



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



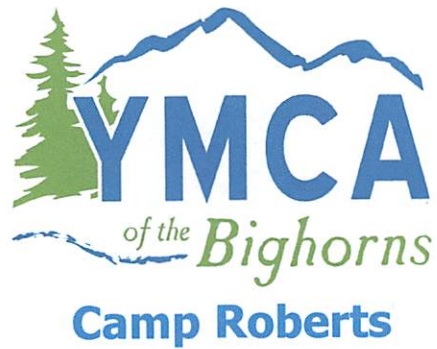
Camp Roberts

**Sheridan County YMCA
417 N. Jefferson
Sheridan, WY 82801**

YMCA - 307-674-7488

Camp - 254-240-8807

**Jason Lanka 307-231-7182
jlanka@sheridanymca.org**



Dear Parents,

Thank you for registering your youth for an exciting summer program at YMCA of the Bighorns. We look forward to seeing you drive through the gates. We are anxious to share with your camper the wonderful outdoor setting, laughing with the fun staff, gazing at the beautiful mountain peaks, dining together, and being challenged by our programs.

This handbook is designed to help parents and campers prepare for camp and learn more about what YMCA of the Bighorns is all about. Although we try to provide as much as information as possible, you may have questions that we did not cover. Please feel free to call us at the camp office with any questions about camp and we will be happy to provide you with more information.

We look forward to a fantastic summer, and we appreciate your input and support.

Sincerely,

**Jason Lanka
Resident Camp Director
1-254-240-8807 // 307-231-7182
jlanka@sheridanymca.org**

CHECK-IN

Check-in times are Sunday afternoon 3:00-4:00 pm. When you arrive at camp, visit the check-in table located inside the main lodge. Please plan to accompany your camper to his or her cabin, to meet the counselor and ask any questions you may have. ***All campers must have a completed health form and information sheet.***

The YMCA will provide transportation to families who are not able to bring their campers to camp. The Y bus will leave Sheridan promptly at 3:00 pm. The Y bus will arrive in Buffalo for any pickups by 3:45. Please make these arrangements by Wednesday of the week prior to your session. Call the Y's Front Desk at (307) 674-7488.

CHECK-OUT

Check out is Friday at 4:00 pm. Campers must check out with Y Staff before departing. Campers will not be permitted to depart camp with anyone other than their parent or legal guardian unless they have made prior arrangements with the camp director. Your last stop before departing should be our "found" table, to look for those items that have been misplaced during the camp session.

The YMCA will provide transportation to families who are not able to pick up their campers from YMCA of the Bighorns Camp Roberts. The Y bus will leave camp promptly at 4:00 pm and deliver campers to the Johnson County YMCA by 4:15 and at the Sheridan County YMCA by 5:00 pm. Please make these arrangements by Wednesday of your camp week. Call the Y's Front Desk at (307) 674-7488.

SPECIAL NEEDS

Homesickness

Our camp staff and camp director will work hard to help campers overcome homesickness. Although, uncommon, homesickness can drastically affect a campers experience at camp if not handled with care. Parents will be contacted if homesickness continues for more than 24 hours. Parents support to the campers decision to go to camp and meet their goals greatly affects the outcome of the campers staying for the remainder of the week.

Behavioral Problems

On occasion, campers have behavioral problems at camp. It is our policy to consult with parents on strategies for dealing with such situations. When the welfare of the camper, other campers, camp property or equipment is jeopardized, parent(s) will be notified to pick up the camper from camp. Under no circumstances will a youth be removed from camp without the consultation of the parent. Please read and sign the YMCA Behavior Contract included in this packet and return it with the Health Information Form. All special concerns related to behavior, medication and diet should be noted on your youth's **Health Information Form**. The Camp Director would be happy to discuss special needs with you personally. It would be helpful to call and set up a convenient time to visit.

Illness and Accidents

If a camper becomes sick or has an accident that is more severe than a stomachache, headache, cut or scrape, the camper's parents will be notified of the situation and care that is being offered. Parent's discretion will be honored as to the care of the youth.

A DAY AT YMCA OF THE BIGHORNS

7:15 Wake up call
8:00 Breakfast
8:45 Cabin/Camp clean up
9:30 Morning sessions
11:30 Free Time
12:00 Lunch
12:30 Quiet/Rest time
1:30 Afternoon Session
4:00 Free Time
5:00 Dinner
6:00 Evening activities
9:30 Cabin retreat
10:00 Lights Out

CAMP STORE

During their stay, campers may purchase snacks, toiletries, souvenirs, stamps and other miscellaneous items using a camp bank "account." We recommend \$10.00-\$15.00 per week be deposited in your camper's account when you check in on opening day. Campers will be allowed to buy one can of non-caffeinated soda and one candy per day. Items campers' purchase will be deducted from their account and the balance will be refunded on the closing day.

