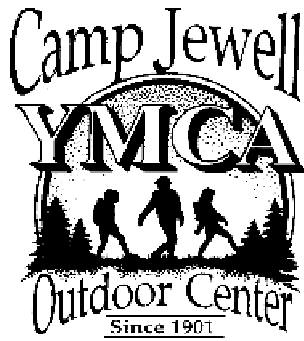


2010 Parent's Guide

For Our 109th Season!



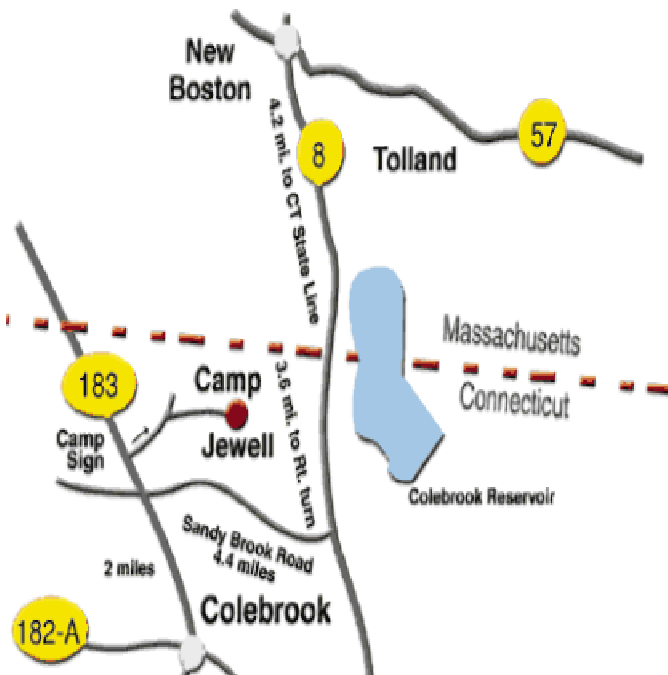
Parent's Last Minute Checklist

- Balance of fees and Trading Post money sent to camp by May 1st.
- Pink "Know your Camper" form returned.
- Camper Health History and Medicine Authorization Form signed by a physician brought with you to Camp. **DO NOT MAIL!**
- Copy of your Medical and Prescription Cards with above form.**
- Recheck your scheduled arrival day and time.

Your summer session at Camp Jewell YMCA is just around the corner! We have compiled this Guide based on the most commonly asked questions of parents and campers concerning their summer camp experience. **Please read and save this Guide; it contains important information for you.**

Directions to Camp Jewell

Consult a map to find Winsted, Connecticut (northwest of Hartford on Rt. 44). In Winsted, follow Rt. 44 (Main St.) to the west end of town, then turn right at the blinking caution light on to Rt. 183 North. Proceed along Rt. 183 for approximately 5 miles through the center of the village of Colebrook. Continue on Rt. 183 for 2 more miles and turn right at the "Camp Jewell YMCA" sign on to Prock Hill Road. The Camp entrance will be on your right.



Camper Bunks are pre-assigned. THERE IS NO ADVANTAGE IN ARRIVING EARLY TO CAMP CHECK-IN.

Sunday Check-in Time at Camp

- Starts at 1pm on the first Sunday of the session
- Registration times are listed below
- Campers are checked in when their age group is announced over the camp P.A. system (additional campers in a family check-in when the youngest child age is called).
- Arriving early will allow you to enjoy activities with your family, however...
- Arriving early will not allow you to register before your child's age group is announced
- Registering by age ensures that our youngest campers have the most time to acclimate to their new environment and complete required tasks for the day (swim checks, etc.).
- Ranchers check-in early to ensure more time for riding checks

Sunday Arrival Times

7, 8, 9 year olds, Ranch Camp, Trips	1:00pm
10, 11 year olds	2:00pm
12, 13 year olds	2:45pm
14 and up	3:30pm

Saturday Check-out Time at Camp

- Check-out is between 9:30 and 11:30am.
- Plan to arrive after 9:30am. Campers are not ready to check-out before this time.
- Cars are not allowed into camp before 9:30am.
- LIT and Ranch campers check out at 9:30am at Hide-A-Way Ranch.
- The Hide-A-Way Ranch Top-Hand Horse Show begins at 10:00am. (2-week session only)
- You will be directed to your child's cabin group upon arrival to meet your child's new friends and counselors and pick up luggage.
- REMEMBER: You must provide written permission if you intend to have someone else pick up your child.
- You may also view the closing session slideshow (if available), pick up trading post balances, and register for camp next summer in the dining hall after you pick up your child.

The Camp Telephone

The Camp telephone number is (860) 379-2782. We discourage phone calls to campers because they so often tend to initiate or nurture problems of homesickness. However, if you have an emergency or a concern, please call the number listed above. A staff member will be happy to talk with you. Should you wish to send a fax to Camp Jewell, our direct fax line is (860) 379-8715. \$.50 per page will be deducted from the camper's "Camp Bank" for camper faxes.

E-Mailing, Web Pages and the Internet

Camp Jewell has a partnership with Bunk-1, an online company that allows you to view daily camp pictures and send one-way emails to your child (there is a small fee for this service). To register for this program, visit our website at www.campjewell.org and click on the Bunk-1 link.

