



"The Experience that lasts a Lifetime!!"
Camp Bishop 2010 Parent Packet

Camper Name _____ **Session Enrolled:** _____ **Balance Due Date** _____

Thank you for enrolling your child in the YMCA's Camp Bishop Resident Camp program! Our staff is looking forward to all the new campfire skits, greeting the new and returning campers, watching new friendships being built, and enjoying the fun and laughs that summer camp brings!

This packet contains important information about camp, including packing lists, drop-off and pick-up times, and steps to help your child prepare for being away from home.

Several important forms are included in this packet. You will need to complete these forms and **bring them with you to check-in.** The forms are:

- ⇒ **Camper Release** and (on reverse) **Camp Store Deposit.** The Camper Release form is used to authorize specific individuals to pick-up and/or drop off your child at camp. The Camp Store Deposit form is used to deposit money in the "camp bank" for your child to use at the camp store.
- ⇒ **Health and Medical History.** Campers must have this completed form to be admitted to camp. A **medical exam** is required only if the camper has had surgery, serious illness, injury that has limited his/her activity, or has been hospitalized in the past year. **Note:** It is the responsibility of the camper's parent(s) or legal guardian(s) to provide for the camper's own accident and health coverage while participating in activities with YMCA Camp Bishop. The YMCA of Grays Harbor does not provide any accident or health coverage for its participants.
- ⇒ **Letter to My Leader** and (on reverse) **Letter to My Child's Leader.** This provides you and your child an opportunity to communicate with your cabin leader.

Please bring these completed forms with you to check-in for your child's camp session (see inside for details on camper pick-up and drop-off times). Please do not mail these forms in advance or drop them off early. Campers will need completed paperwork to be admitted to camp.

Reminder: The YMCA of Grays Harbor must receive the balance of your camp fees **ten (10) days** prior to the start of your camp session. Please send your balance due as soon as possible to: YMCA of Grays Harbor, 2500 Simpson Ave., Hoquiam, WA 98550. You may also pay your balance in person at the YMCA front desk. An unpaid balance may result in the loss of your space at camp.

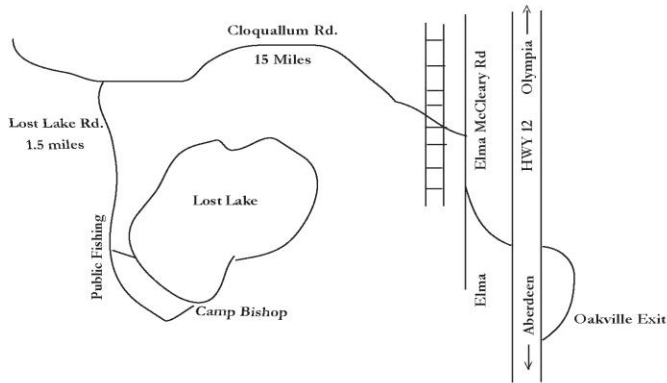
Changes, Cancellations, and Refunds: As indicated on the registration form the registration deposit is not refundable. **Prior to the start of the session,** you may change your camp session (space permitting) without penalty. If you cancel **ten (10) days** before the session starts, camp fees paid minus the deposit will be refunded.

Thank you for your attention to these important details. We look forward to seeing you and your camper at camp this summer.

YMCA of Grays Harbor Camp Bishop Staff

Directions to Camp Bishop From Aberdeen/Hoquiam

- * Drive East on Highway 12 toward Elma.
- * Take Oakville/Centralia exit, I-5 South. (2nd Elma Exit)
- * Turn left at stop sign and go under the highway
- * Turn right onto Elma McCleary Rd. (Road comes to a T towards the fairgrounds.
- * Go past fairgrounds and turn left onto Cloquallum Rd and over railroad tracks.
- * Stay on Cloquallum Rd for 15 miles
- * Just past Cloquallum Ranch turn left onto Lost Lake Rd. Look for the YMCA Camping sign.
- * Go past Gallagher Rd., the public fishing area and a dead end sign. Camp Bishop is at the end of the road, 1.5 miles from Cloquallum Rd.



