

**CAMP  
KINGFISHER  
LIT MANUAL  
SUMMER 2026**

**Name:**

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# **CAMP K MISSION**

Mission: To connect kids with nature  
and each other

**C**onnecting **A**wesome **M**ini **P**eople

## **LEADERSHIP TEAM:**

### **ADMIN**

Camp Director: Debby Head

Camp Assistant Director: Morgan Gage-  
Cole

Camp Registrar: Sarah Martin

### **LIT COORDINATOR**

Emma Hechavarria

### **CNC LEADERSHIP**

CNC President: Natasha Rice

Senior Director of Camp: Tamara Kinmon

# DRESS-UP DAYS

**We bring in the weekend by dressing up on Fridays.  
Participation is optional and at your comfort level.  
Please ensure outfits are weather appropriate and  
can get dirty.**

**Fri, May 29 (Wk 1): Animal Day**

**Fri, June 5 (Wk 2): Tie-Dye Day**

**Fri, June 12 Wk 3): Backwards Day**

**Fri, June 19 (Wk 4): Pajama Day**

**Fri, June 26 (Wk 5): 626 Day (Character Day)**

**Thurs, July 2 (Wk 6): Beach Day**

**Fri, July 10 (Wk 7): Crazy from Head to Toe**

**Fri, July 17 (Wk 8): Favorite Team Day**

**Fri, July 24 (Wk 9): Camouflage Day**

**Thurs, July 30 (Wk10): Color Day**

# CAMP KINGFISHER 101

**Camp Kingfisher at The  
Chattahoochee Nature Center sits on  
127 acres. We see kids from 4 years  
old through high school.**

## **Age Groups**

Owlets: half day 4 year old program

Eastern Screech Owls (ESO) : Rising K /1st

Barn Owls (BNO) : Rising 2nd/3rd

Barred Owls (BDO) : Rising 4th/5th

Great Horned Owls (GHO) : Rising 6th/7th

Travel Program: Rising 8th and 9th

## **Canoe Ponds**

Beaver: ESO/BNO

Heron: BDO/GHO

## **Trails**

Stone Cabin Trail

Beaver Pond Trail

Kingfisher Pond Trail

Homestead Trail

Forest Trail

Boardwalk Trail

# CNC DRESS CODE FOR CAMP KINGFISHER LITS

## **AT CAMP LITs MUST WEAR**

Mondays:

2026 Camp K shirt with khaki colored bottoms

Tuesday—Thursday:

Your choice of clothing but bottoms must be visible under shirt.

Fridays:

Participate in dress up days!

Footwear:

Close toed shoes must be worn at all times unless you are at the ponds.

When down at the ponds, water shoes or Chaco/Teva style sandals are permitted.

## **TOPS:**

T-shirts are ideal. Please no tank tops, or crop tops. Shirts with large, logo-type advertisements are not permitted.

All shirts must fit properly, midriff should not be revealed, even when arms are raised

All shirts must be clean and free of holes, tears, or fraying.

No shirts should contain profane, vulgar, or objectionable pictures or language.

Halter tops, swimsuit tops, tube tops, midriff tops, strapless tops, spaghetti-strap tops, and see-through tops, are not permitted unless there is something underneath.

**SWIMMING ATTIRE:**

All Staff and LITs are required to wear one-piece or trunk style bathing suits while at camp.

# WHAT IS EXPECTED OF YOU AS AN LIT?

**You will need to be here by 8:30am every day ready to start your day!**

**What should you bring every day?**

- Please wear your camp shirt on Mondays - you will be given these at orientation.
- Shorts need to be an appropriate length – we have to be able to see your shorts under your shirt.
- Bring a water bottle, lunch and snacks every day.
- Swimsuit (one piece or trunks) and towel.
- Closed toe shoes. You can wear Chaco's (or something similar) while you are on the pond, but you must change into closed toe shoes after.
- Rain gear: camp happens even if it's raining!
- It is ALWAYS a good idea to bring a change of clothes. We have extra t-shirts **but no extra bottoms.**

**LIT Home Base:** The LIT homebase will be the Library, you will share this with the Owlets. This is where you go in the morning to sign in and drop off your stuff for the day. Owlets will occupy the space from 9 until 12:30 so bring everything you may need with you to the pond in the mornings. There will be dedicated shelf space for your bags and such. LITs have free reign of the space in the afternoons.

**Sign in every morning in the binder:** You will need to sign in and out every day in the Library. If you do not sign in, we will not be able to verify your hours. You will not get counted for more than 8 hours a day unless it is

approved by Morgan.

