



# MONROE COUNTY YMCA

# Camp Arrowhead

## 2019 PARENT GUIDE | Northwest Y

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## WELCOME TO MONROE COUNTY YMCA CAMP ARROWHEAD!

Thank you for choosing YMCA camps as your summer fun destination! Our trained staff is committed to providing your family with a rewarding and memorable experience.

This parent handbook is designed to prepare and assist you with sending your child to Summer Camp. You will find helpful and pertinent information that will make camp a positive experience for your whole family. Please read this handbook carefully and review the camp rules and guidelines with your child.

If we can provide you with any additional information or be of any service to you throughout the summer, please do not hesitate to contact **Chris Stone**, Northwest YMCA Camp Director, at 812-961-2360 or [cstone@monroecountyyymca.org](mailto:cstone@monroecountyyymca.org), or **Brittany Crawford**, Northwest YMCA Camp Coordinator, at 812-961-2359 or [bcrawford@monroecountyyymca.org](mailto:bcrawford@monroecountyyymca.org).

### YMCA Mission

To put Christian principles into practice through programs that build a healthy spirit, mind, and body for all.

### General Information For All Camps

Camp Arrowhead focuses on the four core values that influence everything we do at the Y: caring, honesty, respect, and responsibility. Our summer program is based on educating our campers about these values while simultaneously helping them build self-confidence and independence, and also challenging them physically, mentally, and emotionally. We emphasize the importance of healthy lifestyles, which is taught through fun activities to help your children incorporate this concept into their daily lives.

### Camp Start Date

For your convenience, camp start dates are based on the school calendar. If schools in Monroe County must make up a snow day, the first day of camp will begin when all students are out of school. Camp is currently scheduled to start on Tuesday, May 28 and end on Friday, August 2. We will offer Single Day Camp on Monday, August 5 and Tuesday, August 6 for campers who don't begin school until Wednesday, August 7.

### A Typical Day at Camp

Camp Arrowhead provides campers ages 4-13 with supervised activities that teach core values, conflict resolution, leadership skills, and other important life skills.

Every day, campers will participate in a variety of activities such as group games, crafts, swimming, and physical activity, each encouraging new friendships, self-confidence, teamwork, and growth in self-reliance.

### Staff

Camp Arrowhead is directed by Chris Stone, Northwest Y Youth and Sports Director. Chris has multiple years of experience working with children of all abilities. Brittany Crawford is our Northwest Y Camp Coordinator. Along with Camp Arrowhead, Brittany oversees the day-to-day operations of our Youth Sports leagues, Holiday Camp, and Birthday Parties at the Northwest YMCA.

When your child arrives, they will be greeted by many familiar faces as we have quite a few returning counselors this year. Although returning counselors are great, they can't do it alone. To ensure the best possible experience for each camper, we have also hired new staff members who will bring new ideas and enthusiasm to our program.



Each counselor is required to participate in over 20 hours of training. Certifications and trainings include team-building skills, YMCA child abuse prevention, emergency procedures, character development, behavior management, special needs training, universal precautions, basic first-aid, and CPR. We take pride in the high expectations we set for our Summer Camp staff who are evaluated regularly throughout the summer along with our camp programming.

## Registration and Payment Policies

If you request a refund by Tuesday, April 30, you will receive a full refund. If you request a refund after Tuesday, April 30, you may transfer your child to another week of camp if space is available for a \$10 fee. Cancellations after Tuesday, April 30 will be given no refund. Due to the popularity of the camps and our important counselor-to-camper ratio, cancellations will only be considered if there are children on the waiting list. Any cancellation request after Tuesday, April 30 must be submitted in writing to Chris Stone prior to the first day of the session for which your child is signed up. Member service cannot issue a refund.

