



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**BUILDING
ACCOMPLISHMENT
CHARARACTER &
FREINDSHIP
THROUGH
ADVENTURE**

**2018 YMCA CAMP Y-OWASCO
FAMILY HANDBOOK**

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A Letter from the Camp Director:

Dear Parents and Guardians,

Thank you for choosing Camp Y-Owasco for your child's camping experience! I know that you have many opportunities and choices for what your child does this summer. We are excited that you would join us on our adventure. The information in this handbook will be essential to planning for a great summer. My goal is to develop a partnership with parents and campers and develop the family.

We are constantly looking for feedback from parents, campers, and staff, so please feel free to contact me with any questions, concerns, or ideas. This handbook is designed with all general information first followed by specific camp program information on specific programs.

Our goal is to build Accomplishment, character and Confidence through our dedication to providing a fun, memorable experience that builds values while maintaining rigorous physical and emotional safety standards. My goal is the development of every child in spirit, mind, and body while providing the utmost nurturing and caring environment focused on the values of caring, honesty, and responsibility.

In the Spirit of camping,
Joshua Scott "Papa Bear"
Family & Camp Director
315-253-5304 ext. 115
joshua@auburnymca.net

GENERAL INFORMATION

Mission Statement

Camp Y-Owasco will put Christian principles into practice through the use of its programs, facilities, and natural surroundings to strengthen family life, provide for positive value development, foster health and personal growth in an outdoor setting, promote friendship and intercultural understanding, and explore principles of environmental stewardship and conservation.

Why Choose YMCA Camp Y-Owasco?

We value the development of every child in Spirit, Mind, & Body; we incorporate the YMCA core values of caring, honesty, respect, and responsibility in everything we do. Every child is unique, yet every child has the same critical need to discover who they are, stretch their wings and prepare for life ahead. The Search Institute of Minneapolis has completed an

extensive study that is being used by numerous youth organizations across the country. They have identified 40 assets that are critical in helping a child grow into a healthy, productive adult. The outdoor resident camp program has proven a great way for children to gain many of these assets, and YMCA Camp Y-Owasco is uniquely suited to deliver a camp experience that will last a lifetime.

What Set's YMCA Camp Y-Owasco Apart?

We value community. We give individual attention to campers and hire positive role models to serve as camp staff and cabin leaders.

We build relationships. YMCA Camp Y-Owasco provides opportunities for campers to branch out and make new friends.

We seek to impact the daily walk & life of every camper. There are daily opportunities to learn what it means to have positive friendships, deal with life's struggles and grow in character.

Physical Address & Directions to Camp Y Owasco:

Turn-by-turn directions from your home are available at www.y-owasco.org/contact.html. If you plan on using a GPS device to find your way to Camp Y-Owasco, enter our physical address below. However, please do NOT send mail to this address because it will only delay the delivery as all mail for Camp Y-Owasco is sent to the Auburn YMCA.

Our physical address (for navigational purposes only)

4187 Sam Adams Lane
Auburn, NY 13021

Just look for our directional sign with the YMCA logo at Fire Lane 19!

Directions from points north & west (Auburn, Geneva, etc):

- From Auburn, head south on 38A/Owasco Road/East Lake Road (via Routes 5 & 20 from Geneva or via NY-34 B & 34 & Sand Beach Road from Union Springs)
- Turn right on Rockefeller Road
- Turn right on Sam Adams Lane
- Turn right on Fire Lane 19.

Directions from points east (Syracuse, Skaneateles, etc):

- From Syracuse, head west on I-690.
- Exit to NY-695 south toward Auburn.
- Turn right on NY-5 (west) toward Auburn
- Turn left on NY-321.
- Turn right (west) on US-20 (In Skaneateles)
- Turn left on NY-41A/West Lake Road/Kane Ave
- Turn right on Benson Road
- Turn right on NY-38A
- Turn LEFT on Rockefeller Road
- Turn right on Sam Adams Lane
- Turn right on Fire Lane 19.

Directions from points south (Cortland, Moravia, etc):

- Take NY-38 into Moravia (via NY-90 & NY-54 from Cortland)
- Go straight through the 4-way stop sign in Moravia to follow Rockefeller Road.
- Turn left onto Sam Adams Lane
- Turn left on Fire Lane 19.

Camp Y-Owasco History:

At Camp Y-Owasco, we cherish our existing traditions while welcoming new ones. Since our first summer in 1923 when the Auburn YMCA acquired just 4 acres on the east shore of beautiful Owasco Lake for a boys' camp, we have been growing in spirit and tradition. Many of our campers and staff return year after year, we welcome new people into our family in hopes that they, too, will see camp as a home away from home. Concurrently, the Y also operated Camp Willowbrook, a day camp near the northern end of Owasco lake. Meanwhile, a separate organization, the Women's Educational and Industrial Union (WEIU) operated Camp Edgewater on the west side of the lake. In the 1970s, the Auburn WEIU merged with the Auburn YMCA and the YMCA closed Edgewater shortly thereafter. Eventually, the Auburn YMCA-WEIU consolidated its day and resident camp programs to one site--Y-Owasco. Camp Y-Owasco had grown to 33.5 acres and featured large, platform tents with bunks and a bathhouse/office known as "the library." Recently, in November of 2011, the Auburn YMCA purchased the 24.5-acre Camp Rotary, the former Boy Scout facility that had been next door to Y-Owasco since 1930, expanding Camp Y-Owasco to 58 acres. Now, we enjoy our relatively new cabins (constructed 2005-2006), our relatively new bathhouse (constructed 2007), and our cherished A-frame lodge. We look to the future with the same excitement and wonder that generations of campers experienced as they came down our camp road for the first time

Camp Y-Owasco Staff:

Our staff goes through a rigorous staff training week that covers various topics these include: child development, behavior management techniques, child protection, and of course our policies and procedures, including emergency procedures. All staff are certified in CPR/AED & First Aid, and first aid kits are located in all program areas and cabins. All waterfront staff receives required aquatic and waterfront training, certifications, as well as participate in ongoing summer training. National sex offender registry checks are conducted on all staff. We take child abuse prevention and safety very seriously at Camp Y-Owasco.

Camp Tuition & Cancellations:

There is a non-refundable deposits are due for each registration.

\$50 per session/per person deposit required for day camp

\$75 deposit/ per session/per person deposit required for resident camp/ LIT/CIT/Mini-camp, and specialty camps. Resident campers who sign up for 2 or more resident camp sessions will pay a \$125 deposit/ per camper. The remaining balance is due by May 18, 2018.

Registration after May 18, 2018 requires payment in full. Refunds will be considered only after a written request is submitted to camp director. The total balance must be paid in full prior to attending camp. Campers who attend one resident camp session and wish to attend another session, not previously registered for, may develop a payment plan at the discretion of the director.