**Cell phones:** Cell phones will be taken up each morning and returned at the end of every day. We have a LOVELY cell phone box that will be down in the Library and an LIT or one of the LIT coordinators will in charge of collecting cell phones and bringing them up to Morgan's office. If you have a circumstance where you feel like you need to keep your cell phone on you, talk with Morgan about it.

**Help unload boats:** After you sign in, head down with your group to help upload boats. Kingfisher, Beaver, and Heron pond all need to be set up. You need to get the keys from an LIT coordinator or Morgan to do this. All boats need to be down by 9am.

**Be down at pond ON TIME:** Your LIT counselors and the campers are depending on you! You are not expected to set up the ponds alone. Make sure there is someone to help you! You can always find the coordinators or Morgan if you need help.

**Always follow the instructions that you are given:** We tell you about things for a reason! You are here to grow as leaders and young adults. That all starts with being able to follow and complete instructions.

**When you're with your groups:** The time you get with your groups can be the most fun you have at camp! In the past, LITs have asked for as much time as they can get with the campers. This is the time to really step up and help. We always hear from counselors when LITs are really going above and beyond. It makes a difference, trust me.

**What you can do:**

- Offer to lead a hike.
- Help the counselors keep the kids focused.
- Be excited and enthusiastic. If you're just standing there staring at the ground, the campers will notice. Kids read energy and body language more than

words.

- Please do not sit on the benches when you are in the gym. You should be down on the floor with the campers playing and engaging with them.
- Morgan and the LIT coordinators will be conducting observations and evaluations throughout the summer. We always hope to see you interacting and playing with the campers.

**Things you cannot do:**

- Pick campers off the ground
- Be alone with campers
- Discipline the campers—more specifics to come on this

**If you can't make it one day:** Things happen, we totally get it! If you see that you won't be able to make it in, please call or text Morgan. (phone number on front cover!). There will also be some form of groupchat with your coordinator so you can utilize that as well.

**If I need to contact you!** Email is the fastest for me. So please keep an eye out for emails from me. This is how I will communicate changes at camp. If there is an emergency, or a change over the weekend, I will contact you. You will likely also receive information from the coordinators through whatever platform they decide to use.

# SCHEDULES

## **Camper Groups:**

Your LIT coordinators will decide what groups you will be assigned to.

You will spend most afternoons with your groups.

You will be given a copy of your group's schedule for the week.

## **Pond**

Head down to ponds as soon as more than one LIT arrive to unload canoes.

If everyone lends a hand we can get this done so quickly!

You should never have to set up a pond alone.

## **Bug Juice:**

Your LIT coordinators and any 3rd years will group you up to be on bug juice duty.

Note: We will discuss Bug Juice during training!

Two water containers should be filled to the...mark

Add 2 packets of bug juice to each container and stir.

Packets can be found by (Location TBD)

## **Bathroom/Lost and Found**

Your LIT coordinators and any 3rd years will group two LITs to be on bathroom and lost and found duty.

**Bathroom duty:** This will look different this year. We **may** need you to act as a guide, waling campers from their home bases to the bathrooms. More details to come in training.

**Lost and Found:** two LITs will leave their groups at 3pm on Fridays to collect lost and found by the pool, gym, and camp office. A table must be set up and the Lost and found items arranged so they can be clearly seen at carpool.

# HOW CAN YOU HELP YOUR COUNSELOR

- Help campers stay together and in line when walking to and from destinations.
- A counselor should be leading the group to their next destination and the other counselor should be the caboose...you can be in the middle!
- Help keep count of campers. Count before you leave, when you get there, and everywhere in between.
- Make sure everyone has their water bottles and that they are full.
- Ask to lead a portion of a hike.
- Interact and partake in activities with the campers. Play the games with them. If you're involved and having fun, they will want to as well!
- Help pass out lunch boxes and snacks.
- Communicate with them! Let them know what period you'll be joining them and if you have to leave for any reason.
- Swim! Some counselors have to stay out of the pool so having you swimming with the kids would be a big help. And it gives you a chance to cool off!
- Campers getting bored? Lead a song! "THIS IS A REPEAT AFTER ME SONG!" Play duck-duck-goose (for ESO). Captain's coming.
- Ask! Ask not what your counselor can do for you, but what you can do for your counselor! Ask them how you can help best.
- Be confident!! Campers and counselors LOVE their LITs, don't forget this!

