



2010 Parent Guide

**YMCA Camp Warren
3726 Miller Trunk Road
Eveleth, MN 55734
Camp: 218-744-4222
Customer Service Center: 612-822-2267**

www.CampWarren.org

A LETTER FROM MEGHAN AND DAVID

Welcome to our 2010 camping season! We are eagerly anticipating the summer season and look forward to providing an incredible camping experience for your child. For over 83 years, YMCA Camp Warren has been enhancing the lives of children through single gender programming. The counseling staff, instruction staff and administrative team are committed to working with you and your child.

We think impacting the lives of children is the most important job one can do. At YMCA Camp Warren, we strive to teach life skills through every program our campers are engaged in. Camp Warren has always used activities like sailing, kayaking, canoeing and overnight camping to teach not only the hard skills, but to teach life skills. These skills include problem solving, teamwork and self-reliance. Camp Warren sets the highest standards of safety and cares for each camper as an individual. We are dedicated to safety and care for each camper as an individual. We are committed to providing your child with an excellent summer experience.

The following information will help you and your child prepare for camp. Please send all completed health forms to the YMCA Customer Service Center by May 3, 2010. If you have any question's please call the Business Center at 612-822-2267.

We look forward to a great summer in 2010!



Meghan Cosgrove
Camp Director



David Searl
Assistant Camp Director

SEND MAIL TO YOUR CAMPERS:

Please send mail directly to Camp Warren in Eveleth. It often takes 3-4 days for mail to arrive at camp. If you have a one-week camper, consider sending mail ahead of time.

Your Camper's Name
YMCA Camp Warren
3726 Miller Trunk Road
Eveleth, MN 55734

Packages:

Please waive the signature for express packages. We ask that you do not send packages of food to camp. This policy exists as a way of creating an equitable camp experience for all campers. It also discourages rodents from entering the cabins. Any packages containing food will be held in the main office.

YMCA CAMP WARREN WEBSITE & PHOTO GALLERY:

Look for your child in our photo gallery at flickr.com/campwarren
Photos are updated on the 2nd day of camp and every few days thereafter.

Parents can:

- See campers with their cabin groups
- See photos of campers in activities during the week

STAFF

YMCA Camp Warren Staff

Camp Warren staff members are carefully selected based on leadership skills, experience working with children, decision making capabilities, respect for the environment and risk awareness. All are currently certified in CPR and First Aid. Based on job responsibility, waterfront staff are certified lifeguards and others are certified as an EMT, First Responder or have been trained in Wilderness First Aid.

YMCA Camp Warren staff members come from various parts of the country and the world. Over the last few summers, staff have joined us from: the Twin Cities area, Duluth, Eveleth, California, Iowa, Connecticut, Colorado, Montana, North Carolina, Wisconsin, Kosovo, Paraguay, France, India, The Netherlands, Costa Rica, Australia and Canada. Most staff members are past Camp Warren campers that have come up through Warren programs. In addition to required training and certifications listed above, all staff participate in an 8 day in-camp training prior to summer which covers a range of topics from homesickness to abuse prevention. Camp Warren staff members are committed to providing your child with an adventure filled with friendships, new experiences, traditions and outdoor fun! The Camp Warren staff look forward to meeting your camper.

Camp Store

Store Account and Spending Money

For store money, we recommend \$30-\$70, depending on the length of stay. YMCA Camp Warren store offers t-shirts, sweatpants, snacks, beverages, postcards, stamps, toothbrushes, disposable cameras, pins and more. Please remember to fill out the **Store Account Form**. Clothing items range from \$5-\$25.

WHILE IN CAMP

Camp Menu

Camp menus are carefully selected to provide a balanced diet. Meals are hearty and campers are given "seconds" on most items. Meal times are 8am, 12:00 noon and 5:45pm. Below are sample meal options. A supplemental cereal bar is offered at breakfast and a salad bar is available at dinner. Snacks are available on a limited basis at the camp store.

Breakfast

Pancakes, Bacon, Apple Juice
French Toast, Sausage, Grapes

Lunch

Chicken Stir Fry, Rice, Egg Rolls
Baked Chicken, Roasted Red Potatoes, Bread, Green Beans

Dinner

Hoagie Sandwiches, Potato Salad, Melon
Tacos

*****If your child has any food allergies or dietary needs, please note these on their medical forms and we will do our best to accommodate. A phone call to the Camp Director well in advance of the camper's session is also appreciated. In some cases we will ask families to help supplement food.*****

Cabin Placement

Campers are organized into cabin groups by age and/or grade level. We will attempt to honor up to two friend requests provided that the requests are made in advance and the campers are within two years in age. The majority of our campers come alone and make friends quickly.

