

Summer 2010

Dear Parent,

Thousand Oaks Ranch is excited to welcome your son or daughter to “Witness,” a Christian Summer Youth Camp experience.

Your son or daughter is coming to camp to learn biblical virtues in a fun, fast-paced setting while making life-long friendships. They’ll accomplish this by participating in bible lessons, devotionals, skits, team building and sports activities. Thousand Oaks Ranch will give your child the opportunity to grow in a safe, Christian environment where everyone can find success.

This parent handbook is designed to help you and your family prepare for camp. Please read it carefully, discuss it with your children, and feel free to contact us with any questions you may have.

Sincerely,

Todd Asaad
Director, Thousand Oaks Ranch

CAMP LIFE

When your camper arrives, he or she will be placed in a living unit where they will be continuously supervised by adult counselors. Counselors sleep in the cabins with the campers. Each cabin sleeps 18 people on 9 **sets of** bunk beds. Cabins are assigned a rotating Kaper (daily chores) such as cleaning Brook’s Hall after meals, grounds, cleaning the bathroom, etc. These activities will help your child develop a sense of responsibility and appreciation for keeping the camp clean.

Your child will participate in sports each day. They rotate through soccer, kickball, and dodge ball. It is important that you send your child with sneakers.

Below is a sample schedule. Please be aware this schedule may be modified to meet the needs of each individual camp session.

7:00 am	Wake up
7:30 am	Line up at flagpole
7:45 am	Breakfast
8:15 am	Cabin clean up and quiet times
9:30-10:45 am	Bible lesson and discussion groups
11:00 am	Sports by assigned sports teams
12:15 pm	Clean up for lunch
12:30 pm	Line up at flagpole
12:45 pm	Lunch
1:30-2:45 pm	Girls swim/Boys free activities
2:30 - 3:15 pm	<i>Canteen Open</i>
3:00-4:15 pm	Boys swim/Girls free activities
4:30 pm	Free Time
5:15 pm	Line up at flagpole
5:30 pm	Dinner
7:00 pm	Evening Session
8:30 pm	Canteen
9:15 pm	Late Night Activities and Fellowship (Elem to cabins)
10:30 pm	To Cabins (for Pre-Teens and Teens)

FACILITIES

BATHROOM FACILITIES

At Thousand Oaks Ranch we have flush toilets and hot showers near the cabins and the Oak Dome. There are also latrines near Brook's Hall that campers will use during the day while away from the cabins. Hand washing stations are available outside Brook's Hall for those who use the latrines.

ELECTRICITY AND AIR CONDITIONING

Brook's Hall, the Oak Dome, and all cabins have electricity and air conditioning.

LAUNDRY FACILITIES

Campers can wash their clothes by hand, but it's best to bring enough clothing for the entire session. Emergencies, such as bed wetting, will be handled discreetly by counselors. If this is a concern for your child, please send extra sheets/supplies.

MEALS

Three balanced meals a day and snacks are prepared in our kitchen. Meals are served cafeteria style in Brook's Hall. Cleaning up after meals is rotated among the campers. We serve a "kid friendly" menu that the kids love. Some examples are breakfast burritos, eggs and bacon, corn dogs, sloppy-joes, chicken strips. At check-in be sure to make the nurse aware of any dietary restrictions that apply to your child including but not limited to the following: no eggs, dairy products, seafood, nut products, or other foods.

BEDTIMES

Bedtime will vary from night to night, depending on evening activities, but lights out is scheduled for 10pm.

REST TIME

Texas summers are hot! After swimming/free activities time, we'll have time for the kids to take showers and rest. You may send a book or quiet activity for your camper. Many choose informal bible studies during this time.

BEHAVIORAL EXPECTATIONS

ALL CAMPERS WILL...

- Respect the counselors and listen when they are talking.
- Respect fellow campers. Camp is a no put down zone where we follow the Golden Rule. "Do unto others as you would have them to unto you."
- Wear shoes at all times
- Walk, not run in camp.
- Always be with a buddy.
- Leave our wild animal friends alone.
- Stay on camp paths and roads.
- Keep no food in their cabins.
- Enjoy the flowers and plants and let them grow (no picking).

Disruptive behaviors that continue and keep other campers from enjoying themselves will not be tolerated. The camp director reserves the right to dismiss any camper whose behavior, attitude, or conduct is detrimental to the welfare of the camp and the campers. Homesickness can be a consideration at the discretion of the Camp Director. In the event of dismissal or withdrawal of a camper **NO refund** will be given and the parent will be responsible for picking up their child.

