



# Parent Handbook



## The How to Guide for Overnight Campers

Camp Don Bosco  
1401 327<sup>th</sup> Ave NE  
Carnation, WA 98014

Camp Hamilton  
25405 Lake Fontal Road  
Monroe, WA 98272

425.333.6135 | [cyo@seattlearch.org](mailto:cyo@seattlearch.org)

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## Welcome to the CYO Camp Family

Thank you for choosing CYO Summer Camps for your child's summer camp experience! Our two camps span more than 700 acres of forest land in the foothills of the Cascade Mountains which provide the perfect setting for our diverse, challenging and fun programs. Campers will make lifelong friends and learn about themselves from exceptional staff. They'll acquire and strengthen new activity proficiencies as well as values based, social skills. They'll learn all about the Catholic faith while interacting and living in community with children and staff from diverse backgrounds. But most of all, they will grow and have FUN!

This handbook will help you prepare your child for camp and frequently asked questions. We encourage you to read and become familiar with our handbook. If you have any questions or concerns about the registration process, please feel free to contact our **Camp Office at 425-333-6135** between 9am – 5pm Monday through Friday.



Also, please do not hesitate to let us know how we can ensure that your child's camp experience is exceptional. Again, thank you for choosing CYO Summer Camps. Your family is in our prayers as we prepare for an amazing summer. We look forward to seeing you on check-in day.



God Bless and Peace!

Shaune Randles  
CYO Camp Director

## Get to Know Camp, Before Summer

Our Open Houses, Easter Egg Hunt, and Family Camps are the perfect ways to experience camp as a family before you send your child to Overnight Camp.

**Easter Egg Hunt: March 25th**

**Camp Tours: please call 425-333-6135 to schedule your private tour**

**Family Camps – Last weekend in June and Labor Day Weekend**

For More information about the many ways you can experience camp as a family or to arrange a private tour please call or email us at 425-333-6135 or [cyo@seattlearch.org](mailto:cyo@seattlearch.org).

## About CYO Summer Camps

### Our Mission

We challenge those who experience camp to live, learn, and grow in Catholic faith through time spent as part of our community and beyond.

We invite everyone to attend camp with the hospitality of Christ. Our camps are designed to help campers to learn more about the Catholic faith while living in community and doing fun activities. Any child whether Catholic or not will have a fun faith-filled experience.

### Our Proud Heritage

CYO in Seattle was formed in 1950 by the work of Archbishop Connolly and Gordie Hamilton. Some of the original traditions have passed down for over 65 years! The camps are a ministry of the Archdiocese of Seattle.

### Staffing

One of the most important components of a good camp experience is the staff. We are very proud of our outstanding staff that provides leadership in the cabin and program areas.

Our staff are recruited from around the country and even world! We look for adults who are excited about their faith and will be excellent role models for your child. All staff goes through an application process that includes an interview, references, and a criminal background check. Staff members attend an intensive training that covers everything from health care, child development, behavior management, Virtus Protecting God's Children and how to foster the growth of faith. An adult is always on duty with every group and continually monitors camper behavior



### Accreditation

We are proud to be accredited by the American Camp Association. Accreditation is voluntary and ACA accreditation assures families that camps have made the commitment to a safe, nurturing environment for their children.

ACA goes beyond basic requirements for health, cleanliness, and food service into specific areas of programming, including camp staff from director through counselors, emergency management plans, health care, and management. ACA applies separate standards for activities such as waterfront, horseback riding, and adventure and travel. Some Standards are:

- Staff-to-camper ratios that are appropriate for different age groups (*Our Overall staff to Camper ratio is 4:1*)



- Goals for camp activities that are developmentally based
- Emergency transportation available at all times
- First-aid facilities and trained staff available when campers are present

## More Than a Summer Camp

Not only do campers get to eat s'mores, make friends, and shoot archery, their lives are transformed through programs rooted in **CATHOLIC** tradition and personal growth. Fun hands on games and high adventure activities are used to teach **PROBLEM SOLVING**, Christian values, and **TEAMWORK**. Campers are unplugged and are taught social skills like team work, conflict resolution, and recognizing God's presence in everyone.