Please Note: No refund will be made for cancellations made within a week of the start of a session the camper is scheduled to attend or after the session has begun, regardless of whether the camper attended the session. Refunds are not made if a camper has attended any portion of the camp session.

Camp Forms and Policies

Camp License:

Camp Y-Owasco is licensed by the New York State Department of Health as a children's camp and is inspected a minimum of twice per summer. Inspection reports are kept on file at the Cayuga County Department of Health, located in the County Office Building on Genesee Street in Auburn, New York. For more information about the requirements for children's camps in New York State, contact the Auburn YMCA or the Cayuga County Health Department.

Camp Forms:

It is important for the safety of your camper that the camper confidential form, health form, and letter to the leader forms are filled out accurately and completely. The forms are a

valuable tool for our staff and they are required by the New York State Department of Health. All forms are due by May 18th or within 2 weeks of arrival at camp, whichever arrives sooner.

Please Note:

If you arrive at Camp and all mandatory forms are not turned in (or with you when you arrive), your child will not be allowed to stay at camp until all necessary paperwork is in the camp's possession.

Thank You Camp Gift for Registering:

At the beginning of your camper's first session he/she will be given a Camp Y-Owasco water bottle and sling bag.

Please Note: T-shirts and other Camp Y-Owasco apparel will be available for purchase at the camp store.

Campers will not be given t-shirt at time of registration.

Mailings & Care Packages:

All children enjoy receiving letters in the mail, and camp is no exception, so we encourage parents and family members to write often. All letters and care packages can be dropped off at the Auburn YMCA service desk. At 7:00 am each morning, all mail will be brought out to camp and distributed at siesta time. There is time set aside each day for campers to write home and read mail. If you wish to send something to your child, our mailing address is:

Camper's Name
Camp Y-Owasco
C/O Auburn YMCA
27 William Street
Auburn, NY 13021

Medical Policy:

All medical information on the medical form is required by NYS Law, prior to attendance at camp. All campers are required to have a complete physical within 24 months of the time your child attends camp. Campers will not be allowed to attend camp if their immunization records are missing or incomplete.

Please Note:

If your camper has been exposed to infectious or communicable diseases (i.e. chicken pox, scabies, etc.) in the two weeks prior to attendance, please don't send your child to camp.

Call the camp office and we will be happy to work something out.

A well stocked health center is maintained at camp. A written record is kept of all incidents requiring first aid. The Camp Health Director will contact parents if there is evidence of serious injury or illness. If a camper sustains an injury or comes down with an illness that is untreatable at camp, requires follow up with a doctor, or has lasting effects after the camp session, the Camp Health Director will call the parent or guardian and inform them of the situation.

Examples of injuries and illnesses we will inform you of:

2nd degree burns and higher, severe bleeding, sprained/twisted ankle, fractures, fever, vomiting, etc.

Examples of things we will not inform you of:

Minor scrapes, cuts, and bruises, minor stomach aches (unless they continue for a long period of time), minor burns (unless it is in a sensitive area such as the face), minor headaches, etc.

MEDICATIONS:

If your child is taking medication or has a medical situation that must be dealt with, it is imperative that the Medical Director be informed. The policy for campers receiving medications at camp is as follows:

- **No medication will be given without a doctor's order.** As per NYS Regulations. This order must include the camper's name, name of medication, dosage, time and dates. The medicine bottle label is not sufficient.
- Along with the doctor's order, a **written request from the parent** for the health director to administer **each** medicine must be provided.
- Medication must be in the original prescription container.
- The Medication must be given to the health director or Camp Director at check-in.

**ALL MEDICATIONS—INCLUDING OVER-THE-COUNTER MEDICATION
WILL BE KEPT IN THE INFIRMARY.**

Aquatics:

Our Waterfront has a very rocky terrain: For this reason, we highly recommend Water shoes, Teva Sandals® or Crocs®, any water shoe with a back is suggested. A rash guard will also keep your child comfortable as well as decrease the likelihood of sunburn.

Swim Tests & Bands:

- On the first day of camp, all campers must take a swim test during which our certified waterfront staff assess their swimming abilities. Campers are placed into 3

categories—red, yellow, and blue—and are given a wristband that corresponds to that color. Campers **MUST WEAR** the swim band for the entire session as they must have it on every day at camp. **Campers will be required to take some form of aquatics swimming instruction, even for our older blue band campers.** Programs will be taught by certified instructors. Examples of aquatics–swimming lessons include:

- YMCA Swim Lesson Program- (for red and yellow bands)
- Jr. Lifeguard program
- Fitness-Competitive swimming
- Water sports and games

If you do not wish your camper to take Swimming clinic, an email must be sent to the Camp Director at Joshua@auburnymca.net.

Campers are placed into swim levels for safety at the discretion of our trained lifeguards please respect their assessment. If you have a problem with the assessment you may speak with the director.

Swim test:

Red Band/Tag: Indicates a camper who does not demonstrate an ability to swim (non-swimmer). Other considerations include:

1. Irrational fear associated with open water, seaweed, or drowning.
2. Inability to float on the back and/or stomach for 10 seconds

There is no swim test for the red band.

Yellow Band/Tag: Indicate campers who demonstrate a limited ability to swim (intermediate swimmer). Other considerations include:

1. Ability to go underwater without plugging the nose.
2. Having no irrational fears associated with open water, seaweed, or drowning.
3. Ability to tread water.
4. Ability to maintain an identifiable swimming stroke for short distance.

Yellow Band Test:

1. Enter the water from the beach.
2. Swim at least the entire width of the swimming area with the front crawl, breast stroke, or side stroke.
3. Tread water for 1 minute.

If all these skills are demonstrated, the camper is assigned a yellow swim band and buddy board tag.

Blue Bands/Tags: Indicate campers who demonstrate the ability to swim efficiently and reliably. Other considerations for assessment include demonstration of:

1. Showing no irrational fears associated with open water, seaweed, or drowning
2. Ability to tread water.
3. Ability to swim a length equivalent to 2 laps (4 lengths north–south) of the blue section of the swim area.

Blue Band Test:

To obtain a blue band and tag, campers and staff must:

1. Enter blue section by jumping off the south dock.
2. Swim one lap around the blue section using the front crawl, breast stroke, or side stroke OR 2 laps (4 lengths) of the width of the blue section of the swim area.
3. Tread water for 3 minutes.

If these skills are sufficiently demonstrated, a blue band and buddy board tag will be assigned to the camper.

What NOT to Bring to Camp Items:

Below is a list of items we do NOT allow at camp. PLEASE do not pack or allow your camper to bring these items. Some of these items may sound ridiculous, but we wouldn't have them on this list if we haven't seen them brought before!

