

YMCA CAMP

Silver Beach

A Chesapeake Bay Adventure



Parent Guide

Dear Camper and Family,

We believe that every child deserves a moment in the sun, a chance to learn, a special time to grow, and a special time to make friends and become a better person. At Camp Silver Beach, the core values of YMCA living-caring, honesty, respect, responsibility, and faith-shape the best moments of childhood into unforgettable memories. Campers come to camp to have fun. Having fun means making friends, being part of a group and feeling liked, respected, and appreciated.

At Camp Silver Beach, we believe children, through their participation at camp, have opportunities to gain a sense of self-worth, and are able to share, assume responsibility and cooperate effectively with others. We believe this process must include opportunities for children to think and make decisions. In this context, participation in camp cannot help but give a child the sense of competence, which is certainly equated with a feeling of confidence.

The relationship between campers and staff is perhaps the most important building block to the successful camp experience. Camp Silver Beach counselors are warm, understanding, and friendly. The counselors are fun, loving, mature and sincere in their desire to provide each child with a safe and enjoyable camp session.

Spirituality is a natural part of each day's camp adventure. At Camp Silver Beach, we strive to be inclusive and respectful of each child's beliefs, while practicing the principles of Judeo-Christian living. Awareness of God is not confined to the chapel alone. Blessings at meals are a part of the daily routine, as are our daily devotions in each cabin led by staff.

At Camp Silver Beach, we are extremely excited about your interest in us and will do everything possible to provide the finest camp experience for your child.

Sincerely,

A handwritten signature in black ink, appearing to read 'Dan Credle', written in a cursive style.

Dan Credle
Executive Director

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Important Information

**YMCA Camp Silver Beach
P. O. Box 69
6272 YMCA Lane
Jamesville, VA 23398**

**(757) 442-4634 Phone
(757) 442-4786 Fax
Toll Free (877) 231-2012**

www.campsilverbeach.org

Email: info@campsilverbeach.org

**Contact: Jennifer Credle Office Administrator
 Stacy Maurice Assistant Office
 Administrator**

Opening Day - Sunday - 2 pm - 4 pm

Closing Day - Saturday - 9 am - 11 am

Directions

From the south

Camp Silver Beach is located 30 miles north of the Chesapeake Bay Bridge Tunnel and eight miles west of the town of Exmore. At the 6th stoplight, going north from the bridge tunnel, turn left on Broadwater Rd. Go to route 183. Turn left. (Occohannock Neck Road). Go 9 miles until you see the YMCA Camp Silver Beach sign and turn right on Downing Beach Dr.

Recommended nearby motels for parents:

Best Western, Exmore 757-442-7378, 10 min. away.

Comfort Inn, Onley, 757-787-7787, 30 min. away, north of camp.

Sunset Beach Resort, 757-331-4786, 40 min. away, south of camp.

Local bed and breakfast facilities can be contacted through the Chamber of Commerce (757) 787-2460.

From the north

Going south from Salisbury, MD. Go approximately 55 miles on Route 13/Lankford Hwy. to Exmore. Turn right on Broadwater Rd. Go to route 183. Turn left. (Occohannock Neck Road). Go 9 miles until you see the YMCA Camp Silver Beach sign and turn right on Downing Beach Dr.

Packing for Camp

We ask where possible that campers use a large duffle bag or a Rubbermaid-type container with the height of 8.5 inches for packing. Duffle bags and Rubbermaid containers will fit under the camper's bed. Place a list of items packed inside of the duffle bag so that counselors can help campers maintain their possessions. All luggage-accompanying campers by plane or bus will be handled at no charge. Items sent ahead should be shipped UPS. The mailing address is 6272 YMCA Lane, Jamesville, VA 23398. When received, items are delivered to the cottage prior to the camper's arrival. We recommend ordering return shipment tags ahead to avoid delays in getting trunks home. *UPS will not ship trunks home unless there is a direct request to them from parents.* UPS can be reached at 1-800-742-5877.

