so please pack them in an accessible location. Prescription medication must be brought in the original prescription 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, Christian 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 Christian modesty is and what it means to be godly 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 (including racer-razor backs), tube tops, halter tops, low-cut fronts, skin tight clothing (ex. Spandex, stretch pants, etc.), 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), shorts cut revealingly (shorter than mid-thigh), shorts or pants with writing or imagery on the seat, sports bras without shirts, spaghetti-strap blouses or dresses, and low-cut waistlines. No more than two pairs of earrings are permitted for girls, none for guys. Excess earrings and other body piercings must be removed prior to admittance to camp. Tattoos must be covered at all times while at camp. Sagging pants and exposed underwear 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. Rain is a frequent occurrence so proper rain gear is required. Dress for daily church services is casual but appropriate attire is necessary. For Divine Liturgy, celebrated once each session, boys are expected to wear collared shirts (tie preferred) with dress pants, and girls should wear dresses or skirts of appropriate length, with a blouse. Pantsuits are also acceptable for young women.

### **SPENDING MONEY**

The camper fee covers all regular camping expenses. Shopping in our popular Camp Gift Shop, which stocks books, icons, items of clothing bearing the Camp Nazareth logo, ice cream, drinks and snacks, etc. does require spending money. At the camper's request, spending money will be voluntarily collected at registration 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 range from \$20 to \$60.

## **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 season, 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.
- Appropriate attire for Divine Liturgy
- Long pants for services each day
- Proper athletic shoes. Also shower shoes/slippers.
- Appropriate swimming attire and accessories
- 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)
- Bible and prayer books are encouraged!
- Money, calling cards (if so desired)
- Prescription Medication Clearly labeled with instructions for use (if applicable)
- Optional: Disposable Camera (marked with name), journal, hiking boots, 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)
- Immodest apparel and clothing with suggestive or obscene imagery or words
- Any aerosol products (non-aerosol only, please)
- The following items may not be brought to camp for obvious reasons:
  - All tobacco products
  - All alcoholic beverages
  - Any and all illegal substances
  - 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 forbid any unauthorized overnight visitors from staying at the camp. This requires that all visitors to the camp, during the camping session, contact the Camp Administrator well before their arrival.

### **KEEPING IN TOUCH WITH YOUR CHILD**

The active camp schedule, by its very nature, makes daily phone contact difficult. 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 and staff. However, in-coming phone calls during the session are respectfully discouraged so as not to disrupt the camping program. Additionally, out-going calls by campers will be discouraged unless completely necessary.

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, with mail being delivered daily. Sending a letter before your child leaves home is a good idea, as the mail will be waiting for your child on their first full day of camp. You may want to include in the letter 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.

## **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, church and/or building maintenance (sweeping or light cleaning), or general property clean up (sweeping or garbage pick-up). These measures are meant to demonstrate to our campers the importance of both appreciating and maintaining our diocesan camp. Camp Nazareth and her 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 Director in advance.

Registration will take place in the Pavilion. The process will include an introduction to your Camper's Counselor, the collection of any cash funds sent for your Camper's use, and meeting the nurse to discuss any health issues as well as to turn over any medications for your Camper, if applicable. 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 10:00 AM and 12:00 PM, Noon. Please be sure to pick up your child no later than noon, 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.