- Firearms- Ammunition (even if already used!)- Knives of ANY sort(including pocket knives)- Swords- Razor blades
- Electronics (portable game systems, cell phones, tape players, stereos, radios, televisions, walkie-talkies, etc.) - Axes, hatchets, etc.- Condoms- Drugs- Alcohol
- Inappropriate clothing (see "Camp Attire" section)- Archery arrows
- Food or Beverage, except water- Personal Sports Equipment

The following Items may be brought to camp but must be checked-in upon arrival:

- Money (must be deposited into a Camp Store account at check-in)
 - Medication (must be checked into with the Health Director at check-in)
 - CD players, Mp3 players, and ipods- may only be used in the cabin during prescribed times
- Camper's found in possession with any of the above items will be subject to discipline. Camper's in possession of certain items may be sent home immediately at the Camp Director's discretion without a refund.**

Activities:

Our staff doesn't just teach craft, waterfront, outdoor life, or sport programs. We are eager to infuse character education into all our programs, enhance a camper's confidence, promote life skills, and develop friendships and memories that last a lifetime. Throughout the morning and afternoon, specialized programs are offered for campers to participate in. In the afternoon, campers enjoy "Smorgasbord," in which they choose from a variety of activities and can do something different every day. After dinner we have programmed activities that include the entire camp or just campers within a relative age range.

Essential Functions of Campers:

At Camp Y-Owasco, each day is filled with many activities that build accomplishment, character and friendship and children are required to participate in them.

Therefore, every camper must be able to do the following physical functions with prompting:

- Get dressed, brush teeth, use the bathroom, and shower independently
- Feed oneself at all meals and snacks
- Clean area in and around their bunk, cabin and other designated areas
- Move for a minimum of half a mile at a time, participate in active games, and take 45 minute swimming lessons
- Sit for up to one hour without distracting others during events and meals.

There also are many behavioral and cognitive functions that each camper must be able to do:

- Listen and follow verbal directions and instructions
- Understand and adhere to all camp rules
- Live cooperatively in a community setting and engage in individual and group activities
- Make appropriate choices
- Get along with others; be kind and respectful of people and their property
- Refrain from harassing, harming, bullying, touching, hitting, biting, pushing, and kicking oneself or others
- Self-manage frustrations, impulses, anger, and emotional outbursts
- Ability to be redirected by camp staff with minimal prompting
- Be able to calm down and go to sleep at night in a cabin with up to 8 campers and no electronic sleep aids
- Ability to self-administer medications, manage allergies, and medical conditions with prompting

Behavior and Disciplinary Policy:

Children attending YMCA Camp Y-Owasco summer camp are expected to always maintain appropriate behavior. We continually seek to teach children the values of caring, honesty, respect, and responsibility. Although we stress positive reinforcement, unfortunately there may be times when discipline is necessary. Discipline and guidance will be consistent and based upon an understanding of the individual needs and development of a child while maximizing the growth and development of the children and for protecting the group and individuals within it. In accordance with state regulations, we prohibit corporal punishment, cruel or severe punishment, humiliation, or verbal abuse. Campers will not be punished for soiling, wetting or not using the toilet. Campers will never be denied food or shelter as a form of punishment.

Discipline:

Even in a place as wonderful as camp, there must be discipline. The camp staff spends a significant portion of their training learning about "Positive Reinforcement", but at times, we do encounter behavioral problems. A camper who exhibits consistent behavioral problems will spend some time away chatting with the Assistant and/or Camp Director. A phone call will also be made to the parent/guardian, so that we can work together to solve the problem. If the problems persists, the child will be suspended from camp for a day or longer (determined by the Camp Director). We encourage parents to keep open communication with the camp staff. Our staff is here to work with you and your child to provide a great camp experience. Should the problems persist, the child may be sent home from camp and not allowed to return for the rest of the session or possibly summer. The Camp Director reserves the right to make that call at any moment he feels necessary.

Disciplinary Progression:

1. If a child does or says something inappropriate (i.e. breaks one of the "camp rules"), s/he is asked to take a break and sit in a thinking spot until s/he is ready to rejoin their group. The emphasis is placed on the **child** rather than the staff member making the decision that s/he is ready to play again.
2. If the child repeats this behavior a second time, s/he is again asked to take a break and sit in a thinking spot. This time, a staff member will sit with the child and talk with him/her about what happened and how the child can make better choices. The staff member will reflect with the child using open ended questions. The staff member will also report this to their supervisor.
3. If the child continues in a pattern of repeated negative behavior, s/he will be referred to the camp director or designee. An incident report form will be drafted and the parents will be notified. Loss of privileges may occur at this point.

Policy for Dismissal:

The Camp Director reserves the right to dismiss any camper in the event that his/her behavior compromises or threatens to compromise his/her personal safety, the safety of other campers, or the safety of camp staff. In the event that the Camp Director feels she must dismiss a child, the situation will be discussed with the family. Depending on the severity of the incident, the following may occur: a call to the parent to pick up the child, suspension from camp, and/or termination from camp. Campers removed from camp for disciplinary reasons are not given refunds. Major disciplinary incidents will be referred directly to the Camp Director and will involve a call to the parent/guardian. Below is a list of examples. Please understand that this it is not a comprehensive list.

Major Disciplinary Incident Examples:

- Excessive repetition of minor incidents
- Fighting or bullying
- Disobedience or disrespect for others
- Vandalism
- Endangering others or oneself
- Interfering with the smooth functioning of a group or activity

Minor Disciplinary Incident Examples:

- Disagreements between children
- Teasing
- Inappropriate language or subject matter
- Pushing or shoving
- Inability to keep hands to oneself

NO Bullying!

We do not tolerate ANY BULLYING, be it verbal, emotional, or physical. All bullying instances will result in dismissal from camp.

Evaluations:

Campers will complete an evaluation while at camp, and parents will be given one at check-out. Please take the time to complete them and return them at your convenience. **We take your comments and suggestions seriously, and your input greatly improves our services for the children we serve.**

Water Bottles:

EVERY CHILD AT CAMP IS REQUIRED TO HAVE A WATER BOTTLE. Your child is going to be very active at Camp—probably more active than usual. Please help us help your child stay happy and healthy and pack a refillable water bottle!

Snacks & Drinks:

There will be no food and drinks, except water, allowed in with the camper at check-in, with the exception of specific medical/emotional purposes. Unless a specific medical or emotional reason. Snack and drinks are not allowed in the sleeping quarters. This policy is in place because, at camp, we learn to live with a group of other people, some of whom may have severe food allergies. We very much appreciate your cooperation. If there are any questions or concerns, please feel free to call the Camp Director anytime.

Visitor Policy:

Camp Y-Owasco strongly recommends NOT dropping in to visit your child while he or she is at camp. All parents, guardians, and visitors coming to camp must first go the Medical Director's office at the Infirmary and sign in. All staff will question those who are unfamiliar and send him/her to the Infirmary if he/she does not have a visitor's pass. Please be aware the Health Director and Camp Director may ask for a picture ID. We do this for the safety and protection of all campers. Generally, people who are not parents or guardians of campers or staff are not permitted at Camp Y-Owasco while programs are in session

Cell Phones, Calls, & Visits:

If you want to check on your camper's progress, or if there is an emergency, call the Camp Director or Medical Director. We would be happy to fill you in on your camper's progress, or allow your child to speak on the phone if the camp director and parent mutual agree and it will help the child.

