

A child wearing a red shirt and a yellow helmet is climbing a wooden structure. The child is looking up and to the side. The background is a blurred outdoor setting with green grass and a wooden post.

CAMP FLASTACOWO

EST. 1995

FLORIDA STATE UNIVERSITY
CAMPUS RECREATION

PARENT GUIDE

CAMP INFO

SESSION DATES

Camp Flastacowo will be offering 8 **ONE-WEEK** sessions every summer.

Check the website for specific dates and more information.

CAMP SCHEDULE

7:30-8:30	Drop off
8:30-9:00	Morning kick off
9:00-10:00	First Rotation
10:00-11:00	Second Rotation
11:00-12:00	Third Rotation
12:00-12:30	Lunch
12:30-1:30	Fourth Rotation
1:30-2:30	Fifth Rotation
2:30-3:30	Sixth Rotation
3:30-4:00	Clean-up
4:00-6:00	Free Swim & Pick-up

CONTACT US

ADDRESS:

FSU Reservation
c/o Camp Flastacowo
3226 Flastacowo Rd
Tallahassee, FL 32310

PHONE:

850-644-6892

FAX:

850-644-9852

EMAIL:

rezoffice@fsu.edu

WEBSITE

campusrec.fsu.edu/outdoors/camp-flastacowo

WELCOME FROM THE DIRECTOR

Welcome to another summer of Camp Flastacowo! The staff and I are so excited to be hosting yet another year of camp at the beautiful FSU Reservation.

At Camp Flastacowo, we have established a quality program which allows campers to grow individually and become personally invested in nature-based activities. As the new Camp Director I look forward to working with our camp community to continue the tradition of providing a safe and rewarding experience for all campers while instilling a love for the outdoors and introducing the campers to lifelong activities.

Whether you have a first time camper or a seasoned veteran of Camp Flastacowo, we hope that this summer provides fun, learning and friend-ship. We encourage you to review the Parents' Guide and contact us with any questions that you may have.

Thank you for choosing Camp Flastacowo!

Best,
Eric Rodriguez
Camp Director



PREPARING FOR CAMP

We strive to make campers feel welcome as they arrive for their first day of camp. Counselors will attempt to contact their assigned campers on the weekend preceding their camp session. The counselor will introduce him/herself and answer any last minute questions. Please let the Director know if your camper does not receive a “hello” call. It’s important!

CLOTHING

Plan on dressing your camper in comfortable play clothes. Be sure the camper is familiar with personal items and can identify them in the event of loss.

Label everything, including swim suits, towels, lunch boxes, etc. Campers need to wear closed-toed shoes that will provide some support and tread. Tennis shoes work best.

All clothing should be appropriate for outdoor play. Expect your camper to be active and come home dirty! Bring a swim suit everyday.

BACKPACKS

These are good for transporting additional items to and from camp, including arts & crafts projects.

Pack your camper’s swim suit, towel, sunscreen and a plastic bag for wet items.

Please label the book bag with your camper’s name! Alcohol, drugs, pets, and weapons are not allowed at camp.

LUNCH & SNACKS

We do not provide refrigeration or a microwave for lunches. Lunch may be brought in a number of various containers—paper bags, thermal lunch bags, or a small cooler.

ELECTRONICS

We understand that you may send your camper(s) with cell phones as a safety precaution, but please be advised that the use of cell phones or other electronic devices (MP3 players, video games, pagers, etc.) is not permitted during camp hours. If campers are found to be in violation of this rule, their electronic device(s) may be confiscated and held for parent pick-up at the end of the camp day.

CAMP DAYS

WEATHER

We continue activities rain or shine. Expect your camper to come home a little dirty, tired and ruffled after a full day of camp fun! We reserve the right to delay or cancel any activity to maintain the safety of campers for any weather emergency. Camp Flastacowo staff follows an emergency action plan in risky weather situations. The emergency contact number at the FSU Reservation is 644-6892.

CAMP FRIENDS

Camp friends are in abundance! But ultimately, camp is about making new friends and we cannot guarantee placement. We will make every effort to group the campers according to this policy.

LOST & FOUND

Campers are responsible for their belongings. Please check with the staff member at pick-up if your camper has lost something. Also, parents may check the lost & found line at drop off & pick-up. All lost & found items will be donated to local charities after one week.

DROP OFF & PICK UP

Drop off time is between 7:30am and 8:30am. The main gate will be open for camper check in during this time. Group activities begin at 8:30am so please be on time so you don't miss any of the FUN!

Pick up will be from 4:00pm-6:00pm. For your child's safety, all vehicles will be greeted by a staff member in the Gate House at the main gate. To assure the safety of our campers we will require a driver's license for identification to release your camper to individuals you have authorized on your registration form. Using a two-way radio, your arrival is announced.

