

ST. NICHOLAS SUMMER CAMP

A CAMPING MINISTRIES PROGRAM OF THE GREEK ORTHODOX METROPOLIS OF DETROIT

2560 CROOKS ROAD – TROY, MICHIGAN 48084

[p] 248.823.2411 [f] 248.823.2401

snsc@detroit.goarch.org

www.stnicholascamp.org



CAMPER INFORMATION PACKET

HOORAY! You are registered for St. Nicholas Summer Camp. It is going to be a great week! We know you want to prepare. So, we have put together this packet of information where you will find virtually everything you need to know about our week at camp.

- 1) DOCUMENTATION: ALL required documentation for registered campers MUST be uploaded to the CampDoc system by July 16th. We need appropriate time to review medical files. No camper will be allowed to remain on site without all of the required documentation completed in their entirety.
- 2) WHAT TO PACK: Remember to look over the SNC Camper What-To-Bring list. For your convenience, it is included in this packet. Please contact us if you have questions about the items listed.
- 3) MEDICATIONS: Please pay special attention to the Notes from the Camp Nurse. The safety and well being of campers is our number one priority. Therefore, it is important that parents properly pack medications and reinforce basic guidelines to ensure a safe and fun week! Direct any questions about medications and health guidelines to snsc@detroit.goarch.org.
- 4) CAMP COMMUNICATION: Campers are expected to leave their cell phones and other technology at home. If you would like to contact your camper, please take advantage of the FREE Message-A-Camper system at www.stnicholascamp.org. They will not be able to respond via email. We encourage all campers to write home to their families. The camp address is available on www.stnicholascamp.org or www.loucon.org.

You can follow us via our various social media outlets:

- Email Updates and photos posted daily on our camp website, www.stnicholascamp.org.
- Facebook (StNicholasSummerCamp)
- Twitter (@stnicholascamp)
- Instagram (stnicholassummercamp)

5) DIRECTIONS TO CAMP: Please visit www.loucon.org for the most accurate directions to camp.

6) ARRIVAL/DEPARTURE: Please remember that the camp is in the CENTRAL TIME ZONE.

- CHECK IN: Sunday, July 23, 2017 from 4:00PM – 5:00PM
- CHECK OUT DAY: Saturday, July 29, 2017 from 11:00AM-12:00PM

Contact us at snsc@detroit.goarch.org or 248.823.211 with any questions.

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WHAT TO BRING LIST

CHECK IN: Sunday, July 23, 2017 from 4:00PM – 5:00PM

CHECK OUT: Saturday, July 29, 2017 from 11:00AM-12:00PM

Please remember that the camp is in the CENTRAL TIME ZONE

- | | |
|--|--|
| <input type="checkbox"/> BEDDING (twin fitted sheet, pillow, sleeping bag) | <input type="checkbox"/> SHORTS/JEANS (enough for week) |
| <input type="checkbox"/> TOWELS (1 beach towel, 1-2 bath towels) | <input type="checkbox"/> T-SHIRTS/TOPS (enough for week) |
| <input type="checkbox"/> ATHLETIC SHOES | <input type="checkbox"/> UNDERWEAR/SOCKS (enough for week) |
| <input type="checkbox"/> WATERPROOF SHOES/SANDALS | <input type="checkbox"/> SWEATSHIRT/SWEATPANTS |
| <input type="checkbox"/> SHOWER CADDY (shampoo, conditioner, soap) | <input type="checkbox"/> CLOTHING FOR CHURCH (see below) |
| <input type="checkbox"/> TOOTHBRUSH/TOOTHPASTE | <input type="checkbox"/> PAJAMAS |
| <input type="checkbox"/> SWIMSUITS (no bikini, no two-piece, no speedos) | <input type="checkbox"/> DEODORANT AND OTHER TOILETRIES |
| <input type="checkbox"/> FLASHLIGHT | <input type="checkbox"/> SUNSCREEN |
| <input type="checkbox"/> BIBLE | <input type="checkbox"/> INSECT REPELLANT |
| <input type="checkbox"/> STATIONARY/ENVELOPES/POSTAGE | <input type="checkbox"/> CAP/HAT |
| <input type="checkbox"/> MEDICATIONS (See Notes from Camp Nurse) | <input type="checkbox"/> COMB/BRUSH |
| <input type="checkbox"/> BOOKS FOR LEISURE TIME | <input type="checkbox"/> WATER BOTTLE |

CLOTHES FOR CHURCH:

- BOYS: Khakis, Button-down shirt (short sleeve is fine), shoes/socks
- GIRLS: Casual Dress or Skirt/Top, Sandals/Flats (no heels)

Other than the essentials, here are a few special items to think about packing for camp:

- Olympics: Pack clothing with the following colors in mind (red, blue, green, orange, yellow, & white.)
- Talent/LipSync Night: Fun and appropriate props (hats, wigs, etc.).
- Theme Days: 'Merica Monday (patriotic), Tie-Dye Tuesday, I Heart Camp Wednesday, SuperHero Thursday, Neon Friday.

