



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

2017 YMCA CAMP RED FEATHER



PARENT HANDBOOK





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ABOUT THE Y

OUR CAUSE

Strengthening the foundations of community is our cause. Every day, we work side-by-side with our neighbors to make sure that everyone, regardless of age, income, or background, has the opportunity to learn, grow and thrive.

OUR PARTNERSHIP WITH YOU

A great program requires a partnership between staff and parents. As a partner in your child's success in our program, you have free access at all times to all areas of camp. We invite you to become familiar with the staff and encourage you to visit and to participate in the program as often as possible.

PHILOSOPHY AND PURPOSE

The YMCA. We're for youth development, healthy living and social responsibility.

The YMCA is proud of its history of dedication to youth. Our primary purpose is to provide dependable, safe care in an environment that helps each child develop to his/her fullest potential. The purpose of camp, as with every Y program, is to help participants grow spiritually, mentally, and physically. By providing challenging activities in both small and large group settings under the guidance of caring, well-trained staff members, camp will give campers experiences that often last a lifetime.

OUR FOCUS

We infuse evidence-based activities proven to build dimensions of well-being including:

Accomplishment	Relationships	Belonging
BUILD SKILLS To help campers accomplish their passions, talents and potential	GROW FRIENDSHIPS To demonstrate the role positive relationships play in the well-being of a child.	CREATE A SENSE OF BELONGING where kids feel safe, respected and can express their individuality.

Three of the nine Elements Wheel of Youth Development shown below Experienced at Day Camp





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STAFF

Our Directors together with the Specialists, Unit Directors, and counselors have as their primary concern the safety and well-being of each child in the program. Staff have been selected based on their educational background, experience and commitment to working with children. Staff will maintain a direct staff to child ratio no greater than 1 to 15.

OUR CORE VALUES

Our day camp focuses on character attributes such as caring, respect, honesty and responsibility in addition to loyalty, justice, and hope.

Honesty: Fairness of conduct and adherence to facts– including sincerity, truthfulness, honor, tact, forgiveness, moderation, orderliness.

Respect: Special regard for others– including assertiveness, consideration, courtesy, gentleness, unity, tolerance, humility.

Responsibility: Moral, legal, and mental accountability– including courage, determination, helpfulness, justice, reliability, loyalty, self-discipline, obedience, cleanliness.

Caring: Interest and concern– including compassion, friendliness, generosity, kindness and love.



CAMP RED FEATHER OVERVIEW

GENERAL INFORMATION:

1. YMCA Camp Red Feather is operated on the campus of Virginia Wesleyan College.
2. Hours of operation: 6:30am to 6:00pm, Monday-Friday.
3. Transportation stops are available at the Y on Granby and Greenbrier Intermediate.
4. Grades: Rising 1st–5th served in School Age Camp, rising 6th–9th served in Teen Adventure Camp and rising 11th–12th served in Counselor Internship Program.
5. Enrollment is taken throughout the summer in accordance with space availability.
6. This seasonal program runs from June 19–August 25, 2017
7. Holidays Observed: 4th of July.





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LEADERSHIP TEAM

- Jeanette Breitenbucher – “Ziggy” – Camp Director
- Clayton Smith – “Scooby” – Program Director
- Jonathan McClean – “Mr. Clean” – Operations Director
- Nick Miller – “Treetops” – Co-Teen Camp Director
- Dante’ Burton – “Lieutenant. Dan” Co-Teen Camp Director
- Taylor Morris – “Swift” – Camp Administration Director
- Steve Couther – “CEO” – School Age Unit Director
- Melody Austin – “Old School” – Camp & B&A Director

GRADES RISING 1st–5th GRADERS (Ages 5–12)

SCHOOL AGE ADVENTURE CAMP: A TRADITIONAL OUTDOOR CAMP EXPERIENCE

Kids ages 5 to 12 have the opportunity to explore nature, find new talents, try new activities, gain independence and make lasting friendships and memories. And of course, it's fun too. Camping, like many Y programs is about learning skills, developing character and making friends. Kids become a community as they learn both how to be more independent and how to contribute to a group as they engage in physical, social and educational activities.

