



Parent Information Packet

Camp Dates Summer 2019:

Teens Camp Session 1 (Grades 7-12): July 7-12

Teens Camp Session 2 (Grades 7-12): July 14-19

Kids Camp Session 1 (Grades 3-6): July 21-26

Kids Camp Session 2 (Grades 3-6): July 28-August 2

Timothy Hill Christian Camp must comply with regulations of the Massachusetts Department of Public Health and be licensed by the local board of health.



Welcome to Timothy Hill Christian Camp

Thank you for choosing to make us a part of your child's summer! We are looking forward to getting to know you and your camper. This packet of information will provide information you need to know about sending your child to Timothy Hill Christian Camp (THCC).

Who can come?

Everyone is welcome at Timothy Hill Christian Camp. If you love Jesus, if you're unsure about faith or if you have never heard of Jesus before, you are welcome to come to Timothy Hill Christian Camp and enjoy a week of fun and learning with us. Timothy Hill Christian Camp welcomes people from all denominations.

Can my child bring a friend?

Absolutely! We love having our campers bring friends from church, school, neighbors, siblings and cousins.

Which camp is right for my child?

- **TEENS CAMP is for all teenage campers, going into grades 7-12**
 - Dates:
 - Session 1: July 7-12
 - Session 2: July 14-19
 - Away from the influences of the world, Teens are invited to explore their relationship with Jesus on a deeper level, develop meaningful relationships with amazing peers and put into practice what following Jesus really looks like in 2019. Whether you're new to camp or have come for years, we can't wait to share the best week of your summer together!
 - Teens can attend one or both weeks of camp, with the option to stay between the camps with our "Rest and Recharge" weekend.
- **KIDS CAMP is for kids campers, going into grades 3-6 (7th graders welcome if parents prefer)**
 - Dates:
 - Session 1: July 21-26
 - Session 2: July 28-August 2
 - Your camper will learn that Jesus loves them unconditionally, how he matters in their life and the basics of following him. Age-appropriate engaging teaching, a welcoming atmosphere, fun-filled activities and adventures make this the best week of their summer!
 - Kids can attend one or both weeks of camp, with the option to stay between the camps with our "Rest and Recharge" weekend.

Camp Objectives

TEENS CAMP – We want teens to:

1. Feel welcomed, loved and included.
2. Develop healthy, authentic friendships with peers and leaders that last beyond camp.
3. Understand the gospel message at a deeper level and feel closer to God at the end of the week than the start.
4. Learn how to be a Christ-follower within their culture.
5. Push themselves out of their comfort zones.

KIDS CAMP – We want kids to:

1. Feel welcomed, loved and included.
2. Develop healthy, authentic friendships with peers and leaders that last beyond camp.
3. Know that Jesus loves them.
4. Grow in their understanding of prayer, the Bible and God's nature.
5. Try new things.



Counselors and Staff

- Staff apply and are selected based on past experience, faith, positive references and successful background checks. THCC works hard to ensure that the entire leadership team is committed to raising up Christian Leaders and serving the kids and teens that come to camp.
- All Camp Staff pass a SORI (Sexual Offenders Check) and CORI (Criminal Offenders Check) in order to work at THCC's Summer Camps.

Registration Policy

- We are always trying to make the registration process easier for our families. Registration forms and medical forms are now electronic and will be completed online. If you cannot complete them online, please contact the office to request a hardcopy to be mailed to your home address.
 - To register:
 - Go to www.timothyhill.org/summercamp
 - Click on "Register Camp today," then create a username and password to log in. You will complete all health forms and payments within this online system.
 - Cancellations: In the event that a camper cancels, a refund will be issued less the \$100 deposit. After June 15th, there will be no refund, except in the event of illness (a doctor's note must be provided) or extreme circumstances (example: death in the family).

Arrival/Departure

- If you select a Camp Transportation option, you will receive specific details such as when and where to arrive for registrations in an e-mail as we get closer to camp.
- Camp address: The Retreat at Norwich Lake, 128 Norwich Lake, Huntington, MA 01050.
- Riverhead Pick up: Timothy Hill Children's Ranch, Main Administration Building Parking Lot at 298 Middle Road, Riverhead, NY 11901.
- Brentwood Pick up: Long Island Youth Mentoring, 153 McNair St, Brentwood, NY 11717

Accommodation

Campers stay in traditional bunk-style cabins with other campers in their peer group and at 1-2 counselors. All cabins have electricity. THCC does its best to accommodate requests for cabin buddies if this is indicated *in advance* on the booking form.

