

CC 2011



campCHAMPIONS

A SUMMER CAMP FOR BOYS AND GIRLS IN MARBLE FALLS, TEXAS

THE JOURNEY BEGINS...

Summer is almost here! That means it is time to start getting your campers ready for camp! We are excited about another great summer and the opportunity to help campers grow into CHAMPIONS! Before we can begin... we need a little help from you!

Please read this ENTIRE camp guide carefully, as it is intended to answer many of your questions about camp.

If you have any questions, call us at: (830)598-2571.

HERE'S WHAT YOU NEED TO DO:

THREE really important things to do:

1. Read through this entire guide:

We have chosen to err on the side of providing too much information. This reflects our commitment to great parent communication... as we've said before, we consider ourselves "partners in the parenting process" and we want you to be fully informed!

PLEASE PAY CLOSE ATTENTION TO THE FOLLOWING POLICIES – EVEN IF YOU HAVE A VETERAN CAMPER:

- NEW package policy
- NEW Bathing Suit policy (for girls)
- Mandatory Walgreen's Pharmacy Registration
- Lice policy – lice checks before camp are critical. Please read this entire section
- Medication administration- imperative for all campers bringing meds to camp

2. Log in to your CAMParent account:

Visit <https://champions.campintouch.com/v2/login.aspx> and click on the "Forms Dashboard" section. Here you will find all camper forms, as well as an explanation of when forms are due, and which forms you have already completed. All forms can be submitted online, with the exception of the health examination and health insurance forms which are faxed to our "faxback" system.

3. Please print out the Physicians Health Examination for your physician's exam, and then use our Fax Back system. **You will need to print each child's examination form individually as each will have a unique barcode.** Fax completed forms to the number at the bottom of the form.

THIS IS NOT THE CAMP CHAMPIONS FAX NUMBER!

This number is off site but will upload immediately to your child's account. The individual bar code tags each form to the correct camper. Use this same Fax Back system to send a front and back copy of your insurance card.

GOOD TO GO!

On Opening Day we have a “Good To Go” system. In order to skip all of the long lines and to be able to spend more time getting your camper settled in, you must have all forms and payments in. On Opening Day, you will be considered “Good To Go” if we have received all of the following. You will then receive a special pass to skip registration and head directly to your cabin.

- Camper Application
- Camp participation agreement
- Health History
- Walgreens Registration
- Cabinmate request form
- Insurance Card Copy
- Parent Questionnaire
- Physical Examination Form (signed by MD)
- Final Balance Paid in Full

OPENING AND CLOSING DAYS:

Please pay special attention to the information pertaining to your camper's specific term!

OPENING DAY



We open our gates on Sunday at 2 pm! *

Please arrive between 2 and 3 pm. You can then take the time to get settled, meet your camper's counselors, and shop at Kneeman Markus!

We ask all parents to leave by 3 pm so we can get camp rollin'!!

Senior Campers (those who just completed 9th, 10th and 11th grades) should arrive at noon. Senior campers will be meeting the counselors they will be working with and receiving their uniforms before the rest of the campers arrive at camp.

CLOSING DAY



Families must pick up their campers on Closing Day. (We do not have transportation from camp - exception 4th week option)

Here is the schedule for our Closing Day Festivities:

| Term | Date of Closing Day | Times Gates Open | Ceremony Starts | Location |
|--------------------|---------------------|------------------|-----------------|---------------------------|
| Batter Up! 1 | June 3 | 2:00 | 2:30 | Town Hall |
| Double 1 | June 18 | 2:00 | 2:30 | Town Hall |
| Triple 1 | June 25 | 9:30 | 10:00 | Parthenon |
| Double 2 | July 9 | 2:00 | 2:30 | Town Hall |
| Triple 2 & Combo 6 | July 16 | 9:30 | 10:00 | Parthenon |
| Double 3 & Combo 5 | July 30 | 9:30 | 10:00 | Parthenon |
| Triple 3 | August 6 | 9:30 | 10:00 | Fillin' Station (Brunch!) |
| Batter Up! 2 | August 12 | 2:00 | 2:30 | Town Hall |
| Double 4 & Combo 4 | August 13 | 9:30 | 10:00 | Parthenon |

Please come with your smiles (BUT WITHOUT YOUR PETS). We cannot wait to see you at Closing Day!

DOUBLE CHECK THOSE DATES!!!

| | |
|------------------------------------|---------------------------------------|
| Batter Up #1 | May 29-June 3 |
| Triple 1 | June 5-June 25 |
| Triple 2 | June 26-July 16 |
| Triple 3 | July 17 – August 6 |
| Double 1 | June 5-June 18 |
| Double 2 | June 26-July 9 |
| Double 3 | July 17- July 30 |
| Double 4 | July 31-August 13 |
| *4th Week Option | July 31 – August 6 |
| Batter Up #2 | August 7- August 12 |
| Combo 6(T1&T2) | June 5-July 16 |
| Combo 5(T2 & D3) | June 26-July 30 |
| Combo 4(D3 & D4) | July 17th-August 13 |

***A SPECIALTY 4TH WEEK OPTION- FOR CAMPERS FINISHING 5TH GRADE AND UP!**

Opening Day is July 31st at 2:00pm

Closing Day is August 6th at 10:00am

ROUND-TRIP TRANSPORTATION IS PROVIDED FOR ONLY \$85!! (This pricing is only offered during this specific term)

We will be traveling to Austin, Dallas, Houston, and San Antonio in order make the travels a little easier on you! We will pick your camper up on Opening Day and will bring them back on Closing Day! Of course, Mom and Dad are more than welcome to drop off & pick up, but the bus trip allows for your camper to spend more time with the coolest camp people ever!!



GETTING HERE!



... AND BACK! Bus Transportation

For first time campers it is always nice for families to see camp together and meet the counselors who will be caring for and living with their children. But for many returning campers and those fired up to get camp rolling... check out our bus schedules!

On the bus your camper(s) will join some of our enthusiastic counselors, get to know other campers, play games, laugh, sing, and have a BLAST! When the bus arrives at camp, campers are welcomed by an excited tunnel of greeters who will introduce them to their counselors and help them find their cabin! We also have a wonderful team that will deliver your camper's luggage to their assigned cabin.

Please note that the bus service is only available for the opening day of each term & Round Trip to those who are attending the week of July 31st-August 6th

Triple 1, Triple 2, Triple 3, Double 1, Double 2 and Double 3: Bus ride to camp ONLY.



Cost is \$85 per camper.

The bus will pick up campers from Dallas and Houston.

4th Week Option: Bus transportation ROUND-TRIP.



Cost is \$85 per camper.

The bus will pick up campers from Austin, Dallas, Houston, and San Antonio.

**Log into your CAMParent account to
arrange for bus pick up.**

AIRLINE TRANSPORTATION

If you need to arrange airline transportation for your child, please call (830)598-2571 at least one month in ADVANCE! Please arrange all flights into Austin International Airport. For \$100, we will provide transportation from the airport to camp. The same rate applies if your camper needs transportation back to the airport on Closing Day.

If you need transportation from San Antonio Airport, the fee will be \$150 each way. Please arrive between 11am and 1pm on Opening Day of your camper's term.



BUNK ASSIGNMENT POLICY

Bunks are assigned by lottery. Each bunk will be numbered and each camper will have one, and only one, chance to draw a bunk number. We have found that parents appreciate this system since there is no pressure to arrive early to secure a particular bunk. If a lower bunk is needed due to medical reasons, please call the camp office in advance.

CABINMATE REQUESTS

Many families request a particular cabin mate for their camper(s), but due to the complexity of these requests, they cannot always be met. We encourage your camper to attend without a cabinmate request, but we will make every effort to place your camper with one special friend ONLY IF that friend also makes a reciprocal request. (But remember, cabin placement is not vital to the camp experience.)

Please understand that clear communication with your requested friend is very important. If you DO NOT think it best that your camper be with a particular camper, please be honest with the parents involved. Such difficult conversations are easier than on Opening Day!

Please also note that if you "anti request" a particular camper, the "anti request" will take **precedence** over a request for another camper and may prevent you from being placed with your requested friend. All placements are revealed on Opening Day. Rest assured that placements are not random, but are selected with great care and consideration for all involved.

The cabin mate request form is on CAMParent.