YMCA Camp Bishop
1476 W. Lost Lake Rd.
Shelton, Wa. 98584

YMCA of Grays Harbor
2500 Simpson Avenue
Hoquiam, Wa. 98550
(360) 537-9622

Check-In:
Sunday**
4:30-5:30 pm
Gate opens @ 4:20 pm

Check-Out:
Friday 1:30pm**
Gate opens @ 1:20 pm
Photo ID required at Check-out

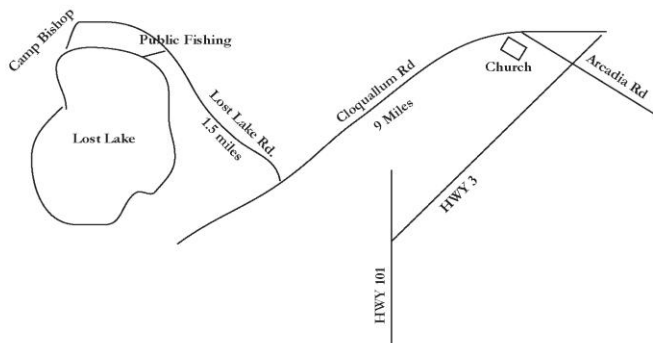
(see “First & Last Day” for details)

****Exceptions**
Pioneer Mini Session 1
Check-Out: Tuesday 1:30pm

Pioneer Mini Session 2
Check-In: Tuesday 4:30-5:30 pm
Check-Out: Thursday 1:30pm

Directions to Camp Bishop From Olympia or Shelton

- * Take HWY 101 North. Exit off I-5 (Exit #104)
- * Stay on 101 North to Shelton
- * Take first Shelton Exit, (State Hwy 3), drive on into Shelton
- * Turn left onto Arcadia Rd., (just inside city limits)
- * Turn left onto Lake Blvd. (not very well marked, it is the first stop sign, and Shelton Christian Church is on left corner.)
- * Stay on road for 9 miles. (turns into Cloquallum Rd.)
- * Turn right onto Lost lake Rd. Look for YMCA Camping sign.
- * Go past Gallagher Rd., the public fishing area, and a dead end sign. Camp Bishop is at the end of Lost Lake Rd., 1.5 miles from Cloquallum Rd.



YMCA Camp Bishop
1476 W. Lost Lake Rd.
Shelton, Wa. 98584

YMCA of Grays Harbor
2500 Simpson Avenue
Hoquiam, Wa. 98550
(360) 537-9622

(360) 482-5930



The First & Last Day of Camp

Transportation

Parent/Guardian are responsible to transport their camper to and from camp. This is a wonderful opportunity to see our beautiful camp.

Arrival

Check-in is from **4:30-5:30pm on Sunday** (Tuesday for Pioneer Mini Camp Session 2). Gate opens at 4:20 pm.

Check-in

Please bring the forms in this packet with you to check-in for your child's session. If your child is registered for more than one session, you only need to fill out one set of forms. *Please do not* mail these forms in advance or drop them off early. If you have any questions, please contact Jan Simons at YMCA Camp Bishop (360) 482-5930 or (360) 580-5833. *Be prepared to walk up to 200 yards to the cabin with your camper and luggage. Arrangements can be made in advance for disability check-in.*

There are two steps to check your child in at camp.

- 1) At the Main Lodge: You will sign your camper in and leave the following forms: **Camper Release/Camp Store Deposit** and **Health/Medical** forms. You will also leave any camper medications and supplements. You will receive your camper's cabin assignment. The last step at the lodge will be a lice check; you may then proceed to the cabin with your child.
- 2) Arrival at your cabin: Meet the Cabin Counselors, leave your **Letter to my Leader** form with your counselor, and help your child get settled.