Reflection

YMCA Camp Warren welcomes campers and staff of all faiths. In addition to daily reflection time, we bring the camp together on Sundays during a two week session for a non-denominational service consisting of inspirational readings, stories and songs. In holding with YMCA Camp Warren tradition, campers are asked to wear "Sunday Whites" for the Sunday service. This set of clothing does not need to be fancy or expensive, just simple and white or light-colored.

Lanyards and Pins

Campers are engaged in enriching activities and opportunities to learn age appropriate curriculum while at camp. We visibly recognize this skill development progression through a lanyard and pin program. To start the program, every camper who attends camp will receive a Camp Warren lanyard and pin at no cost.

Campers can choose to add more pins to their lanyard through special events, achievements or by using the 4 Core Values of Caring, Honesty, Respect and Responsibility. When your camper completes a skill, special event or core value, they can purchase the pin at the camp store. Your camper can purchase pins for \$3.00 each. Here are some examples:

Camper attends all possible days of early morning Polar Bear swimming and receives a certificate and a Polar Bear pin. Camper completes their pollywog rank in sailing.

We are excited for you to see what your child has accomplished and participated in while at camp. We hope the lanyard and pins become a "talking point" for parents and campers and encourages further skill development and progression at Camp Warren. We suggest adding \$9.00 to your child's store account for this program.

Waterfront

Each camper's swimming ability will be evaluated upon arrival. Swimming is a camp activity but swim lessons are not. If you are interested in swimming lessons, please contact your local YMCA for their swim lesson information.

Overnights

We see great value in the overnight camping experience. During two week sessions, every camper will have the opportunity to go on a one night overnight trip to a campsite that is across the lake from the main site (a 15 minute paddle). Campers will learn basic camping skills including outdoor cooking, setting up tents and practicing minimum impact camping. Campers will be provided with all group equipment necessary to make their overnight experience a success, but they will need a personal sleeping bag.

ACTIVITIES

- **Archery**
- **Pottery**
- **Canoeing**
- **Tennis**
- **Fishing**
- **Wilderness exploration**
- **Drama/theater**
- **Music**
- **Sailing**
- **Athletics (sports)**
- **High and Low Ropes Course (some age restrictions)**
- **Windsurfing**
- **Polar Bear Swim**
- **Black & White Photography (2 week sessions only)**
- **Kayaking**
- **Arts & Crafts**
- **Pottery**
- **Horseback Riding (emphasis campers only)**
- **Swimming**
- **Fishing**

PACKING LIST

What You Are Going to Need

The following is a suggested list, these items are not required. You may modify it to your camper's needs and session type. Please do not send your child's best clothing, as camp activities are outside and rugged. Pack items and clothing that can get muddy, dirty, wet, sandy, torn, grass stained, etc. **All items should be clearly labeled with your child's full name.** This will assist us with claiming lost and found. Although we will assist your child in managing their belongings, **YMCA Camp Warren is not responsible for lost, stolen or damaged items.**

The List

- 1 sleeping bag or twin sheets and blankets—sleeping bag will be needed for two-week session overnights
- 1 pillow and pillow case
- 1 set rain gear (coat and pants are recommended, ponchos are discouraged)
- 1 pair of rain boots (optional)
- 2 bath towels and 1 beach towel
- 1 wash cloth
- 2 swimming suits
- 2 pairs of pajamas
- 2 pairs of sneakers (that can get muddy/dirty)
- 1 pair hard-soled shoes/boots with heel (required for those registered for horse camp)
- 1 pair of "shower shoes" or sandals
- 1 set of Sunday Whites (for two week sessions)
- 1 pair of underwear for each day of camp
- 1 hat or cap for sun protection
- 1 knit hat/beanie for warmth
- 1 fleece-type jacket
- 1 bar of soap and soap box
- 1 toothbrush, case and toothpaste
- 1 flashlight with batteries
- Personal grooming items
- 2 heavy sweatshirts or sweaters
- 3 pairs of pants (jeans, cords, slacks)
- 3-5 pairs of shorts
- 1 shirt for each day of camp (including long sleeves)
- 1 pair of socks for each day of camp
- Bug repellent, sun block, chapstick
- Water bottle