Activities

- Alpine tower
- Canoeing
- Archery
- Arts & crafts
- Community gardening
- Team building in the challenge course
- Hiking and nature exploration
- Fishing
- Music and drama
- Swimming (Free 8- day lessons)
- Soccer, softball and other sports

SAMPLE DAY SCHEDULE:

6:30AM – 9:15AM	Drop off and AM Snack
9:15AM – 9:30AM	Opening Ceremony
9:30AM - 9:45AM	Tribe Time
10:00AM - 11:00AM	Morning Specialty Activity
11:00AM – 11:30AM	Arrive at pool & change for swimming
11:45AM – 12:45AM	Swim Lesson & Free Swim
12:45AM – 1:00AM	Change from Swimming





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1:00AM – 1:30AM	Lunch
1:45AM – 2:45AM	Afternoon Specialty Activity
2:45AM – 3:00AM	Tribe Huddle reflection Time
3:00AM - 3:30AM	Closing Ceremony
3:30AM – 6:00AM	Pick Up and PM Snack

GRADES RISING 6th – 9th

TEEN ADVENTURE CAMP: UNIQUE OUTDOOR EXPERIENCE

Designed for rising 6th–9th graders, this week-long companion program to our day camp will keep teens active and engaged in a variety of activities throughout the summer while building friendships and developing interpersonal and leadership skills. Operated out of Camp Red Feather on the campus of Virginia Wesleyan College, Adventure Camp allows teens to spend the week traveling to local venues for extreme activities such as rock climbing, kayaking, hiking, tubing, swimming, sports and other recreational pastimes.

SAMPLE WEEKLY SCHEDULE:

Monday	Tuesday	Wednesday	Thursday	Friday
Ropes Course & Pool: CRF	Y Earth Service corps & Beach: 1 st Landing	Alpine Tower & Pool: CRF	Surf Camp	BBQ & Beach Day!

GRADES RISING 10th–12th (AGES 16–18)

COUNSELOR INTERNSHIP PROGRAM: ELITE TRAINING EXPERIENCE

Open to rising 10th-12th graders; must interview with the Directors, and complete all required paperwork and training as required by licensing. A unique opportunity for candidates to learn and apply leadership skills. Operated under the Management Staff of Camp Red Feather, candidates are expected to participate in classroom and field settings that will help develop character. Each CIT will receive a mentor among the camp staff and then become a mentor with a camper, then ultimately apply direct application of all skills learned in a licensed, accredited day camp. Candidates will receive a safe, quality experience which will awaken new interests, create cultural awareness, forge new friendships and promote new skills such as communication, creativity, problem solving, small and





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large group work, and counseling. Applications for the program are due 5/15. Interviews will be conducted before the end of May. Training begins for CITs in the evenings 6:30–9:30pm after Memorial Day.

VWC SPORTS CAMPS

In partnership with Virginia Wesleyan College's athletic department, sports campers who register through YMCA Camp Red Feather will receive extended care. Care is offered Monday–Friday, 6:30am–6pm; once sports camp begins, campers will transition to sports camp and once sports camp ends, campers will transition to YMCA Camp Red Feather.

Session 01A - VWC Sports Camp - Girls Softball (06/19/2017-06/22/2017)

Session 01A - VWC Sports Camp - Boy's & Girl's Lacrosse (06/19/2017-06/22/2017)

Session 03B - VWC Sports Camp - Softball Hitting Camp (07/24/2017-07/28/2017)

Session 03B - VWC Sports Camp - Soccer (07/24/2017-07/28/2017)

2017 FINANCIAL INFORMATION

SESSION RATES

\$50.00 per camper (one-time fee/non-refundable/non-transferable)

School Age Adventure Camp (rising 1st – 5th Graders):

2 week sessions - \$320.00 for YMCA Members \$400.00 for Non-Members

1 week sessions - \$185.00 for YMCA Members \$225.00 for Non-Members

Teen Adventure Camp (rising 6th – 10th graders):

1 week sessions - \$200.00 for YMCA Members \$240.00 for Non-Members

Counselor Internship Program

1 week sessions – Free for YMCA Members and Non-Members

*Must apply and interview with Camp Director to be considered for program

DEPOSITS

\$25.00 per session

The deposit is required to hold your child's spot and will be credited toward each session you select, balances are due on Wednesday one week prior to each session your child is attending camp. The \$25 deposit is non-refundable after June 1st.

