



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SHERMAN LAKE YMCA DAY CAMP PARENT PACKET

Welcome to the Sherman Lake YMCA Day Camp Family!

We are so excited about your decision to join us this summer and honored that you are entrusting your child to our program! Your camper(s) is/are about to embark on a fun-filled week of exploration, new friendships, and skill building opportunities.

At Day Camp we make a positive impact on our campers and families by nurturing potential in each and every child. We strive to partner with parents to provide growth and positive youth development.

We do this through the core of everything we do, which is our principles of **Honesty, Caring, Respect, and Responsibility** (HCRR) and by:

- Helping campers to develop new friendships
- Exposing campers to new skills and activities
- Fostering positive interactions with people who may be different than ourselves
- Building self-esteem, confidence and independence
- Practice decision-making skills
- Providing a safe place where every camper feels as though they belong
- Hiring staff who role-model HCRR in their words and actions

From our KinderCampers to the oldest Adventurers, together, we become **one camp and one family**. Being a part of a community that is built on the foundations of **HCRR** is an immensely powerful experience that we can't wait to share with you and your camper!

Another part of the family is our carefully screened, selected, and trained counselors and support staff. They will help guide your camper through a week of wonder and building memories and friendships that will last far beyond their time here at Sherman Lake.

This summer is going to be the best summer yet, and we are so thankful that we can share this incredible experience with you and your family. We look forward to seeing you right here at Sherman Lake YMCA. Until then, see you soon!

Sincerely,



Karen Christopherson
Summer Camp Director
Karenc@ymcasl.org
269-731-3041



Heather Sticka
Assistant Summer Camp Director
heathers@ymcasl.org
269-731-3037

TABLE OF CONTENTS

Pre-Camp Check List & Important Dates

Check-in and Check-out Procedures

Directions to Camp
Day Camp Transportation

Daily Schedule

Day Camp

- Program Descriptions - KinderCamp, Day Camp, Specialties
- EPIC's, Area Choice & Legends, Evening Programs, Taste of Camp, Specialties

Packing List

Information about your camper's day

- Behavior Response Policy
- Birthdays at Camp
- Camp Store
- Camper & Staff Communication Policy
- Camp Photo Gallery
- Contacting Camp
- Emergency Procedures
- Family Night
- Flag Pole - AM & PM
- Group Assignments
- Homesickness
- Lost & Found
- Medical - Health Officers & Policies
- Medical - Forms
- Medications
- Mosquito Shield
- Payments/Refunds/Cancelations
- Theme Days - Weekly & Daily
- Waterfront & Swim Quest

Sherman Lake YMCA Mission & Vision

Goals
Outcomes
Program Progression
Program Philosophy

Parent Pre-Camp Checklist

- Final **payment** of fees due at least one month prior (30 days) to your child's camp session.
- Complete and return all camp forms and documents.** These can be found on your [CampInTouch](https://goo.gl/BC4bB6) account: <https://goo.gl/BC4bB6>
- Health History to be completed online.** Please complete and sign electronically, at least one month prior to your child's camp session. Your child's camp admission is not guaranteed until the form arrives.
- Day Camp Travel Form.** ALL Day Camp families must complete this form to let us know how your child will be coming to and from camp. This includes car drop offs at Sherman Lake YMCA Camp Flag Pole or riding on a bus at any of our transportation sites.
****BUS CAMPERS - THIS FORM IS REQUIRED FOR ALL CAMPERS - PLEASE NOTE THAT WHEN YOU REGISTERED YOUR CAMPER YOU CHOSE THE NUMBER OF WEEKS YOU WOULD LIKE BUS TRANSPORTATION, HOWEVER, IT IS NOW TIME TO TELL US WHERE YOU WOULD LIKE YOUR CHILD TO RIDE THE BUS TO AND FROM FOR THE WEEK! ****
- Authorized Grown-Ups.** Please provide contact information for those that can pick up your child at the close of the program. Picture ID's will be required at check-out.
- Day Camp Week #'s for Bus and Lunch.** This form will let us know how many weeks of transportation and/or lunches you would like to reserve for your child. This is required for only those families that desire bus transportation and/or lunch service from Sherman Lake YMCA Camp.
- Camper Questions.** Please complete these questions to help us to better get to know your camper, at least 2 weeks prior to their arrival.
- Camper Photo.** This is an optional item, but we would love to see a photo of your camper so that our staff can be ready to meet them upon their arrival.