What To Bring To Camp

Pillowcases

Sweatshirt

Single sheets (campers wishing to use a sleeping bag must also have a fitted sheet on the bed)

Raincoat

1-blanket or sleeping bag

Shirts

Towels/wash cloths

Shorts

Water shoes (bay and pool activities)

Laundry bag

Underclothing

2- swimsuits

1-pillow

Toiletry articles

Stationary/stamps

Old clothes

Long pants

Closed-toed Athletic Shoes

Small flashlight

Sunscreen

Bug Repellant

Clothing for 6 days (1 week session)

Clothing for 12 days (3 week session)

Optional Items

Talent show items

Plastic drinking cup/Water bottle

Rash guard and nylon pantyhose (work well for warding off jellyfish stings)

Disposable Camera

Books, comics or magazines

Rainy day games, cards

Items Not Allowed At Camp

Walkmans/Game Boys/DVD's/Internet Devices

(In addition to these items being costly and unsecured at camp, the content of material accompanying them is often not suitable to be shared with other campers)

Jewelry

Cellular phones, Radios

Knives

Illegal drugs/Alcohol

Valuables

Cash (unless in Teen Camp)

Firearms

Food/candy (Some campers experience food allergies.

Please do not include food items in care packages.)

Pets

Bikes

Campers are not allowed to have personal vehicles at camp.

*Camp Silver Beach is not responsible for lost money or electronics that are in the camper's possession.

Transportation/Arrival

If your camper is arriving by airplane or bus Camp Silver Beach staff will meet campers at the Norfolk International Airport (ORF) or Exmore Trailways/Greyhound bus station. Campers are also returned to these specific places on closing day, as requested by parents. A staff person will stay with the campers until they board their plane or bus. Note additional transportation fees on application.

If possible, please plan for your camper to arrive on commercial transportation on Opening Day (Sunday) between 2:00 pm and 4:00 pm. Staff members will greet campers upon arrival wearing a Camp Silver Beach staff shirt.

Commercial departures should be scheduled for Closing Day (Saturday) between 9:00 am and 11:00 am. Please include all travel information to CSB. Alert the office staff at least three days prior to your camper's arrival to confirm their commercial travel itinerary.

For campers arriving by bus or plane, parents will be called to confirm their arrival, and then their counselors will check them into camp. Return travel tickets, travel money and all travel documents will be collected by the camp staff for safekeeping in the Camp Silver Beach Office.

Laundry/Lost and Found

Laundry will be provided for campers staying more than one week. If a camper plans to send out laundry, they will need a 9- day supply of clothing for a 13-day session. Some campers choose not to send out laundry and bring enough clothing for the entire session. Laundry fees for multiple week campers are included in the camp fee. Laundry must go out in a laundry bag supplied by the camper and will be returned, washed and folded (CSB has laundry bags for sale at the camp store). **Please remind your camper to put his/her name on all items of clothing and the laundry bag.** Campers who have clothing of sentimental value should not send those items. Camp Silver Beach does not take responsibility for the condition in which clothing items are returned.

Lost items are not the responsibility of Camp Silver Beach. However, found items will be collected periodically for campers to view. Lost-and-found items are available for parents to look through on closing day in the cabana area. The shipping of found items after the camper's departure may be arranged at the expense of the owner.

Opening Day

Opening Day is an exciting time for everyone! Campers may arrive between 2:00 pm - 4:00 pm. When you arrive, you and your camper(s) will be greeted by a staff member at the Camp Silver Beach front gate. There you will receive your cottage assignment and get directions to your cottage. Staff is available to help you move into your cottage, and your cottage counselor will be waiting in your cottage to meet and welcome you to Camp! Cottage assignments are not available prior to arrival.

After moving in you need to proceed to the Heath Center and Dining Hall. In the Dining Hall you can complete your check in and purchase clothing items from the camp store. The camp store will also be open for families on all Closing Days.

*Please be sure your camper has lunch before they arrive. Their first meal will be supper at 6:00 pm.

Orientations

Parent orientations are held in the Dining Hall between 2-4 p.m. These orientations include some history of camp, information about the upcoming session and a review of the Opening Day schedule. By 4:00 pm parents should depart and campers will begin their Opening Day activities including camp tours, swim evaluations, cabin photos, supper, opening ceremonies and much more. Campers planning to arrive after 4:00 pm should contact the administration office. The office administrator will contact campers who have not arrived by 5:00 pm.

Closing Day

Parent(s)/guardian(s) must give written permission for anyone else to pick up his or her child. Sign out sheets will be available in the cottage. Their counselor will sign out campers leaving on plane/bus transportation. This policy is for the protection of all of our campers.

Please be sure to stop by the health center to pick up your camper's meds on the way out! Closing Day Pick up is Saturday from 9:00 am - 11:00 am.