Parents are urged to leave camp shortly thereafter, so that campers can become actively involved in the camp program right away! If you suspect your child may become homesick, please don't delay your departure from camp. He/she will be in good hands.

Cabin Assignments

We make every effort to place campers with requested cabin-mates. We have learned from experience that placing three or more requested campers together tends to negatively impact cabin dynamics. Therefore, campers may request one (1) person only, within one year of the camper's age. Campers should request each other on their registration forms. Please understand that due to fluctuating enrollments, it may not be possible to fulfill all requests. Thank you for your understanding.

Check-out

Camp sessions finish Friday afternoon (**exception:** Tuesday for Pioneer Mini-Camp Session 1 and Thursday for Mini-Camp Session 2).

Camp check-out is 1:30pm. Plan to pick up your child at this time. Your adherence to this schedule is greatly appreciated. **Photo ID is required at check out.** The gate opens at 1:20 pm.

Consecutive Sessions

Campers registered for consecutive sessions must be picked up and dropped off as specified above. Accommodations between sessions are not available.

Lost and Found

YMCA Camp Bishop is not responsible for lost, damaged or stolen items. **Label every item plainly with your child's name**, and check through your child's belongings when he/she returns home. If your child is missing an item, please call Jan at YMCA Camp Bishop at (360) 482-5930 and leave a complete description of lost item. All unclaimed items will be donated to charitable organizations 10 days after camp session ends.

What To Bring

Camper Medication

All medication (including prescriptions, over-the-counter drugs, and vitamins) must be brought to camp in the original container (as purchased or issued). Prescription containers must detail the child's name, name of medication, dosage directions, and the name of the person ordering the medication. All medication must be noted on the Health Form, and will be held by the Camp Director, who will dispense it appropriately. **Please only send the amount of medication needed for the duration of camp.**

Clothing/Equipment

Be aware that camp is hard on clothing. We recommend against bringing new or expensive clothing, luggage or other items. All personal belongings should be plainly marked with camper's name for identification. Each camper will care for his/her own belongings, and storage is limited. Please bring only 2 items of luggage: a sleeping bag and one (1) suitcase/duffel bag.

Dress code: Campers are expected to wear clothing appropriate for active days, outside, in a co-ed setting; shirts, shorts and swim suits appropriate for swimming and water games. Please work with your camper to select modest, athletic, durable clothing for camp.

Please Bring:

- | | |
|--|--|
| <input type="checkbox"/> Sleeping bag, w/stuff sack or plastic bag | <input type="checkbox"/> 6 T-shirts, 6 sets of underwear, 6 pair of socks |
| <input type="checkbox"/> Small pillow | <input type="checkbox"/> 2 pairs of jeans or similar rugged pants |
| <input type="checkbox"/> Laundry bag/pillow case for dirty clothes | <input type="checkbox"/> 3 pairs shorts |
| <input type="checkbox"/> Wash kit (w/soap, toothbrush and toothpaste) | <input type="checkbox"/> Sweatshirt (preferable hooded) |
| <input type="checkbox"/> 2 towels (1 beach) and 1 washcloth | <input type="checkbox"/> Warm jacket |
| <input type="checkbox"/> Flashlight | <input type="checkbox"/> Waterproof raincoat with hood or poncho |
| <input type="checkbox"/> Pencil, paper, self-addressed envelopes, stamps | <input type="checkbox"/> 2 pairs shoes (at least 1 pair sturdy tennis shoes) |
| <input type="checkbox"/> Sunscreen & Chapstick (minimum SPF 15) | <input type="checkbox"/> Swim suit |
| <input type="checkbox"/> Pajamas | <input type="checkbox"/> Sandals or flip flops |

Optional Items:

- | | |
|--|--|
| <input type="checkbox"/> Travel games, cards, activity books (rest time) | <input type="checkbox"/> Water bottle |
| <input type="checkbox"/> Non-aerosol insect repellent | <input type="checkbox"/> Rain pants |
| <input type="checkbox"/> "Itch & Sting stick" for insect bites | <input type="checkbox"/> Books |
| <input type="checkbox"/> Journal | <input type="checkbox"/> Camera & film |



Prohibited Items – Please do NOT bring.