OUR CARING STAFF

YMCA of the Bighorns Camp Roberts staff is the very heart of our camp. They make our programs and care for your youth. We recruit a staff that can serve as proper role models for our campers. All our staff have much to give and teach our campers. Camp staff are safety conscious, enthusiastic, service minded, knowledgeable and respectful of our environment. Every staff member has received certifications in CPR and First-Aid. Each staff member also has strong leadership skills that reflect our core values of caring, honesty, responsibility and respect.

VOLUNTEERS

All program areas benefit from individuals that support the mission of the YMCA through volunteer services. Throughout the week of resident camp we will see volunteers involved in several program areas.

PETS

Please leave your pets at home. We ask you to please leave your pet at home while checking in/out of camp. During check-in, our staff members are very busy meeting and greeting members. Dogs, running around, lead to problems and less attention that we can give to our primary responsibility, camper's happiness. We thank you and apologize for any inconvenience.

CLOTHING AND PERSONAL BELONGINGS

Please be sure to mark belongings with your camper's name. Since campers spend the majority of time outside, please do not send clothing that is expensive or new. All items on the clothing list, included in this parent packet, are important at camp, especially rain gear, warm jacket or sweatshirts. Lost and found items will be held at the Sheridan County YMCA until the end of August, after which time they will be given to charity. YMCA of the Bighorns cannot be held responsible for any lost, misplaced or stolen possessions. For this reason, please do not send valuable or sentimental items to camp. Please see clothing and equipment list in this parent packet for suggestions.

There are a number of obvious and not so obvious things that parents should not send with their campers. These items both take away from the camp experience and, in some cases, can put campers at risk.

Please do not send:

Radios

Ipods/mp3 Players

Electronic Games

Toys

Fireworks

Cell Phones (campers will not receive cell service while at camp)

Food and Candy

Knives or any other dangerous items

Although it is nice to send your youth to camp with fresh cookies or candy it can lead to some very real problems, namely scavenging animals. Animals in camp can lead to dangerous situations. We serve well-balanced, nutritious meals and snacks, and we have a very well stocked store.

Money

Once you have put money in your youth's camp bank account there is no reason to send additional money. Real money is of absolutely no use for a camper and only stands to get lost.

We have discovered that, no matter how hard we try, these items will still make their way to camp. On opening day, after settling into their cabins, campers will be given the opportunity to "Brown Bag." The Brown Bag is a program designed and used by many other camps where such items are placed by campers in a "Brown Bag" and then labeled and stored in a safe place until closing day, when they are

returned. Campers are free to put anything they want in these bags, knowing that they will be returned at the end of their stay.

SUGGESTIONS FOR PARENTS OF FIRST TIME CAMPERS

Sometimes the most difficult decision about a youth attending camp is not whether the youth wants to go, but whether mom and dad can be away from the youth for an extended period of time. Here are a few suggestions:

1. Feel free to visit camp before your youth's session. Please call in advance to arrange this.
2. Contact the YMCA of the Bighorns Camp Roberts office if you have any questions and talk with other camp parents in your area.
3. Send your camper a letter shortly after camp starts to let your camper know that everything is okay. Some parents have sent a letter before their youth leaves home so that it's waiting at camp when they arrive.
4. Parents miss their youth too, but try not to make this the emphasis of your letters to your camper. They will be happy to know how proud you are of them as they set off on this new adventure, but it will sadden them to know how much the dog misses them!
5. Welcome your camper's new friends and have confidence in their judgment. Encourage your camper to pursue interests and skills they have picked up at camp.

SAFETY FIRST

YMCA of the Bighorns Camp Roberts provides a safe, secure environment for all campers. The entry gate to camp will be locked and secure each night and all cars entering the camp will be monitored.

TELEPHONE USE BY CAMPERS

In general, campers are not permitted use of the camp phone. If you should need to contact your camper for emergency circumstances, please do so through the Camp Director. To call camp directly, dial 1-254-240-8807.

HOW TO GET TO YMCA OF THE BIGHORNS

Travel through Buffalo, from any exit, onto Main Street till you arrive at Fort Road/HWY 16W. (This will be at a stoplight) Turn west onto Fort Street. Continue to follow Fort Street as it turns into Hwy 16W. Travel approximately 15 miles up the mountain on Hwy 16. YMCA of the Bighorns Camp Roberts will be on your left side.

INCLEMENT WEATHER

Please send your camper prepared for inclement weather. We are at an elevation that evening will cool off and moisture easily turns into rain or snow. Due to inclement weather or unusual circumstances we may have the need to change activities from time to time.