LOST AND FOUND

All lost and found items will be available for you to go through upon pick-up of your camper in Brooks Hall. Please take the time to go through the items. All lost and found items will be discarded or donated to an appropriate charity at the end of the camp season.

COMMUNICATING WITH CAMPERS

MAIL

Receiving mail is the highlight of every camper's day! Follow these tips to provide your camper with a super mail call experience:

- Write cheerful letters filled with short, happy thoughts and ask questions like, "What cool new things have you learned?" and "Have you made any new friends?" Don't focus on what the camper is missing at home.
- Mail a package with an additional disposable camera half way through camp.
- Please do not send food or candy to camp.
- You may send stickers, pens, a small gift for your child
- If mailing, ensure that your camper receives mail on their first day at camp by sending a letter early! Put your camper's name, session name, date of session and the camp address on the envelope, and we will hold it until the first mail call.
- You may bring mail or care packages with you to check-in. Put your camper's name, session name, and day you want the items to be delivered on each package or letter.

Mailing Address:

Camper's Name
Session Name (Elementary I)
Session Date (June 7-11)
10470 FM 744
Barry, TX 75102

PHONES

So that campers can fully develop the independence that camp encourages, there are no phones available for camper use. Please tell your child he/she will not be able to call home. **Campers are not allowed to have cell phones.** If your child brings a cell phone to camp, it will be stored until check-out.

VISITORS

As your camper will be at camp for a short time, it is not possible for campers to have visitors. You are welcome to tour camp on opening
2010 Camp Parents Handbook.doc

day when dropping off your camper. Tours of camp are not allowed while camp is in session for security reasons. We encourage tours to occur prior to the beginning of the camping session.

HOMESICKNESS

Homesickness is a natural feeling for many campers. It usually goes away in a couple of days, and the camper enjoys the rest of their session. If a camper becomes homesick, the staff is trained to help your child cope with their feelings.

Talking with parents directly on the phone tends to increase a camper's feelings of homesickness. Camp procedures for handling homesickness typically do not include allowing campers to call their parents. If you receive homesick letters, please realize that the feelings your camper had when he or she wrote the letters probably passed. If homesickness continues, the Camp Director will notify you by phone, and we will work together to provide the best experience for your camper.

EMERGENCIES

If there is an emergency at home, or you would like to ask about your camper, you may call and leave a message for the Camp Director. He will return your call as soon as possible or within the hour.

CHECK-IN

BROOKS HALL

Check-In is in Brooks Hall. Follow the main road to the parking lot and enter the building immediately to the west of the parking lot. Check-In time will be from **3-5pm**. Staff will finalize any financial arrangements, assign your child a cabin, and give them their name tag and water bottle at this time.

WHAT TO BRING TO CHECK-IN

- Please bring the following things to Brooks Hall with your camper:
- Final payment (if applicable)
 - **ALL** medicines and vitamins in their **original, labeled** containers.

HEALTH SCREENING AT CHECK-IN

The camp nurse will screen your child for head lice and check for any recent cuts or abrasions so we can care properly for your camper. You will also turn in **ALL** prescription and over-the-counter medicines to the camp nurse. The camp nurse will dispense the medicine as required. Under no circumstances are children allowed to have medicine in their cabin or on their person.

If you are staying at camp as a counselor, these same check-in procedures and rules apply to you.

PLEASE NOTE: Head lice is easily transmitted from one infected camper to another, so it's important that we diagnose and treat these conditions. If lice or nits are found at check-in, you must treat your child, remove all nits and have him or her rechecked by camp staff before your camper can stay at camp.

MOVING-IN TO YOUR CABIN

Please leave your pets at home and wear comfortable walking shoes. Luggage can stay in the car while you check in. You'll then transport it to your camper's cabin, where you can help your camper get settled. If you let your camper unpack his or her own things, they will begin to have ownership of space and it helps them to feel comfortable knowing where things are.

Once your camper is unpacked, please walk him or her to the Oak Dome for gathering activities. The campers will be in the Oak Dome until dinner.

CHECK-OUT

Check-out on the last day of your camper's session is between 10-11am. Only breakfast is served on the last day. Please park in the parking lot and proceed to the north door of Brook's Hall to pick up your camper. A babysitting fee of \$50 for the first hour and \$25 for each additional hour will be charged for campers not picked up by 11am.