Cell phones are NOT allowed at camp. Cabins are not equipped with electrical outlets suitable for charging, and most cell phones do not receive a signal.

PLEASE, do not send your child to camp with a cell phone cell phones will be confiscated and the parent called to pick-up the device at camp if it's found. THIS POLICY WILL BE STRICTLY ENFORCED.

Personal Equipment:

Fishing poles and archery bows may be brought to camp and must be checked in with the the Camp Director upon arrival at camp. Equipment brought will be used under regular camp supervision and must be stored in the Program Office. Remember to label all equipment. Camp Y-Owasco is **NOT** responsible for lost, broken, or stolen goods. Please leave archery arrows at home.

Insurance & Injuries:

The YMCA carries accident insurance on its camp program participants. However this is an "excess" policy. The policy carried by the parent is the primary policy, and its benefits are to be exhausted first in the event of camper injury. Should a serious injury occur, the Camp Medical Director will take whatever steps are necessary to obtain proper care. These steps include:

- **Attempt to contact the parent/guardian.**
- Attempt to call the emergency contacts chosen by the parent/guardian.
- Call the ambulance.

If an ambulance isn't necessary but the camper needs medical care beyond the capabilities of our Medical Director and Infirmary, camp staff may transport your child in an approved

vehicle to the nearest urgent care center or the emergency room at the most appropriate hospital for your child.

Missing Home:

Missing home is very common and occurs in some form in people of all ages at camp—even if they're only there for day camp. Rest assured that our caring staff is trained in reliable, comforting missing home curing methods. Missing home is a normal and developmental feeling that youth need to work through so that they can ultimately be successful in the end. To prevent distress in your child, we ask that you refrain giving your camper a cell phone or dropping by after check-in. In severe cases the camp director will communicate with parents. According to one study: Homesickness ("missing home") is normal. In study after study, researchers have found that 95% of boys and girls who were spending at least two weeks at overnight camp felt some degree of homesickness (Thurber, 2005).

Homesickness builds confidence. Overcoming a bout of homesickness and enjoying time away from home nurtures children's independence and prepares them for the future. The fact that second-year campers are usually less homesick than first-year campers is evidence of this powerful growth. (Thurber, 2005).

For more information on the prevention of homesickness see this article by the top leading expert on homesickness:

http://campspirit.com/wp-content/themes/CampSpiritTheme/docs/magazine/Essentials_of_Homesickness_Prevention.pdf

Camp Attire & Dress Code:

Please label all belongings to increase the likelihood of their return. The Camp is not responsible for lost clothing and equipment. A clothing list is enclosed for your assistance. We strongly recommend that you double check upon departure to be sure your camper goes home with everything they came with.

Keeping Clothing Camp Appropriate: One of our goals at Camp Y-Owasco is to develop character and respect for oneself and others. To help foster this objective, we have the following rules of dress to keep clothing camp appropriate.

Female Dress Code:

Shirts, pants/shorts, and shoes must be worn at all times. The only places campers and staff are allowed to be shoeless or only wearing a bathing suit area is at the waterfront. Low-cut shirts are prohibited. Shirts that show any part of a person's midsection are prohibited shirts must meet the pants/shorts. Shorts must be long enough so that if the wearer

extends her arms and fingers fully down her side, the shorts meet or exceed the length of her longest fingertips. Female campers are not allowed to wear string bikinis as swimwear. Please pack and dress accordingly.

Male Dress Code:

Shirts, pants/shorts, and shoes must be worn at all times. The only places a male camper or staff is allowed to be shirtless or shoeless is at the waterfront. Shirts must come low enough to meet or exceed the top of the pants/shorts. Shorts, pants, and swimwear should be worn high enough so that they are secure and do not fall off or show an excessive amount of underwear and/or anatomy. Please pack and dress accordingly.

References to Drugs, Sex, or Alcohol:

Clothing with references to drugs, sex, or alcohol is prohibited at camp. Please do not allow your child to include it in his or her luggage or allow them to wear it to Camp.

If a camper fails to meet dress code, he or she will be asked to change clothing immediately or he/she may be given something more appropriate to wear instead.

Cosmetic Make-up:

The use of cosmetic make-up is allowed, but our staff will discourage the use of make-up as a part of our character education and self-esteem development efforts.

Camp Store:

At some point in time during the week, each cabin will have an opportunity to visit the camp store. Camp mementos (t-shirts, hats, etc.) will be for sale. The recommended amount for camp store purchases is \$30 maximum for the week. Parents/guardians may deposit money into the camp store account at check-in. **Campers are not allowed to keep money in their bags or on their person throughout the week.** Any money left in a camper's account can be refunded to you at the end of the summer, OR you may choose to leave it to the end-of-summer Camp Staff Appreciation Fund.

Please Remember To:

Turn in all forms, including:

- **Parent Release Form**
- **Camper Confidential Form**
- **Health form, Vaccination record, physician Exam**
- **Pick-Up Authorization Form**
- **Review the Packing List**

The **Parent Release Form** denotes your agreement to not hold the Auburn YMCA-WEIU liable for injury to your child and assures us that you have read this handbook and understand our

policies. We need it on file to accept your child at camp; **This information is included on the registration form.**

The **Camper Confidential Form** gives our staff vital information to help us get to know your child better and help him/her adjust better and more quickly to camp life. The **Pick-Up Authorization Form** tells us whether you, the parent or guardian, approve of anyone else picking up your child from camp. We will NOT release your child to anyone else other than you if this form is not in our possession.

RESIDENT CAMP

Check-In & Check-Out:

Check-in time is between 2:00 p.m. & 4:00 p.m. on Sunday afternoon. Prior to 2:00 you will find the entrance gate locked and the staff prepping for the week. At 2:00 pm, we will have staff monitoring traffic flow up and down the hill, so please be patient upon arrival. Safety first!

Parents and campers are required to check-in together. Please report to the Lodge for check-in. Staff will be available at stations inside to check your camper on the roster, confirm that all forms are in, check-in medication with the Health Director, set up a camp store account, and perform a head lice check on your camper. Head lice checks are required for the safety of all campers and staff. We appreciate your understanding and cooperation.

Check-in Policy:

Check-out time is between 9:00 a.m. and 11:00 a.m. on Saturday morning. All parents/guardians must sign their child out with their child's cabin counselor at the cabin and pick up any medication at the Infirmary. Should a camper be arriving late or departing early, please notify the Camp Director **in writing as to** what time your camper will be arriving or departing.