Desirable additions to camper equipment:

- Stationary and pre-addressed, stamped envelopes for writing home.
- Musical Instruments
- Tennis Racket
- Baseball Glove
- Camera (campers intending to enroll in Photography should try to bring a 35mm camera)
- Fishing Pole and Tackle
- Books
- Extra batteries for flashlight/camera

Long Border, Short Border, Fifty-Fifty and CIT participants

In addition to regular camp clothing, the following items will make your out of camp trip successful. They are readily available at REI, Target, Dick's Sporting Goods, Midwest Mountaineering and other similar stores:

- 1 Fleece Jacket
- 1 Pair of warm pants (fleece or wool)
- 3 Pair wool socks
- 1 Pair sturdy hiking boots that are broken in well in advance of the camp session (Short Border, Long Border and CIT campers)
- 1 pair of synthetic long underwear—top and bottom
- 1 set rain gear (jacket and pants)—no ponchos
- 1 32oz water bottle — Nalgene brand or similar
- 1 synthetic or down sleeping bag with a compression stuff sack (please do not send bulky or cotton sleeping bags)
- 1 wool/synthetic winter hat
- 1 pair sunglasses
- 1 pair strapped sandals. Teva or Chaco brands recommended (Fifty-Fifty campers)

Other optional items:

- 1 dry bag
- 1 waterproof case for camera - Pelican brand recommended
- 1 pair of sailing gloves (for Fifty-Fifty)

What not to bring to Camp:

The following items should not be brought to camp. If they are found they will be confiscated and returned at the end of the session.

- Cell Phones
- TVs, Radios, Handhelds
- CD players, iPods, MP3 players
- Video Games
- Computer Games
- DVD Players
- Food
- Pocket knives (unless camper is a Short or Long Border participant)
- Cash

HEALTH AND SAFETY

PLEASE READ THIS SECTION CAREFULLY

Failure to provide the required Health, Emergency or Insurance information will hamper our ability to ensure your camper's health and safety. Every camper is required to have a physical exam by a physician within the 24 months preceding camp. You must also fill out and sign the **Health History** form each year. This is for camp health protection, which is a requirement of the State Department of Health and the American Camping Association. ***Campers can be denied access onto the bus or admission into camp if medical forms are not turned in.***

*****all health forms are due on or before May 3, 2010*****

It is important that parents notify us if there has been any exposure to a communicable disease within 3 weeks of coming to camp or if any symptoms of illness occur immediately prior to camp.

Administering Medication: For medical and safety reasons, YMCA team members do not administer insulin shots, Diastat or other medications requiring similar procedures. Our staff will work with parents/guardians, the child and the child's medical providers to explore other reasonable accommodations to permit the child to enjoy our programs to the fullest extent possible.

Allergy Injections: If a camper is to be given allergy injections, please send one disposable tuberculin syringe and needle for each injection needed while at camp.

Please clearly label all medication. These must be checked in with the Camp Health Care Provider or at the bus stop. A Health Care Provider lives on camp 24 hours a day and a Physician is available by phone 24 hours a day.

Medications

Medication will be turned in to the Camp Health Provider upon arrival at camp. Medication should be in the **original container** and **labeled** clearly with dosage, frequency and camper's name. This includes both prescription and over the counter drugs.

Insurance and Illness

Health insurance information is requested on the Health History form. This information will only be used to facilitate outside medical treatment if required. In the event of serious illness or injury, parents will be notified immediately.

Bugs/Ticks

According to the Minnesota Department of Health:

- The risk for West Nile for children and camp staff is low.
- If a horse gets West Nile, it does not increase the risk of West Nile in people.
- Mosquitoes and ticks can be managed effectively by applying repellants.
- Prompt removal of a deer tick by the counselor or health care provider will prevent Lyme transmission. Prompt treatment of anybody showing symptoms will prevent the later, more severe stages of the disease.