MORE BANG FOR YOUR BUCK

Dollar for dollar, Camp Champions is one of the best camp values you'll find anywhere. Aside from the great activities and high-quality counselors, we include many other extras you'd pay additionally for at other camps. What do we mean? Ask your friends who send their kids to other camps how much they pay in extra fees to get ALL OF THIS!



UNIFORMS: Every camper receives 2 uniform shirts and a pair of uniform shorts. Campers use these for pictures and closing day. They look great to wear at home, too!

YEARBOOK: The Hardcover.

Around January, every camper receives a handsome hardcover yearbook (perhaps the most impressive camp yearbook in the country) with pictures of every camper, cabin and special events. It is a treasured tradition of Champions!

YEARBOOK: The DVD.

But wait--there's more! We also create a fun, high-energy DVD yearbook that your camper will love. Why two types of yearbook? Because we are twice as excited about our camp!

KNEEMAN MARKUS



We have our own camp store with our own camp currency--the "CHAMP".

Every camper will receive champs to use at our camp store called "Kneeman Markus". The campers will be able to shop once a week and can either spend their champs or save them up for a large item.

No need for money at camp—Champs only!

CAMPARENT: As featured in the Wall Street Journal (seriously!) our CC website keeps you in touch with what's happening at camp.

CAMParent provides daily photos and articles for free. You can also send one-way emails that we print out and deliver for \$1/page. It's almost like going to camp with your child! If you don't understand what CAMParent is, or you haven't registered for this summer yet, make sure you read the CAMParent section of your Parent Guide to learn more!

PICTURES: You'll go home with a great picture of your happy camper and his or her cabinmates!

CAMP BUMPS & BRUISES

We're committed to providing your child with outstanding medical care. We have multiple experienced Registered Nurses on staff 24 hours a day, 7 days a week. We also have camp Physicians who visit camp three times a week. Our camp health center, aka "The Ill Eagle's Nest", stays well prepared to handle the bumps & bruises of camp life!

MEDICAL INSURANCE

WE REQUIRE ALL CAMPER'S TO BE COVERED BY MEDICAL INSURANCE DURING THEIR TIME AT CAMP CHAMPIONS.

Our camp families take responsibility for any required medical services that Camp Champions' facilities cannot accommodate. These services include (but are not limited to) prescriptions, x-rays, physical therapy, dental care, lab work and emergency room visits. Our local hospital and walk in Health Clinic REQUIRE a photocopy of the insurance card (front and back) in order to process claims. You will be responsible for payment at the time of service. The walk-in health clinic or hospital will contact you upon your camper's arrival at their facility to arrange payment. (We will contact you if your child needs off site care.)

PRESCRIPTIONS

Camp Champions picks up any necessary prescriptions for your camper at the local Walgreens throughout the summer. In addition to having a copy of your insurance card on file at camp, we require all families to pre-register a copy of their health insurance card and credit card information through the "express pay" program with Walgreens. Even if you anticipate that your child will not receive medication at Camp, we **REQUIRE** that you pre-register at Walgreens using their Express Pay system. The easiest way to do this is to enroll online – and provide your insurance information, medication allergies and a credit card for insurance co-pays. You may also register in person at your local Walgreen's.

Online: walgreens.com (select "express pay" under pharmacy) .

Parents frequently comment "but my child does not take prescription medication" or "I'm sending enough medication for the camp term and won't need a refill." **Walgreens is used for conditions that arise while at camp.** If your child needs a prescription for swimmers ear or an antibiotic, for example, our camp physicians will call the prescription into Walgreens. Walgreen's can have the prescription ready very quickly and your child will receive the medication right away.

If you are not registered and your child requires a prescription medication at Camp, the process of enrolling and filling a prescription can take hours during the busy summer months as many camps in our area use Walgreens. This will delay your child's ability to receive medication. For a child with a painful swimmer's ear infection or an itchy rash, this can mean hours of discomfort. We've had quite a few parents of campers who needed medication who felt terribly guilty for gambling

that their child would not need medication at Camp and so didn't bother to pre-register at Walgreens.

If you are already registered, please call Walgreens to confirm that your credit card and insurance information are up to date. Last summer a number of prescriptions were delayed due to expired credit cards on file.

Of course, we will always notify you, the parents, if your child needs a prescription.

BRINGING MEDICATIONS TO CAMP:

On opening day, our nurses will be at check in to receive your camper's medication and discuss any particular concerns you have about your child's health care at camp. Please adhere to the following medication policies.

- 1) All medication (including over-the-counter, vitamins or homeopathic remedies) must be in its **original container**.
- 2) Nurses must administer medication according to the dosing instructions on the original container. If your child's physician has changed the dosing, we must have a note from the doctor authorizing the change, otherwise we will dose according to the package label. Administering doses different from the pharmacy packaging violates Texas nursing license law and is not allowed. (If your child's physician has sent pharmaceutical samples, you must have a prescription or physician's note in order for the nurses to administer samples.)
- 3) Children may only receive medication prescribed to them – again in the original container. We will not administer one child's medication to a sibling – even if both take the same medication. Siblings must have their own individual medication containers.
- 4) Please send enough medication to last the entire camp term.
- 5) If there is a particular over-the-counter medication you would prefer that we not give to your child (e.g you have a preference for Advil rather than Tylenol), please indicate this on your medical form. Or if you prefer that your child be given no over-the-counter medication whatsoever, please indicate this on the form as well.

IMPORTANT!

Camp is NOT the time to experiment with new medications or to put your child on a "medication holiday". A successful term at camp begins with consistent medication. If you have made a recent medication change, be sure to note this on the health history form.

The following is a sample list of the types of over-the-counter medications used at Camp Champions. If your child uses any of the following over-the-counter medications for symptomatic relief, you do not need to bring your own supply. If however, your child takes a daily dose of an

over the counter medication, please bring your own supply and label the packaging with the child's name.

Acetaminophen, Burn spray, calamine lotion, diphenhydramine (Benadryl), Epsom salts, hydrocortisone cream, ibuprofen, keopectate/Imodium, loridine, Maalox or almag, pseudoephedrine (Sudafed), Senna tabs, sore throat lozenges, triple antibiotic cream (foot fungus)

Other over the counter medications may be used.

IMMUNIZATIONS

The CDC's Advisory Committee on Immunization Practices strongly recommends the meningococcal vaccine for children ages 11 and older. This vaccine is also safe for children ages 2-10 and is appropriate for younger children in some cases. Please ask your pediatrician. We also strongly recommend the whooping cough booster, which is available to children 10 and older. A number of schools and camps have had isolated whooping cough outbreaks because the vaccine has been shown to wear off after about 10 years. Both of these vaccines are also recommended for parents... we want your whole family to stay healthy!

A SPECIAL NOTE ABOUT HEAD LICE

As most of you have heard by now, head lice have become an increasingly serious problem in schools, camps and communities all over the country. Camp Champions is taking the precautions necessary to minimize the risk of lice infestation among our campers and staff. You may feel that our policy is excessively harsh. However, if you've ever had to deal with the frustration and tedium of lice removal, we know that you are grateful for our efforts to keep your child lice free while at camp.

1. We will carefully check all staff members upon their arrival at Camp.
2. Prior to camp, counselors are taught how to detect symptoms of head lice, and will discourage the sharing of personal articles such as hats, hair ties, hairbrushes, and towels among our campers.
3. Campers must wear a lice barrier (bandana) at every activity that involves a helmet. Helmets are disinfected between uses.
4. We will carefully screen every camper upon arrival at Camp. If we find lice or lice eggs (nits) on your child, we will offer you two options:

Option #1 Your child can remain at Camp, with his or her hair to be treated by a lice professional. She is a former school nurse with 20 years of experience in "nit picking"☺, says she. She charges \$50 an hour and you will be responsible for paying her directly.

Please note that the average lice treatment can cost up to several hundred dollars as many infestations require multiple treatments and each treatment can take hours.

Option #2 Your child can return to your care until a pediatrician verifies that your child is lice and nit free, whereupon he/she can return to Camp.

Your child must be lice and **NIT FREE** before coming to Camp. The last thing that we want to do is to be forced to send a child home! As a parent, you can help by checking your child or having your child checked for lice by a medical professional before Camp. If lice are found, treat safely and thoroughly and remove all lice eggs (nits). Complete nit removal is crucial! **LICE EGGS ARE NOT KILLED BY LICE TREATMENT SHAMPOOS.** Eggs hatch in 7 – 10 days and so a child with nits can easily infect his or her cabin-mates during the course of a camp term. If your child has been treated within 6 months of the start of Camp, please notify us so that we can double-check them at Camp.