### >>> TO PROPERLY REGISTER A CAMPER FOR CAMP ARROWHEAD, WE WILL NEED THE FOLLOWING: <<<

- **Completed Confidential Camper Information Form**
- **Emergency and Medical Information Form**
- **Deposit per Session (\$25.00) or Full Payment**

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## EMERGENCY INFORMATION/MEDICAL FORM

THIS IS ESSENTIAL FOR YOUR CHILD'S SAFETY

The Emergency Information/Medical Form must be filled out **completely** during the camp registration process before your child can be left at camp. If you registered online or have participated in Holiday Camp during 2019, you have already filled the form out. However, please take a minute to review the information. By filling out the form, you will provide our staff with general information about your child, including allergies, possible medications, and emergency numbers for counselors to reach you if necessary during the day.

There is a section for you to list who is authorized to pick up your child from camp. As a safety measure for every YMCA camper, anyone who picks up a child from camp **MUST** be listed on this form. Photo identification will be required. The camper will not be allowed to leave with anyone until he or she is added to the list by a parent or guardian. Each camper must be signed out—we do this for the safety of your child.

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## Medication Administration

Camp Arrowhead will administer prescription medication, provided it is in the original container and has been listed on the Emergency/Medical Form in the medication fields. All medication must be turned in to camp staff. **Only the camp director and camp coordinator will administer medication (with the exception of emergency medications such as EpiPens and inhalers, which will be kept with lead counselors).** Medication will be administered per doctor's orders only. If the dosage has changed from what is listed on the bottle, please bring in a doctor's statement indicating proper administration and dosage.

Camp Arrowhead staff may also administer certain over-the-counter medications, provided that parent permission is given on the Camper Emergency/Medical Form. These medications may include Calamine Lotion, Hydrocortisone, generic cough drops, Aloe, Children's Tylenol, and antibiotic cream.

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## Confidential Camper Information

A confidential camper form will provide camp staff the opportunity to know a little more about your child before camp begins. The information you provide on this form during the camp registration process will enable the counselors to give each camper the support they may need to be successful in our day camp program.

## Discipline Policy

Please remember that we have an obligation to all campers to exercise a degree of discipline. We will contact parents if a child refuses to participate, won't stay with his or her camp, or is uncooperative with staff. Our staff and directors will work closely with the camper and their parents to make it a successful camp experience, but we cannot adequately staff one-to-one supervision for campers.

If oppositional or disruptive behaviors continue after our sincere efforts, parents will be notified and campers may be dismissed. This will be done at the discretion of head counselors and the camp director. If you, as a parent, are aware of possible or impending difficulties with your child, please alert us in advance so that we can all prepare and work together to make this a successful camp experience for everyone. As in all behavior management, we will implement the appropriate techniques to fit the age of the child.

## Forms to be Completed During the Camp Registration Process

- Emergency Information/Medical Form
- Confidential Camper Information

If your child has a special need, please notify the camp director and/or the head counselor. If you would like to schedule a conference with the director and your child's head counselor before camp begins, please contact Chris Stone at 812-961-2360. The more information that you share with the camp staff, the more we can assist your child in having a fun, safe, and positive camp experience.

## What to Send and How to Dress for Camp

Please send your camper to camp with the following items every day, and write your camper's first and last name in permanent marker ALL of their belongings (first and last name please). Campers should come to camp in clothing that can get dirty and is suitable for an active day.

### SEND:

- Healthy, filling lunch
- Reusable water bottle
- Swimsuit and towel
- Hat or bandana
- Sunscreen (SPF 40 or higher)
- Clothing that CAN get dirty
- Close-toed shoes with socks
- Book or quiet activity
- Backpack
- Bug spray

### DO NOT SEND:

- Electronics—iPods, iPads, video games
- Toys or personal belongings
- Valuables
- Weapons
- Sandals/flip flops
- CELL PHONES

\* This list is not exhaustive. If camp staff feels like an item is inappropriate or disruptive, it will be confiscated and returned to your camper at the conclusion of the day. Camp staff is not responsible for lost, stolen, or damaged items. Campers are responsible for their own belongings.