The following items (and other inappropriate/hazardous items) will be confiscated if brought to camp:

- Electronic Devices and Cell Phones: (toys, games, CD/MP3 players, IPOD, cell/camera phones, etc.). They are a distraction from the camp experience & easily lost.
- Pocketknives, weapons or hazardous materials (e.g., matches, fireworks, etc).
- Live pets must stay home, but a small plush stuffed animal is great.
- All cash must be deposited into the "camp bank" at check-in.
- Gum or Silly String

While At Camp

Mail

To help your child make a smooth transition to camp, try to write them regularly. You can start the letters before arrival, so one can be waiting on the first full day of camp. Mail from pets, siblings, relatives, and friends are great ways to show your love and support for your child. Funny cards and picture postcards are great, too. Ask questions about camp, and try to avoid telling your child how much you miss them. Short declarations of love such as, “We’re so proud of you”, or “See you soon” are just what children want to hear. Food items should be store bought and please include enough for your camper to share with cabin mates. Please address mail to your child as follows:

Child’s Name

YMCA Camp Bishop
1476 W. Lost Lake Rd.
Shelton, WA 98584

If you don’t hear from your child, don’t worry!
He/she is probably having fun, and letter writing
sometimes feels like a chore to children.

When a camper receives a package or 3 pieces of mail in one day, they jump in the lake. (a Camp Tradition!) **We are unable to return packages or letters not delivered to camp by Thursday.** After checking in, you may also leave mail in the camp mail box located on the right as you exit the camp gate.

E-Mail

New this year is our email secure easy email service through Bunk 1. Parents and friends may send unlimited standard text emails at no charge through this service. Here is how: 1) Go to our website at www.campbishop.org 2) Click the flashing “Camp Photos/Camper Email button 3)Click “Register Now” 4) Enter your Pre-Approved Registration Code: **10017BS1** 5) Fill out all required information. Standard emails are free. Campers will not have computer access to reply.

Medical Care

In case of emergency, campers will be taken to Shelton Hospital emergency room. Emergency transportation is available from the local fire district 13 approximately 4 miles from camp. If a serious accident or illness occurs at camp, parents are notified immediately. In case of minor illness, parents are informed if their child is not feeling better within 24 hours.

Emergency Communication

In case of a medical or family emergency at home, contact YMCA Camp Bishop at (360) 482-5930 or cell (360) 580-5833. In the event of an emergency, visits by a parent/guardian are allowed after contact with the Camp Director.

Visits During Camp

Part of the magic of camp is making great friends while being away from family. We ask that there be no requests for visits to campers during summer sessions, as we are busy and involved with activities, and campers have only a short time to be at camp.

Telephone Contact

Parents may contact Camp at any time to get a report on how their child is doing, or discuss their child’s experience with the Camp Director, Jan Simons at (360) 482-5930 or cell (360) 580-5833. Our experience is that campers’ telephone conversations with parents tend to exacerbate or kick-start missing home, so campers do not have access to a telephone. In the event a child requests to make a phone call, permission to do so is granted at the Director’s discretion, after advance contact is made with the parent/guardian to discuss the situation.