MAIL

Letters from home are always welcome. We have discovered in past years mail that goes through the post office often arrives after the campers have headed home.

We would recommend providing the Camp Director with any letters or packets during Sunday check-in. Please have them marked with name and date you'd like to have them delivered. You can also drop any mail/packages off at the Y Front Desk. Please drop off no later than Wednesday of camp week. Thanks – your camper will look forward to hearing from you.

NO GHOST/SCARY STORIES

At YMCA of the Bighorns Camp Roberts we believe that every aspect of our programs have a purpose. We have a strict policy that no camp staff member or counselor is permitted to tell ghost stories.

VISITORS DURING CAMP

We believe camp provides an opportunity for youth to acquire independence, self-reliance and confidence through their achievement in a new environment. We ask that parent(s) and relatives refrain from visiting campers during their stay. Please do take advantage of open house/opening day to check-in your camper, tour camp, see your camper's cabin and meet the staff.

SPECIAL DIETARY/MEDICAL NEEDS

Please visit, prior to camp, with Jason concerning any special dietary needs. We can accommodate lactose intolerance and gluten free menus fairly easily but do need advance notice to make these adjustments in our food order.

If your camper has special medical needs, beyond daily medication, please visit with Jason prior to camp.

We appreciate your assistance with these requests.

CAMPERSHIPS

YMCA of the Bighorns Camp Roberts is dedicated to serving youth regardless of economic hardships. Our scholarship program offers the opportunity for partial or total fee waiver to children who otherwise would be unable to participate in Y Camp Programs.

Please contact our Resident Camp Director, Jason Lanka at 1-254-240-8807 // 307-231-7182 // jlanka@sheridanymca.org for any questions or concerns.

Camp Mission:

To emphasize that "CHARACTER COUNTS" through the principles of caring, honesty, respect and responsibility.

CLOTHING AND EQUIPMENT LIST

Based on a 6 day, 5 night stay

CLOTHING

7 T-shirts
3-4 Shorts
3-4 Pants
7-8 Socks
6 Underwear
Casual Tennis Shoes
Jacket or Fleece Top
Sweatshirts or Sweaters
Swim Suit
Rain Coat or Poncho
Sturdy Hiking Shoes
Pajamas

MISCELLANEOUS GEAR

Backpack/Day Pack
Sunglasses
Flashlight/extra batteries
Letter Writing Material
Water Bottle
Reading Material
Cap/Hat

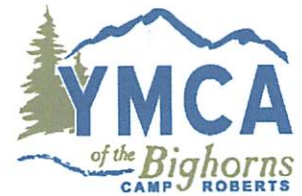
TOILETRIES

Soap and Soap Container
Toothbrush/Tooth Paste
Comb/Brush
Shampoo
Sunscreen (waterproof SPF 30+)
1-2 Wash Cloths
1-2 Towels
Chapstick
Toiletry Container

BEDDING

Pillow/Pillowcase
Warm Sleeping Bag
Stuff Sack for Sleeping Bag
(a pillowcase works well)

YMCA of the Bighorns Camp Roberts has fishing equipment at camp.
Please do not send fishing poles and tackle with your camper.



YMCA Behavior Contract

I understand the following behavior is expected of me while I am at YMCA of the Bighorns Camp Roberts:

1. To cooperate with fellow campers, instructors and the Y Camp staff.
2. To accept the responsibility for completing any work assigned to me.
3. To have good manners at all times.
4. To participate in all the activities that I am assigned.
5. To be on time for all activities and meals.
6. To respect the property of others, not to enter any cabin without notifying YMCA staff, and not to touch anyone's property.
7. To keep my living area neat and not harm any of the Y Camp property. If I damage anyone else's property, I will pay for the damages.
8. To respect the quiet hours from 9:00 pm to 7:00 am, lights out is at 10:00 pm. It is VERY important that I am well rested and ready each day for the full day of activities.
9. To not collect any living things (plant or animal) unless supervised by a Y Camp Program Leader for a specific class activity.
10. To obey the traveling in buddy/tri-system, which is travelling in threes or more at all times both outdoors and indoors.
11. To make the camp experience the most interesting and rewarding by getting involved in the activities and following instructions to the best of my ability.
12. To follow and promote the core values of the Y: of caring, honesty, respect, and responsibility.

Anyone who shows that he/she cannot live harmoniously with others, endangers his/her own safety or that of his fellow students, or cannot accept the rules and regulations, will be required to call his/her parents and will be removed from the group and asked to leave YMCA of the Bighorns Camp Roberts.

I have read and understand the above information. I promise to follow these guidelines and be on my best behavior during my stay.

Youth Signature

Date

Parent or Guardian Signature

Date