**Tips for uploading Forms & Documents: For uploading forms to your [CampInTouch](#) account, they must be in PDF format. When a scanner is not available, we have found success with using [smallpdf.com](#), or a similar website to convert your jpegs into PDFs on your computer. If using your phone or tablet, we have found PDF photos or a similar app to work well with the conversion.

The Week of Camp:

- Join us for **Family Night** on Thursdays from 5-7pm
- Ask your camper about the **Honest**, **Caring**, **Respectful** and **Responsible** things they are learning at camp!
- Pack** according to the enclosed [packing list](#) in a backpack, or easy to carry bag.
- Label** all clothing, equipment, and baggage (including dirty clothes plastic bag, with your child's name).
- Medications.** During drop off, you will be asked to complete the 'Permission to Administer Medications' form. **Please note that ALL medications must be in their original container.**

Sherman Lake YMCA Camp is an independent YMCA Center. Please do not ask the staff at the Battle Creek Family Y Center or the Kalamazoo or Portage YMCA Centers questions about Sherman Lake YMCA Camp programs. They will not be able to give you answers. Direct all questions and turn in all forms to:

Sherman Lake YMCA Camp 6225 N. 39th St, Augusta, MI 269-731-3000 or on-site coordinators.

TRANSPORTATION INFORMATION

Day Camp:

PICK UP & DROP OFF LOCATIONS:

Before and After Camp Care is available from **7-8am** and **5-6pm** at the following four sites. Please have your camper checked in at the site prior to 7:50am as the bus departs each site at 8am.

- o **Battle Creek Family Y-Center** – The Battle Creek Transportation Site will be located in the Multi Sports Center. The entrance is on Cherry Street.
- o **Winchell Elementary** - This is a new location for Summer 2019. Sherman Lake staff will be available at the front of the building to direct families.
- o **Portage YMCA** – A Sherman Lake YMCA camp staff will be at the side door of the building and will sign in and out your campers there. When entering the Portage YMCA parking lot, use the lot to the far left and walk to the side door on the lower level, a staff person will greet you there. Pick up will also be at the side door on the lower level. Signs will be posted.
- o **Sherman Lake YMCA** - Please follow the driveway past the administration building to the Day Camp Pavilion, turn at the sign that says Day Camp. A Sherman Lake YMCA staff member will greet you at your car and show your camper where to go. **Please arrive by 8:35am in the morning and pickup after 4:30pm. Thank you. For the safety of the children, please keep the drive clear and do not pull through the horseshoe from 8:40am-9:10am and 3:40pm-4:15pm.**

QUICK STOPS:

At these stops you must remain with your camper until the bus arrives. No in- building services are available. Please sign them in with the Coordinator on the bus. *If you arrive late, you will be responsible for getting your camper to the Sherman Lake YMCA or for picking your camper up at the specific YMCAs.*

- **Riverside Elementary** - Located at 650 Riverside Drive in Battle Creek. The bus will depart between **8:05am-8:15am, be there by 8:05am**, you must wait with your camper for the bus. In the afternoon the bus will arrive between **4:45 and 4:55pm, be there by 4:50pm** when you can sign out your camper. *If you are late for pickup the bus will go to the Battle Creek Family Y Center, Multi Sports Complex where you will need to meet your camper.*
- **3010 Gull Road Comstock Public Schools** - Located at CESC Building. The bus will depart between **8:10am-8:20am, be there by 8:10am**, the bus does not wait once it arrives, you must wait with your camper for the bus. The bus will arrive between **4:20-4:35pm, be there by 4:20pm** when you can pick up and sign out your camper. *If you are late for pickup, the bus will go to the **Winchell Elementary School** where you will need to meet your camper.*

LATE PICKUP FEES:

Please schedule so that you can pick up your child at the designated time. Failure to arrive by 6pm to pick up your camper will result in an additional fee of \$25 for first 10 minutes and \$10 for each 5 minutes thereafter.

KinderCamp:

The KinderCamp program will be held at the Sherman Lake YMCA Camp Farm. Follow the signs to the rear of the property when you arrive at camp. Please pack a [yummy snack](#), a [bathing suit](#) and [towel](#). The Program Coordinator will meet you and your camper at the barn for sign-in and sign-out! Please do not send any snacks with peanuts or peanut products.