REFUNDS

No refunds are given for any reason other than serious illness, injury, or family emergency. In the case of illness or injury or a family emergency resulting in the cancellation of an entire session, with prior notification, all paid fees except the deposit and registration fee will be refunded. There is no prorating of fees for days missed by your child for any reason.





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PAYMENT DUE DATES

Fees must be paid on Wednesdays before each session and if payment is not received, a \$15 late fee will be applied to your account. If full payment is not received Friday by 10:00am, your registration will be cancelled. The deposit and registration fee will not be refunded.

PAYMENT OPTIONS

Our most popular payment option is auto-draft. Parents select to have their bank account or credit card automatically drafted. To opt for auto draft, please contact Amanda Letterman at 622-9622. Parents may pay by check at the camp sign in desk and must make checks payable to the YMCA. If you wish to pay by cash or credit card, this must be done at the front desk at the Blocker Norfolk Family YMCA; 312 West Bute Street, Norfolk, VA 23510.

OTHER FEES

\$15.00 late fee will be added to your YMCA account if you are later than 6:00pm to pick up your child. \$25.00 will be charged for all returned checks. 2nd Child Discount- A 10% discount will be extended to siblings of the same family.

PARTICIPANT INFORMATION

DRESS CODE:

In order for your camper to fully participate, (s) he should wear comfortable and appropriate clothing for indoor and outdoor activities. Being a traditional outdoor camp, please expect your camper to hike, collect bugs, take an archeology class, and participate in a variety of outdoor activities that may result in soiled clothing. We do not reimburse for clothing rips, stains or wear and tear.

CLOSED-TOED SHOES MUST BE WORN AT ALL TIMES. Open-toed shoes can be a safety hazard to your child. They are cool in the summer, but not safe on mulch of the playground equipment and hiking trails. If you send your camper in open-toed sandals or in "flip-flops," you will be called and asked to bring different shoes for your child.

Campers **CANNOT** wear:

- Tops that are revealing and/or allow undergarments to be seen (i.e. spaghetti string or tube tops)
- Shorts that are shorter than fingertip length
- Clothes that cannot get stained or dirty
- Shirts and hats with graphics deemed inappropriate by leadership staff
- Tight and/or restricting clothing (i.e. skinny jeans)
- **2 piece bathing suits**
- Flip flops or sandals, Crocs, or Ballet Flats





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WHAT TO BRING:

- A healthy lunch (please remember that your camper is extremely active and will need extra fuel to burn)
- Morning and afternoon snack
- Water bottle
- Towel
- Bathing suit

- Goggles (encouraged, but not mandatory)
- Extra clothing and shoes (if rain expected)

WHAT NOT TO BRING:

- Personal toys, games and sports equipment
- Trading cards (Yu Gi Oh, Pokémon, ect.)
- Personal electronics and cell phones
- Medication that is not registered and submitted to the camp office
- Sunscreen or bug spray (Camp Red Feather provides application after swim time)
- Pets or animals

Campers found with weapons, drugs, alcohol or engaging in activity that is deemed extremely unsafe or negligent will be expelled immediately from camp. A search of the camper's belonging may be performed if possession of these items is suspected. If expulsion occurs, no refund will be issued in these circumstances.

It is highly suggested that ALL ITEMS brought to camp are labeled, including clothing. Camp Red Feather is NOT RESPONSIBLE for lost or broken items. We ask that you practice safe driving in your vehicle and abide by posted signs and directions.

IMPORTANT CONTACT INFORMATION

Camp Red Feather Office	(757) 305-1490
Teen Camp Field Trip Phone	(757) 605-8892
Accounts Receivable – Kristy Swebilius	(757) 962-5523
Blocker Norfolk Family YMCA	(757) 622-9622
Satellite Site - YMCA on Granby	(757) 353-0480
Satellite Site – Greenbrier Intermediate School	(757) 761-3506

WEATHER RELATED ISSUES

THUNDERSTORM/RAIN PROCEDURES

In the event of an approaching storm, camp will move indoors and assume a rainy day schedule. Pick up or Drop off for Campers will be located at the Batten Center at Camp Red Feather or in the cafeteria at the Y on Granby and Greenbrier Intermediate. **Please pay close attention to the**





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signs directing you to alternate locations.