For pictures and descriptions of head lice, visit the
National Pediculosis Association: <http://www.headlice.org/>

A cautionary tale: In summer 2010, Camp Champions nurses discovered 9 campers with head lice (6 were in first term- perhaps because most lice is transmitted at school and so children just ending the school year are more likely to have lice.) The vast majority of those campers admitted to us that they had previous infestation during the school year and their parents had not re-checked prior to camp. Two campers admitted that their parents checked for lice the day before camp and when they discovered an infestation, used a lice treatment shampoo but did not remove the nits or removed most of the nits. In all cases, when we discovered the nits on opening day and called the parents with the bad news, the parents were very frustrated that they had to incur additional expense and/ or the hassle of a return trip to camp.

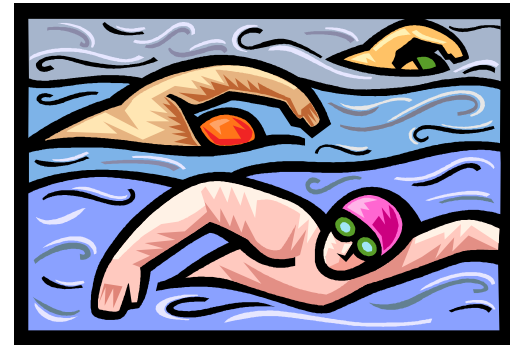
Please know that we take this policy very seriously. We do not have the nursing capacity to treat lice. Doing so would divert resources away from caring for the health of our camp community. Our nurses are here to provide health care to all our campers. We know that you would want us to devote the full capacity of our nursing staff to the health care of your child. UGH, I hate writing this section, but it needs to be done! It will get more fun later.

MRSA

MRSA is a very common staph skin infection that is frequently transmitted in locker rooms and other close quarters. It usually shows up as boils or pimples on the skin. **We require that each camper pack liquid antibacterial soap.** (MRSA can survive on a bar of soap.) We will ask campers to liberally coat themselves each time they shower. We will also ask them to come to the first aid station to clean all cuts, scrapes and splinters. You can help by educating your child about the importance of good hygiene at camp. Your child's counselor may not know about every scrape, so it is important that your child be proactive in coming to the first aid station to treat even minor skin abrasions. MRSA is treatable with antibiotic creams and, in some cases, oral antibiotics. It can be very painful and we wouldn't want that for any of our campers. Let's practice prevention.

SWIMMER'S EAR

Our two most common ailments at camp can be easily prevented. Campers are asked to line up for ear drops every time they've been in the water: after swim lessons, free swim, water toys and wakeboarding/waterskiing. Some campers decide to dodge the line, which increases their chance of getting swimmer's ear. Swimmer's ear is a painful infection that will keep them out of the water until it has healed. Please visit with your child about the importance of getting ear drops after EVERY time they have been in the water.



COLDS



One run down camper gets a cold, which causes the whole cabin to come down with the sniffles. Please emphasize the importance of hand washing with your child. We require campers to wash their hands before every meal. The website www.Coughsafe.com has an excellent and very funny video about how germs are spread. It is called "Why Don't We Do It In Our Sleeves?"

We recommend that you share this video with your campers!

WATER BORNE ILLNESS & PARASITES

Water borne illness and parasites are extremely rare, but can be very dangerous. All fresh water lakes contain amoeba. According to the CDC, in extraordinarily rare circumstances, amoebacanenter the olfactory nerveandcause PAM (primary amoebic meningoencephalitis) which can be fatal. The best way to prevent PAM is topreventwater from entering the nose. Weenforce nose holdingand nose clip policy. For globbing, water slides, diving boards and the high dive, we will instruct the campers to hold their noses. In activities where it is difficult to hold one's nose, we will require campers to wear noseclips(2 well-fitting nose clipsare a mandatory packing item; we will also have extra clips.)These activities include waterskiing, wakeboarding and water toys (essentially any activity in which the camper is on an inflatables pulled by a boat or wave runner). Activities that have little to no chance of forcing water up a camper's nose (sailing, kayaking, general swimming) will not require noseclips.

If you have any additional questions or concerns about your child swimming in fresh water, please contact Susie at camp. Please know that we will make all efforts to educate and remind children while they are here at camp. If parents do their part at home and we here at camp reinforce the same information, campers will be more likely to comply. Together as partners, we can help campers to have a safe and healthy summer!

IMPORTANT HYGIENE TIPS-

1. CHANGE UNDERGARMENTS & SOCKS REGULARLY
2. WEAR A BANDANA!
3. DON'T SHARE HAIRBRUSHES OR HATS
4. USE SOAP, SHAMPOO AND TOOTHPASTE

CONTACTING CAMP CHAMPIONS NURSES AT "THE ILL EAGLE'S NEST"

The Ill Eagles Nest, named in 1967 by our first nurse, Nurse Bird, is open from 7:30 am to 10 pm every day- and after hours for urgent care.

If you need to contact the Ill Eagle's Nest, please dial the main phone number 830 598 2571 extension 222. Please note, it is highly likely that you will need to leave a message for the nurses. "The Nest" is a popular place and the nurses are frequently busy treating all the minor cuts and scrapes that happen at camp. There are times each day when camper demand tapers off and this is the time that the nurses will call you back. Please understand that our top priority is the health and safety of our campers and our resources are devoted to serving them when they need care. Please be patient if your call is not immediately returned. Nurses will make every possible effort to return your phone call on the same day you called. Calls received after 8 pm will be returned the following day as the hours before bedtime are particularly busy.

In an **emergency**, please call the Camp **emergency** number- 512-755-5378.

Please do not ask the nurses non-health care questions. The nurses are busily devoted to the health of our camp community. They are not familiar with cabin dynamics, whether a camper received a package etc. and do not have the time to research these questions. The nurses will be happy to transfer your call back to the main office where you can ask non-health related questions.

PANIC! I RECEIVED A CALL FROM A CAMP NURSE

At Camp Champions, we are committed to extraordinary parent communication. Our nurses will contact you if any of the following happens:

- Your child spends the night in the infirmary for any reason
- Your child sees the camp doctor (even if no action taken)
- Your child is prescribed a medication
- Your child has a schedule change due to an illness or injury
- Your child requires off-site care (e.g. stitches, X-ray, dental care)
- Your child repeatedly visits the Ill Eagle's Nest with the same complaint.

Words of wisdom from years of camper care. Remember the "excitement factor." It's fun to write home about exciting illnesses and injuries! Sometimes "feeling faint headed and remedied with Gatorade" morphs into "passed out cold". A stubbed toe becomes "broken". We had scored of panicked parents call after receiving a letter from their camper. Please know that our nurses will call you under any of the above circumstances. Please call if you receive an "exciting" letter, but keep in mind, if it was serious, you would have already heard from the nurses.

Please also understand that our nurses cannot call every parent of every camper who comes to the Ill Eagle's Nest. Scrapes, ice packs, toe soaks and insect bites are routine. We often let tired campers rest and re-hydrate in the Ill Eagle's Nest for hours. This is very common. If our nurses had to call the parents of every single camper who made a visit, they would not have the time to devote to actual camper care. All but one of our 12 nurses has a child (or children) attending camp. (and 100% have children) They're parents too and will care for your children like their own.

LET'S GET PACKING!!

Here is our recommended camp packing list. If possible, pack clothing in a trunk and a duffle bag. You and your camper can use the check off boxes while you are packing for camp!

CLOTHING

- Underwear (10)
- Socks (10 pairs)
- Jeans/Pants (3)
- Sweatshirt
- T-shirts (10)
- Long-sleeved white t-shirt for sun protection
- Plain White T-shirt or polo (for vespers)
- Shorts (8)
- Swim Suits (2)- **note new Girls' suit requirements**
- Brimmed Cap AND Bandana (required)
- Casual Outfit for dances/special events
- Pajamas/Sleepwear (2)
- T-shirt and pair of shorts that can get TRASHED!

Our laundry service washes each camper's clothing and linens once a week!

Please label all clothing and other possessions with your child's first initial and last name. Many campers have the same initials.

Do not use just initials on clothes.