ADDITIONAL NOTES

- Label all personal belongings with the camper's first and last name. St. Nicholas Camp, Loucon Camp, and the Greek Orthodox Metropolis of Detroit are not responsible for items lost or left behind.
 - See FACILITY/PROGRAM INFORMATION SHEET (enclosed) for notes regarding dress code and prohibited items.

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PROGRAM INFORMATION

FACILITY: We are renting space from the Loucon Training and Retreat Center (www.loucon.org). It is run by the United Methodist Church located in Leitchfield, KY (southwest of Louisville). We have developed a Christ-centered program, enhanced by Loucon activities and programs. A camper's tuition will include all meals, lodging, and activities while at camp.

ST. NICHOLAS CAMP STAFF: Staff at St. Nicholas Camp are volunteers, at least 18 years of age and out of high school. Though they will not be paid, they will not have to pay for food, lodging, or activities. This is built into the camper tuition. All staff have completed an application, reviewed by the Camp Director. In addition, staff are required to complete online Youth Protection Training, agree to a background check, and must be present for a staff orientation. St. Nicholas Camp always operates with at least one medical professional (Nurse or Physician) on site at all times. In addition to our own staff, NaCoMe provides program staff to supervise and lead various activities (waterfront, archery, canoeing, etc.).

ST. NICHOLAS CAMPERS: Campers will be between the ages of 8-18. Once a student has started college, they are ineligible to be a camper. All campers must reach the age requirement by the first day of camp.

- AGE GROUPS:** Campers are separated into three age groups – JUNIORS (8-10), INTERMEDIATES (11-13), SENIORS (14-18). Each camper will participate in most activities with their age group. Some activities and all worship services will include the entire camp.
- CABIN ASSIGNMENTS:** Campers will be assigned to cabins according to their gender and age groups.
- SUPERVISION:** Campers will be supervised in ALL ACTIVITIES by our camp staff. The Camp Staff/Camper Ratio will be approximately 1:7.
- CABINS:** Cabins hold 12 (2 staff/10 campers). Only male staff will be assigned to male cabins and female staff for female cabins. Staff will also be present during cabin times (bed time, siesta, etc.)

CODE OF CONDUCT: All St. Nicholas Camp participants (campers and staff) are expected to conduct themselves in a manner befitting an Orthodox Christian. St. Nicholas Camp has a zero-tolerance policy regarding bullying, hitting, hazing, pranking, and any type of abuse. In addition, St. Nicholas Camp participants are expected to treat all Loucon staff with the same respect we extend to one another. Be kind, be respectful, be patient, be helpful, and have fun!

CAMP PROGRAM: The St. Nicholas Summer Camp is a camping ministry program of the Greek Orthodox Metropolis of Detroit and Greek Orthodox Archdiocese of America. Our program incorporates Orthodox Christian-based programming and liturgical life with the Loucon programming. In addition to the various outdoor activities, campers will participate in Orthodox Christian education sessions and worship (Matins, Vespers, Divine Liturgy). To see a sample schedule, please visit our official website (www.stnicholascamp.org).

PROHIBITED ITEMS: Campers are PROHIBITED from bringing/using the following items: any cell phone/smart phone or other communication devices, televisions, pagers, two-way radios, pornographic/suggestive materials, weapons, fireworks, drugs, alcohol, and tobacco products. This is not an exhaustive list. The Camp Director reserves the right to confiscate anything that is prohibited and/or inappropriate or potentially dangerous to the safety of the campers, staff, and program. Possessing any prohibited items could be grounds for immediate removal from camp.

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PROGRAM INFORMATION (CONT.)

TELEPHONE CALLS: Outgoing calls will only be allowed at the discretion of the Camp Director. Such calls can disrupt the program and often make homesickness worse. We highly discourage them and ask that you discuss this with your children before sending them to camp. We also discourage incoming calls from parents for the same reason. Should an emergency arise, please leave a message through the Loucon Office at (270) 242-7160.

USMAIL: Please encourage your children to write you while they are at camp. Make sure that your campers have stamps, envelopes, and paper. Some parents choose to create labels or pre-printed envelopes to make it easier for younger campers. Mail is delivered daily to the campers and parents are welcome to write their children during their stay. Do NOT send food in care packages. Loucon is a NUT-FREE facility and due to food allergies within each cabin.

Please address the letters to:

St. Nicholas Summer Camp
Attn: (Your Camper's Name)
8044 Anneta Road
Leitchfield, KY 42754

STNICHOLASCAMP.ORG: Parents and loved ones can visit our official Camp Website, www.stnicholascamp.org, to view pictures and news from our daily activities. Parents may also send emails through our "Message-A-Camper" page. Please note that emails are screened for inappropriate content. Also, campers will not be allowed to respond to emails. Due to internet connection limitations, we ask that you please be patient if an issue arises with our website.