## Preparing for Camp

Campers are encouraged to develop a sense of responsibility while at camp. They take care of themselves and their belongings with counselor supervision. We ask that you encourage your child to help select and pack his/her items for camp. (Don't worry too much about neatness!) One of the greatest things children can learn from this camping experience is how to take care of themselves. Support your child's decision to come to camp, and allow him/her to make choices when planning for camp. Above all, concentrate on the new and positive experiences he or she will have.



## What to Wear

At camp, we follow the rule of thumb that clothing needs to be ready to play. If you can't bend over and pick up a ball or run around in a game then it shouldn't be sent to camp. We also have a waterslide at Don Bosco and have boating at Hamilton so please send swim wear that will stay in place (no bikinis for girls or speedos for boys). Please also do not send clothing with inappropriate logos such as drug, alcohol, or tobacco related references.

We urge campers to dress comfortably at camp and in the kinds of clothes they would wear for play at home. We recommend that you do not buy new clothes for Camp – instead send along old, comfortable clothing that can get dirty and/or stained and that you won't care if it is lost or damaged. Please be certain to mark your child's name clearly on all articles.

## Do Not Bring

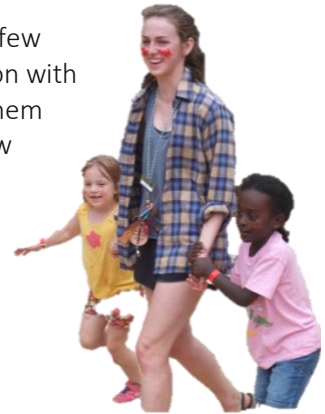
Expensive Items, electronics (including games, music players, etc), cell phones, pets, gum, matches, fireworks, weapons of any kind (knives, guns etc), Alcohol/drugs, personal sports equipment, and vehicles (campers cannot drive themselves to camp).

**Do not send or pack any food that contains any nuts including peanut butter.** Due to the number and severity of nut allergies, a staff member will monitor the care packages and snacks coming into camp and have campers turn in any nut products to be held in the office until the end of the week.

## Cell phones and other screens at CYO Summer Camp

Camp is a unique and amazing experience for your child. It's probably one of the few places on earth that they can unplug from technology and engage in God's creation with other kids. We are here to help your camper throughout the week and support them in a caring environment where they will learn social skills, communication and how to spend time away from technology.

We've also learned that while camp is perfect for kids because we play in the dirt and run through the woods... this environment is not well suited to your electronic devices. They can fall out of pockets playing Gaga, accidentally take a swim in the pool or lake and who knows what else could happen when your camper is having this much fun!



## Overnight Packing List

### CLOTHING ITEMS

- 3 pairs of long jeans or pants
- 2 pairs of shorts
- 5 T-shirts
- Rain gear
- 6 changes of underwear
- Warm jacket
- Hat
- 6 pairs of socks
- Swimsuit (No bikinis or speedos)
- 2 Sweaters or 2 warm sweatshirts
- Pajamas
- 1 pair sandals
- 1 pair tennis shoes
- 1 pair waterproof shoes or boots
- HAMILTON:** Long Sleeved Shirt and jeans for paintball
- HORSE CAMP:** Boots with a  $\frac{3}{4}$ " minimum heel (smooth sole) –Helmets are provided by CYO

### PERSONAL ITEMS

- Medications (please see above)
- Plastic garbage bag (for dirty clothes)
- Sunscreen
- Insect repellent
- Flashlight
- Warm sleeping bag
- Pillow
- Personal toiletries
- Towel
- Daypack/backpack
- 1 white cotton t-shirt for tie-dying
- Water bottle with name marked

### OPTIONAL ITEMS

- Bible
- Rosary
- Camera/film (please no smart phones)
- Stationery/postcard/stamps
- Pen/Pencil
- Musical Instrument

## Arrival and Check-in Procedures

Please use the directions to camp on our [website](#) or at the end of this hand book and not your smart phone or GPS. Unfortunately, your GPS or smart phone will lead you to more rural roads that do not lead to camp.

**Check-in:** is between 9:30 and 10:30am at Don Bosco and Hamilton it is between 10:30-11:30am on the opening day of each session. We ask that you please arrive at camp between these times as it helps both the staff and campers. If you need to drop-off your child later than the check-in time, or get lost, please call the camp number 425-333-6135 and let our office staff know. Our parking lots are not large so please carpool if possible and be patient while we direct traffic.

**Health Screening:** A screening will be completed when your camper arrives to camp. Among other things, the screening includes a head check for lice. Camp has a strict lice policy and any child having nits or eggs will not be admitted to camp until they are nit free.