PERSONAL ITEMS

(Pack in a separate pouch or container if possible)

- Toothbrushes (2)
- Toothpaste
- Floss
- Shampoo
- Liquid Antibacterial Bath Soap
- Waterproof Sunscreen (SPF 15+)
- Comb or Brush
- Lotion
- Lip Ointment (with sunblock)
- Extra pair of glasses or contact lenses
- Flip Flops for Showers



SHOES

- Tennis Shoes (2 pair)
- Sandals or aquasocks (1)
- Cowboy Boots
(MANDATORY FOR CAMPER'S TAKING HORSEBACK)



LINENS (PACK IN DUFFLE BAG)

- Sleeping Bag (for overnight trip)
- Fitted Twin Sheets (2)
- Flat Twin Sheets (2)
- Pillow (1) and Pillow Case (2)
- Light blanket
- Large beach towels (2) Bath Towels (2)
- Washcloths (2)
- Laundry bags **WITH FULL NAME CLEARLY MARKED ON THE OUTSIDE (2)**

MISCELLANEOUS

- Nose Plugs
- Flashlight
- Batteries
- Stationery
- Stamps
- Pens or Pencils
- Costumes for theme dances
- Water Bottle

SPORTS EQUIPMENT (OPTIONAL)

- Tennis Racket
- Baseball Glove
- Water Gun (for self defense)
- Fishing Pole

OTHER OPTIONAL ITEMS

- Swim goggles
- Disposable Camera (NO digital cameras)
- Sunglasses
- Ear plugs
- Playing cards
- Books
- Battery Operated Fans
- Props/costumes for skits
- Items to make your cabin more like home (photos of family, etc)

ESPECIALLY FOR FIRST-TIME FAMILIES:

This is a recommended packing list only. You know your child(ren) better than we do. If you decide "my daughter will never use 10 T-shirts, but she goes through socks like crazy," that's great! Pack fewer shirts and more socks. After your camper's first summer as a CHAMPION, you'll have a much better idea of the necessities!



EIGHT TRADE SECRETS FROM SEASONED CAMP PACKERS



Whether you're a veteran camp packer or a novice first-timer, a little guidance is always helpful! Here are some packing do's and don'ts—AND some important guidelines—that you should know BEFORE you pack!

#1. DO USE A TRUNK THAT IS EQUAL TO OR LESS THAN 15" TALL.

Trunks of this size fit under our bunks, which leaves more room in the cabins! Find a trunk that has a tray in the top--it helps campers keep track of smaller items.

FINDING YOUR TRUNK - If you want a trunk that will last for many years, the best ones on the market (that we've found) are made by Everything Summer Camp. They're a little more expensive, but they'll last forever, even through the scars of many summers of camp! We've referred hundreds of happy families over the years. If you'd like to go this route, or you'd like to see their different trunks and prices, go to:

EVERYTHING Summer Camp -

www.everythingsummercamp.com

THEIR MODELS #1102, 1104 and 1107 WILL ALL FIT UNDER OUR BUNKS.

Use promotional code
"trail249CH" for a
discount!

Remember to get it customized with the Camp Champions logo! Red and blue are our camp colors, if you're wondering—though we've seen campers bring trunks of just about every color imaginable!

#2. DO MARK ALL ITEMS WITH YOUR CAMPER'S NAME!

Old clothes work best at camp. We spend a lot of time at camp in T-shirts, shorts and swimsuits. Because of the level of physical outdoor activity, clothes will come home stained from lake water, grass, etc. With the exception of Camp dances, expect to see kids wear old clothes- it's "the thing" at Camp – kind of a reverse fashion statement!

www.stuckonyou.com

www.namedropperstamper.com

#3. DON'T BUY A LOT OF NEW CLOTHING.

Old clothes work best at camp. We spend a lot of time at camp in T-shirts, shorts and swimsuits. Because of the level of physical outdoor activity, clothes will come home stained from lake water, grass, etc.

#4: DO USE BIG ZIPLOC BAGS TO WATERPROOF ITEMS.

Keep things like stationery, playing cards, etc. in Ziploc bags to protect them AND to help campers keep them organized. The easiest bags for kids to use are the Ziploc bags with the "zipper" seals.

#5: DON'T SEND ANYTHING IRREPLACABLE.

Your campers WILL lose and destroy some items while they are at camp. With 10-14 people living in each cabin, items often get mixed up.

#6: DO NOT EXPECT TLC LAUNDRY CARE

A camper's laundry is washed together in cold water with colors and whites mixed. Please do not send clothes whose colors will run. (or wash them multiple times first) The laundry is dried in high heat. Clothes that will shrink or have decorations (e.g. rhinestones, ribbons etc) may be damaged. Please leave these at home.

#7: DO TAPE A LIST OF ALL PACKED ITEMS TO THE UNDERSIDE OF THE TRUNK LID.

This will help your camper to remember what to re-pack at the end of camp.

#8: DON'T BRING ANY OF THESE ITEMS!!!!!!!

This last packing tip comes from Camp Champions...it's about our policy on what we expect campers to leave at home.

BRINGING THINGS TO CAMP

Camp is a place for children to have fun and to learn respect for other members of our community, as well as their property. Some accidental damage is inevitable. *We strongly urge campers not to bring objects of significant or irreplaceable value*, such as jewelry, money, ipods, video cameras or other expensive electronic equipment, designer clothing and luggage, or anything else that's disappearance might strongly and negatively impact your child's memories of the summer experience. Families that choose to ignore this sound advice do so at their own risk. **It is our policy not to replace these items if they are lost or go missing for any reason.** Any other policy would require us to devote substantial counselor resources to the protection of personal property rather than the protection of the physical and emotional well-being of your children.

PLEASE DON'T BRING ANY OF THE FOLLOWING ITEMS:

Electronic Devices—Please do not permit your children to take any of the following items to Camp: cellular phones, video players of any sort, electronic device capable of internet access (including itouches), walky-talkies, scanners, video-capable ipods, ipads, Kindles, Nooks, PSPs, Gameboys, or

any other electronic video game systems. These items are unnecessary and can have a very negative impact upon our Camp community. If such items are discovered, they will be placed in the Camp Office and families will be responsible for picking them up on closing day.

Knowing violations of this rule by a child or parent may result in a child's immediate dismissal from Camp. In this event, there will be no refund of tuition.

Personal music systems, such as an MP3 player and ipods with no video capability are permissible, but please understand that Camp will not be responsible for lost, damaged or stolen electronic equipment.

CELL PHONES-- Absolutely NO cell phones will be allowed at camp--NO EXCEPTIONS! We will confiscate any such items found and hold them until the end of the term.

WEB-ENABLED DEVICES -- At camp, we disconnect from the electronic umbilical cord. As such, campers will not have internet access. Any devices that are web-enabled, including hand-held videos games, are strictly prohibited. We will confiscate any such devices until the conclusion of camp. If your child would like to bring music, please send them with an mp3 player that is not video capable, and that is not web-enabled (ie: the ipod shuffle or the SanDisk Sansa m250 player)

DIGITAL CAMERAS-- For the safety of your child, absolutely NO digital cameras will be allowed at camp! This is a zero tolerance issue that will end in confiscation of the camera if brought to camp. Even a well-meaning joke can backfire if posted online or sent in an email.

MONEY-- Campers have zero need for money at camp, so please don't send any!

FOOD-- Absolutely no food, candy, or gum is allowed in the cabins at any time. If any food items are discovered, they will be donated to a local help center.

NEW THIS SUMMER- SWIMSUIT REQUIREMENTS

All parents with GIRLS at Camp, please read this section. Camp is a safe place, a unique place where we strive to limit "outside world" influences. Sadly, today's media encourages even young girls to enhance their sex appeal. Many girls struggle with body image issues that can be exacerbated when comparing their body shapes to their peers.

At Camp Champions, we want to be the antidote to these societal pressures and allow girls to simply experience the joys of camp. Therefore, this summer, Camp Champions **REQUIRES** that our female campers wear modest bathing suits. (Our counselors are held to the same requirement.) Appropriate swimwear examples: one piece (preferred) tankini suits or bikinis with sports bra tops and "non-string bottoms".

Campers wearing string or skimpy bikinis will be asked to change into more modest swimwear or will not be allowed to participate in water activities.

Parents of teen girl – we realize that you stopped packing for your daughter years ago. This summer, please confirm with your daughter that she has packed an appropriately modest swimsuit. We want your daughter to be able to participate in all the terrific water activities at camp and not have to wait for you to mail her a replacement suit.

DANCE THEMES

Keep these
themes in mind
while packing
for camp!