Because of the age of our youngest campers, 4 & 5, we do not provide busing for KinderCamp participants. Parents should bring their KinderCampers to Sherman Lake YMCA Camp between **8:30-8:45am** and pick them up at **11:30am**.

KinderCampers who have older siblings riding the bus may ride along in the morning with their sibling, but must be picked up by their parents at 11:30am at camp.

SPECIAL CIRCUMSTANCES AND EMERGENCIES

- **Change of Plans:** If your transportation plans change, please notify the camp directly at (269)-731-3000. Please direct all questions, comments, and concerns to the Sherman Lake YMCA staff; we are an independent organization, not a part of the other YMCA's. Please do not contact the other YMCA locations for information about camp. ***If you miss the bus, you will be responsible for transporting your child directly to camp!***
- **Late arrivals (after 9:00 am) at Sherman Lake YMCA Camp:** Please go to the Administration Building to sign in. A staff member will transport your camper to meet their group.
- **Early Pick-ups (before 4:00pm):** Tell your Transportation Coordinator of the departure time in the morning. Staff will have your child to the Administration Building at that time. Thank you for your patience, it can take longer than planned to get

campers from activities to the administration building. If you cannot tell the morning transportation site coordinator about an early pickup, please call the office at 269-731-3000 and alert them of the time you wish to pick up your child.

- o **Emergencies and closings:** In the event of a rare emergency when camp may need to be cancelled, please listen to the radio or television, become a friend of Sherman Lake YMCA Outdoor Center on Facebook, where the emergency closing will be posted, or check the website for up to date information. Those sites will be updated as early as we make a determination to cancel a program. If the off-camp transportation site is closed please call camp at 269-731-3000 for more information. This phone line is covered from 7am - 6pm during the summer hours.

Directions to Camp

Please use the address: 6225 N. 39th Street, Augusta, MI 49012 for GPS or Google directions.

From Kalamazoo:

Go east on M-43 (Gull Road) to G Avenue. Turn right onto G Avenue. Continue on G until 38th Street. Turn left (north) onto 39th Street. The camp entrance is located on 39th Street.

From Richland:

Go east on M-89 to Richland. At stoplight, continue straight through the light on M-89 to 38th Street. Turn right (south) on 38th Street. 38th Street becomes 39th Street. The camp entrance is about one mile south of M-89 on 39th Street.

From Battle Creek:

Go west on M-89 to 38th Street. Turn left (south) on 38th Street. 38th Street becomes 39th Street. The camp entrance is about one mile south of M-89 on 39th Street.

From Portage:

Go east on Highway I-94. Take Exit #85 (35th Street). Turn left (north) on 35th Street. Continue on 35th Street until G Avenue. Turn right (east) on "G" Avenue. Turn left on 39th Street. The camp entrance is located on 39th Street.

A DAY IN THE LIFE

Morning Flagpole: Our day kicks off at 9am at the Sherman Lake YMCA Flagpole, or if the buses arrive earlier, we begin. The whole camp gets crazy with songs, skits and costumes! Of course, we also recite our Character Creed: *"I pledge my commitment to the four principles of **Honesty**, **Caring**, **Respect** and **Responsibility** and to reflect them in my thoughts, words and actions, to be the person I was intended to be!"*

Swim Quest: On the first day of camp, every camper participates in the swim quest and waterfront orientation. More information can be found under Waterfront.

Morning Activities: Every group participates in age-appropriate activities like Climbing, Archery, Fire-building, Canoeing, Art and Nature Hikes!

- **Trekkers** (going into 1st-3rd graders) will participate in an awesome variety of scheduled summer camp activities throughout the week while also having opportunities to swim at Sherman Lake YMCA's beautiful waterfront and play at the splash pad. Campers will develop new friendships, learn new skills, and have a ton of fun along the way!
- **Explorers** (going into 4th-5th graders) will participate in an awesome variety of scheduled summer fun, while also choosing an activity of their preference to practice and master throughout the week. Of course, an amazing week of day camp isn't complete without ample trips to the waterfront for a splashing good time on Sherman Lake!
- **Adventurers** (going into 6th graders and up) will be cultivating their own schedule during their week of summer fun. Campers will have a blast at their dedicated waterfront time each day, as well as have the opportunity to choose an activity area to master throughout the week. To top things off, our Adventurers will also participate in Camper's Choice, where they can choose an activity to start and rotate to, based upon their interests.