**Medications/Health Care:** All campers are prescreened at check in by a trained staff member monitored by our camp nurse. All prescription and over the counter medications will be checked into the camp nurse including vitamins. Please have any medications in their original container in a labeled zip lock bag. We have basic over the counter medications and first aid supplies at camp. If your child does not take over the counter medications on a routine basis you can leave them at home and we will supply the medications if they are needed.

**Cabin Assignments:** You will be given your child's cabin assignment once you've completed the check in process.

**Visit Cabin:** Meet your camper's counselor. Parents are welcome to enjoy our camp setting; however, we encourage departure by the end of the check in hour. Be sure to leave your camper on a positive note. (See Camper Adjustment section for tips on helping your camper to settle into camp)



*\*Please allow ample time to drop-off and pick-up your child – it is not unusual to wait up to 10 minutes while your camper is checked in.*

## Camper Adjustment

Parents and first-time campers experience a wide range of feelings as the first day of camp approaches. Along with the excitement and anticipation of all the wonderful new experiences ahead, there may also be anxiety about these new, unfamiliar experiences. Realize that even though this separation is hard on you too, it is a wonderful opportunity for your child to build confidence and a sense of self-reliance. The following suggestions for first-time campers will help you and your child make the most of this important transition.

**Come to an Open House or Our Easter Egg Hunt:** This is a great time to become familiar with the camp setting, program areas, and some of our camp staff. You may also call the office to schedule a personal tour if the Open House dates are not convenient for you.

**Pack for camp together:** By doing this, campers know what they're bringing to camp and where everything is packed. This will help them to feel responsible and capable. This is also a great time to talk about all the wonderful opportunities ahead. Campers may want to try living out of their bag for a couple of days at home to practice organizing their belongings. Resist the urge to pack for them; this can be the help the camper of learn the independence we will be helping to teach at camp.

**Letters and postcards:** are the primary method of communication with your camper. Send letters with positive news from home assuring all is well with you and the rest of the family. Campers love getting mail and may feel "left out" if they don't receive any and their cabin mates do. Note: The mail often takes one to two extra days for delivery. Please send mail a few days early in order for it to reach your child in time.

**Parent Notification and the Camp Phone:** Parents or guardians will be notified in the event of illness or injury requiring medical attention, if the child is experiencing excessive homesickness or is expressing continued disruptive behavior.

The camp phone is for emergency use only. Please know that there is only one line used in camp and if you call – it should be for emergencies or change of transportation only.

**Don Bosco: 425-333-6135**

**Camp Hamilton: 360-863-1525**

**Pack pre-addressed and stamped envelopes:** for your campers to send letters home. Discuss possible topics and encourage them to write to you. Make a realistic commitment to write to them as well.

**Homesickness is a natural feeling experienced by many campers:** experiencing homesickness is not uncommon at camp, regardless of age, gender, day or resident camp. Parents will be informed by the camp director if their child is suffering from extreme homesickness. However, most instances of homesickness are isolated to bedtime or meals. Our staff works with the camper to help him/her feel safe at camp and usually the homesickness cures itself. We will not deny a camper a phone call home, but we will contact you prior to having your child call home in extreme cases. Resident camp parents can help by writing appropriate letters. Please see the mail section above.

If you would like more information on homesickness at camp and how to be supportive as a parent please visit the [American Camp Association](#) for more tips. We are accredited by the American Camp Association who also writes very helpful articles for parents.

**Keep good-byes short:** The transition from home to camp can be awkward and the sooner campers can jump into camp life the easier the transition will be. Letting campers unpack their own belongings and make their own bed is an important step in developing confidence in their ability to care for themselves. Frequently, parents feel guilty about leaving so quickly but our experience shows that short and sweet good-byes are easiest on everyone. You're welcome to get more information or speak to a staff person at this time, but campers should be encouraged to join their group.

- Use positive messages about camp such as, "You're going to have such a great time!" or "What a great opportunity to meet new friends!"
- Avoid promises to come pick them up if it doesn't go well. Instead, show your faith that they will enjoy themselves and have a positive experience.

## The Camp Program

A well-rounded camp experience includes being exposed to a variety of educational and recreational programs. We feel that an important part of a camper's experience is to have a choice of activities that meet the abilities of a variety of children. It is our goal to offer many fun, creative, and safe programs in accordance with the guidelines and standards of the American Camping Association. We will assume that your child may participate fully in camp unless we receive a signed written request stating otherwise.