WEEK 1 –(June 8/June 29/July 20)

ECNAD SDRAWKCAB!! aka... THE BACKWARDS DANCE!!

Campers should be ready to start the day with dinner, and end the day with breakfast and a dance!!

WEEK 2- (June 15/July 6/July 27)



WEEK 3- (June 22/July 13/August 3)



MONSTER MASH



WEEK 4- (August 10)

space pirates



“THE MARKS ON THIS LETTER ARE THE STAINS FROM MY TEARS...”

If you're a first-time camp parent anxious about how your child will adjust to camp life, you're not alone. The good news is that there are things YOU can do to help your child have a great time at camp, even though you're not there! You are our partners in providing the best possible experience for your child. We, the Champions staff, can't do it on our own. Here are a few ways—both before and during camp—that you can help us enhance your camper's experience!



BEFORE CAMP:



Fill out the Camper Questionnaire in your CAMParent account (in the forms section). Doing so will help the camp staff and counselors better meet the needs of each child and family, and serves as an important tool for camp to enhance a camper's first-time experience.

Browse the brochure. Talk with your child about what to expect, the activities that are offered, who will be going, and how long your child will be at camp. Let your child know that you are interested in what will happen and will be anxious to know what he/she has learned.

Pack together. Involve your child with camp preparations. For example, let him/her help buy the trunk or mark his/her name on the clothing. That way your child will know what is in the trunk and will feel more responsible for his/her belongings.

Avoid unnecessary talk about home. Don't tell your camper what a wonderful time the whole family will have while he/she is at camp.

Don't emphasize how much you're going to miss your camper. Such statements become memorable if your child starts missing home. Your child will begin to think, "I feel so sorry for my mom, because she said she would miss me so much. I need to go home for her sake."

Don't promise to "save" your camper if they miss home. NEVER say, "I'll come get you if you don't like camp." If you do, the very winnable battle against homesickness will be lost before it even begins. Emphasize the positive. If your child asks you straight out, "Mom, will you come pick me up if I get really homesick and hate Camp?" the best answer is something like, "You sound a little nervous about going to Camp. But I think you're really going to love it. It's normal to feel nervous before you go. Also, remember that even if you do have some homesick feelings at Camp, you'll know what to think and do to make things better, and you'll have lots of people who can help you through those feelings. So, even though you might have some homesick feelings, I think you're going to have a great time at Camp." Learning to cope with homesickness is a skill your child can use the next time he's away from home.

***Do not make deals about early pick-ups!** Parents occasionally make pick-up deals in an innocent attempt to reduce pre-camp anxiety. Experience teaches us that this is a very destructive strategy. It's normal for children to feel nervous and excited as Camp approaches. Second thoughts are common. It is normal for first year campers to be worried about homesickness and ask themselves whether Camp is such a good idea in the first place. Unfortunately, some well-meaning parents have tried to comfort their child by saying something like, "Well, if you still feel homesick after a week, we'll come to Camp and pick you up." This promise almost guarantees that the child will be homesick, and that the parent will be forced to fulfill the promise. What's worse, the child will not gain independence or self-confidence, but may even feel like a failure.


There are two reasons why pick-up deals usually backfire. First, the deal contains a negative message. The message is "Mom and Dad don't think you can make it through Camp. We think you will be so homesick that the only solution will be to leave Camp." The second reason these deals backfire is they give children a powerful, home-related thought to dwell on: The Pick-Up. Then, every time the child encounters a stressful situation at Camp, or feels a twinge of homesickness, his thoughts turn to The Pick-Up. "My parents said that if I don't like Camp, they'd come to pick me up." This thought becomes a mental crutch. The child leans on it, rather than his or her own developing power to cope.

Once children recognize the feeling of homesickness, cope with it, and survive a brief separation from home, their confidence about future separations skyrockets. They really do gain independence, and their self-confidence shapes their attitudes on an on-going basis. Having a confident, positive attitude is one of the best predictors of having a good time at Camp. In a way, the cure for homesickness is actually overcoming an initial bout of homesickness. It's like exercise. It may hurt a little, but it makes you stronger.

Explain that camp is "their" time (not yours) to have a great time! Tell them how exciting/fun/adventurous camp is going to be, how proud you are of them and how well they're going to do!

Avoid The Negative!

It's completely normal for your child to be anxious about missing home, especially if it is his/her first extended stay away from home. It's important to listen to your child's concerns and questions, but at the same time keep the discussion upbeat and positive. Talking about missing home and the strategies to use when this happens serves as powerful prevention for missing home. If your child brings up missing home, let him/her know that you understand that he/she may miss home, but that it won't last forever, and neither does camp!



If you have questions or concerns, or want some helpful tips on preparing your child for camp, please feel free to contact us!

EVERYBODY NEEDS A LITTLE TIME AWAY

GET READY FOR “COLD FEET”

A week or two before camp, your child may say, “I don’t want to go to camp!” Don’t panic or overreact. Almost all first-time campers get cold feet just before they leave home. They just need reassurance. Tell them “I have faith in you. You are strong and I know you can do this!”

MISSING HOME ALERT

Although not every camper misses home while they’re at camp, missing home is not uncommon for kids—especially first-timers. This makes sense: home is familiar and camp (initially) is not yet. As a result, you may get some sad letters saying “Please come get me now! I want to go home!” This can be tough on parents. In case your child misses home, or you get the “I’ll die if you don’t come get me” letter, here are a few insights you need to know...

WE CAN HELP

We can help with just about any case of a child missing home. That’s part of our job and we’ve done it for many years!

THIS, TOO, WILL PASS

Missing home can last anywhere from a few hours to up to four or five days, but children do get through it. When they do, they experience tremendous feelings of self-worth and independence. In this way, overcoming homesickness is one of the greatest growth experiences of camp.

STAY THE COURSE

For the above reason, we ask you to see camp as a commitment both on your part and ours. Together we can provide an incredible opportunity for personal growth for your child!

LEAVING CAMP IS USUALLY THE WORST ANSWER

If you try to alleviate your child missing home by picking him/her up, your child will learn “I can’t make it by myself at camp” or “When the going gets rough, mom and dad will rescue me.” This is not the desired end.

COMMUNICATE WITH YOUR CHILD

Every child and every family is unique, and we’re committed to each of you to generate the best possible experiences for your child. There are many great ways to communicate with your child at camp! Communication can make all the difference in helping a camper adjust to camp life. See page 10 for information about CAMParent, a terrific way to stay in touch with your camper(s)!

WE WILL LET YOU KNOW HOW IT'S GOING!

During your child's first week of camp, one of his/her counselors will call you to check in and let you know how he/she is doing. THIS DOESN'T MEAN THAT SOMETHING IS WRONG! If you're not available at the time of the call, the counselor will leave a detailed message. If you miss their call, remember that they will not be able to return your call because they are out on camp with your camper(s). We will call you if your child is in the Ill-Eagle's Nest for more than a few hours, if your child is seriously missing home, or if we run into a situation for which we want your input.

IF YOU NEED REASSURANCE, CALL US!

Just leave a message with one of our terrific office staff, and a Senior Staff member will return your call as soon as possible.

RELAX AND ENJOY

Parents give their children camp for the child's sake, not their own. Nevertheless, camp can also provide a welcome and well-deserved time for parents to rest and relax!

PARENT COMMUNICATION – REPORTING ON YOUR CHILD'S PROGRESS

Approximately 6-7 days after the start of your child's term, you will receive a call from your child's counselor. (Many camp seasoned parents attach their cell phones to their bodies at this time anticipating "the call" about their beloved camper.) Your child's counselor will attempt to call every single phone number that we have on file for your family. (Please log into your account and make sure that we have **all** your current phone numbers.) If the counselor is unable to speak with you in person, s/he will leave as detailed a message as possible on one of the phone numbers – usually the parent listed as the primary contact. We hope that the information left on your voice mail is reassuring and encouraging and although you didn't get to talk in person, you still feel confident about your child's progress at Camp. We set aside time for the counselor to call you and have made arrangements for other counselors cover their activities in their absence. If you miss the call from the counselor, unfortunately, they will not be able to call you again.

If you still feel that you need to talk with someone about your child, please call the Camp. We will be happy to talk with you. While you will not be able to talk with your child's counselor, you will be able to talk with the counselor's direct supervisor, the Division Leader for your child's age group. Division leaders are familiar with all the campers and counselors in their age group and receive daily reports on every camper. They will be able to give you a detailed report of your child's progress.