Your camper will meet the authorized driver in the parking lot. If your camper needs to leave early, please sign your camper out at the Gate House and we will get them from his/her group. When you arrive to pick up your camper, he/she will be involved in an activity. Be prepared to wait 5 to 10 minutes for your camper to leave the group, gather belongings and meet you at the Parking Lot. If you know ahead of time that you will be picking up your child early, please send a note or call, and we will try our best to have your camper ready and waiting.

CAMPER NEEDS

MEDICATION

A medication form must be filled out by a parent/guardian signifying prescription, dose, time, and instructions for administration of medication, including over the counter medication. No medications will be given without this release. Only medications provided by parent or guardian will be given. Medications not picked up after 5 days will be destroyed.

ILLNESS

If your child is ill, please keep your camper home. We ask you to share our concern for the health of all the campers. We require prompt pick up in the event your camper becomes ill during the program.

SPECIAL NEEDS

Camp Flastacowo welcomes all campers, regardless of talent, ability, or previous camp experience. We want to give all campers an opportunity to succeed and welcome campers with special needs.

If your camper has specific special needs, please contact the FSU Reservation at 644-6892 so that we can determine if and how we can best accommodate your camper.

CAMP RULES

It is Camp Flastacowo's sincere hope that your camper will venture through this summer enjoying themselves to the fullest meeting new friends learning new games, and enjoying all that they do. With this in mind, the camp has established specific rules and a discipline system, which every camper is expected to follow.

Any of our counselors will be available to discuss our discipline system on a one-on-one basis.

1. Know the Camp Flastacowo rules and follow them!
2. Stay with your group at all times, unless you have permission from your counselor.
3. Respect all fellow campers, counselors and other Reservation staff.
4. Be courteous with the words you use. Inappropriate language will not be tolerated. Campers will be expected to tell their parents the word or words used.
5. Keep your hands & feet to yourself at all times. You are not allowed to touch another camper/staff member in a negative way.
6. Be respectful of others belongings. Do not take anything that is not yours.
7. Respect your environment and the Reservation facility by throwing away all trash and returning equipment to the proper place after use.
8. Sit on a chair, bench or on the ground. Do not sit on tables.
9. Do not bring toys or valuables to camp (i.e. iPods & gameboys.) We are not responsible for lost/broken items that are brought from home.
10. Phone calls are to be made only in the event of an emergency and are only to be made in the director's office. Campers are not allowed to use the phone. Please send a note if your camper needs to call home at any time during the day. (Note: NO camper cell phones.)
11. Campers may purchase snacks at the Rental Office.
12. Always follow the Golden Rule by treating others as you wish to be treated.

DISCIPLINE

At the beginning of each week, camp staff will conduct an orientation to review the camp procedures and rules. All disciplinary action will be handled in a **THREE STEP METHOD** outlined below.

With each step, a counselor will address any problems with the camper that could be causing undesirable behavior. The camper and the counselor will look for a solution to correct the problem.

STEP 1

A verbal warning will be given to the camper informing them that a rule has been broken and that they are acting inappropriately. The camper will be asked to explain the behavior and be warned not to continue.

STEP 2

If a camper's behavior remains unsatisfactory after a verbal warning, they will be sent to time out. Once in time out, a camper will sit out the activity for up to ten minutes depending on their age.

STEP 3

The final step is the discipline report. The parent will be called/notified of their camper's behavior. A discipline report will be filled out by the camper and director specifically stating what the camper did, what he/she should have done, and comments by the counselor and director. A camper can go directly to a discipline report if the behavior warrants immediate attention by the director and parents.

If a camper receives three or more discipline reports during the summer, the camper will be suspended for one day. The parent will be called and asked to pick up their camper within **ONE** hour.

Camp Flastacowo reserves the right to suspend any camper for inappropriate or unsafe behavior at any time.

PAYMENT INFO

One Camper: \$200.00 (includes tax)
Additional Camper: \$190.00 (includes tax)*

*This discount is limited to family members residing in the same household throughout the year. Must be applied to the same camp session.

Payment Method

We accept only exact cash or checks. Make checks payable to Florida State University (camper's name in memo line).

A \$100.00 deposit is required to reserve each session. There will be a \$25 administrative fee for changing camp sessions.

Camp fees are non-refundable for cancellations.

Camp balances are due the Thursday before your registered session begins.

OTHER INFO

Address:

FSU Reservation
c/o Camp Flastacowo
3226 Flastacowo Rd
Tallahassee, FL 32310

Tax Information:

For your tax records our Federal I.D. Number is 59-600-1874.

Refunds:

Full refunds will be given only for medical reasons documented by a physician. Documentation must be submitted prior to the day of our camp season.

**FIND
WHAT
MOVES
YOU.**

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