Life at Resident Camp

Time is spent as a cabin group and as a co-ed group of age-mates participating in all camp activities each day. Activities include: kayaking, hiking, swimming, water skiing, tubing, archery, volleyball, arts & crafts, treasure hunt and much more. Weekly highlights at Camp Bishop include: cabin unity day, overnight camp-out, Wildman of the Alders and the Hunt for Taz. A typical day looks like this:

Resident Camp Daily Schedule

7:30am Good Morning! Polar Bear Swim (optional) *A Camp Bishop Tradition!*
8:00am Flag Raising
8:15am Breakfast
9:00am Morning Inspiration (at chapel) followed by All Camp Event
10:45am Morning Activity Session
12:30pm Lunch
1:30pm Cabin Time
2:15pm Open Water Front
4:00pm Snack Time & Cabin Activities
5:45pm Flag Lowering
6:00pm Dinner
7:00pm Evening Activities
8:00pm Campfire
9:30pm Cabin Time Embers
9:30pm Lights Out

Living in a Cabin

Campers live in a cabin while at camp, with a single gender group of children who are similar in age and two counselor leaders. Cabins have electricity but are not heated. The bathroom is a separate facility located nearby.

Living with a group of new friends is different from your own home. In preparation for a great time at camp, talk with your camper about how this might be different from what he/she is used to.

There is room under the bunks to store a bag, and campers will be responsible for their own belongings.

Please check your child thoroughly for head lice during the weeks leading up to camp. All children will be checked for lice upon arrival at camp. Children will not be able to attend camp while there is evidence of lice.

A note on Showers: Camp days are busy and full, and our schedule does not have an assigned daily shower time for campers. All campers may have a quick shower when coming from swimming. Please note on the “Letter to my Child’s Leader” if a daily shower is a specific expectation you have for your child.

Meals

If your child is on a “special diet” arrangements can be made in advance for meal substitution. Campers eat meals in our Dining Hall. Campers sit as cabin groups and meals are served family style. A snack is provided each day at 4pm. Some typical meals include:

Breakfast: All breakfasts include options for cold and hot cereals, fresh fruit, muffins, yogurt as well as a hot meal option like pancakes, French toast, eggs & hash browns, milk, orange juice and hot chocolate.

Lunch: Lunches include salad and veggies plus sub sandwiches, pizza, grilled cheese & tomato soup, nachos w/meat & cheese, hamburgers or hot dogs.

Dinner: All dinners include salad, vegetable and dessert. Typical menu includes, spaghetti/lasagna, ham & scallop potatoes, build your own taco, turkey gravy, chicken burgers and baked potatoes.

Preparing for Camp: Partnering With Parents & Campers

YMCA Camp Bishop will make every effort to ensure your child has a wonderful experience at camp. Parents can help by letting us know in advance (by calling Camp Directors Jan or Kristof, or through the enclosed Letter to My Child's Cabin Leaders that you bring with you to check-in) about specific behavioral, health-related, emotional, or other issues that affect your child at home or school. With sufficient notice, we will contact parents in advance of your arrival at camp to discuss strategies for helping to ensure your child's success.

Helping Campers Succeed

Communicate with your child about different aspects of camp. The number one characteristic of a successful camper at YMCA Camp Bishop is that the camper *wants to be at camp*. Campers who understand what the camp experience is, and want to get the most fun out of their stay at camp, will create a successful experience for themselves and others.

Happy campers are: Emotionally stable and independent enough to enjoy the camp experience; able to care for themselves at an age-appropriate level, maintain basic hygiene (brushing teeth, showering, table manners, etc.); emotionally appropriate with peers and staff; and physically safe with self and others. We expect campers to uphold the YMCA values: Honesty, Caring, Respect and Responsibility.

YMCA Camp Bishop offers recreational programs focused on building friendships. Participating fully in activities is important and expected. Camp is physically active, with long days (7am-10pm) and a structured schedule; there is a one-hour rest-period each day. Sharing and group-building activities are a regular part of cabin activities. The camp experience does not include phones, TV or computers.

Teamwork is a big part of the camp experience. Many of our activities are designed to give campers the opportunity to move out of their comfort zone. As a part of group living, campers will participate in cabin & camp clean up, eat meals served family-style, and travel around camp with a group, or always with a buddy at all times. Some of these things might seem like "work" to your child and it is important to prepare for these aspects of camp – as well as for the fun.