CHECK IN AND CHECK OUT PROCEDURES: Parents are asked to observe the following check in/out procedures. Also, please make sure to check your email for any additional instructions or details.

- CHECK IN** will be conducted during the times indicated in the official paperwork. Campers should be checked in with the Camp Director, then with the Camp Medical Staff BEFORE proceeding to their cabin.
- CHECK OUT** will be conducted during the times indicated in the official paperwork.
 - o No camper should be removed from camp until they have completed their final cabin clean up duties and are cleared by staff to leave.
 - o No campers should be removed from camp until a parent/guardian has come to sign them out and to collect medications/personal items.

DRESS CODE: While camp is a fun and informal setting, Christian modesty should be taken into account when packing for the week. Inappropriate clothing (which includes, but is not limited to t-shirts with inappropriate logos or large cut-outs, short-shorts, halter tops, exposed midriiffs, yoga pants, etc.) will NOT be permitted. Dress for daily church is casual. However, we ask participants to bring one nicer outfit for Divine Liturgy (see what-to-pack list). Because of the nature of our activities, at least one (1) pair of closed-toed shoes is required. Girls must wear one-piece swimsuits (bikinis and "tankinis" are not allowed), and boys should not wear speedos.

CONDUCT: All campers are expected to act in a way that is befitting an Orthodox Christian. While disciplinary action will be taken to resolve situations on site, the Camp Director reserves the right to dismiss campers for gross or habitual violations of camp rules. Parents or guardians will be required to pick up their children to go home.

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NOTES FROM THE CAMP NURSE

TERESA DALLAS, RN – ST. NICHOLAS SUMMER CAMP NURSE

A healthy camp starts at home. The health and wellbeing of your child is very important to our staff. Your compliance with these medical procedures and guidelines is essential and appreciated. Here are some things you can do to assure your child has a great summer camp experience. Please direct any questions to snsc@detroit.goarch.org.

- When children show signs of illness, keep them home. Campers are to remain at home until at least 24 hours after they are free of fever (100° F [37.8°C]), or signs of a fever without the use of fever-reducing medications. This greatly reduces the spread of illness at camp.
- Teach your child to sneeze in his/her sleeve, and to wash his/her hands often at camp.
- Please send closed-toed shoes (tennis shoes) with your child to camp. Flip-flops are fine around the cabin or to the showers or dining hall but can lead to an injury during field activities, hikes, etc.
- Send enough clothes so your child can wear layers. Mornings can be chilly and by afternoon it will be very hot. This enables your child to remove layers as the weather warms.
- Fatigue plays a part in injuries. Encourage your campers to get enough rest at night. Please explain that camp is not like a sleepover. Explain to your child that he/she should not try to stay up all night!
- Don't forget to send sunscreen, and instruct your child how to use it.
- Don't forget to send insect repellent, and instruct your child how to use it.
- Please do not send your child to camp with new products (shampoo, lotions, etc.) that they have not used before camp. We have had some reactions and tears from this in the past due to new products.
- Girls need a ponytail holder, scarf or bandana to secure their hair at campfires.
- Please send a reusable water bottle with your child's name on it. Your child can refill it frequently during their camp stay. Staying hydrated is very important in the summer.

MEDICATIONS

- In order to maintain and monitor the health of all children involved in our camp, ALL MEDICATION will be collected and dispensed by the Camp Nurse or designated health care supervisor. This includes over-the-counter medications. Medications like rescue inhalers and creams will be checked in then immediately returned to the camper.
- Medications must be in their original container or packaging and placed in a quart-size Ziploc bag with the camper's name on the bag and a photo of your camper (photocopy will be fine). If your child is not taking the medication per label or as documented on the Camper Health Form, please send a note with the medication on how medication is to be given and why it has been changed since form completed.
- Please send only the medications that are taken on a routine or regular basis.
- To simplify the process, please DO NOT send "commonly used" medications such as Tylenol, Benadryl, throat lozenges, antihistamines, antacids and Milk of Magnesia. We are well stocked with common over-the-counter medications. If you are unsure what to bring, contact us at snsc@detroit.goarch.org.

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CAMP CONTACT INFORMATION

LOUCON MAILING ADDRESS	LOUCON TRAINING AND RETREAT CENTER 8044 Anneta Road - Leitchfield, KY 42754
EMERGENCY PHONE NUMBER	(270) 242-7160
LOUCON WEBSITE	www.loucon.org
ST. NICHOLAS CAMP WEBSITE	www.stnicholascamp.org

For directions to Loucon, visit either website:

www.loucon.org OR www.stnicholascamp.org