Typical Daily Schedule

7:30 am	Rise and shine
8:00 am	Breakfast
8:45 am	Morning Meeting
9:00 am - 12:00 pm	Morning Activity
12:30 pm	Lunch
1:30 pm – 2:30 pm	Rest Period
2:30 pm – 5:30 pm	Afternoon Activity
6:00 pm	Supper
6:45 pm – 7:45 pm	After Supper Activity
7:45 pm – 8:45 pm	Evening Program
8:50 pm – 9:30 pm	Cabin Time/Devotions
9:30 pm	Lights Out

- Evening programs and lights out may be adjusted for youngest or oldest camper groups
- Campers have a rotating schedule. The schedules alternate so that children will have the opportunity to be involved in both land and water activities.

Birthdays

Birthdays are special at Camp Silver Beach! Campers are recognized with the camp-wide Camp Silver Beach version of “Happy Birthday”. Campers are presented with a special birthday cake that is for the entire cottage group. The cake is provided by CSB at no additional cost. Please alert the office staff if your camper’s birthday falls during their camp experience.

Cottage Assignments

Campers are assigned to cottages by age and grade level. Cottage assignments will be given upon arrival. Mutual requests from campers within the same year of age are honored with the approval of the Camp Director (**limited to one friend**). A greeter at the camp gate will notify you of your campers’ cottage assignment upon arrival at camp. The Camp Director reserves the right to determine final cottage mate placement.

Camp Canteen

The camp canteen is open on special occasions during each camp session and will include items such as soft drinks, popcorn, and snow cones. There is no additional cost for the canteen.

Meals

Appealing and nutritious meals are prepared under the careful supervision of our trained dietary staff and satisfy the hearty appetites of campers and staff. A variety of fresh fruit, cereal, hot breakfasts and vegetables are offered every day. Tacos, lasagna, hot dogs and cookout nights are the campers’ favorites. Vegetarian options are available. Special dietary needs should be indicated to our dining hall manager. The Camp Silver Beach Batton Dining Hall is regularly inspected by the Virginia Health Department and maintains a permit to operate a restaurant and conference center.

Discipline

Camp rules are designed to enhance the happiness and safety of all campers. Head Counselors will contact parents to let them know if there is an on-going behavior problem. Children who do not demonstrate appropriate behavior, in the judgment of the directors, will be sent home from camp. Early dismissal from camp will not warrant the refund of fees, nor will voluntary early departures.

Visitation/Phone Calls

Camp Silver Beach **does not** have a visitation day, although letters and e-mails are welcomed and encouraged! Parents are also invited to inspect the facilities and meet the staff on Opening and Closing Days. Due to the volume of campers, Camp Silver Beach does not permit campers to make or receive phone calls. (Especially when campers are homesick, we have found that calls from home disrupt the camper's adjustment to camp life.) If an emergency situation arises at home, we ask that parents contact one of the Camp Directors. Directors will gladly assist you and your camper in every situation!

Camper Mail

There is a large volume of mail at Camp Silver Beach. We encourage families and friends to write and we ask that every mailed item be labeled with the camper's cottage number. Each week campers are given a stamped post card to write home. Campers can also receive email. Go to the website www.campsilverbeach.org; click on the "email a camper/staff" icon. Please put the camper's name and cottage number on the subject line; email is printed and delivered daily at lunchtime along with the regular mail. Electronic cards and attachments are not accepted. **Campers will not be able to send emails from camp.**

Packages can be sent to Camp Silver Beach through UPS, FedEx or the US Mail. FedEx and UPS packages are to be shipped to our physical address:

6272 YMCA Lane, Jamesville, VA 23398

For US Postal Service use:

PO Box 69, Jamesville, VA 23398

Camper packages will be announced at meal time. We ask that pack-

ages not contain food and recommend Sealed With a Kiss (www.eswak.com or call 1-800-888-7925) or The Wrinkled Egg (www.wrinkledegg.com or call 1-828-696-3998) for pre-made care packages. These hand-selected gifts for your camper are based on their individual interests and age.

Daily Photo Updates

Parents and families can view the current camp activities by clicking on the “News and Views” icon on our website. There they can see exciting camp events in which campers are participating. This complimentary service allows families to download and print pictures for their personal use, including cottage photos.

Spending Money

Campers do not need spending money at Camp Silver Beach. The fee for all drinks and snacks from the canteen, laundry expenses, e-mail charges, crafts and postcards are included in the camp price. Teen Camp will be able to deposit money for spending on opening day. Prescription medicines are not included in the camp fee.