# WHAT KIND OF GAMES CAN YOU LEAD?

## **Turtle Soccer**

Campers stand in a circle with their feet shoulder width apart and touching their neighbors'. A ball is rolled into the circle and campers try to get other campers "out" by knocking the ball between legs. If it goes in between two people both are out. If it makes contact above the waist, whoever hit it is out. Generally there will be more than one winner because it gets hard to play with two tiny humans.

## **Ninja Llama**

Camp-safe version of werewolf or Mafia. One camper is chosen as the ninja llama, another as the mama llama, another as Detective Llama.

## **Park Ranger**

Camp K classic! Sharks and Minnows except campers choose a specific animal to be and run across based on various prompts from the Park Rangers.

## **Secret Rule Games:**

**Right bank, left bank:** Campers sit in circle and say: "I'm going to the right bank of \_\_\_(place) and I'm bringing \_\_\_with me (a thing)." Secret rule: if they say they are going to the right bank of somewhere, they have to bring something that the person to their right has on/with them. Ex: "I'm going to the right bank of Egypt and I'm bringing tennis shoes with me."

**Green Glass Door:** You present campers with the idea of the Green Glass Door leading into the Green Glass Room. They pitch ideas of what sorts of items they may be able to bring in the room. Secret Rule: Each item must have a double letter in it. Ex: "I can bring a puppy, but not a dog"

## **Guessing/ trivia games:**

**Bird of Prey trivia:** divide group into two teams and come up with random facts about birds of prey. Have campers “ring in” with a funny noise to answer the question.

**Biofact trivia:** grab a bunch of different biofacts from the program room and have teams of campers guess what kind of animal each biofact came from. For older campers you can make it harder, and be the first one to come up with a predator for the animal that biofact came from, or the eco region that biofact came from.

Feel free to ask counselors what kinds of games they like, or other LITs. We want you to feel comfortable doing this!

# PROGRAM GUIDELINES AND POLICIES

**TIME:** All LITs are expected to be at camp and ready to go by 8:30 AM and will finish their day at 4:00PM for the duration of their session. Hours accounted for before or after these times must be approved through the Camp Assistant Director. Late arrivals, early departures, and absences must be approved in advance by the LIT Coordinator and the Camp Assistant Director.

**SIGN-IN:** All LITs must sign in at the beginning of each day, and sign out at the end of each day. This is for the purpose of tracking volunteer hours. If LIT's choose not to sign in, their hours will not be counted.

**BEHAVIOR:** LITs are representatives of Camp Kingfisher and the Chattahoochee Nature Center. When participating in camp, LIT's are expected to behave in an acceptable manner. Unacceptable behavior includes, but is not limited to: being disrespectful to your peers, staff, or campers, inappropriate language, excessive rowdiness, laziness, and lack of interest in work. **Please remember that you are around campers most of the day. Frustrations can arise, and that is ok. If you need to discuss an issue please see your LIT coordinator or Morgan.**

**CELL PHONES:** Cell phones are not allowed during the entire day of camp. All cell phones will be turned in at the beginning of the day and returned at the end of the day. **If you believe a cell phone is necessary one day for emergencies, please talk to Morgan.**

**BULLYING:** CNC and Camp Kingfisher **do not tolerate** bullying of any kind. This includes bullying of campers, staff, or fellow LITs. If any issues arise, an LIT could be dismissed immediately from the program.

**BEHAVIOR PROBATION:** An LIT may be placed on probation if behavior becomes inappropriate in any way. This includes, but is not limited to bullying, profanity, or any repeated violations of the policies outlined above. An LIT will be given two warnings if behavior becomes a problem. After those two warnings an LIT may be placed on probation. Any additional violation of our policies will result in immediate dismissal from the program.

# ANIMAL HANDLING GUIDELINES

*Note: This is only relevant to specific LITs Morgan has spoken to about animals*

## **Handling overview:**

All CNC personnel who handle animals must have a current tetanus shot or titer level on file with the Wildlife Department.

Documentation from a doctor or health clinic is required. Tetanus shots are valid for ten years.

Handlers are in a unique position to see these animals up close in a way few other people will ever be able to experience. Refrain from taking photos, videos, or other media in areas that are not open to public view. These behind the scenes areas are the animals' safe spaces and we do not want them to feel invaded and create additional stress. This includes platforms such as Instagram, Snapchat, Facebook, and all other media sharing sites.