Lunch: Campers enjoy nutritious, home-packed lunches to refuel for the rest of the day's adventures! Or parents can choose to pre-purchase a camp sack lunch. Sack lunches will feature a sandwich of cold cuts, a fruit, chips and drink. Sorry, there are no choices for sack lunches. If you'd like to purchase lunches please see your [CampInTouch](#) page to sign up and pay the fee of \$30/week.

Afternoon Activities: The activities continue! If rain gets in our way, we sometimes move indoors, but we always make sure that every camper gets the opportunity to participate in every activity!

Crew: It's time to clean up for the day and show that we can keep camp looking "Like New, Forever!" Plus, it's the responsible thing to do!

Ties Ceremony: We celebrate **Honesty**, **Caring**, **Respect** and **Responsible** acts of the day! We also recognize who has helped us out during the day and made camp so great! (Here's something fun, ask your camper what the colors of the principles mean!)

Afternoon Flagpole: We say goodbye, look at lost and found (**names on everything** are so helpful here) and celebrate the day. See you tomorrow! Buses depart the flagpole at 4:20pm, parent pickup begins at 4:30pm at the flagpole.

Packing List **REMEMBER TO LABEL EVERYTHING

WHAT TO WEAR:

- Comfortable clothes
- Closed-toe athletic shoes are required at a majority of our land program activities.** (Crocs may not be used for climbing or horseback riding, please leave at home. No flip-flops!) Sandals with solid soles and straps on the top and back are acceptable for activities not requiring closed toed shoes.
- Sunscreen, please apply at home, we will remind campers to reapply during the day.
- Bug spray, the site will be sprayed for mosquitoes, extra protection is important.
- Hat
- Sunglasses

WHAT TO BRING:

- ☐ Water bottle
- ☐ Swimsuit and towel
- ☐ Rain jacket or poncho
- ☐ A healthy, well balanced lunch. *Lunches will not be refrigerated, so please do not send perishable items. For the safety of other children at camp we encourage you to not send any items that contain peanuts.*

WHAT TO PUT IT ALL IN:

- ☐ A backpack is recommended, since your child will be carrying all belongings including their lunch and snacks from activity to activity.

WHAT NOT TO BRING:

Please do not allow your child to bring any electronics, including but not limited to: cell phones, iPods, video games, radios, or computers. If these items are brought they will be held by the Camp Director.

Please do not bring valuables, personal sports equipment, knives of any kind, guns, fireworks, alcohol, tobacco products or illegal drugs. If it comes to the attention of the staff that a camper is in possession of any of these items, the camper may be asked to unpack their bags in front of a director. *Being in possession of any of these items can result in the immediate removal of your child from camp.*

Cell phones - while we understand a parent's concern about the safety and well-being of their children, please do not allow your child to bring their cell phone to camp. Rest assured, if your child needs to talk to you during the day, we will get them to a phone and they will call you. Any cell phones brought to camp will be held by the Camp Director for the week and returned to the camper on Friday. Thank you for your understanding.

SPECIALTY CAMP EXTRAS

Some specialty camps require equipment in addition to the suggested packing list. If you do not see the camp your camper is signed up for below, then no additional packing recommendations have been made for your camper.

Horse Whisperer Camp: *Campers must bring and wear long pants or jeans and hard-soled closed-toe shoes with a heel while riding.* For safety reasons, boots are preferred. This should be a boot that would protect the foot if stepped on by a 1,000 lb. horse. (No Crocs, Clogs or sandals.) Participants may also bring their own helmet if it is ASTM or SEI approved. Campers will be able to change into shorts when not at the barn.

Family Night Riding Exhibit! Morning riders (youngest campers) will ride at 5:30pm, afternoon riders (older campers) will ride at 6:15pm.