Health Center/Medications

Campers check-in all medications with the Health Center staff upon arrival into camp. No medications are allowed in cottages (with the exception of inhalers for asthmatics). The Health Center staff gives out medications prescribed by a doctor. Campers who are not feeling well have the opportunity to visit the Health Center. The Health Center is staffed and open 24 hours a day for urgent medical situations. Our team of volunteer doctors and nurses provide quality care and supervision over camper safety. In the event that a camper spends the night in the Health Center or there is a serious situation, parents will be called. Cottage counselors inspect campers daily for cleanliness, cuts, sunburn, insect bites, etc.

At the end of the session, remaining prescription medications need to be picked up at the health center. All prescription medications and/or hospital care during camp are billed to parents. General medications and first aid materials are provided at no cost. **To ensure good health and the ability to participate in normal camp activities, and as required by the ACA for all campers participating in activities at Camp Silver Beach, a health form must be**

completed by parents, signed by a medical professional, and returned to Camp Silver Beach by May 15th. The medical professional's signature verifies that he/she has examined your child within the past 24 months. Substitute forms or incomplete forms are not admissible. An approved health form can be found on our website under Parental Forms. Medical or accident insurance is not included in the camp fee. Please provide your camper's medical insurance information on the approved health form.

First Time Campers/Homesickness

Homesickness is common at all ages and is a natural response to being separated from loved ones and a normal routine at home. Parents, siblings, grandparents, and friends all are affected by homesickness, also known as separation anxiety. Parents can help their camper adjust to camp by following simple steps outlined in an American Camping Association publication, written by University of California Psychologist Chris Thurber:

- Encourage your child's independence throughout the year. Practice separations; a sleepover at a friend's house can simulate the camp environment.
- Involve your child in the process of choosing a camp. The more that the child embraces the decision, the more comfortable the child will feel at camp.
- Discuss what camp will be like before your child leaves. Consider role-playing situations, such as using a flashlight to find the bathroom.
- Reach an agreement ahead of time regarding phone calls home. If your child's camp has a no phone calls policy, honor it.
- Send a note or care package ahead of time to arrive the first day of camp. Acknowledge, in a positive way, that you will miss your child. For example, you can say "I am going to miss you, but I know that you will have a good time at camp."
- Don't bribe. Linking a successful stay at camp to a material object sends the wrong message. The reward should be your child's new-found confidence and independence.
- Pack a personal item from home, such as a stuffed animal.
- When a "rescue call" comes from the child, offer calm reassurance and put the time frame into perspective. Avoid the temptation to take the child home early.
- Talk candidly with the Camp Director to obtain his/her perspective on your child's adjustment.

- Don't feel guilty about encouraging your child to stay at camp. For many children, camp is a first step toward independence and plays an important role in their growth and development.
- Trust your instincts. While most incidents of homesickness will pass in a day or two, Thurber's research shows that approximately 7 percent of the cases are severe. If your child is not eating or sleeping because of anxiety or depression, it is time to go home. However, don't make your child feel like a failure if their stay at camp is cut short. Focus on the positive and encourage your child to try camp again next year.

The Camp Silver Beach staff is well trained to help campers adjust to camp by immediately involving them in goal setting, team building and fun activities. Parental support and encouragement are crucial to the happiness of the child; Camp Silver Beach has an extremely high success rate of working with campers when parents work with us.

Silverwear Store

Our famous Silverwear items are sporty and durable! New and traditional items include t-shirts, hats, and sweatshirts as well as Camp Silver Beach laundry bags, and are available in the Silverwear Store for purchase on Opening and Closing days.

Teen Programs

At Camp Silver Beach, teens receive two great opportunities!

Teen Adventure Camp (TAC)

Calling all teens in rising 9th, 10th, and 11th grades! CSB has an awesome experience here for you! Join teens from all over the country and the world for three weeks of adventure and fun.

TAC Program Objectives:

1. To have fun and develop friendships with other teens.
2. To participate in fun-filled camp and off-site adventure trips.
3. To participate in planning and delivering a community service project.
4. To develop leadership skills and abilities by planning and implementing camp programs for younger campers.
5. To develop leadership skills and abilities.
6. To have the opportunity to progress within the camp's activity achievement system.

7. To help facilitate personal growth in areas of mind, body, and spirit.
8. To provide challenging and thought provoking opportunities and discussions.
9. To develop your knowledge of communication and problem solving skills.
10. To assist you in reaching your God-given talents and abilities.