Camper Behavior Management is implemented with care and respect by our staff. There are some times when a camper's behavior detracts from the overall experience of the cabin group by requiring excessive one-on-one attention from the staff. As a commitment to the success and enjoyment of camp by each camper, we want you to know our usual steps for redirecting challenging behavior.

- Cabin Leaders will talk about the undesirable behavior with the camper and together make a verbal corrective plan for success. The Cabin Leader will let his/her Unit Director know what happened.
- If the behavior continues, the Unit Director will have a conversation with the camper and create a written plan for change. If behavior continues, the Director will contact the parent and ask for advice with the situation ("what do you do at home when ___ occurs?" "Is there something that might be causing behavior?" "Are there any suggestions you have?") Our partnering with parents has been very successful! But . . .
- If the behavior continues, the Camp Director might suggest directly involving the parent in a phone conversation with the camper. This call would be initiated and supervised by the Camp Director.
- And, unfortunately, there are situations when campers are removed from camp and parents are asked to pick up their child from camp. This, of course, is not our preference, but may be required for the well-being and safety of the whole group, or as a logical consequence for inappropriate behavior.

Missing Home (Homesickness)

Preparing your Child

For most children (including those who have been to camp before), missing home is part of the baggage that accompanies a stay at camp. Parents can play a big role in helping their child to overcome missing home before and during camp, and in doing this, grow closer to their child.

Develop Realistic Expectations

Developing realistic expectations about camp is very important. Parents can sometimes over-glamorize the camp experience. (“Honey, you’re going to have the best time of your whole life” or “You’ll make the greatest friends!”) Obviously, going away to camp will be fun and worthwhile, but it is important to make sure your child understands it may not be fun every minute – there may be problems to solve, feelings of worry or sadness to overcome, insecurities to work on ... and these problems and feelings are normal.

Go ahead and talk about the fun they’ll have, but also discuss rainy days; about liking some people more than others (both campers and counselors); about making choices in the camp program (and about second and third choices), and how hard it is to do everything that’s offered at camp. Talk about the waterfront (and the aquatic life), and that cabin groups spend an overnight together sleeping under the stars. Discuss worries they might have about not being “good” at an activity, or about making friends. By doing this, you help children understand their feelings so they are better able to recognize and cope with them.

Visit Camp Early

Many children fare better at camp if they are able to actually see where they will be staying. Consider taking a trip to visit so your child will have an opportunity to see the cabins and other facilities. Visits can be arranged in advance by calling Camp at 360 482-5930. While you are at camp, discuss what it will be like. Consider role-playing anticipated situations, such as using a flashlight to walk back to the cabin after campfire.

Cautious children especially need to know: what a cabin looks like inside (where they will sleep, put their clothes, etc.); who else will be in the cabin (usually 10 kids and 2 counselors); where the bathrooms are; where the Dining Hall is, and how they’ll get food. Be sure to visit places of particular interest (kids who like sports should see the fields and basketball area, if they are a water person they should visit the waterfront).

After Camp

Evaluations

Please take the time to complete our short online camp evaluation with your camper soon after they arrive home. We take all feedback that we receive very seriously and welcome your input as we strive to continually improve our programs. We also enjoy passing on positive feedback to the staff members who work very hard to create a positive experience for every camper. If you see or hear of a problem with any part of our program or staff, please contact Jan at the YMCA Camp Bishop office immediately so that corrections can be made. If you’d like to speak to someone directly about your evaluation, please call Jan Simons at (360) 482-5930 or (360) 580-5833.

Contributions

Tipping of individual staff members is not permitted, but you can show your appreciation by making a donation to the YMCA of Grays Harbor Strong Kids Campaign Fund. Each year, we raise over \$100,000. in support of YMCA programs for children and sending kids to Camp Bishop.