## Sun and Water Safety

Please apply sunscreen to your camper prior to their arrival at camp! Encourage your camper to continue applying sunscreen throughout the camp day. Camp staff will monitor sunscreen application at set times throughout the day. **If your camper has a tendency to get sunburns, let your child's counselor know, and be sure to send any special sunscreen your camper may need.**

All swimming will occur with certified lifeguards present for the duration of the swim time. Additionally, all camp staff will be in and around the pool deck to ensure everyone's safety. We will test your camper's swim abilities on the first day of camp. Once a camper has been swim tested for the summer, they won't need to be again, unless requested by a parent wishing to allow a camper access to the deeper areas if their swimming skills have improved throughout the summer. Campers who do not pass the swim test will remain in the shallower areas of the pool. These decisions are made by the aquatics director and her appointed staff based on the swimming ability of an individual child, and are made to ensure everyone's safety.

## Pick-Up and Drop-Off Procedures

Camp sign-in is at a specific location for each camp. Please park in the parking lot and WALK your camper to the appropriate location. An adult **MUST** accompany each camper on the first day of each session.

Parents must verify the information on the Registration/Emergency Form is correct BEFORE leaving their child at camp. It is the parent's responsibility to keep the forms up-to-date with new information, such as who can pick up the child and emergency contact information.

Please sign in NO EARLIER THAN 8:50 am each day to allow counselors the necessary time to prepare for camp. (EXCEPTION: On the first day of camp, sign-in will begin at 8:40 am). We do offer a morning Extended Day program for families who need care before 9:00 am. If you have any questions regarding where to drop off your child, ask a member of the camp staff or the Welcome Center. **To ensure the safety of all the campers, we will require photo identification when picking up your children.** \*Photo identification may be required at other times at the staff's discretion.



## YMCA Day Camps

### LITTLE LEADERS (Age 4)

- Sign in at 9:00 am
- Pick up at 3:00 pm
- Where: Shelter – by the soccer field

### EXPLORERS (Ages 5–6)

- Sign in at 9:00 am
- Pick up at 3:00 pm
- Where: Lower Shelter – by the soccer field

### VOYAGERS (Ages 7 and 8)

- Sign in at 9:00 am
- Pick up at 3:00 pm
- Where: Shelter – by the soccer field

### TRAILBLAZERS (Ages 9 and 10)

- Sign in at 9:00 am
- Pick up at 3:00 pm
- Where: Shelter – by the soccer field

### CHALLENGERS (Ages 11–13)

- Sign in at 9:00 am
- Pick up at 4:00 pm
- Where: Shelter – by the soccer field

### SPECIALTY CAMP (Ages 6–12)

- Sign in at 9:00 am
- Pick up at 4:00 pm
- Where: Varies pending specific camp

### SPORTS CAMP (Ages 6–13)

- AM Camp – 9:00 am–12:00 pm
- PM Camp – 1:00–4:00 pm
- Where: Varies pending specific camp



On rainy days, there will be a staff member in the front lobby to direct you to your child's camp drop-off area, and a sign to direct parents to each group's pick-up area.

## Extended Day

Morning Extended Day is offered at no additional charge!

We are excited to offer complimentary AM Extended Day beginning at 7:30 am to any camper, age four and up, enrolled in a morning camp. Camp staff will escort children from Extended Day to their camp. Of course, you can still drop your child off at their regular camp site starting at 9:00 am. Afternoon Extended Day is also available for a weekly or daily rate.

### Weekly Morning Hours

Days: Monday–Friday

Time: 7:30–9:00 am

Included if camper is enrolled in a 9:00 am camp and is over four years of age.

### Weekly Afternoon Hours & Rates

Days: Monday–Friday

Time: 3:00–6:00 pm

Cost: \$35/\$40 per week

Daily Afternoon Rates: \$10/\$15

If you have any questions regarding Extended Day, please contact

**Chris Stone, 812-961-2360 or [cstone@monroecountymca.org](mailto:cstone@monroecountymca.org).**

## What about Rain?

Camp is held rain or shine! We remain outside as long as possible, unless the weather becomes threatening. In the event of inclement weather, a camp staff member will be outside to direct you to the appropriate drop-off or pick-up point inside the YMCA. Although it is always challenging when pick-up or drop-off is changed, we will do our best to make it as easy as possible for parents, always putting the safety of our campers first.