## Typical Daily Schedule



The schedule below should be used as a guide, circumstances sometimes call for changes in times and/or activities. We have designed the schedule to be a blend of prayer, high energy and more reflective camp activities, social time, big group activities and quiet rest time. As campers progress through our camp programs more challenging activities, adventures and choices are added into their programming.

**Horse Camp:** Horse campers will spend time at the corral each day riding and having ground lessons. The rest of the day is spent doing “traditional” camp activities. Each camper will be assigned a horse for the week that they will play games on horseback, learn more about through ground lessons, and even take on a trail ride. Trail Scouts spend 1-1.5 hours at the corral. Appaloosa and Wrangler campers spend 2-3 hours at the corral.



**Specialty Camps:** Specialty campers will spend time doing their specialty each day. The rest of the day is spent doing “traditional” camp activities.

**High School Adventure Catholic Teen Camp:** Teens select their activities for the week and create their own schedule.

	Don Bosco	Hamilton
7:00am		Sunrise Activities
7:45am	Flag	
8:00am	Breakfast	Breakfast
9:00am	Morning Prayer	Morning Prayer
9:30am	Program Rotations	Program Rotations
12:30pm	Lunch	Lunch
1:30pm	Program Rotations	Siesta
2:30pm		Free Beach
3:30pm		Choice Time
5:45pm	Flag	
6:00pm	Dinner	Dinner
7:00pm	Camp Wide Game	Camp Wide Game
7:45pm	Evening Prayer	Evening Prayer/Sundown (HS Week)
8:30pm	Campfire	
9:00pm		Campfire
10:00pm	Lights Out	
10:30pm		Lights Out

**Overnights:** Weather permitting, every camper grade 3 and up will have the opportunity to experience the adventure of an overnight campout. Cabin groups cook dinner over the fire, roast a smore, sleep out under the stars and enjoy an evening campfire.

**Faith at Camp:** "To Live, Learn and Grow in the Catholic faith" is more than words in our mission statement. Our camp community encourages all to live their faith authentically and continue to learn and grow as disciples.



Some of the things we do at camp to foster the growth of our campers are...

a theme based on Catholic teaching, morning and evening prayers, some traditional Catholic prayers, Graces before meals, worship songs, Mass and so much more!

## Keeping in Touch

### Mailed Correspondence

Campers can send and receive letters, so be sure to pack stamps, envelopes, stationery or postcards. We suggest letters to campers be sent before the camper leaves for camp, or within the first two days of the session (except mini -camp) to ensure they are received. Mail and packages can also be dropped off discretely when your camper checks in.

In your letters:

- Do tell your child that you love them.
- Do ask a lot of questions about what they are doing at camp.
- Do reassure your child that you will pick them up on the last day of camp.
- Do not make reference to how much you miss your child, how much fun you are having while they are away or that your child's pet is lonely without them.
- Do not tell your child to call home if they are homesick. Campers do not have access to a phone.

Packages or snacks for resident can be sent to camp, however, CYO cannot guarantee packages will make it to your child on time. Packages arriving after the last day of camp will be returned to sender. Please do not send any items with peanut butter or nuts. Due to the number and severity of peanut and nut allergies, a staff member will monitor the care packages and snacks coming into camp and have campers turn in any peanut products to be held in the office until the end of the week. **CYO does not assume responsibility for lost items.**

Letters and packages to campers can be mailed to the following address\*:

Camper's Name and Session  
Camp Don Bosco  
1401 327th Ave NE  
Carnation, WA 98014

Camper's Name and Session  
Camp Hamilton  
25405 Lake Fontal Rd  
Monroe, WA 98272

*\*Nanamakee camper's mail can be sent to Camp Hamilton, but they will receive it when they return from the trip.*

### Phone Calls and Cell Phones

Campers are not allowed to make or receive phone calls or to have cell phones at Camp. To check on your child's progress, you may call the camp and speak with one of the camp staff. The Camp Office is open from 9am – 5pm each day. Staff can be reached by calling 425-333-6135.

**Visiting Camp:** Visitors are not permitted at camp during the camp session. Please call our office to schedule a time to tour camp 425-333-6135. When checking-in at camp on opening day you will have the opportunity to meet our staff and director teams.