Safety Considerations

The safety of each child is our primary concern. Campers and parents need to be aware that camping at YMCA Camp Warren requires effort and the ability to communicate. To insure that your child has a safe summer camp experience, your child should:

- be able to understand, remember and follow instructions;
- be able to respect and relate responsibly to others in a group;
- be able to participate in primarily outdoor activities in large and small groups for the duration of their stay at camp;
- be able to enter and exit a canoe independently or with moderate assistance from a companion;
- be able to right themselves and remain face up in the water with the aid of a Personal Flotation Device (lifejacket);
- PFD's (Personal Flotation Devices) are provided by camp and must be worn and zipped in all boating activities;
- Horse helmets are provided by camp. **Due to guidelines set by the Horse Safety Association, campers are required to use the helmets provided by the camp.**

Bullying Policy

Bullying is when one or more people exclude, tease, taunt, gossip, hit, kick, or put down another person with the intent to hurt another. Bullying happens when a person or group of people want to have power over another and use their power to get their way, at the expense of someone else. Bullying can also happen through cyberspace: through the use of e-mails, text messaging, instant messaging, weblogs, personal web pages and other less direct methods. This type of bullying can lead to persons being hurt during or between the camp seasons and be especially hurtful when persons are targeted with meanness and exclusion.

At YMCA Camp Warren, bullying is inexcusable, and we have a firm policy against all types of bullying. Each camper is expected to treat all other campers with respect, and to help each other achieve the best possible experience. If a camper has difficulty meeting this expectation, **parents may be called upon to assist**. We work together as a team to ensure that campers gain self-confidence, make new friends, and go home with their camp experience.

Our leadership addresses all incidents of bullying seriously and trains staff to promote communication with their staff and their campers. Both staff and campers will be comfortable alerting us to any problems during their camp experience and between camp seasons. Every person has the right to expect to have the best possible experience at camp. By working together as a team to identify and manage bullying, we can help ensure that all campers and staff have a great summer at YMCA Camp Warren.

If my child is sick or injured while at camp

In the event of the need for non-emergency medical treatment, campers are taken to the Camp Health Care Provider, who administers minor first-aid. In the case of illness, parents or emergency contacts are called to make arrangements for treatment or pickup. Children rest in the Health Service Building until a plan of action is decided.

Emergency

In the event of an emergency at camp, a YMCA Camp Warren administrative staff will phone you immediately. This includes, but is not limited to, a natural emergency, physical injury or behavior concerns. The nearest first responder lives 1 mile away and the nearest hospital is 10 miles away.

LOST & FOUND—please label all camper items

Lost and Found

As part of the daily routine, staff members will encourage campers to take responsibility for their belongings and will display lost and found. Any items left at camp after the session are sent back to the Minneapolis Camp Center in Loretto. Please call the Loretto office at 763-479-1146 after your camper's session to check on lost & found. Please have a description of the item including camper's full name and phone number, camp name, and camp session.

Items will arrive at the Camp Center two weeks after each session is complete and will be kept for two weeks once they arrive. Claimed items will only be held for the two weeks upon arrival, and must be retrieved from Camp Center. We will not mail items, unless payment for postage is provided prior to sending. Anything that is not retrieved during those two weeks at Camp Center will be donated to a local charity.

Please assist us with lost and found by labeling everything with the camper's full name including luggage, backpacks, sleeping bags, pillows, books, hats, clothing, etc. Valuables and meaningful items should be kept home for safe keeping. *We are not responsible for any lost, stolen or damaged items. This includes campers who participate in out of camp camping trips.*

COMMUNICATIONS

Phoning Home

We ask camper families to refrain from communicating with their child via phone, fax or e-mail. Except for emergency situations, phone and e-mail by campers are off limits as it distracts from the camp experience. Likewise, we are not equipped to handle fax communications from parent to child. If you have questions, a Camp Warren staff member will be available to speak with you over the phone.

Visiting Camp

Families are welcome to visit camp on opening and closing days. There are no scheduled visitor times during sessions.

What you can expect to hear from camp:

All campers are asked to write home within 24 hours of arrival. We supply each camper with a pre-stamped postcard. Campers are encouraged to write home part way through each session. We suggest that you send pre-addressed, stamped envelopes with your child. Following the conclusion of the session, your child's counselors will send a letter home, summarizing the experience.

Photo Gallery

www.flickr.com/campwarren

Twitter

www.twitter.com/ymcacampwarren

Facebook

www.facebook.com/ymcacampwarren

How camp can hear from you:

Camp Warren office phone: 218-744-4222*. **Office hours are 7:30am-7:30pm while camp is in session.*
Minneapolis Customer Service Center: 612-822-2267 for billing, registration, and other general questions.

CLOSING FESTIVITIES

Closing Day Festivities - You're Invited!