Please be patient.

We know that it is agonizing to call Camp and not be able to immediately speak to someone about the details of your child. Please remember, that while we want to provide you the highest level of service, our campus is very spread out, and our Directors, Assistant Directors and Division Leaders will undoubtedly be out somewhere on campus when you call. It is possible that someone may be available to speak with your right away, though it is more likely that someone in our office may ask to take a message, and will pass that message on to the right person at the earliest opportunity.

If you ask to speak with a particular person—such as a Division Leader—it may take some time to receive a call back. Our leadership-staff are given time blocks off ranging from 4 hours up to 24 hours and are sometimes out of Camp on overnights. In any event, someone should return your call

within 36 hours at the latest. If you do not receive a return call within 36 hours, please contact Camp immediately and let our office staff know that you have not received a return call.

WHAT WILL MY CHILD GET OUT OF CAMP?

At Camp Champions, we have five goals in mind for each of our campers.

- To become more independent and resilient.
- To make friends and develop stronger social skills.
- To learn new athletic, artistic and outdoor living skills.
- To learn from positive adult role models.
- To have fun.

These goals must sound familiar to you, and probably reflect your own goals for your children. That is, after all, an important part of why you chose Camp Champions as your children's summer home. At Camp, our children have a unique opportunity both to master skills they already possess and to challenge themselves to develop skills in an area previously unfamiliar to them. This is why our program is so varied, with both structure and choice as elements in every child's Camp day. We recognize that each of our campers is a unique individual with different learning styles. By working with our children closely, in small groups, our general and specialty counselors make sure that every child continues to make progress in each of our program areas. It is through this progress—and the real sense of accomplishment that comes with it—that our children build genuine self-esteem that will stay with them throughout the year. Unfortunately, we can't simply give a child the gifts of increased self-confidence and self-esteem. Children need to be successful, not just be told that they are. They need to experience it for themselves, and we will give them that opportunity.

While new skills are easy to see, newfound independence shows itself in subtle ways. The very experience of being away from home—exploring things on their own without a parent there—helps a child become less dependent on his or her parents. Healthy independence involves gaining the courage to explore new relationships, take healthy risks, and learn about who you are. When children mature in these ways, they become more confident in setting and achieving important goals, taking initiative with responsibilities, and solving problems. You will see these changes once your children return home. Their growth is amazing!

When children live with a group of their peers under the supervision of positive adult role models (see below), their care and concern for others increases. This sense of mutual support solidifies lessons about sportsmanship, sharing and responsibility. It also forges bonds of friendship that often last a lifetime. Learning to get along with others—by necessity, rather than choice—helps a child develop greater empathy.

PREPARING FOR CAMP

Living with children whom they might not choose as friends helps children to develop tolerance for differences and better coping skills. While not always “fun”, moments of conflict in bunk life can help our children to become more resilient human beings.

We know that children learn from their parents. Within our Camp setting, your children also learn from their counselors. Children often behave differently when their parents aren’t around. They explore and take risks in different ways. They reach out for friendship and security, and find it, in ways they never attempted before. Although they are authority figures, counselors also function as campers’ peers. They are closer to campers’ ages than parents, and can be especially playful, or even goofy. There is a reason that bunk counselors are typically college aged students—they have the energy and sense of fun that few older adults can muster. Considering the tremendous influence that peer groups have on children’s development, the impact of our counselors—your child’s “near-peers”—cannot be underestimated. Talk to them during the summer. Help them to understand your child, and take what they say seriously. If you feel that your child’s counselor needs additional support in handling a particular situation, please feel free to let us know. Our committed and talented counseling staff is one of Camp Champion’s enduring strengths.

Finally, a few words about “having fun”. Camp is basically fun, pure and simple. It’s like an extended sleepover at your best friend’s house, chaperoned by his or her really cool older brother or sister. You play all day, try new and exciting things, watch yourself improve in almost everything, and spend time with your friends.

What could be better? On the other hand, you may have noticed that we did not put “fun” first on our list. While it is an essential ingredient in the Camp experience, it does not define the Camp experience. There are moments of Camp life—some of the most important developmental moments that a child may have—that are simply not that fun. Learning to understand people’s differences isn’t always *fun*. Coming to terms with your fears, and overcoming them, isn’t always fun along the way. Understanding that you are part of a community, and that sometimes you can’t have what you want exactly when you want it, isn’t always fun either. Each of these experiences, while not fun, represents an incredibly important road to growth and development. Disneyworld is certainly “fun”, but our children don’t really grow as human beings in the Magic Kingdom.

Our goal is for your child to have the most impactful, incredible summer experience of his or her life, plain and simple. With the help of their counselors, our children face the challenges that Camp life brings, and learn important lessons about themselves. It will be a fun summer—have no doubt! But more than that, it will be a summer that really makes a difference in the lives of our campers, and that is what camp is all about!



DON'T FORGET TO WRITE!



One of the most fun things for kids is the communication they receive from their families! At the same time, parents agonize when they don't get letters in return from their campers--especially boys, whose "y" chromosome contains a defect that often prevents them from writing letters to ANYONE, including their parents.

POSTCARDS:

Camp will provide JUMBO Postcards (that require letter stamps) to all of our campers to fill out on a weekly basis to send to their families. We will be addressing these postcards to the guardian household. Please remember to send extra stamps with your child(ren).

We want great communication between our campers and their families during camp. Though you won't be able to call or visit your campers during their stay, we DO encourage several great options to keep in touch with your child!!

LETTERS

Yes, it takes time, but the old-fashioned hand-written letter from Mom or Dad can still make all the difference in the world to a camper! Here are some tips to get the most out of your written letters:

Tip #1: ADDRESS LETTERS with your camper's name & cabin number (as soon as you know it).

Tip #2: WRITE FREQUENTLY! 4 short letters is better than 1 long letter--campers look forward to mail time EVERY day!

Tip #3: Mail your first letter BEFORE CAMP STARTS. Mail at camp is s-l-o-w.. so mail it early!

Tip #4: KEEP LETTERS POSITIVE!! Especially for first time campers, don't focus on what they're missing at home, instead how much fun they must be having!!

Every parent loves to receive mail from their camper... that's why each Friday, all campers write a letter home in order to get into lunch! Just remember, a letter sent out on Friday (with snail-mail) means it probably won't get to you until sometime the next week... but at least it's coming!

ANOTHER GREAT IDEA:

**PROVIDE STATIONERY AND
ADDRESS/STAMP ENVELOPES**



CAMPERS LOVE TO GET CARE PACKAGES!



OUR PACKAGE POLICY- CHANGES for 2011

Before you read the below policy, please first read this personal note from the Baskins.

"In addition to three weeks at Camp Champions, our children attend camps in other areas of the country. We were surprised (and frankly delighted) at the package policies of other camps. Our son who attends a seven-week camp is allowed two packages over the course of seven weeks. Our other son who attends a four-week camp is allowed one package. Our daughters who attend a five-week camp are not allowed to receive any packages at all. Our daughters' camp instituted their no-package policy two years ago. Their director reports that he had received in excess of a hundred emails from parents thanking him for this policy.

We very respectfully request that you adhere to this policy. This year we are limiting packages to one per week. (details explained below) Deliveries in excess of this allowance will be returned to the sender (if possible) or discarded. We certainly don't want to have to return packages to the senders. This creates frustration and hard feelings. If we still find that the amount of packages sent in 2011 is excessive, we will reduce the number of allowable packages in the future or perhaps eliminate packages altogether.

*Please remind your children, **Camp is a gift in itself.** They don't need anything else while at Camp.*

The level of packages sent to Camp has increased beyond manageable levels with some campers receiving a package as frequently as every other day. This crushing amount of deliveries has created multiple problems at Camp.

- 1) Because we require that all packages be opened in front of a staff member (to check for contraband), valuable free time is often spent waiting in line to receive a package.
- 2) The sheer amount of packaging material hinders cabin clean up. Trashcans are overflowing with packaging materials. Campers have trouble organizing all their goodies so that the cabin is clean for inspection.
- 3) Many packages are left behind on closing day as parents (usually dads) don't know to look for extra items. Many other miscellaneous goodies are discarded by the camper and never even make it home from Camp.
- 4) Some packages are misplaced in the mailroom and delivered late as the stacks of packages obscure their location.

- 5) Excessive amount of packages create hurt feelings. Campers who do not receive frequent packages are often jealous of those who do.
- 6) Parents feel a great deal of child-generated pressure to send frequent packages.