TAC Program Details:

Each TAC camper joins the other 70 teens in a special village with living quarters equipped with refrigerators, microwaves, air-conditioning, and front porch decks for “chilling-out” on. Each day begins with an assembly to “map-out” the day’s events and to set goals. TAC campers work on individual activity goals and on larger group goals. TAC campers learn about each other and issues facing today’s teens through guided discussions with our well-trained staff. Teen Camp is the place to be... Yes it is!

Counselor-In-Training (CIT)

“Calling all leaders!” The CIT session works to prepare you to take on the prestigious role as a future CSB staff member. For three fun-filled weeks you and your fellow CIT’s will gain the skills, abilities, and habits to become the best leader you can be!

CIT Program Objectives:

1. To have fun and develop meaningful relationships with your CIT peers.
2. To prepare you to be a leader of children.
3. To expose you to the philosophies, goals, and high expectations of the CSB experience.
4. To teach you cabin management skills and program delivery skills.
5. To increase your understanding of leadership concepts and practices.
6. To increase your understanding of the camper and issues facing today’s youth.

7. To develop your knowledge of communication and problem solving skills.
8. To help facilitate personal growth in areas of mind, body and spirit.
9. To provide challenging and thought provoking opportunities and discussions.
10. To assist you in reaching your God-given talents and abilities.

CIT Program Details:

Each CIT is trained under the supervision of the Senior Program Director. CIT's are assigned to a younger cottage and join the staff team of two counselors. CIT's sleep in this cottage and serve as an inspiration and role model for the campers. You are given various assignments to assist in the management of the cottage and the well being of the campers. At no time are you left to supervise the campers alone. Each CIT will begin an activity rotation during one-half of the day to learn from the activity staff about the various programs that CSB offers to the campers. Each CIT assists in teaching beginners at these activities. The other half of the day provides time for the CIT to work on individual achievements and to learn from the various leadership sessions. CIT's work hard, play hard, and in doing so, develop character and passion for our CSB mission!

“Dog Tag” Award Program

Our unique awards program was developed to reward campers for hard work, as well as goal setting in all various activities. Each activity has (4) levels that campers can progress through as their knowledge and skills increase. Each level is designated as a colored dog tag:

- Level (1) Activity Award - Blue
- Level (2) Activity Award - Gold
- Level (3) Activity Award - Red
- Level (4) Activity Award - Green

Each Activity Award (Dog Tag) requires the camper to visit (8) different activities. First year campers can easily achieve the Blue Level Award. This program allows each camper to set goals and to build confidence in the achievement of each dog tag. Campers are also awarded Dog Tags for Ski School, Teen Adventure Camp, and CIT program participation. In addition, each activity awards Dog Tags to represent good attitude and the demonstration of our YMCA core

values. Every camper will receive a “Camp Silver Beach” Dog Tag and a “Core Values” Dog Tag for successfully completing their session. We present Dog Tags in a special ceremony where all campers can be recognized. Our goal is to provide opportunities for each child to reach their potential and to gain the confidence to try new things throughout their life.

Weather Related Emergency

Camp Silver Beach staff will carefully monitor and track all weather systems. Camp owns a DNT Weather Center, which tracks local, regional, and national weather systems.

Refund Policy

In the event that a camper must cancel, Camp Silver Beach will refund \$100 of the deposit if you cancel by May 15. After that day, all fees will be non-refundable. If a camper suffers an illness or injury, a signed letter from a medical doctor will warrant a full refund up until their session begins.

Partnering with Parents

The staff at Camp Silver Beach wants to provide each child with a successful camp experience. In order to have a complete circle of communication, parents need to share appropriate information about their child. We have posted confidential forms on our website under Parental Forms; there is one to be filled out by the parent and one to be filled out by the camper. This information will help the staff better prepare for your child’s needs. Camp staff, prior to the camper’s arrival at CSB, will review these forms. The forms are kept in our confidential files.

Any behavioral issues, including significant homesickness, that warrant contact with a parent or responsible party will be addressed by the camper’s head counselor. Encouraging comments in letters (“we know you are working hard to have fun” “it is O.K. to miss home but we want you to have fun” “we look forward to hearing about your achievements” “have fun at camp because you are not missing out on anything here”) are also helpful in the process. Though homesickness is common in first-time campers, it is usually short-lived due to all the fun people and dynamic activities at Camp Silver Beach!



P.O. Box 69
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(757) 442-4634 • Fax (757) 442-4786
www.campsilverbeach.org • E-mail: info@campsilverbeach.org