What to Bring

The best way to transport all necessary clothing and gear is in a plastic footlocker, no higher than 14". Lockers can easily slide under your child's lower bunk. A footlocker vendor information sheet is provided with this packet. A list of contents should be fastened to the inside lid and the camper's name should be clearly marked on the outside. Please do not forget bedding, including sheets, pillow, blankets and a sleeping bag for overnights. *It is very important to put your camper's name on every piece of clothing and equipment. It is unlikely you will get any lost item back that does not have a name on it!*

What Not to Bring

There are some basic items not appropriate for camp and must be left at home. These items include: skateboards, radios, iPods, walkmans, walkie-talkies, keyboards, expensive jewelry, portable TV's, cellular phones, laptop computers or other electronic devices. Furthermore; fireworks, knives, hatchets and items that could be used as a weapon are strictly prohibited. Camp Jewell is not responsible for lost, stolen or broken items that campers have specifically been asked not to bring. Rule of thumb; if you can't afford to lose or damage it, leave it at home!!!

Transportation to and from Camp

Transportation to and from Camp is your responsibility. If you are sending someone else to pick up your child, make this clear at check-in time. We must have written parental permission for a camper to be picked up by someone other than his or her parent or guardian.

Spending Money and the Camp Bank

We suggest campers have between \$30 and \$35 per week to spend at camp. Campers, however, do not carry cash at camp. You may deposit spending money in the "Camp Bank" when you pay your balance or when you check-in. All purchases are done "on account" through the Trading Post. This system eliminates the possibility of loss or theft and helps to teach campers sound money management. *Please note:* if your child spends more than was deposited in their account, you will be responsible to pay any overages on check-out day.

Camper options for spending money:

Strong Kids Campaign Cookie Raffles	\$2.00
<i>Each week campers have the opportunity to purchase raffle tickets that help send less fortunate kids to camp.</i>	
Juice Jam	\$15/week
<i>1 can of juice and a snack may be purchased each afternoon</i>	
Souvenirs/Toiletries	\$20.00
<i>T-Shirts, stamps, toothpaste, film, batteries</i>	
Special Crafts	\$10.00
<i>Tie-Dye shirts, lanyard lace projects, etc.</i>	

Laundry Service

Your child should come to camp with enough clean clothes to last the entire two week session. We have included a suggested clothing list necessary for a two week period. It is expected that campers staying one session do not require laundry service. Laundry service is available for campers staying two or more sessions and is included in the "holdover" fee.

Care Packages

A package from home can be a welcome treat. However, we encourage you to think creatively and send only non-food items. (Food items attract unwanted insects, and animals into the cabins.) **Parental support in this area helps role-model the important values we teach at Camp Jewell.** Staff observe as campers open their packages. All food and beverages mailed are kept in the Trading Post and not given to your child. You may pick up any mailed items at the Trading Post during check-out.

Food and beverages are not permitted to be mailed in care packages. Please help us keep camp clean and prevent animals and insects from entering cabins.

Open House

Camp will offer two open house days at camp this year, the first on Sunday, February 14th and the second on Sunday, April 18th, each from 2 to 4pm. You and your family have the opportunity to visit camp to ask questions, tour cabins, meet staff, and discover all that Camp Jewell has to offer. Refreshments and entertainment provided!

Camp Tours

If you are unable to attend an Open House and would like a personal camp tour, please call the camp office at (860) 379-2782. Camp typically runs tours every Sunday at 2pm, although any time can be set aside to meet your needs. *We strongly encourage attending an Open House, however, to get an even better understanding of summer camp.*

Online Video Available

If you have not watched our camp video with your first time camper, or would like to tell a friend about Camp Jewell, we urge you to watch our informative promotional video on our homepage at www.campjewellymca.org.

Homesickness

Homesickness is preventable! Homesickness can be avoided if you take the time to follow these suggestions:

- *Attend open house or a vacation camp.*
- Utilize the camp brochure, website, and Parent Guide as a starting point for a discussion on what to expect at camp
- Emphasize to your child how fun camp will be! A conversation about activities, making new friends, and enjoying nature can go a long way in exciting your child.
- Please do not promise your child that you will pick your child up if they are homesick, as it will set them up for failure.
- Missing one another is a normal, healthy experience. So too, is the experience of being away and adapting to new people and surroundings. Once your camper is at Camp, please do not linger. Make your good-bye "short and sweet".
- When writing letters from home, keep the news light and happy.
- Avoid making telephone calls to your child.
- Camp staff is skilled at helping campers overcome homesickness.
- If you would like ideas on how to prepare your first time camper, please call us.

Camper Conduct

YMCA Camp Jewell is dedicated to the enhancement of the personal well being of youth and adults in their relationship to God, to other persons, and to themselves. Each person in the Camp Jewell community, camper and staff alike, is asked to dedicate themselves to the fulfillment of this purpose. Camper behavioral requirements, largely reflecting common courtesy, will be reviewed in each cabin group. Violations will result in counseling and/or discipline. Serious or recurring infractions are cause for parental conferences or expulsion.