HEAT RELATED ISSUES

A **High Heat Schedule** will take effect the heat index is over 100 degrees. Until 11:30am we will run all outdoor activities as planned. After 11:30am, the High Heat Schedule will go into place. The only activities that will be held outdoors are those in a fully shaded environment. On days with an all-day heat warning, we will go on **Critical Heat Schedule**. All activities will take place indoors on this schedule. On heat advisory days pick up or drop off for campers will be located at the Batten Center/New Camp building at Camp Red Feather. Please pay close attention to the signs directing you to alternate locations.

Water is a must. Campers will be encouraged to drink plenty of water throughout the day. Camp Red Feather has water stations positioned throughout the facility, and at each activity area. Please send a full water bottle with your camper each day.

Please contact a leadership staff person if your child has special needs or issues regarding heat. Medical conditions (including using some medications) can multiply the effects of the heat.

TRANSPORTATION INFORMATION (Registration Required)

The Y on Granby and Greenbrier Intermediate Satellite Sites operate from 6:30–8:30am and 4:30–6:00pm. Daily YMCA bus transportation will depart from the Y on Granby and Greenbrier Primary to transport campers to and from Camp Red Feather, Monday–Friday. There is no child care for Red Feather campers at the Y on Granby and Greenbrier Primary between the hours of 8:30am–4:30pm.

Registration is required for campers utilizing YMCA bus transportation to and from camp, to secure their seat on the bus and bus “stop” time. Register to secure your spot at the YMCA membership desk or by phone, Blocker Norfolk YMCA, 622-9622 or Greenbrier North YMCA, 366-9622.





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DISCIPLINE POLICY

PHILOSOPHY:	Discipline is seen as an opportunity to guide campers in their relationships and actions. By working with the camper and not against, the best interest of the camper are put first. The goal of discipline is to have the camper control his/her behavior by making conscious decisions concerning his/her actions and to give the camper reasonable ownership of the consequence. Campers that show a strong and sincere desire to improve will be worked with as long as they are not considered dangerous to themselves or others. Corporal punishment is not acceptable under the YMCA philosophy and policies.
STEP 1:	When a camper acts out for the first time, the negative behavior is discussed between counselor(s) and camper until an agreement is reached. Campers are reminded that they have signed a written covenant and that they have agreed to behavior guidelines. Depending on the severity of the action, the Assistant Camp Director or Director will be informed. Offenses related to drugs, firearms, smoking, fighting, physical or verbal abuse of staff or campers, sexual misconduct, stealing, and destruction of property will immediately be related to the Director.
STEP 2:	If negative behavior continues, then the Director(s) will become more directly involved. Once again the behavior will be discussed until an agreement is reached with some possible consequences of breaking the agreement. Consequences should be in direct relationship to offensive behavior whenever possible.
STEP 3:	If negative behavior continues, camper will meet with the Director. Parents/guardians may be called to help resolve the situation. If camper is unwilling to work within set boundaries, he or she will be sent home.
Note:	Time out may be given to campers so that they will be able to think about inappropriate actions – In some instances it will be appropriate for the camper's small group to take part in the search for possible solutions to a camper's inappropriate behavior.

PREVENTATIVE MEASURES:

- Anticipate trouble
- Give gentle reminders
- Distract and redirect attention to a positive role model
- Inject humor
- Offer choices
- Give praise or compliments
- Offer encouragement
- Clarify message
- Overlook small annoyances
- Deliberately ignore provocations
- Reconsider the situation
- Point out natural or logical consequences
- Provide renewal time
- Give hugs (if appropriate) and caring





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- Arrange for discussion among camp

RESPECT FOR PROPERTY

Many persons use our facilities during the year, therefore we do not allow graffiti, or any destruction of any property or equipment on any of our facilities. If you feel a need to leave your mark on this community, we ask that it be made through your words and deeds. Campers who violate this request may be billed for the clean-up and/or expected to do the clean-up themselves.