Eating

Timothy Hill Christian Camp provides three nutritious meals and 2-3 snacks per day. Campers have water available at all times and are asked to bring a refillable water bottle to camp. Timothy Hill Christian Camp is able to cater for a wide variety of dietary needs, such as gluten-free, allergies and/or vegetarian, when provided on the registration form *in advance*.



Spiritual Input

Campers participate in daily devotion and prayer times, worship sessions, message input and small group discussion. Counselors and camp staff are eager to encourage each camper's development by answering questions, modeling an authentic relationship with Christ and guiding campers to develop a personal relationship with Jesus.



Basic Camp Rules

1. **Be safe:** Follow all safety guidelines, listen to and obey camp staff instructions, stay away from areas that are off limits, only swim/canoe with the lifeguard present, only approach horses with camp staff present and stay out of horse corrals unless invited in with camp staff.
2. **Be Respectful:** Respect your counselors, fellow campers and their property, listen to others and use polite manners.
3. **Be Kind:** Be kind with your body and words: no stick or rock throwing, hitting, play fighting, wrestling, name-calling, bullying, verbal threats, swearing, etc. Be positive, share your smiles, speak well of others, include other campers and share God's love.
4. **Be a good steward:** Take care of the beautiful environment God has created for us: no littering, no spitting and no graffiti.

Behavior Management Policy

Timothy Hill Christian Camp is designed to be a safe, caring and uplifting place where all campers feel welcome and can experience God's love. When campers choose not to follow directions, obey safety procedures or bully others, they put their own safety and the safety of other campers at risk. Camp staff will provide clear instruction about rules and expectations at the start of camp and throughout activities. When children are removed from an activity, camp staff will work with each camper to quickly return them back to the fun.

Timothy Hill Christian Camp does not use any methods of physical punishment, loss of food or emotional humiliation.

Timothy Hill Christian Camp operates on a five-step system:

1. **Encouragement** of appropriate behaviors.
2. **Warning** for first time misbehavior.
3. **Time-out** from activity if misbehavior persists.
4. **Sent to Camp Director** if misbehavior persists or if child is non-compliant.
5. **Sent home** – The first time a camper meets with the Camp Director regarding a serious incident, the parent/guardian will be informed. If the camper is willing to work through the issue and resolve conflicts, they will be allowed to return to their cabin/activity. If a camper's behavior is severe or ongoing, parents will be required to remove their child from camp at their own expense.

Electronics

- Because our goals are your camper's spiritual growth, development of friendships and unique camp experiences, we don't allow electronics at camp. In the daily lives of young people, very little time and energy are devoted to the above goals due to the large role technology plays. According to The New York Times, youth aged 8-18 spend an average of 7.5 hours using computers, television, tablets and smartphones per day. This number is only increasing; 5 years ago the average was 6.5 hours per day. THCC's summer camps directly combat this rising epidemic by providing a technology-free week, placing importance back on face-to-face relationships, showing kids how to have fun without a screen, and giving them time try new things and explore the real world around them.
- It might be difficult to imagine, but trust us, after 1 day at camp, they won't even miss it!
- We ask that campers do not plan to use an electronic Bible app but instead bring a hard copy Bible. We have Bibles to provide them with if they do not have one of their own.
- We will take photos throughout the week and put them up online. Campers are always welcome to download photos of themselves and their friends upon returning home. They are also welcome to bring a digital or disposable camera to take photos.



Activities

THCC is full of fun and exciting activities including:

- Horseback Riding
- Feeding and Grooming of Horses
- Jumping on the 25' water trampoline
- Archery
- Canoes
- Kayaks
- Paddle boards
- Swimming in Norwich Lake
- Hiking
- Wilderness survival skills
- Fishing
- Field sports and games
- Messy games
- Beach volleyball
- Arts and crafts
- Campfires

Horse Riding

- Timothy Hill Christian Camp is one of just a handful of camps that offer horseback riding, feeding and grooming to all campers without charging an additional fee. We believe that all campers should be able to experience the wonder of feeding and caring for our camp horses, as well as the exciting experience of riding.
- Campers are allowed in the horse corrals only under the supervision of camp staff for grooming and care of horses. Horseback riding occurs under the direct supervision of a certified riding instructor.