Program animals must be treated with respect at all times. These animals are not pets and should never be referred to or treated as such in front of the public. While some of them

have names, they are never to be called by name on the radio or in front of the public . If you notice signs of distress, injury, or illness, return the animal to its enclosure and contact Wildlife Department staff immediately. This includes bites, unusual behavior, appearance, odor, etc

**Retrieving an animal from its enclosure:**

Remove any long earrings, bracelets, and/or necklaces in which the animal might get tangled.

Thoroughly wash your hands before and after handling any animal

Always latch/secure the enclosure whether the animal is in the enclosure or not

Be sure to follow whiteboard procedures as you learned it during training

# FAVORITE CAMP SONGS

## **Princess Pat!**

*(This is a say what I say  
and do what I do song)*

*The princess Pat  
lived in a tree  
She sailed across  
the seven seas  
She sailed across  
the channel too  
And she took with her  
a rig of bamboo*

## **Chorus:**

*A rig of bamboo?  
Now what is that  
It's something made  
by the princess pat  
It's red and gold  
and purple too  
That's why it's called  
a rig of bamboo*

*Now the captain jack  
had a mighty fine crew  
He sailed across  
the channel too  
But his ship sank  
and so will you  
If you don't take  
a rig of bamboo*

*(Repeat chorus)*

## **Boom Chicka Boom**

*Call & (response)*

*I said a boom chicka boom*

*(I said a boom chicka boom)*

*I said a boom chicka boom*

*(I said a boom chicka boom)*

*I said a booma chicka rocka chicka rocka chicka boom*

*(I said a boom chicka rocka chicka rocka chicka boom)*

*Uh Huh*

*(Uh Huh)*

*Oh Yea*

*(Oh Yea)*

*One More Time*

*(One More Time)*

*Cleaning style*

*Cleaning style*

*I said a broom chicka broom*

*(I said a broom chicka broom)*

*I said a broom chicka broom*

*(I said a broom chicka broom)*

*I said a broom chicka moppa chicka moppa chicka broom*

*(I said a brooma chicka moppa chicka moppa chicka broom)*

*Uh Huh*

*(Uh Huh)*

*Oh Yea*

*(Oh Yea)*

*One More Time*

*(One More Time)*

*Style Variations: Under Water, Hillbilly, grandpa, rock star, rap...  
use your creativity!*

## **Mother Gooniebird**

Mother gooniebird had seven chicks  
And seven chicks had mother gooniebird  
And they couldn't fly (respond: NO!)  
And they couldn't swim (NO!)  
All they could was go like this  
Right wing (flap right arm)

**Chorus (add another each time through)**

Left wing

Right foot

Left foot

Bob your head

Turn around

Sit down!

## **Hey Burrito**

(Repeat after me)

Hey Burrito

Hey Hey Hey burrito

Mmm yea burrito yea

(rubbing tummy with hand in air & switch)

Taco bell taco bell

(right and left hands up)

Guacamole cinnamon twist

(hands rolling and leaning over)

Again – SUPER QUIET

And again – SUPER LOUD

## **Herman the Worm**

*I was sittin' on my front porch chewin' my bubble gum*

*(smack, smack, smack, smack)*

*Playin' with my yo-yo (doo-wop, doo-wop)*

*When along came Herman The Worm*

*And he was THIS big. (start small)*

*And I said, "Herman, what's up with you man!?"*

*And he said, "duh, I ate my brother."*

*I was sittin' on my front porch chewin' my bubble gum*

*(smack, smack, smack, smack)*

*Playin' with my yo-yo (doo-wop, doo-wop)*

*When along came Herman The Worm*

*And he was THIS big. (little bigger motion)*

*And I said, "Herman, what's up*

*with you man!?"*

*And he said, "duh, I ate my sister."*

*(Motions get bigger until last line .)*

*.....And he said, "duh, I ate my mother."*

*.....And he said, "duh, I ate my father."*

*.....And he said, "duh, I burped."*

In this program, you will work on improving your leadership skills as well as working with children to teach them how to canoe, how to build relationships, and how to have a great time at camp. We want you to create some goals that you can hold yourself accountable for in order to get the most out of your month at Camp Kingfisher. Be sure to make your goals into SMART Goals (Specific, Measurable, Attainable, Relevant, Timely).

Think of 4 weekly goals you want to attain this session (1 per week)

1.

2.

3.

4.

What are some ways you can achieve these goals?

Think of a session-long goal:

What are some ways you can achieve this goal?

How can Camp Kingfisher staff help support and push you to achieve your goals?