Typical Resident Camp (Schedule):

6:30: Early Morning Electives (Optional)
7:30: Wake Up Call - Bathroom and personal prep time.
8:15: Flag pole, attendance, songs, thought for the day.
8:30: Breakfast.
9:00: Camp & Cabin Clean-up.
9:15: Cabin Activity.
10:15: 1st Activity Period.
11:15: 2nd Activity Period.
12:30: Lunch.
1:15: Siesta.

2:15: Smorgasbord and Free Swim.
3:30: 3rd Activity Period.
4:30: 4th Activity Period.
5:30: Flagpole.
5:45: Dinner.
6:30: Free time in cabin to get ready for Evening Program.
7:15: Evening Program may be Cabin Activity, Unit Activity, or All-Camp Event.
8:30: Ages 8-12 Showers.
9:00: Ages 13-15 Showers, Ages 8-12 Evening Embers.
9:45: Ages 8-12 Lights Out, Ages 13-15 Evening Embers.
10:00: Ages 13-15 Lights Out.

Meals:

Three, well-balanced, hearty and nutritious meals are served daily. A cook is on hand to prepare, cook, clean and serve meals family style in the lodge. Meatless options are available for every meal and dessert is available for dinner. We do our best to accommodate special dietary needs, please contact the camp director for any concerns.

Should something occur that would force us to change the times above, either Camp Y-Owasco or the Auburn YMCA will make every effort to contact you to inform you of the change in plans.

Camper Placement:

Campers are placed in cabin groups during their stay at camp. Each cabin group consists of 6 - 2 campers of the same sex, and supervision ratios are kept to a minimum of 8 campers to one staff. There are two staff living in the cabins with the campers. Boys occupy one side of camp and girls occupy the other side of camp. These groups allow for positive relationships to develop between campers and staff. For placement in program areas, campers participate in a process called "Arena" during which they choose their own program areas and when they'd like to take them. Almost every day, all campers get to choose something different that is offered during Smorgasbord. This can literally be almost anything, providing more time to try new things and meet new people, or hang out with old friends while doing something they know they enjoy.

What to Pack:

Listed below are suggested items to bring to camp for a 1 week period. ALL ITEMS SHOULD BE CLEARLY LABELED WITH THE CAMPER'S NAME. We recommend that you tape an itemized list of your camper's belongings inside the lid of the trunk, so periodically a check may be made to ensure that losses are kept to a minimum.

- 2 bathing Suits (girls: one-piece suits required).
- Hat or baseball cap
- 4 Jeans / pants.
- 2 Long sleeve shirts.
- 2 Pajamas.

- Raincoat / poncho or jacket.
- Sandals.
- 5-6 Shorts.
- 10 Pairs socks.
- 2 Pairs of sneakers.
- 2 Sweatshirts / sweatpants.
- 5 T-Shirts.
- 8-10 Underwear.
- Caddy or bucket - to carry shower supplies.
- Comb and/or brush.
- Personal hygiene supplies.
- Shampoo.
- Shower shoes / flip flops.
- Soap & soap dish container.
- 2-Toothbrushes and toothpaste.
- Tissues
- 3+ Towels & face cloths.
- Footlockers.
- Backpack.
- Camera (disposable only).
- Comforter and sheets (if no sleeping bag).
- Pillow with pillow case.
- Sleeping bag.
- Flashlight with extra Batteries
- Insect repellent.
- Reading material.
- Sunscreen.
- Water bottle.
- Picture of a pet and/or family.
- Self-addressed envelopes w/ Postage stamps.
- Stationery and writing supplies.

***Laundry Bag * w/ camper's name printed on it. This pertains only to campers who are attending 2 weeks or more of camp.**

PLEASE DO NOT BRING: CELL PHONES

DAY CAMP

Day Camp Schedule: (Subject to change as we continue to improve our program)

9:00: Campers Arrive.

9:10: Flagpole, attendance, songs, thought for the day, announcements at Emerson Lodge-make way to lean to's.

9:30: 1st Activity Period.

10:30: 2nd Activity Period.

11:30: Lunch.

12:30: Group Dynamics/Teambuilding/Low Ropes/Archery.

1:15: Waterfront Time / Arts & Craft time (Half of day camp at each area).

2:10: MWF- Smorgasbord, Tu Th-All Camp Events.

3:20: Camp & Cabin Cleanup.

3:30: Climb Hamburger Hill then Vespers at Emerson Lodge.

3:45: Flagpole and Honor Cabin.

3:50: Snack & Board Bus.

4:00: Depart.

Camper Placement:

Campers are placed in co-ed groups, called tribes, during their stay at camp. Each tribe

consists of 12 campers of the same age, and each tribe is supervised by at least 2 counselors. If there are not enough campers of the same age, within 2 years, campers may be placed in a tribe with 6 campers and 1 counselor. These groups allow for positive relationships to develop between campers and staff. Campers ages 6-8 rotate through a wide variety of program areas throughout the session so they experience as much of camp as possible.

NEW in 2018:

We are providing YMCA swim lessons to day camp as well as emphasis on group dynamics and teambuilding.

What to bring each day to camp:

- Lunch.
Sunscreen & hat.
- Closed toe shoes.
- Extra Socks.
- Water bottle.
- Change of clothes and underwear.
- Poncho.
- Reading book.
- Water shoes, Teva® Sandals, Crocs®, or sandal with a back.
- Swim suit, towel, rash guard if needed.
- Sweatshirt.

Lunches:

During Day Camp, campers bring their lunch every day, clearly marked with their name on it, and water is available every day for lunch. There is a refrigerator on site for camper use. On sleepover night, please send 2 lunches with your camper.

Sleep Over:

Sleepovers are available for each day camp session for \$15 on Thursdays. **Space is limited. Make sure you have previously registered for sleepover at the Auburn YMCA.** Be sure to pack 2 lunches if your child attends sleepover. **Deadline to register is the Tuesday at 6:00 PM of each Day Camp Session.**

Transportation and Bus Safety:

BUS SAFETY RULES:

- 1.) Remain seated while bus is in motion.
- 2.) Keep arms and belongings inside the bus at all times.

- 3.) Please follow the four core values.
- 4.) The throwing of any items is prohibited.
- 5.) Please give any medications, fishing poles, or archery equipment to bus the counselor.
- 5.) Obey the bus counselors and driver at all times.

BUS STOP SAFETY GUIDELINES:

- 1.) Please stay out of the street!
- 2.) Parents should remain with their camper until the bus arrives.
- 3.) Stay off of private property.

Transportation:

Camp Y-Owasco charts 2 buses to and from camp during Day Camp. A bus counselor will be available each day to check campers on and off the bus and ensure safety. The times on the brochure represent the times the bus will leave that location. Should your camper miss the bus, you can go to the last stop on the list (Auburn High School or Seward Elementary School) or call the YMCA for directions to camp.