## Meet Your Counselor & Family Night

**Meet Your Counselor Night will be on Wednesday, May 22 from 6:00–7:00 pm** at the lower shelter and will include a s'more social!

# CAMP ARROWHEAD SCHEDULE

DATES	THEMES
May 28-31	Splash and Dash
June 3-7	Magic Mania
June 10-14	AAARGH Matey
June 17-21	Heroes' Week
June 24-28	Wet, Wild, and Messy
July 1-5	Through the Decades
July 8-12	Inventor's Week
July 15-19	Color Wars
July 22-26	Hoppin' Holidays
July 29-August 2	Camp Rewind

## SPLASH AND DASH

A few drips are okay but a huge splash is better! Let's splash and dash through a week of fun with water. This week is sure to soak you with water and fun!

## MAGIC MANIA

This week we'll examine the vast world of science that surrounds us. We'll experiment with everyday materials and work together to invent the wonders of the future.

## AAARGH MATEY

Aaargh mateys and welcome to Pirate camp featuring Captain Jack. Watch out for clues hidden throughout the camp and be the first one to find an "X" that marks the spot. From decoding pirate's maps to fun-filled scavenger hunts, you won't want to miss out on the fun!

# SPECIALTY CAMP SCHEDULE

DATES	THEMES
May 28-31	Cheer & Dance
June 3-7	Surviving The Outdoors
June 10-14	Kids Cook
June 17-21	Safe Sitter / Field Trip Camp
June 24-28	Director's Cut
July 1-5	Comic Book Camp
July 8-12	Kids Cook
July 15-19	A Galaxy Far, Far Away
July 22-26	Virtual Reality
July 29-August 2	Terrific Scientific

## CHEER & DANCE

Are your campers ready to get on their feet and learn new chants and dances? Campers will be given the opportunity to work on basic cheer and dance moves throughout the week. Camp is open to all levels of experience.

## SURVIVING THE OUTDOORS

Experience a week of nature-based skills training, inspiring challenges, and outrageously fun activities. Campers will learn the basic skills of surviving in the outdoors. Set your kids' imagination free as they learn about the natural environment and the important skills needed for survival.

## KIDS COOK

Give your child a chance in the kitchen! Campers will learn basic cooking skills and the joy of eating and cooking with fresh fruits and vegetables.

## HEROES WEEK

We're brave and we're bold! No villains stand a chance when they meet up with us! This week will be dedicated to our heroes! Dress up as your favorite comic book hero or real-life heroes, and we will learn what it means to be a leader. Come help us save the world!

## WET, WILD, AND MESSY

Don't let the late summer heat get you down. Where the Wet, Wild, and Messy Things Are week will be filled with water and messy fun that will keep you cool and entertained.

## THROUGH THE DECADES

During this week campers will "travel" through the decades to experience the past! They will dance their way through the 50s, 60s, 70s, 80s with a YMCA Zumba instructor and various other activities throughout the week.

## INVENTOR'S WEEK

Get your thinking caps on because curiosity, experimentation, and imaginations will be running this week! With sparks of creativity, campers will be inventing new games and designing the unthinkable with the environment around them.

## COLOR WARS

Lights are flashing, fans are cheering, team colors are seen all around...It's Color War time! During the Color Wars week, campers compete on different teams in activities all around camp while working on different life skills to accomplish tasks and competitions.

## HOPPIN' HOLIDAYS

Christmas and Halloween in the summer? You have to come to camp and find out all of our summer celebrations. You bring the energy, we provide the fun as we get ready for a week of holiday cheer.

## CAMP REWIND

A perennial summer favorite! Kids vote on and pick their favorite activities from the summer, and we make it happen.

## SAFE SITTER

Safe Sitter@ prepares students in grades 6-8+ to be safe when they're home alone, watching younger siblings, or babysitting. Lessons are filled with fun activities and role-playing exercises.