## Health Care

A registered nurse who is responsible for distributing medication and responding to emergencies if they arise supervises health care at camp. The general camp staff are CPR and 1<sup>st</sup> aid trained. Campers are required to carry their bug spray, water bottle, and sunscreen with them in their backpack at camp. We also have sunscreen stations set up at camp. Counselors remind campers to regularly use them. Younger campers are assisted in the application.

## Special Needs

What do I do if my child has special needs? The most important thing we strive for at camp is that all children are successful. By partnering with parents CYO Camps can accommodate some children with special needs that do not require one-on-one care or supervision. Please contact our office if you have any questions 425-333-6135.

## Behavioral Management

All staff members participate in an intensive training program that prepares them to deal with all aspects of camp life. We focus on prevention and using Christian morals to help campers understand why certain behaviors are unkind. We utilize positive, age-appropriate discipline techniques that guide and encourage children, and at the same time establish clear behavior guidelines and expectations.

At all times, staff members are guided by the principle that all children and adults deserve to be treated in a respectful and caring manner. Campers are expected to treat fellow campers and staff with respect and to abide by all camp rules that are explained on the first day. Staff members support campers by clearly defining and enforcing expectations and responsibilities. Campers are expected to participate in daily duties such as setting their table, cleaning their cabin, picking up litter on the camp grounds, and keeping their personal space tidy.

If significant or chronic behavior problems do arise, parents will be consulted and a plan for behavior management will be developed. In the event the camper's behavior does not improve after all avenues of intervention have been explored, or when one camper's actions are detracting from the experience of others, the camper will be sent home.

Some actions require immediate dismissal from camp. These actions include but are not limited to: smoking or use of tobacco products, consumption or possession of alcohol and/or illegal drugs, lewd behavior, or endangerment of self or others, or threats of endangerment to self or others. Campers sent home because of behavior problems will not be entitled to any refund of fees, and parents will be responsible for all transportation from camp.

The staff of CYO Camps are not trained to handle campers who have severe emotional disturbances, demonstrate violent behavior or who routinely violate rules and policies. If your child has severe behavioral problems, we can refer you to programs designed to accommodate these special needs.



## Food

### Meals

Our camp food is very kid friendly while still being nutritious. We offer options at every meal and make sure that your child is getting enough nutrition. Delicious, well-balanced, hearty meals feature plenty of camper favorites, fresh fruits, vegetables, and more. A salad bar is available during lunch and dinner.



### Special Diets

If your camper has special dietary needs (such as severe allergies) please make note of this on your camper's health form. We can accommodate most special diets at camp if we have ample time to prepare. Our camps do not serve peanut products every week to ensure no cross contamination. We have successful accommodated children who are vegetarian, vegan, celiac and many more! Please contact Danny our Food Service Manager if you have questions or concerns about your child's dietary needs [daniel.grasseschi@seattlearch.org](mailto:daniel.grasseschi@seattlearch.org).

### Picky Eaters

At each meal there are several options for your child to choose from. No camper ever goes hungry. Even the pickiest eaters will try things at Camp that they refuse at home. Our counselors keep an eye out to ensure that all campers are well fed and hydrated.

### The Camp Store

Campers will have the option of shopping at our Camp Stores throughout their session. These stores are stocked with snacks as well as, camp apparel, stuffed animals, stickers, journals and magnets. Clothing prices range from \$.50 to \$20. Parents can create a store account in any amount for their camper at the time of registration or at check-in. Store accounts can be created via check, credit, or cash. Your deposit will act as a credit account which your child draws against for store purchases. All proceeds from our camp store go to our camp programs and operations. **Any unspent money can be used during check out at the store or donated back to camp. We will not issue refunds for unspent money.**

### Birthdays

We'll be happy to recognize your child's birthdays if it falls while he/she is in camp. We'll recognize your child's birthday during a meal and have the entire camp community join in wishing him/her a wonderful birthday.

### Departure Procedures

Every camper will have to be signed out of camp. When you registered online you were asked for a list of persons who will be authorized to drop-off and pick-up your child at camp. If you need to add someone to that list after camp starts please call the camp number listed above.