Gilmore Piano Camp: Please contact the Gilmore office prior to coming to camp about any needed music, equipment or requirements. An audition is required prior to enrolling. The Gilmore contact information is (269) 342-1166 or visit www.thegilmore.com. Please complete the Gilmore Piano Camp Questionnaire at this [link](#). **Look for a special Recital during the week. More information will be sent home! Day Campers Friday recital will begin at 1pm.**

Behavior Response Policy

Upon arrival, each Camper is placed in a cabin group and will be given the task of helping develop their living community. Sherman Lake YMCA Camp works hard to create an environment for everyone to succeed within the boundaries of safety and our four principles of Honesty, Caring, Respect and Responsibility. When that set boundary is broken, it is essential to provide some form of understanding and consequence. Our counselors follow these procedures:

1. Planning and Preventative
 - Counselor establishes clear boundaries and works with campers to establish behavior expectations through the community commitment.
 - Campers agree to boundaries and are aware of positive behavior expectations.
 - Counselors and staff continually communicate and encourage camper behavior within boundaries. The focus will be on positive behavior of the group.
2. When issues arrive: questioning and refocus (What is the campers reality?).
 - Counselor looks at his/her behavior first, or behavior of those involved.
 - Were the boundaries clear? How did the actions relate to HCRR? Did my actions escalate or encourage negative response?
 - Camper looks at his/her behavior.
 - Can the campers identify boundaries in their own words? Can they understand how others were affected by their actions?
3. Action: Undesired behaviors.
 - If there is an issue that cannot be resolved by the camper or the counselor, appropriate action is taken. Safety of all campers and staff is central to the HCRR philosophy. Sherman Lake YMCA will work within a restorative practices framework when resolving conflicts. The actions involved will include:
 - Verbal warning and positive redirection
 - Parents will be notified by the camp director and the camper will be given last warning
 - If the issue is so serious that it cannot be resolved to ensure the safety of the campers and staff, the camper will be removed from camp (*Parent/Guardian is responsible for picking the camper up. There will be no refund for a camper who leaves camp due to a behavior issue.*)

Bullying Policy:

When a camper chooses to threaten, intimidate, ostracize, or ridicule another camper, they will be warned 1 time and a camp director will talk with the parents, the camper will also talk to the parents. If bullying behavior continues the camper may be removed from camp.

Any act of violence or aggression that jeopardizes the safety of the camp or any participants or staff may result in immediate dismissal.

Any questions or concerns about your child's behavior at camp should be directed to: Karen Christopherson, Summer Camp Director.

Birthdays at Camp

Many of our campers will celebrate their birthdays while at Camp. On a camper's birthday we will celebrate with them! They will be recognized at Flag Pole with a Sherman Laker Birthday song! A birthday reminder to staff on opening day, is greatly appreciated.

Camp Store

The Camp Store will be open during Family Night to purchase shirts, sweatshirts, water bottles, stuffed animals, sunglasses, and more. A variety of fun camp souvenirs and camp swag

will be available for sale. Prices range from \$1 to \$44.

Camper & Staff Communication Policy

We strive for effective, positive, and open communication with our campers and parents. As such, we have policies that protect your child and our counselor's safety. While the internet is an amazing and convenient communication tool, we recognize the inherent dangers involved with children and the internet. We have instructed our counselors not to share their email address with campers. If your camper would like to email their counselor, we ask that this be done in an open forum – through our logistics@ymcasl.org address. Campers or parents are welcome to contact a counselor by sending an email to this address. We will forward the message on to the counselor, who will respond from that same email address.

The best way to reach a counselor after camp has ended is still the old-fashioned way: The US Postal Service! Send letters to the Sherman Lake YMCA Camp mailing address (see above) c/o your counselor. The Director of Camping will forward the letter to the counselor and ask the counselor to forward any communication back to the camper through our office. This is to ensure the safety and privacy of our campers and staff. Our staff is trained that we have a "no-outside contact" policy for staff and campers. This is to ensure the safety of the campers away from Sherman Lake YMCA programs, as well as keep a safe environment for the staff. If you are aware of a violation of this no-outside contact policy, please notify the Summer Camp Director, Karen Christopherson (karenc@ymcasl.org).

Facebook: We have instructed our counselors not to be Instagram, Facebook or any social network "friends" with either campers or parents of campers. In the spirit of healthy and open communication, we thank you for your understanding and cooperation. We do, however, invite you to **become a Fan of Sherman Lake YMCA Outdoor Center's Facebook Page and Instagram.**

PHOTO GALLERY

We try our best to post photos of campers in a timely manner, but our first priority is for the campers to have a safe and fun time at camp. We will post pictures as often as we can. You can access our Photo Gallery by visiting <https://shermanlakeymca.smugmug.com/2019-Summer-Camp> and clicking on the session in which your camper is enrolled.