Accreditation and License

Camp Jewell is proud to be accredited by the American Camping Association. To earn this accreditation, we meet an extensive set of standards covering administration, site qualities, camp program, staff qualifications and safety. Camp Jewell YMCA is inspected yearly by the Connecticut State Department of Health and is a fully licensed youth camp.

Dining Service

Our kitchen and dining facilities are quite modern, and we are proud of our year-round dining service staff. The menu is well balanced and campers receive as much as they want to eat and accommodations are possible for special dietary needs, if we are notified in advance. Please feel free to contact Chef Lisa Coyne, our Dining Services Director, with your special concerns. A sample menu is available on the Camp Jewell website at www.campjewell.org. **Our attempt to balance your camper's diet will be helped by your efforts not to provide food through "care packages"**. Campers may purchase a healthy drink or snack each afternoon at the camp Trading Post.

Communication with your Child

You and your camper want to hear from each other. During check-in, you will be provided the cabin number of where your child will be staying. **Please use it on all correspondence.** It is also possible for parents to fax notes to their campers. The direct fax number is (860) 379-8715. Campers' "Camp Bank" accounts are charged \$.50 for each fax page received. **Be sure to include full names and cabin numbers on all faxes.** Please note that campers are not allowed to send faxes or emails. Emails are sent exclusively through Bunk-1.

Lost and Found

Please discuss with your child how they will keep track of their belongings. Be sure that all personal articles are marked with your camper's name. Lost and found articles are shown to the entire Camp on closing day of each session, and are then held for only 30 days before being donated to a worthwhile charity.

Mountain Biking

Mountain biking is offered as an optional clinic period for those campers, 10 and older, who bring their own bike and helmet to camp. Senior campers are typically provided a mountain bike for off-camp trips (although bringing your own is recommended).

Tipping Policy

A thank you letter to the counselor or a donation to the campership fund in a counselor's name tells the counselor and director of a job-well-done and helps a needy child come to camp. Such opportunities will be available on Check-Out day. With your camper's interest in mind, all staff have agreed not to accept personal gratuities.

Final Payment to Camp

The total Camp fee listed on your statement is due by May 1st, unless previously arranged with the Registrar or Camp Director. We are unable to guarantee a place for your child if the balance is not paid when due. Note that there is space on the statement to indicate how much you wish to deposit in the "Camp Bank". Please do not deposit any money in the Bank for campers going on an Adventure Trip, they should carry their own pocket money with them (see Trips Parent Packet for details).

Refund Policy

The deposit of \$200.00 per session is a registration fee and as such is neither refundable nor transferable. The balance of your Camp fee is due May 1st. Cancellations after March 1st will be refunded only 50% of the session's fee. Cancellations after May 1st are not eligible for any refund. Only in case of illness, not homesickness, will any refund be made and then only on a pro-rated basis.

Insurance Information

Parents are requested to provide health insurance coverage information by copying the front and back of the camper's insurance card. Should your camper require the services of the camp doctor, or other medical treatment, including prescription medications, the camper's family medical insurance policy will be submitted as the primary coverage. Today's HMOs often times will not accept invoices from physicians who are not listed as the primary physician. In this case Camp Jewell will forward billing to the parents. Parents are responsible for paying their children's medical bills.

Medical Information: DO NOT MAIL!

You should have received a health form for your camper with this guide. There are three important steps concerning this health form:

1. The front page of the form, the Health History, must be signed by the parent or guardian. You or your physician must also fill out the immunization history, located at the top of the second page.
2. A physical examination by a licensed physician within 24 months of the camper's arrival date at Camp is required. You may have your physician complete and sign the Physical Examination section, or you may attach a copy of a school or sports physical exam, if it meets the 24-month requirement and is signed by the physician.
3. If your child takes any medication, the Authorization for the Administration of Medicines form on page 2 must be completed and signed by both you and the prescribing physician. Feel free to attach additional sheets of information on how you wish medication to be administered and/or distributed.
4. On side 4 of the Health History Form, please attach copies of both the front and back of your child's Health Insurance and Prescription Insurance Cards.
5. **DO NOT MAIL the Health History Form.** It must be brought with you to camp on check-in day. **Your child cannot be admitted to Camp without a completed and current health form.** This is state law, there are no exceptions. (Every summer we turn campers away who come without properly signed health forms. Be sure to check yours in advance.)

Any prescription or over-the-counter medication to be left for a camper must be in its original container. All medications must be given to the camp nurse upon check-in. Before check-in day, please prepare for our camp nurses written instructions for all camper medications. Camp has a large supply of Tylenol, ibuprofen, cold and cough medicines, and stomach preparations. It is unnecessary to bring a personal supply of such medications for your child. No medication is to be left with any camper; this includes over-the-counter drugs like Tylenol or cold tablets. This rule is strictly enforced for the safety of your child and other campers.

Please contact us at with any questions

Ray Zetye, Camp Director
Ray.Zetye@ghymca.org

Jodi Gove, Hide-A-Way Ranch Camp Director
Jodi.Gove@ghymca.org

Eric Tucker, Executive Director
Eric.Tucker@ghymca.org