HEALTH AND SAFETY

State law requires all medication, including over-the-counter drugs, be kept in the infirmary and dispensed by medical staff. Standard over-the-counter drugs will be provided by staff personnel and administered according to manufacturer directions. On your camp application we provided you a list of these "standard medicines" and you identified which ones your child should **NOT** be given. This included: Benadryl, Tylenol, Midol, Campho-Phenique, Ibuprophen, Maalox, Neosporin, Throat Lozenges.

INSECTS AND INSECT REPELLENT

Camp is outdoors and that means your camper will very likely get insect bites. To help prevent bites, send insect repellent and unscented soaps and shampoos. Camp staff will supervise application of insect repellent to help minimize bites.

SUN AND HEAT PROTECTION

During camp, temperatures can run in the upper 90's with heat indexes in the 100's. It is important to send sunscreen and a hat or bandanna with your camper. Baby powder is also helpful to prevent chaffing.

PACKING HINTS

- Make sure your camper is included in the packing process so he or she is aware of what they have brought to camp and where they are packed.
- There is no need to buy a “camp” wardrobe – clothes should simply be comfortable, durable play clothes.
- Pack enough clothing for your camper’s stay. Packing lists are based on a 7 day session. Elementary sessions will need enough supplies for 5 days.
- Use a permanent marker to write your child’s name on all items.
- Pack items, including bedrolls/sleeping bags in a sturdy duffle bag or similar. Garbage bags are **NOT** recommended. They will tear leaving your child with no place to put their belongings.

CAMP DRESS CODE

Thousand Oaks Ranch is a Christian church camp. Therefore any type of fashion that distracts from the spiritual atmosphere will not be permitted.

- Girls: No spaghetti straps, bare midriffs, short shorts, see-through clothing, bikinis or plunging necklines will be permitted. Shorts must be mid thigh or longer. **Only one-piece bathing suits – NO EXCEPTIONS!** Girls will wear cover-ups or t-shirt and shorts to and from the swimming pool.
- Boys: No sagging pants where under garments are visible and no muscle shirts will be permitted. Shirts must be worn at all times, except while swimming, including to and from the swimming pool.
- Campers will walk a lot and play sports every day. Sneakers are an absolute must. **Avoid sending sandals, flip flops (except for shower) or open-toe/open-heel shoes.** While stylish, they are not appropriate for camp and increase the likelihood of foot injuries. New shoes should be broken in and comfortable before they are worn to camp. If your child wishes to wear shoes inside the Oak

Dome, please send a separate pair of non-marking sneakers for use in the Oak Dome only.

PACKING LIST

(Quantities given are for a 7 day session)

CLOTHING

- 8 shirts/t-shirts (please no halter tops, spaghetti strap tank tops, tube tops, or muscle shirts)
- 2 pairs of sneakers (closed-toe and closed-heel) – 1 pair should be non-marking sneakers for use in the Oak Dome.
- 1 or 2 pairs of long pants or jeans
- Rain coat with hood or poncho
- 8 changes of underwear
- 1 hat, cap, or bandanna
- 8 pairs of shorts
- 2 to 3 pairs of sleepwear
- 10 pairs of over-the-ankle socks
- 1 light jacket or sweatshirt
- 1 long-sleeved shirt
- 1-2 swimsuits (no bikinis) (including cover-up for girls)

TOILETRIES

- Soap with container
- Comb, brush and hair ties
- Shampoo
- Deodorant
- Sunscreen
- Toothpaste and toothbrush
- Kleenex
- Insect Repellant
- Baby powder
- Shower shoes

OTHER ITEMS

- Bible and notebook

- Pencil and pens
- Stationary and stamps
- Flashlight and extra batteries
- Two blankets and two sheets or one sleeping bag and sheet
- 3 towels and washcloths (remember we shower and go to the pool everyday)
- Laundry bag for dirty clothes
- Pillow and pillowcase

- x Palm Pilots
- x Radios
- x Trading Cards
- x Other Toys
- x TV's

OPTIONAL ITEMS

- Sunglasses
- Camera, film, batteries
- One security item (stuffed friend)
- Glow sticks (one for each night) especially good for first time campers and those who don't care for the dark.

DO NOT BRING THESE TO CAMP

Camp is time to focus on God, building relationships and fun, therefore please leave the following items at home. Any technology items (cell phone, IPOD, Game Boy, or the like) that are found, will be locked in the office until the end of camp. The child's parent will be responsible for checking it out.

- x Candles
- x Candy, food, or gum
- x CD, DVD, or MP3 players
- x Cellular phones
- x Electronic Pets
- x Fireworks
- x Guns
- x Jewelry
- x Knives
- x Laptops
- x Lighters
- x Matches
- x Money
- x Pagers