No camper will be dropped off at a stop other than the one specified on the registration form unless written permission from a parent is received by the Camp Director indicating a bus stop change via email at: Joshua@auburnymca.net. We will also not let a child off the bus if his/her parent or guardian is not at the stop to pick up the child. To remain on time for the other stops, we must keep the bus moving. If your child is kept on the bus for any reason, you may pick your child up after 5 pm at the Auburn or Skaneateles YMCA. Attempts will be made to notify the parent/guardian of the situation first, then we will contact the person(s) designated on the Medical Form. If the bus is more than 10 minutes late, please call camp or the Auburn YMCA.

Parents who wish to bring their child to camp may do so, but please call the camp to let us know if your camper usually rides the bus. We ask that you arrive at camp before the buses arrive at 9:00am and leave after the buses leave. You may also arrive just after the buses leave at 9:10am. **In the event of an emergency or bus schedule change**, Camp Y-Owasco and the Auburn YMCA will make every effort to contact you by phone. Camp will also change the message on our voicemail. Please feel free to call camp at 315-784-5481 if you are concerned about the bus being severely off schedule and haven't heard from us.

Lost & Found:

While we attempt to help children keep track of their belongings at camp we also attempt to instill a sense of responsibility. At the end of each session we often have a lost and found fashion show with lost items. Please contact camp to see if we have your child's lost items.

Absences:

The camp policy is to take attendance of all campers and staff daily. If a camper will be absent, please call the camp office by 8:45 am. If we don't hear from you, we will contact the parent/guardian to determine the reason for the absence. **Camp Office Phone: 315-784-5481**

Awards Ceremony:

A specialty of Camp Y-Owasco is the closing ceremony of every Camp session where each camper receives an official Camp award for their unique contribution to camp. Parents are welcome to come and share in this accomplishment. This is on the Friday of each day camp session at 3 pm. Information is sent home with your camper during the week of each session.

Bathroom challenges:

We train our staff to remind campers to use the bathroom before activity periods. Staffs are trained to be on the lookout for children who need to use the bathroom. Children can have a bathroom accident for a variety of reasons including excitement, being too engaged in an activity, or waiting too long. We encourage parents to send a change of underwear and shorts with children every day. If an accident occurs we will handle it with the utmost modest and respect and prompt your child to clean-up. If a child does have an accident and does not have a change of clothes we will find alternate clothing for the child to change into, but realize this may include disposable underwear.

MINI CAMP&MIDDLE MAGIC

Typical Mini Camp/ Middle Magic Day (Schedule):

7:30: Wake Up Call – Bathroom and prep time.
8:15: Flagpole, songs, thought for the day.
8:30: Breakfast.
9:00: Camp & Cabin Cleanup.
9:15: Cabin Activity.
10:15: 1st activity.
11:15: 2nd activity.
12:30: Lunch.
1:15: Siesta.
2:30: Smorgasbord.
3:30: 3rd activity.
4:30: 4th activity.

5:30: Dinner.
6:15: Evening All-Camp Activity.
7:30: Showers and Evening Embers.
8:30: Lights out.

SPECIALTY CAMP SCHEDULE-AQUA SPLASH & DASH MIDDLE SCHOOL MADNESS

Typical Specialty Day (Schedule)

7:30: Wake Up Call - Bathroom and prep time.
8:15: Flagpole, songs, thought for the day.
8:30: Breakfast.
9:00: Camp & Cabin Cleanup.
9:15: Cabin Activity.
10:15: Specialty Camp Activities
11:15: Specialty Camp Activities
12:30: Lunch.
1:15: Siesta.
2:30: Smorgasbord.
3:30: 1st activity.
4:30: 2nd activity.
5:30: Dinner.
6:15: Evening All-Camp Activity.
7:30: Showers and Evening Embers.
8:30: Lights out.

L.I.T. & C.I.T. PROGRAM

What is a Leader-In-Training (L.I.T.)?

A Leader-In-Training (LIT) is more than just a participant in the LIT program. An LIT is a camper who desires more than the traditional camp experience. S/he yearns to learn

leadership and group work skills in a supportive, fun, outdoor environment conducive to self-discovery. S/he is excited by more than just experiencing the adventure of camp and wants to be a part of creating that adventure for others. S/he wants something unique and is willing to work a little to get it. S/he is inclined to make new friends and try new things while learning new skills to facilitate his/her new adventure. While learning about leading others, perhaps s/he wishes to learn a little more about leading his/herself and becoming the person s/he desires to be. Most importantly, however, LITs are ready and willing to give back to camp. They will participate in a service project and design and lead some camp activities. In return, camp will provide an unforgettable experience, including a multi-day/night canoe trip off-site and indispensable leadership skills and experience that will continue to benefit them for years to come.

What is a Counselor-In-Training (C.I.T.)?

A Counselor-In-Training (CIT) is not the same thing as an LIT, and is more than just a participant in our CIT program. A CIT is still a CAMPER, but he is a camper who is transitioning to being staff. **A CIT should very much want to be a Camp Y-Owasco Counselor.** In fact, CIT can also stand for "Camper-In-Transition." There arguably is a point in the 4-week CIT experience at which our CITs switch from Campers-In-Transition to Counselors-In-Training. A CIT is a role model whether s/he wants to be or not for the rest of the camp including some staff. S/he desires an intense learning and social experience in which he will build friendships, childcare, camp skills, and confidence. Most importantly, s/he wants to give back to camp in the form of program design and management (with guidance), and creativity. Finally, he looks forward to the day when he can give a child the golden camp experience that s/he received when he was younger, and camp will provide that opportunity during his or her 4 weeks here along with incredible memories, friendships, and skills that can be carried beyond summer and into the "outside world."

LIT's & CIT'S Be sure to understand resident camp policies and procedures outlined in this handbook

Evaluations of Campers:

LIT and CIT are both progressive learning programs. To measure their progress, the Leadership Director(s) will be giving our teen leaders mid-session and final evaluations. The mid-session evaluations will point out the things they are doing well and some things they can continue to work on while giving them an opportunity to gauge their own success and inform the counselor how he/she could best help them. The final evaluations will be a complete diagnostic of their progress in the program and how well they met their goals set at the beginning of the program. They will be given a copy of the final evaluation form at the start of the session so they know ahead of time what to aim for. Finally, for LIT, they can be recommended for CIT next year. For CIT, they can be recommended for hire next year. The camp administration takes the final recommendation for hire seriously when considering applications from former CITs and LITs. CITs will also get interview practice.

Because of the intimate social and educational nature of our leadership programs, LIT and CIT campers who consistently exhibit behaviors that are disruptive to the learning of the other campers may be removed from the program or from camp altogether, even if their behaviors would be tolerated in traditional camp programs.

Furthermore, because our teen leadership programs are co-ed, maintaining camp-appropriate social relationships is paramount for success in the program and is taken extremely seriously by camp staff. There is no refund if a camper is expelled from the program.