To address these issues, Camp Champions has created a **firm package policy for 2011**. Many of you will find this policy familiar as in the past it was simply a "request". It is now mandatory and will be strictly enforced.

Campers will be allowed as many packages as the number of weeks they are attending Camp. For example, a two week camper will be allowed a maximum of two packages, a five week camper will be allowed five packages etc. Anything received in excess of this allowance will be discarded or returned to sender (if possible). So, if a two-week camper receives two packages in the first week, any packages after that will be returned. Please do not feel that you have to send this many packages! Many campers receive only letters at Camp and are perfectly happy. (According to campers, there is no such thing as too many **letters** from home 😊) Please make sure you communicate this policy with grandparents, aunts and uncles as any packages received from them will also count toward the package allowance.

What constitutes a package? A package is considered to be anything larger than a standard sized envelope – greeting card or legal sized. 9 x 12 envelopes are considered packages.

What is the best time to mail a package? Try to schedule your package deliveries closer to the onset of Camp. Please do not mail out a package that will arrive less than 5 days before you are scheduled to pick up your camper. The last days of camp are wonderfully hectic, crazy and filled with end of the term special activities. Most children will be so caught up in the last days of camp, that a package will be less meaningful to them. Additionally, staff are involved in facilitating these end of camp activities and do not have the time to manage the mail room. Lastly, campers start to organize and pack up their belongings 2 days before closing day. Any packages received at this time become burdensome as they need to be immediately packed and are not able to be enjoyed.

What if my child has forgotten something? If you need to send an essential item to Camp (e.g. a bathing suit, extra socks etc.), this package will not be counted against your package allowance. Please address the package: "**C/O SUSIE BASKIN**" with your child's name and cabin number. Our office staff will open these packages and distribute them to your child's cabin. **Packages that contain any non-essential items will count towards your child's summer package total of 2, and will be distributed from the package window of the Mail Room at Mail Call.**

BIRTHDAY PACKAGES

If your camper has a birthday at camp you are welcome to send a package, and this will not count towards their allowance, however it still must not contain any food items. Please make a large clear note on the outside that says *Hold for <<camper name>>'s birthday, << date>>*. We will put the package aside to give to your camper on her or his birthday. Campers find it fun if you enclose birthday hats or other birthday trinkets for their cabin-mates so that their whole cabin can celebrate together.

SURPRISE SACKS

For those parents who do not want the hassle of putting together a care package for their children, Camp Champions offers a "surprise sack". During the 2nd week of your child's term, we can deliver him/her a Surprise Sack! It's a care package full of fun items, many customized with the Champions logo. The items in the sack are unique and cannot be purchased at Kneeman Markus. You can send a special note to your camper with your order form, and we'll make sure it gets in the Surprise Sack as well. For the time, hassle and postage, a Surprise Sack is a great deal!! (The sack can be purchased in your CAMParent account, the cost is \$50)

SUPPLIES ARE LIMITED— WHEN WE'RE OUT, WE'RE OUT!

And remember—it's a SURPRISE Sack, so... shhh...mums the word!

The Surprise Sack does not count toward the package allowance. We already know what is inside the package and therefore campers do not need to wait in line to receive their package.

TROJAN/SPARTAN GIFT PACK

Camp is rooted in traditions and our Trojan/Spartan tradition is unparalleled to any other! Once a camper is inducted into their tribe, he/she stays in that tribe for life. Make their big day even more memorable with a ready-made tribal pack.

We've created the Trojan/Spartan Gift Pack -- a unique gift which we have designed to be delivered to your camper once they have been named to their tribe. It's simple!! All you need to do is pre-order the Trojan/Spartan Gift Pack in your CAMParent account and we'll take care of the rest! If you have a new camper and do not know which tribal team they will be on yet... don't worry... after they are inducted we will put together the appropriate gift pack!

Trojan/Spartan package includes:

T-SHIRT, WATERBOTTLE AND ADDITIONAL SPIRIT GEAR IN THE APPROPRIATE COLORS FOR YOUR CHILD'S TRIBE

The cost of the gift pack is \$45. If you include the Trojan or Spartan blanket, the cost is \$80.

The Trojan/Spartan pack does not count toward the package allowance. We already know what is inside the package and therefore campers do not need to wait in line to receive their package.

**SHOP 'TIL YOU DROP AT OUR
"KNEEMAN MARKUS" CAMP STORE!**

**ALL OF YOUR CAMPERS FAVORITE CC gear WILL BE AVAILABLE IN OUR
CAMP STORE!!**

We will be selling:



T-SHIRTS

Hats

SHORTS

SWEATSHIRTS

BLANKETS

FLASHLIGHTS

COOL CAMP TOYS

KEEPSAKE ITEMS



Be sure to stop by on opening and closing days!!!

CAMPARENT



The Internet allows people to stay possible! Because of this unique medium, we that's proven to be one of the best ways parents can stay in touch with campers during camp—CAMParent. Today, many camps across the nation also do this, but we were the first (all part of our complete commitment to parent communication). In fact, we were featured in the Wall Street Journal in 2004!

connected in ways we never dreamed were able, in 1999, to launch an idea

CAMParent is a password-protected website accessible only to camper families during camp. On this website, we post daily pictures from camp and articles about the day's events.

CAMParent provides daily photos and articles for free. You can also send one-way emails that we print out and deliver for \$1/page. It's almost like going to camp with your child!

In order to make your campers memories last, you can order high-quality prints of any of the pictures you find in the daily galleries for a very low price. If you see a great picture of your child, just click a button and order it—it'll ship right to your doorstep!

TO REGISTER ON CAMPARENT

It's important that you register on CAMParent as soon as possible. We don't want you to experience any glitches or delays once your camper's term arrives! Here's what you do:

1. Go to www.campchampions.com.
2. Click on the login button- on the left side menu bar.
3. Under the "Log In" section, enter your e-mail address and your password (WE MUST HAVE A VALID E-MAIL ADDRESS IN ORDER TO GIVE YOU A PASSWORD).
4. Once you are logged in, you will be able to view camper photos, read daily articles, and send e-mails to your campers!!
5. Other Benefits ~ You will be able to update your home address, telephone numbers, emergency contacts, billing information, etc. etc. etc. etc.! This program is endless!



As with anything technological, things sometimes go a little haywire with the site. When this happens during the summer and we experience down time, please bear with us!



We'll be up and running ASAP!

WHO'S WHO?

MEET THE 2011 CHAMPIONS TEAM

Steve & Susie Baskin ~ Owners & Executive Directors

Michael Moak ~ Assistant Director

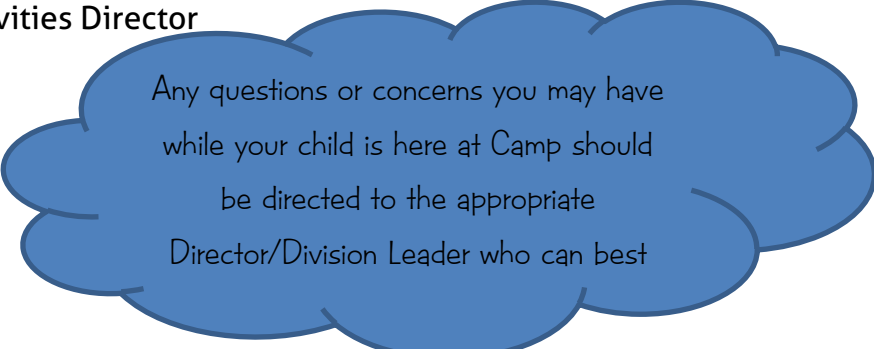
Directors:

Lauren Garcia ~ Upper Girls Camp Director

Leah Mesches ~ Lower Girls Camp Director

Jonathan Shirley ~ Boys Camp Director

Robert Messner- Activities Director



Any questions or concerns you may have while your child is here at Camp should be directed to the appropriate Director/Division Leader who can best

Division Leaders:

Louis Keller ~ Boys Senior Camper Division Leader

Paul Underwood ~ Aquanauts Division Leader (Oldest Boys)

Jeff Wittekiend ~ Letterman Division Leader (Middle Boys)

Mac Connelly ~ Rookie Division Leader (Youngest Boys)

Meg Green ~ Girls Senior Camper Division Leader

Caroline Crawford ~ Maxi Division Leader (Oldest Girls)

Lauren Silagy ~ Midi Division Leader (Middle Girls)

Allison Bruce ~ Mini Division Leader (Youngest Girls)

OTHER MEMBERS OF LEADERSHIP TEAM:

OFFICE STAFF- EILEEN SALINAS, TOMMY WILLIAMS, PETIE HENSLEY, COURTNEY HOISAGER, YADIRA CONTRERAS HERNANDEZ, LESLIE CHANNELL

DEPARTMENT HEADS: SPENCER DURAN (SPORTS), JOSH KIRKSEY (OUTDOORS), PRESTON ROBERTS (ROPES), TAYLOR CAMDEN (GIRLS SWIMBAY), JORDAN KNEE (BOYS SWIMBAY), KATIE SCHAFFENBERGER (FINE ARTS)

HONEY, WHY DON'T WE STOP AND ASK FOR DIRECTIONS?