Health Care at Camp

- There will be a designated health supervisor (RN or LPN) on site for the duration of THCC camp, in accordance with Massachusetts State Licensure Regulations, responsible for dispensing all medications and being the First Aid/CPR contact person if needed.
- In case of a camper becoming ill at camp, the camper will be examined by the Health Supervisor and a plan of action will be created. Depending on the severity of the illness, the plan could range from taking a nap/taking it easy to full isolation in the case of a communicable disease. In either case, parents will be notified.
- If required, THCC has Dr Roche, MD from Amherst Pediatrics on call if any appointment or doctor examination is needed while campers are at camp.
- If required, emergency care is provided through Cooley Dickinson Hospital, Northampton MA. Parents will be contacted as soon as possible in any medical or emergency health situation.
- Please ensure that you have completed the entire health form for EACH child attending camp and attached a copy of the camper's medical insurance card in case treatment is needed. If a child needs medical attention, parents will be billed directly for those services.
- You are welcome to request a complete copy of our Health Care Policies, background checks, discipline policies as well as procedures for filing a grievance at any time.

Health Information

- Campers need to have a valid physical examination from a physician. Physicals are good for 24 months.
- Health Record – a completed health record must include the results of the child's physical exam and immunization record.
- MA Regulations require us to provide you with information to make an informed decision on meningococcal disease and immunization prior to your camper attending camp. They have created a FAQ that you can access here: <http://www.timothyhill.org/files/uploads/MeningitisVaccineandImmunizationMASSGOV.pdf>

Medication

- For campers to receive prescription medications while at camp, parents/guardians must complete their camper's health record and a signed medication form authorizing camp staff to distribute medication. All medication must be in **original containers with the label matching the camper's name and will be administered exactly as ordered by the doctor.**
- Inhalers – if your camper needs to carry an inhaler, please bring a doctor's note giving permission to carry the inhaler and two inhalers (one for the camper to carry and one for the health supervisor).



- Epi-Pens – if your camper uses an Epi-Pen in cases of extreme allergic reaction, please send two Epi-pens with them to camp (one for the camper or counselor to carry and one for the health supervisor).

Phone Calls

- We encourage parents to write letters to their campers instead of planning to talk with them on the phone. We do not have the capabilities for each camper to call home and/or receive calls. Please do not expect to speak to your child on their personal cell phone – this is contrary to our electronics policy and confusing for our campers. If you do need to get ahold of your camper, please call the office at #413-207-3142. We appreciate your cooperation in this area.

Writing to your camper

Every camper loves getting mail. If you write to your camper, follow the template below.

“Sally Rodgers – Kids Camp”
The Retreat at Norwich Lake
128 Norwich Lake
Huntington, MA, 01050

- We encourage children to write letters during their daily cabin time. If your camper would like to write letters home, please send pre-addressed, stamped envelopes and other stationary with your camper.
- Please do not send gum, candy or food items as this attracts wildlife. There will be a small snack store at camp where campers can purchase a small amount of candy or snacks each afternoon.

What to bring to camp 2019:

Below is a suggested clothing/equipment list for your camper’s stay at camp. **Please mark all items with your child’s name with either a nametag or permanent marker.** Campers are responsible for their own belongings.

- Bible, Journal, book, pens and pencils
- Sleeping bag and pillow OR sheets and bedding for twin bed
- Costume for Theme Dinner Night: This year’s theme is Detectives/Mystery so bring your best detective/spy/mystery costume for our Theme Dinner Night!
- 2 Towels
- Plenty of clothing including shorts, T-shirts, pants, sweatshirts, pajamas, socks and underwear enough for a week’s stay at camp (modest clothing only please).
- Extra clothes for VERY messy/wet/muddy activities
- Plastic bag for wet clothes
- Raincoat/warm jacket
- Bathing suits (Ladies: one piece bathing suits or swim shirts over 2 piece suits)
- Sneakers and/or walking shoes
- Flip flops for shower use
- Sun hat
- Toiletries: Toothbrush and toothpaste, deodorant, hairbrush, shampoo and conditioner, soap, sanitary items, etc.
- Refillable water bottle
- Insect repellent, sun screen and prescription medication if needed
- Optional:
 - Stationary, letters, postcards, stamps and pre-addressed envelopes
 - Water shoes, goggles
 - Money for Camp Snack Shack and store
 - Flashlight



- Camera (Cameras will solely be camper's responsibility)
- Packed Lunch for Sunday (if traveling on the bus)

Please do not bring:

- **Cellphones** (Please note: Camper will NOT be allowed to use their cellphones during camp. Please do not expect your camper to contact you, text you, etc. If you need to speak with them, please call the office at 413-207-4132).
- **TV's, Laptop computers, iPads, tablets, iPods, Headphones**
- **Electronic games**
- **Radios, boom boxes**
- **Skateboards, roller blades, "heeleys"**
- **Weapons of any kind** (If you would like to bring your own bow for archery, please turn it in upon arrival at camp to be stored with archery equipment).
- **Alcohol or drugs of any kind**
- **Carving tools**
- **Valuable jewelry or lots of money**
- **Gum**
- **Glitter**