ALL OTHER POLICIES COINCIDE WITH RESIDENT CAMP

Day Camp Packing List

Name _____ Dates at Camp _____

Home Check Arrival Check Departure Check

Day Camp:

- | | | |
|---|--------------------------|--------------------------|
| <input type="checkbox"/> Sunscreen & hat | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Outdoor footwear | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Extra Socks | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Swimsuit & towel | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Water shoes or old sneakers | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Jacket or heavy sweater | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Changes of shirt, shorts & underwear | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> WATERBOTTLE or CANTEEN | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Lunch | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Positive Attitude! | <input type="checkbox"/> | <input type="checkbox"/> |

Sleepover:

- | | | |
|---|--------------------------|--------------------------|
| <input type="checkbox"/> Sleeping Bag/ 3 Blankets | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Pillow | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Pajamas | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Toothbrush/toothpaste | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Washcloth/towels | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Underwear | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Shorts & shirts | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Jeans or long pants | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Flashlight & batteries | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Soap | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Toiletry articles | <input type="checkbox"/> | <input type="checkbox"/> |

Optional Items:

- | | | |
|--|--------------------------|--------------------------|
| <input type="checkbox"/> Medications | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Camera | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Books | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Fishing gear | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Musical instruments | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Paper, journals | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Archery bows | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Baseball glove | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Mask, fins, snorkel | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Soccer pads, shoes | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Poncho or Raingear | <input type="checkbox"/> | <input type="checkbox"/> |

Resident Camp Packing List

Name _____ Dates at Camp _____

Home Check	Arrival Check	Departure Check
___ Sleeping Bag/ 3 Blankets	___	___
___ Pillow	___	___
___ Pajamas	___	___
___ Toothbrush/toothpaste	___	___
___ Washcloth/towels	___	___
___ Outdoor footwear	___	___
___ Shower Shoes (flip-flops, sandals etc.)	___	___
___ Changes of underwear	___	___
___ Shorts & shirts	___	___
___ Poncho or raingear	___	___
___ Jacket or heavy sweater	___	___
___ Water shoes or old sneakers	___	___
___ Swimsuit	___	___
___ Socks	___	___
___ Jeans or long pants	___	___
___ Flashlight & batteries	___	___
___ Soap	___	___
___ Toiletry articles	___	___
___ Pre-stamped envelopes	___	___
___ Paper for Letters Home	___	___
___ WATERBOTTLE or CANTEEN	___	___
___ Positive Attitude! J	___	___
Optional Items		
___ Medications	___	___
___ Camera	___	___
___ Books	___	___
___ Fishing gear	___	___
___ Musical instruments	___	___
___ Paper, journals	___	___
___ Archery bow	___	___
___ Mask, fins, snorkel	___	___
___ Dance attire	___	___
___ Soccer pads, shoes	___	___

Mini Camp Packing List

Name _____ Dates at Camp _____

Home Check Arrival Check Departure Check

- | | | |
|--|--------------------------|--------------------------|
| <input type="checkbox"/> Sleeping Bag/ 3 Blankets | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Pillow | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Pajamas | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Toothbrush/toothpaste | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Washcloth/towels | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Outdoor footwear | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Shower Shoes (flip-flops, sandals etc.) | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Changes of underwear | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Extra underwear | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Shorts & shirts | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Poncho or raingear | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Jacket or heavy sweater | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Water shoes or old sneakers | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Swimsuit | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Socks | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Extra Socks | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Jeans or long pants | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Flashlight & batteries | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Soap | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Toiletry articles | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Dirty Laundry Bag or Hamper | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Pre-stamped envelopes | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Paper for Letters Home | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> WATERBOTTLE or CANTEEN | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Positive Attitude! | <input type="checkbox"/> | <input type="checkbox"/> |

Optional Items

- | | | |
|--|--------------------------|--------------------------|
| <input type="checkbox"/> Medications | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Camera | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Books | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Musical instruments | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Paper, journals | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Archery bow | <input type="checkbox"/> | <input type="checkbox"/> |

THE STICK-ON-THE-FRIDGE PAGE

Handy Camp Y-Owasco DAY CAMP Info!

Contact Us:

Camp Y-Owasco: 315-784-5481
Auburn YMCA-WEIU: 315-253-5304
Camp Director's Email: Joshua@auburnymca.net
YMCA Fax: 315-253-6153

Our Website: www.y-owasco.org

2018 Day Camp Bus Stops

Number	Location	AM Pick up	PM Drop Off
<u>BUS ONE</u>			
Stop 1	Auburn YMCA-WEIU	8:05 am	4:55 pm
Stop 2	Genesee Street School	8:10 am	4:50 pm
Stop 3	Casey Park School	8:20 am	4:45 pm
Stop 4	Lincoln Park (tennis courts)	8:25 am	4:35 pm
Stop 5	Seward School	8:30 am	4:25 pm
<u>BUS TWO</u>			
Stop 6	Skaneateles YMCA	7:55 am	5:15 pm
Stop 7	Herman Ave School	8:10 am	4:55 pm
Stop 8	Franklin St & N. Seward Ave.	8:15 am	4:50 pm
Stop 9	Standart Ave & Grant Ave.	8:20 am	4:45 pm
Stop 10	Owasco St & Genesee St.	8:25 am	4:40 pm
Stop 11	Owasco School	8:40 am	4:30 pm
Stop 12	Auburn High School	8:45 am	4:25 pm

Please note that the above times are APPROXIMATE and represent bus stop departure.

Please arrive at the bus stops 5 minutes prior to the times above.

Bus schedules are subject to change according to enrollment.

- **Missed the Bus?** Go to the last stop or call the Auburn YMCA for directions to camp.
- **Before/After Camp Care at the Auburn YMCA:** 7:00 – 8:00am; 5:00 – 6:00pm
- **Sleepover \$15 (optional):** Space is limited each Thursday of a day camp session, registration deadline Tuesday prior at 6:00 PM
- Make sure to Pack 2 lunches **PREREGISTRATION IS HIGHLY RECOMMEND, PRIOR TO THE START OF THE SUMMER!**
- **Awards Ceremonies:** Every Friday of a day camp session; starting at 3:00 pm–
- **DID YOU PACK A WATERBOTTLE FOR THE DAY?**

THE STICK-ON-THE-FRIDGE PAGE

Handy Camp Y-Owasco **RESIDENT/MINI/SPECIALTY CAMP** Info!

Contact Us:

Camp Y-Owasco: 315-784-5481
Auburn YMCA-WEIU: 315-253-5304
Camp Director's Email: joshua@auburnymca.net
YMCA Fax: 315-253-6153

Our Website: www.y-owasco.org

Traditional Resident Camp, Specialty Camp Check-In, AND Mini Camp:

2:00 – 4:00pm, Sundays. In Y-Owasco Lodge.

Camp Check-Out: 9:00 – 11:00am. Please make sure to pick up medication and sign out at the lodge.

Send Mail During Resident/Specialty/Mini Camp!

You can...