FAMILY NIGHT

WHO: Families! Please have ID with you to sign out your camper!

We believe in a broad definition of family because in a short amount of time, you have become a part of our Sherman Lake YMCA Family. We want to meet every member so please don't hesitate to **bring any person** who you consider part of your family. (*Sorry, but pets are not allowed on the property.*)

You will be asked in the morning, at drop off, if you and your camper is planning on attending as this helps us prepare the transportation needs for the afternoon.

WHAT: Family Night Awesomeness!

Family Night is an opportunity for your camper(s) to become the counselor as they show your family around camp! Almost all of our camp activities will be open for the entire family, so be sure to bring your [swim suits](#) and [closed-toed shoes](#) (no Crocs or sandals) for climbing! We have lots of space for you to relax, enjoy and experience a piece of camp. The campers will arrive as a group and have a seat on the Performance Shell. A brief opening of songs and skits will kick-off Family Night. After the opening Family Night ceremony the campers will be released to you and you will be able to enjoy the camp activities.

The Gull Lake Community Volunteers are on camp to provide a variety of food items such as brats, hot dogs, chips, and snow cones for sale. Items range in price from about \$0.25-\$2.50 per item. You may also bring a picnic dinner.

WHEN: Thursday evening from 5-7pm!

Families are encouraged to be at camp and seated at the Performance Shell by 4:55pm in order to watch your child(ren) participate in the Family Night Opening Ceremony. ***Please have ID with you to sign out your camper!***

At 6:55 pm the activity areas will close and camp will close at 7:00 pm.

WHERE: Sherman Lake YMCA Performance Shell!

Please park in the parking lots past the flag pole area (several signs will be posted), sign out your child at the camp check-out table and then have a seat at the Performance Shell. ***We require picture ID in order to sign out your campers!***

If you are planning on attending Family Night, please let your Transportation Site Coordinator know on the Thursday morning of the camp session. If you change your mind during the day please call the camp office before 3:00pm. If you have questions, please talk with the camp staff at the transportation sites or call the camp staff directly at (269)-731-3000.

Group Assignments & Age Groups

The great majority of our campers come here eager to make new friends. In some circumstances, we accommodate requests to place campers together in the same group. Please indicate any cabin mate requests on the Group Requests form that can be found in your [CampInTouch](#) 'Forms and Documents' area. *We will do our best to honor mutual group requests. Requests must be for the same age group, if there is a request for 2 campers of different ages to be together they will be placed in the younger campers age group.* Please also note that Day Campers are divided into three age groups, Trekkers (grades 1st - 3rd) Explorers (grades 4th - 5th) and Voyagers (grades 6th+).

LOST & FOUND

Regardless of how careful we are, it is inevitable that some items will be misplaced throughout the week. Properly labeled or marked items are always easier to get back to their owners, so be sure to put your child's name on everything you possibly can. Lost & Found will be displayed at the end of each day of Day Camp as well on Thursday's Family Night; unclaimed items will be kept by the camp for **two weeks**. If not claimed, items will be donated to local charities.

THEME DAYS

We have Theme Days every day of the week. Some of them give campers the option to dress up according to the theme day or to bring an item from home. Theme information will be available at the transportation sites during the week you are at camp.

Monday: Camp Pride (If you have a SLYMCA shirt, wear it! If not, you will soon!)

Tuesday: T-Day (Tall-sock, t-shirt, tiara, tu-tu, tie...anything that starts with 'T')

Wednesday: Dress Up Your Counselor (Bring one crazy item to help dress your counselor for this fun competition.)

Thursday: *Changes every week, look for information at your transportation site*

Friday: THE BIG THEME DAY (Come to camp dressed for whatever the theme of the week is. The morning will be devoted to that theme.)

THEME WEEKS

Session 1: June 24-28	Around the World Week
Session 2: July 1 - 3	Pirate Week
Session 3: July 8-12	Disney
Session 4: July 15-19	Super Hero
Session 5: July 22-26	Happy Holidays
Session 6: July 29-Aug 2	Wild, Wild West
Session 7: August 5-9	Olympics
Session 8: August 12-16	Carnival!