Family and friends of Camp Warren campers are invited to join us for closing festivities and lunch on the last day of your child's session. A camp staff member will meet you and direct you to our awards ceremony in Cub Lodge.

You will experience YMCA Camp Warren first-hand, this includes singing songs and watching as campers receive awards or achievement certificates for accomplishments during their time at camp. You will meet your child's cabinmates, counselors, program instructors and support staff. After the awards ceremony, you may join summer staff members and the Camp Director for an outdoor picnic lunch with campers (weather permitting). For those eating lunch, there is a small fee of **\$5/person, for those ages 10 & up**.

This is a wonderful way to go to camp and experience the essence of camp at any age!

11:30-12:15pm Award Ceremony
12:15pm Lunch/Songs
1:15pm Departure

If you plan on joining us, please RSVP to Camp Warren at least 48 hours in advance so we know how many to expect for lunch. 218-744-4222.

VISITING & DRIVING TO YMCA CAMP WARREN

Driving Directions:

From Minneapolis/St. Paul travel north on I-35 until you reach Highway 33. Take the Cloquet/Range Cities exit and travel north on Highway 33 through Cloquet. Highway 33 ends and becomes Highway 53. Continue north on Highway 53. About 1 mile past the St. Louis River is County Road 690 (also Miller Trunk Road). Turn right on County Road 690. The Camp Warren entrance is just 100 feet ahead on the right.

Driving Your Child to Camp

Although the majority of campers ride the bus, we welcome campers and their families to drive directly to camp for drop off or pick up at the beginning and end of sessions.

We invite you to explore camp, meet your child's counselor(s), and check in with the Health Officer or Camp Director. 10-15% of campers are driven each session, however most families opt for bus transportation.

If you are dropping your child off at camp, plan to arrive at camp at 11:00 AM. If you are picking your child up from camp, plan to arrive at camp at 12:45 or arrive early for the closing day festivities at 11am!

To prepare your camper for the bus ride to camp:

There are bathrooms on the bus, but make sure to use the bathroom before boarding the bus, once loaded, campers are asked not to get off the bus. The bus ride is approximately 3 hours. Make sure the camper and camp knows who is authorized to pick up the camper at the end of his/her session.

Bus rules:

- Campers must sit facing forward while the bus is moving.
- No screaming or yelling.
- Inappropriate touching, pushing or poking is not allowed.

Pick-up and Drop-off Safety at YMCA Camp Warren:

Because the safety of your camper has been and will continue to be the number one priority for the YMCA, we have drop-off and pick-up procedures. When you arrive at camp or at a bus stop, please check in at the arrival table. ***Please have medications and camp store funds ready to turn in at the check-in table.***

When you pick up your child from camp or from a bus stop, campers will be asked to remain on the bus or at a designated place at camp. A lead staff person will connect parents and campers.

If a friend or relative is picking up your child, please call our office to let us know. They will be asked to show their license and sign next to your child's name. If an adult does not come to pick up a camper, a staff member will try to locate the identified emergency contact. If no one is available after one half hour, the Camp Director will call the police. YMCA staff members are not allowed to transport campers at the end of a session.

All buses depart and return at REI in Bloomington, located at 494 and Lyndale Ave. For store location and directions go to www.REI.com.

Departure

Please have medications ready to turn in at the check-in table.

Check in with bus stop staff between 7:45-8:15am.

The bus will depart from REI at 8:30am.

Return

Parents must be available and on-time to pick up their campers.

A valid picture ID must be presented to pick up your camper.

Return time is approximate due to varied traffic patterns.

Girls Bus Schedule

REI

Session 1G Sunday, June 13
Friday, June 18

Depart at 8:30am
Return at 4:30pm

Session 2G Sunday, June 20
Friday, July 2

Depart at 8:30am
Return at 4:30pm

Session 3G **MONDAY**, July 5
Friday, July 16

Depart at 8:30am
Return at 4:30pm

Session 4G Sunday, July 18
Friday, July 23

Depart at 8:30am
Return at 4:30pm

Boys Bus Schedule

REI

Session 1B Sunday, July 25
Friday, August 6

Depart at 8:30am
Return at 4:30pm

Session 2B Sunday, August 8
Friday, August 20

Depart at 8:30am
Return at 4:30pm

Session 3B Sunday, August 22
Friday, August 27

Depart at 8:30am
Return at 4:30pm