1.) Drop it off at the Auburn YMCA by 7:00am the day you want it to arrive (or the night before).

OR...

2.) Mail it to:

Camper's Name
Camp Y-Owasco
c/o Auburn YMCA-WEIU
27 William Street
Auburn, NY 13021

PARENT RESOURCES

The information the pages below may be helpful in preparing you and your child for camp.

YMCA Camp Y- Owasco & Parents:

We are partners. Help your child make the most of Camp by:

Setting goals:

Before Camp pick a few major goals with your child – either activity skills or personal goals.

Letting us know:

Share your child's goals with us along with any special concerns, issues at home or school, and medical information. All information is kept confidential. The more we know, the more we can help your child!

Trusting our staff:

Coach your child to talk to his or her cabin leader about any issues that may arise. Our cabin leaders, unit leaders, & program directors are trained to handle any issue that your child may have while at camp. We will contact you with major issues. Parents are welcome to call and check with our staff about how your child is doing.

Preparing Children for the Summer Camp Experience:

According to Bruce Muchnick, Ed.D (2012). "Summer camp is more than a vacation for children, As a parent, there are a few things to consider increasing the opportunity for a rewarding camp experience for your child." Some helpful suggestions provided by Dr. Muchnick and the American Camp Association include:

Consider camp as a learning experience:

This is an opportunity for your child to explore a world bigger than his/her neighborhood and a chance for you and your child to practice "letting go". "Letting go" allows children to develop autonomy and a stronger sense of self, make new friends, develop new social skills, learn about teamwork, be creative, and more. This time also allows parents an opportunity to take care of themselves so that they will feel refreshed when their child returns home.

Prepare for camp together:

Decisions about camp, such as where to go and what to pack, should be a joint venture, keeping in mind your child's maturity. If your child feels a part of the decision-making process, his/her chances of having a positive experience will improve.

Talk about concerns:

As the first day of camp nears, some children experience uneasiness about going away. Encourage your child to talk about these feelings rather than acting on what you think his/her feelings may be. Communicate confidence in your child's ability to handle being away from home.

Have realistic expectations:

Camp, like the rest of life, has high and low points. Not every moment will be filled with wonder and excitement. Encourage your child to have a reasonable and realistic view of camp. Discuss both the ups and downs your child may experience. Your child should not feel pressured to succeed at camp, either. The main purposes of camp are to relax and have fun.

ACA Camps Campers and Families:

ACA Camps is a comprehensive camp resource for families offering insightful information from camp professionals on camp selection, readiness, child and youth development and issues of importance to families. For more information visit the link below:

<https://www.acacamps.org/campers-families>

Bedwetting and camp:

We want to be you and your child to be at ease if he or she commonly wets the bed or it happens once and a while. We pledge to discreetly and modestly help children. The reality is that at camp, children are often drinking much more fluid during the day and are tired at night, so children who have not wet the bed in years may do so at camp. We feel resident camp can be a place for all children and will support your child in any way we can as well as accommodate any way you may handle this at home. Here are some other resources for you regarding bed wetting.

<https://www.parentmap.com/article/how-handle-bedwetting-overnight-camp>

Summer Camp and Bedwetting:

<http://www.familytimemagazine.com/summer-camp-and-bedwetting/>

Should I be worried if my child is a bed wetter:

<https://campkupugani.com/should-i-be-worried-if-my-child-bedwetter/>

Further Camp Resources:

<http://www.summertimehandbook.com/> -A book written by Dr. Chris Thurber, a camp professional and child psychologist & Dr. Jon Malinowski, a behavioral geographer, that is available for free download on this website that is a great resource for parents and campers.

Top 10 Summer Camp Prep tips by Dr. Chris Thurber:

<https://www.youtube.com/watch?v=T9CqsFqciwq>

Top 10 Summer Camp Prep tips part 2 by Dr. Chris Thurber:

<https://www.youtube.com/watch?v=1S85sTKfkDc>

Mom Hack for Older Kid Nighttime Bedwetting Writer, Julie (2016)..

The article below is a blog post from a mom and pediatric nurse on how they handle bedwetting.

We Needed a Solution

As a busy mom, I didn't want to wash sheets (or big bed pads) every day because of nightly bed wetting, so wearing just underwear to bed for a consistent nighttime wetter didn't work. The kid wakes up wet and the mattress may take a hit of urine if it penetrates the moisture proof mattress pad. For my family, limiting liquids for the child and having him urinate before bed still did not stop bed wetting. I did not want to try the medication or alarm route so I began brainstorming about potential solutions to our problem.

My Revelation: The Mom Hack Solution

One day a mom hack hit me as I was walking through a store. A mom hack that allowed me to get my son willing to wear nighttime urine protection. I started to buy the urine pads called Guards or shields made by **Depends** for men or the pad made for women works for girls. It's like a maxi pad but it's meant for urine and it's made for adult males or females, not babies or toddlers. The pad has a sticky side to attach to underwear so the child can even wear his own underwear to bed. **This is a huge bonus for older children.**

I had found a solution that worked for our family. My child didn't have to wear the diaper-like pants anymore. He was protected from leaks as was the bed, and it was easier to hide urinary leak protection at sleepovers. The sleepover factor becomes huge for kids because this secret is not one kids would want broadcasted.

Just like any solution it was *not fail proof*. It would leak on occasion but for the most part it made not only his life better, but mine too because there weren't any more struggles about wearing protection at night.

Tips on How to Hide Nighttime Bed Wetting For Sleepovers

For sleepovers at a friend's, house have your child bring their whole overnight bag to the bathroom to put the pad in their underwear in privacy. Once the pad is in place, tell your child to avoid wrestling with the friend to prevent the pad from being discovered (boys like to wrestle, this may not be a problem for girls). Pack a ziplock bag in the overnight bag so your child can put the pad in it in the morning and dispose of it at home. Again, they should bring their overnight bag to the bathroom to get dressed in the morning to conceal the pad. This way their friend doesn't even need to know and the pad won't get found in the garbage by anyone.

Have the child bring their own sleeping bag to the sleepover. This way if the pad does leak the sleeping bag should absorb the urine. The sleeping bag can easily be washed at home and the accidental leak never has to be discovered.

Benefits for Moms

The bonus part for moms in addition to less laundry is a financial benefit. The Depend pads are cheaper than the other nighttime pants plus I often found coupons. The pack also has a higher count so I would buy them less frequently than I had to buy the traditional night time absorbent pants. This was a win-win solution that reduced my son's humiliation due to bed wetting and allowed for sanity at bedtime.

Another Bonus

We didn't need to resort to any uncomfortable plastic sheets or other bed pads that would protect the bed but not the pajamas. The urine would soak into the pad most of the time and allow for uninterrupted sleep. Eventually my kids outgrew the nighttime bedwetting.

Check your **flex spending policy** because many companies reimburse for urinary incontinence products, mine does.

References

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