- The person dropping a camper off must sign the child in and stay with the camper until the child has completed the check-in process.
- At the conclusion of camp, the child will be released to the care of the authorized adult who signed the child in or is on a list of authorized persons.
- Anyone picking up a child at the end of camp will be required to show a valid photo ID.
- In situations where there is a restraining or no-contact order involved, a copy of the order must be delivered to the CYO office prior to the opening day of camp so we can comply with the order.

**SHOULD AN ADULT ATTEMPT TO PICK UP THE CHILD WITHOUT BEING ON THE LIST THEY MUST WAIT UNTIL ALL OTHER CAMPERS HAVE BEEN PROCESSED AND WE HAVE HAD THE OPPORTUNITY TO DO A THOROUGH INVESTIGATION.**

## Lost and Found

Please allow time at check-out to make sure all of your child's belongings have been packed and to look at the lost in found table. After the session is over you can arrange to pick up your lost and found items by calling Camp Don Bosco at 425-333-6135 or Camp Hamilton at 360-863-1525; they will not be mailed to you. Items will be kept at Camp Don Bosco until September 15. Clothing and equipment not claimed by this date will be donated to a charitable organization. **CYO does not assume responsibility for lost items.**

## DIRECTIONS TO CAMP DON BOSCO

Camp Don Bosco is located in Carnation, approx. 45 minutes from Seattle and one hour from Tacoma

### From I-90

- Exit #22 at Preston
- Follow the signs through Preston to Fall City
- At the stop sign in Fall City, turn right, continuing north. As you cross over the Snoqualmie River Bridge take a left at the traffic circle onto Hwy 203 (Fall City-Carnation Road)
- Continue approximately five miles to NE 11th. Turn right and follow the signs to Camp Don Bosco.

\*Note: If you are coming from HWY 18 when you reach I-90 you must go west to get to the Preston exit.

### From State Highway 520

- Continue past Marymoor Park, exit to the right onto HWY 202 (Woodinville-Fall City Rd)
- Take a left on to the Tolt Hill Road (Sign to Carnation Golf Course)
- At the intersection with Hwy 203 turn right (south), just over 1 mile
- Turn left onto NE 11<sup>th</sup> and follow signs to Camp Don Bosco

## DIRECTIONS TO CAMP HAMILTON

(Do not use Google maps it will give you wrong directions) Camp Hamilton is between Monroe and Duvall, off of Hwy 203, approximately 1 hour from Seattle.

### From I -5 Seattle

- Take 520 E past I-405 toward Redmond to the end. I-520 turns into Avondale Rd.

- Continue on Avondale Rd until you come the Woodinville-Duvall Rd (approx. 6 miles Avondale ends and there is a Safeway ahead of you)
- Turn Right onto Woodinville-Duvall Rd and continue on down to Duvall (approx. 6 miles). Turn
- Left onto SR203 (at the stop light in Duvall) and go for 3.5 miles

\*Please note: Duvall is the last gas station and grocery store before camp – there is nothing between Duvall and camp)

- Leave Duvall traveling north on SR203. Speed limit will increase to 55mph.
- Turn Right onto Cherry Valley Rd (up the hill). (Please note that there are 2 Cherry Valley roads you will turn onto the Cherry Valley Rd 3.5 miles out of Duvall that is in Snohomish Country. NOT the Cherry Valley right after you turn onto Hwy 203 in Duvall. If you see a large Catholic Church you turned too soon)
- Take a Soft Right onto Lake Fontal Rd (as Cherry Valley meets Lake Fontal Road)
- Take a Left at curve as Fontal Rd turns into Kayak Lake Rd. (Stay on Fontal Rd)
- Country road ends and turns to gravel. Continue past yellow gate.
- Look for Camp Hamilton signs and brown gates.

#### From the North

- Take I-5 South to Hwy 2. Head east on Hwy 2 until you reach Hwy 203/N Lewis Rd in Monroe (Approx 14.5 miles).
- Take a right onto Hwy 203/Lewis Street you will proceed through old town Monroe and over the Skykomish river bridge where the speed limit will increase.
- Proceed past Cadman Gravel and turn left onto High Rock Rd (Do not turn on North High Rock Rd) (Approx 3.5 miles)
- Proceed up hill, turn left onto Lake Fontal Rd (2.2 miles)
- Take a left at curve as Fontal Rd turns into Kayak Lake Rd. (Stay on Fontal Rd)
- Country road ends and turns to gravel. Continue past yellow gate.
- Look for Camp Hamilton signs and brown gates.