Homesickness and Anxiety

Anxiety about coming to camp is normal. The best thing you can do to set your child up for success at camp is to talk with them about the experience beforehand. Our staff is trained to support homesick campers, and rest assured that a Director will call you if we need your assistance or input as a parent.

If you are concerned about homesickness being an issue with your camper, go to: <https://www.acacamps.org/campers-families/planning-camp/preparing-camp/coping-homesickness>, and take advantage of this helpful information from the American Camp Association. This is an incredible and free resource.

Medical - Health & Medication **General Health Information**

Staff is trained in First Aid and CPR. All campers have a routine health check on opening day. Campers with temperatures of 100 degrees or above or who vomit at camp will be sent home. Throughout the campers' stay, counselors and other staff watch for signs of fatigue, dehydration, improper eating, etc. that may indicate illness. If a counselor or camper expresses a health concern, they are seen by a camp Health Officer. The health staff and Directors will contact parents or emergency services when necessary. Parents will be notified immediately if a child has a fever in excess of 100 degrees, has been vomiting, or has evidence of lice. The parent will be asked to pick up the child immediately in any of these instances. Should a child have a communicable disease, they will be taken to the health center and isolated from other campers until the parent picks up the child. In the case of a camper having a communicable disease, parents of all campers from that cabin group will be notified. Please notify us if a communicable disease occurs shortly after returning home from camp. In the event of an injury that requires medical attention, the parent will be notified immediately. Arrangements will be made to meet the parent at the hospital, or for the parent to pick up the child, depending upon the severity. Please be assured that we will always contact parents when there is concern about a person's health and/or when a situation is not progressing as expected.

If your child is not feeling well on the first day of camp, please keep them home an extra day and bring them to camp when they no longer exhibit signs of illness. Campers should be fever free without the aid of medication for at least 24 hours and should not have vomited within 24 hours of arriving at camp. For any questions, please call the Director of Camping to institute a plan to safeguard the health of all campers and staff.

Medical - Camper Health Forms

Campers will not be allowed to participate in any camp program unless a completed and signed Health Form is on file. This is to ensure the safety and well-being of your child at camp. The American Camping Association (ACA) recommends that all health forms be updated on a yearly basis. [Click here to access your CampInTouch account.](#)

- When registering through your [CampInTouch](#) account, it is necessary to complete the online **Camper Health History** and camper immunization form at least one month prior to your child's camp session.
- If the health form is not received before check-in, your child will not be able to attend camp until it is completed through your [CampInTouch](#) account. Please check your [CampInTouch Forms](#) page prior to coming to camp to complete any missing forms.
- We must have the date of the campers last tetanus shot.
- It is imperative to provide at least 2 emergency telephone numbers. If you are out of town during the camp week, be sure to notify us of this at check-in. Be sure to sign the authorization for emergency treatment.
- Sherman Lake YMCA Camp does not carry insurance on campers, you must accept responsibility for medical/surgical treatment charges which may be incurred on your child's behalf and provide us with your insurance information.

Medication

- You do not need to bring over-the-counter medications such as acetaminophen and ibuprofen; camp has a supply of these. If you indicate on the health form and give permission to administer over-the-counter medication for aches and pains, our Camp Health Officers can do so if needed.
- All medications including vitamins, inhalers, and non-prescription medications must be checked in with the Transportation Site Director where you are dropping your child off on Monday. ALL Medication need to be in their original containers please.
- All medications must be in their original pharmacy containers. Containers will be returned at check-out.
- Please label medications with child's name, name of medication, dosage, and time to dispense (breakfast, lunch, dinner, bedtime, or as needed).
- The American Academy of Pediatrics recommends that "Elective interruption of medications (drug holiday) should be avoided by campers on long-term psychotropic therapy or those on maintenance therapy required for a chronic medical condition" (*Pediatrics. 2011; 127(4): 795*)

Mosquito Shield – Partner



Camp is taking an aggressive approach this summer towards the eradication and control of mosquitoes and ticks on our camp grounds. Beginning long before the summer camp season begins we will be spraying and partnering with Mosquito Shield. The spraying is a safe and effective means of controlling the mosquito and tick population. Mosquito Shield uses a blend of natural oils so the product is environmentally responsible as well as kid friendly. We will spray at times when children are not present at the areas being treated. Once the technician is done spraying the area it can be used immediately.