Guys, there is no need to blow your ego admitting defeat... this page is for you. Drive boldly, drive confidently—and whatever you do, don't stop to ask directions!

NOTE: Google Maps may give you bad directions. Sometimes it will substitute "775 Camp Ridge Road" for "775 Camp Road" and send you the wrong way. Use these directions or just remember that we are WEST of Marble Falls!

Austin – 60 Miles: From Austin, take Hwy. 71 west approximately 45 miles to Hwy. 281. Turn right (north) on Hwy. 281 into Marble Falls. After crossing the bridge into Marble Falls, go to the 5th traffic light (Pizza Hut's on the corner) and turn left (west) on F.M. 1431. Go 7.8 miles to C.R. 125 (you'll see the Camp Champions sign). Turn left, our gate is the first entrance on your right.
Just look for the GIANT spur!

San Antonio – 90 Miles: Take Hwy. 281 north into Marble Falls. After crossing the bridge into Marble Falls, go to the 5th traffic light (Pizza Hut's on the corner) and turn left (west) on F.M. 1431. Go 7.8 miles to C.R. 125 (you'll see the Camp Champions sign).
Turn left, our gate is the first entrance on your right. Just look for the GIANT spur!

Houston – 210 Miles: From Houston, arrive in Austin on Hwy. 290 or Hwy. 71. From Austin, take Hwy. 71 west approximately 45 miles to Hwy. 281. Turn right (north) on Hwy. 281 into Marble Falls. After crossing the bridge into Marble Falls, go to the 5th traffic light (Pizza Hut's on the corner) and turn left (west) on F.M. 1431. Go 7.8 miles to C.R. 125 (you'll see the Camp Champions sign).
Turn left, our gate is the first entrance on your right. Just look for the GIANT spur!

Fort Worth – 220 Miles: Take I-35 south to the Hwy. 29 exit in Georgetown. Turn right (west) on Hwy. 29 to Burnet (about 35 miles). Turn left (south) on Hwy. 281 into Marble Falls. At the 5th traffic light in Marble Falls (Pizza Hut's on the corner) turn right (west) on F.M. 1431. Go 7.8 miles to C.R. 125 (you'll see the Camp Champions sign). Turn left, our gate is the first entrance on your right.
Just look for the GIANT spur!

Dallas – 230 Miles: Take I-35 south to the Hwy. 29 exit in Georgetown. Turn right (west) on Hwy. 29 to Burnet (about 35 miles). Turn left (south) on Hwy. 281 into Marble Falls. At the 5th traffic light in Marble Falls (Pizza Hut's on the corner) turn right (west) on F.M. 1431. Go 7.8 miles to C.R. 125 (you'll see the Camp Champions sign). Turn left, our gate is the first entrance on your right.
Just look for the GIANT spur!

IF YOU'D LIKE TO SPEND A NIGHT OR TWO IN THE HILL COUNTRY BEFORE OR AFTER CAMP,

HERE ARE A FEW PLACES TO STAY.

AUSTIN (60-MINUTE DRIVE TO CHAMPIONS)

| | | |
|---|--|---|
| LAKEWAY RESORT & SPA 101 LAKEWAY DR (512) 261-6600 | FOUR SEASONS HOTEL 98 SAN JACINTO BLVD (800) 332-3442 | RENAISSANCE AUSTIN 9721 ARBORETUM BLVD. (800) 468-3571 |
| DRISKILL HOTEL 604 BRAZOS (800) 252-9367 | AUSTIN CROWN PLAZA HOTEL 500 NORTH IH-35 @ 6TH ST. (512) 480-8181 | OMNI AUSTIN HOTEL 4140 GOVERNORS ROW (512) 448-2222 |

Lakeway Resort & Spa

Our Friends @ Lakeway offers a 10% discount for all CC families!

Just say "Champion" when making your reservation (subject to availability).

Horseshoe Bay (25-minute drive to Champions)

Horseshoe Bay Marriott
200 Hi Circle N
(830) 598-8600

Burnet (25-minute drive)

Holiday Inn Express
810 S. Water Street
(512) 756-1789

Marble Falls (10-minute drive to Champions)

Best Western **Hill Country Inn** **Hampton Inn**
1403 Hwy. 281 N 1101 Hwy. 281 N 704 1st St.
(800) 528-1234 (830) 693-3637 (830) 798-1895

Llano (30 minute drive)

Dutch Mountain/Pecan Creek Ranch
P.O. Box 488
(325) 247-4074

Quality Inn

1206 Hwy. 281 N
(830) 693-7531

La Quinta

501 W FM 2147
(830) 798-2020

Kingsland (5-minute drive)

The Antlers (turn of the century railroad resort)
1001 King Street (off F.M. 1431)
(800) 383-0007

BED AND BREAKFASTS

Leander (45-minute drive)

Trails End Bed & Breakfast-Leander
(512) 267-2901

Burnet (25-minute drive)

Airy Mount Historic Inn-Burnet
(512) 756-4149

Llano (30 minute drive)

Dabb's Railroad Hotel- Llano
(325) 247-7905

AIRSTRIPS- Burnet Municipal (512) 756-6655 Horseshoe Bay (830) 598-6386

R/V PARKS- Riverview R/V Park. 200 Old River Road. Marble Falls (830) 693-3910

REMINDERS

- 1) All Camper Forms are available online at the CAMParent site. Use the checklist as a reference!
- 2) Remember the "Good To Go" system in order to be "Good To Go" all camper forms and payments must be in before the first day of camp!
- 3) Remember Opening and Closing Day dates and times!
- 4) Write your first letter so that your camper can have mail the first day of camp!
- 5) Purchase your Surprise Sack and T/S Gift Pack before supplies run out!
- 6) Register for CAMParent!
- 7) Start PACKING!!

DOUBLE CHECK THOSE DATES!

| | |
|------------------------------------|---------------------------------------|
| Batter Up #1 | May 29-June 3 |
| Triple 1 | June 5-June 25 |
| Triple 2 | June 26-July 16 |
| Triple 3 | July 17 – August 6 |
| Double 1 | June 5-June 18 |
| Double 2 | June 26-July 9 |
| Double 3 | July 17- July 30 |
| Double 4 | July 31-August 13 |
| 4th Week Option* | July 31 – August 6 |
| Batter Up #2 | August 7- August 12 |
| Combo 6(T1&T2) | June 5-July 16 |
| Combo 5(T2 & D3) | June 26-July 30 |
| Combo 4(D3 & D4) | July 17th-August 13 |



CAMPCHAMPIONS
A SUMMER CAMP FOR BOYS AND GIRLS IN MARBLE FALLS, TEXAS

775 Camp Road

Marble Falls, TX 78654

830-598-2571

Fax (830) 598-1095

Email: info@campchampions.com

To Mail Your Camper(s):

{Your Camper's Name}

{Your Camper's Cabin #}

775 Camp Road

Marble Falls, TX 78654

To Access CAMParent:

Go to www.campchampions.com & click on login button on the left-hand side menu.

We keep a special after-hours emergency phone.

A Senior Staff member monitors this phone each night for emergency parent calls.

PLEASE call this direct line ONLY in an urgent emergency. (512) 755-5378

In the event you need to contact the infirmary, please call #(830) 598-2571
and enter extension # 222. Please limit infirmary calls to health related issues.

DO YOU NEED OUR TAX ID #?

A number of employers have set up dependent care accounts which allow participants to pay for child care- including camp- with pre-tax dollars. In order to do this, or to take advantage of a similar deduction or tax opportunity, you may need our tax ID number. It is Camp Champions Texas LP #74-2761313.