## FIELD TRIP CAMP

Join the Y during our weeklong Field Trip Summer Camp! We'll visit a new place each day: Exotic Feline Center, Griffy Lake, Stone Creek Ranch, Marengo Cave, private viewing at Tivoli Theatre, and Holiday World.

## DIRECTOR'S CUT

If you're looking to have an amazing time while learning the basics of film-making, then look no further than the Northwest YMCA! Campers will work together to create a short movie that will premiere immediately following the last day of camp. Plus, campers will receive a DVD copy to bring home so they can show off their Hollywood magic to family and friends!

## COMIC BOOK CAMP

Learn about and create your own comic books! Whether you love comics or you are looking for something new to try, this camp is for you.

## A GALAXY FAR, FAR AWAY

Just as any Padawan must learn to balance the Force, your camper will enjoy a balance of *Star Wars* themed fun and traditional camp activities such as swimming and crafts. Campers will feel as though they have traveled back a long time ago to a galaxy far, far away as they hunt for Yoda in a *Star Wars* scavenger hunt and so much more!

## VIRTUAL REALITY

Campers will learn computer programming, experience the future of gaming, build take-home stealth screens, and create technology-based projects.

## TERRIFIC SCIENTIFIC

Explore the fascinating world of STEM and create your own slime, light up LED circuits with Playdough, build your own catapult, erupt your own volcano, and more.

# SPORTS CAMP SCHEDULE

DATES	CAMPS AM	CAMPS PM
May 28-31	Flag Football	All Ball
June 3-7	Basketball	Lacrosse
June 10-14	NERF	Water Sports
June 17-21	Dodgeball	Golf
June 24-28	Soccer	Speed & Strength Conditioning
July 1-5	Racquet Sports	Golf
July 8-12	NERF	Volleyball
July 15-19	Sports Olympics	Water Sports
July 22-26	Basketball	Flag Football
July 29-August 2	Soccer	Floor Hockey

## FLAG FOOTBALL

Flag Football Camp will teach campers the fundamental skills of passing, catching, positioning, and strategies of the game in a relaxed, non-contact setting. Campers will be divided into age groups.

## BASKETBALL

While Basketball Camp will focus on the fundamentals of basketball, campers will also participate in skill contests that will up their game and keep them active!

## NERF SPORTS

With an emphasis on teamwork and leadership, campers will be split into teams to compete in classic camp games that will put their skills to the test! Campers will be divided into age groups.

## SPORTS OLYMPICS

Light the torch, it's time for YMCA Sports Olympics! Campers will be divided into countries to compete in their very own Olympic games, along with other themed activities.

## DODGEBALL

Throw, duck, and dodge—your child's favorite camp game is here and ready to be played for a full week!

## SOCCER

Defender, fullback, goalie...give your child a chance to work on their soccer skills and teamwork with opportunities for game experience! Campers will be divided into age groups.

## RACQUET SPORTS

Campers will play in a variety of racquet games such as tennis, badminton, pickleball, ping pong, and a Northwest YMCA classic weaselball.

## SPEED & STRENGTH CONDITIONING

Campers will practice techniques in strength, linear speed, and nutrition. Campers should wear clothes that they can move freely in (shorts, t-shirt, closed toe shoes).

## ALL BALL

Football, soccer, volleyball, basketball, and more—this camp is filled with your camper's favorite sports!

## LACROSSE

Give your child a chance to learn something new in Lacrosse Camp! Campers will learn and practice the fundamentals of the sport in various scrimmages throughout the week.

## WATER SPORTS

Beat the heat with a camp dedicated to water! Campers will play games such as slip-n-slide kickball, water polo, water races and relays, and more.

## GOLF

Before putting their skills to the test at Taylor's Par 3, campers will get a chance to learn the game by practicing various skills including shots, golf etiquette, and putting on the YMCA Mini Golf Course.

## VOLLEYBALL

Set, bump, spike! Volleyball Camp will give campers opportunities to work on various skills of volleyball in a non-competitive, relaxed environment.

## FLOOR HOCKEY

Campers will have a great time learning floor hockey fundamentals and skills with appropriate games and activities.