WATERFRONT

Every camper will be tested and marked with their swimming ability on the opening day of camp. Campers will be assigned to the appropriate swimming area to ensure their safety. We call this our Swim Quest. They may ask to be retested on a subsequent day if they feel they can do better. Tell them to talk with their counselor about this.

Swim Quest Level Based on the Following:

- Jump in the water and submerge face, submerge head
- Swim, Float, Swim - 2 widths of swim area, swim, roll to back and float 10 seconds, roll to front
- Jump, Push, Turn, Grab (jump into chest deep water, push off bottom, return & grab dock)
- Treading water for 1 - 2 minutes

All campers will:

- Use personal flotation devices (PFD'S) at all time when in boats, or on the deep-water play equipment.
- Have a buddy and use the buddy board when engaged in any waterfront activity.
- Obey all rules for swimming and boating areas and respect the lifeguards.

Family Night: On Family Night, campers who are attending that week can swim in the section they have tested in. All other children (under the age of 18) must wear a lifejacket in the deep end. We request that parents remain at the waterfront with their children while they are swimming. To use the deep end children will need to meet the height requirement. Thank you for helping us keep everyone safe.

Payments/Refunds/Cancellations

Refund requests must be made in writing and received no later than 2 weeks before the start of a camp session. This will ensure that you will receive a refund on your camp fees, minus the \$50.00 non-refundable deposit.

You may pay your balance online through your [CampInTouch account](#), or mail a check to: Sherman Lake YMCA Camp, 6225 N. 39th St, Augusta, MI 49012. Note: Balances not paid prior to the start of the camp session may result in the loss of your spot in that camp. All cancellations made less than two weeks prior to the start of a camp session are non-refundable.

There is no camper fee refund for any child who leaves camp because of illness, homesickness, or disciplinary reasons.

Mission, Goals & Philosophy

Sherman Lake YMCA puts Honesty, Caring, Respect and Responsibility into programs that build a healthy spirit, mind and body for all.

Day Camp Goals & Outcomes

The tradition of camping is at the heart of our summer camping program. It is a summer of growth and an experience that lasts a lifetime! Each camper is offered individual opportunities to challenge themselves. There is something new and different every year they return.

Program Philosophy

At Sherman Lake YMCA Camps, campers experience the power of living HCRR (Hick-er). The Y's four core values – Honesty, Caring, Respect, Responsibility – are emphasized in each camp program. Additional focus is on social emotional learning skills such as building healthy relationships, empathy, emotion management, responsibility and personal development. Through discovery of the great outdoors, skill development and guidance in the importance of building healthy relationships, campers leave with a renewed sense of achievement, belonging, confidence and courage to try new things.

Safety

Safety is our #1 priority. Camp staff is carefully screened during a character-based hiring process and are selected for their skills and concern for the well-being of children. Professional program staff work directly with counselors to provide guidance and support. All staff are certified in first aid and CPR and have been screened through the highest standards of child safety practices, including background checks. The Sherman Lake YMCA is accredited by the American Camp Association.

We hire Counselors who:

- demonstrate honesty, caring, respect and responsibility in their words and actions.
- help your child develop new friendships.
- help your child learn a new skill.
- help your child interact with kids who are different than themselves.
- help your child build their self-esteem and confidence.
- help your child build independence.
- give your child an opportunity to practice their decision making skills



The Sherman Lake YMCA Outdoor Center is an inclusive organization that welcomes all persons regardless of race, color, national origin, sex, religion or disability.

QUESTIONS

We welcome any questions or concerns you have before, during, or after your child's camp session. We are here to partner with parents to provide the best possible experience for your child. Please do not hesitate to call us; we appreciate your active involvement!

Day Camp:

Karen Christopherson, Summer Camp Director - karenc@ymcasl.org (269) 731-3041

Heather Sticka, Assistant Summer Camp Director - heathers@ymcasl.org (269)-731-3037

Caroline Bissonnette, Seasonal Day Camp Director - 269-731-3030

For Registration inquiries - Registrar Registrar@ymcasl.org (269) 731-3000

For General questions - Camp Administrative Assistant logistics@ymcasl.org (269) 731-3030