

Camp Farwell Family Handbook

Information Planner for Enrolled Campers

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If you need to contact the Directors, our office is open Sunday through Friday from 9:00 A.M. - 1:00 P.M., and from 2:15 P.M. - 6:00 P.M.

MailForDirectors@farwell.com
802-429-2244

Our office is closed on Saturdays. If you need to contact us in case of an emergency, email us at MailForDirectors@farwell.com or call Marley's mobile 802-461-3940



FAMILY HANDBOOK

For 2019

Our 130th summer

What You Need To Do:

- ☺ Do we have **emergency contacts** for you? Our emergency contact info is MailForDirectors@farwell.com or Marley's mobile 802-461-3940
- ☺ Pat yourself on the back and smile. You are giving your daughter a wonderful opportunity.
- ☺ Read this Information Planner as it may answer many of your questions.
- ☺ Call your doctor to make an appointment for your camper to have a physical examination. **Return/complete forms by June 1.**
- ☺ Call the lodging establishment of your choice to make a reservation for the times you would like to stay overnight in our area.
- ☺ Purchase duffle bag or soft trunk if needed.
- ☺ Send the balance of any tuition owed by April 1st.
- ☺ Fill out and return all applicable forms prior to deadline.
- ☺ Label all personal items and clothing.
- ☺ Pack bags. Ship bags if camper is arriving by a domestic flight.
- ☺ Write and mail a letter to your daughter so it is waiting for her at Camp.

My daughter leaves for camp on:

The last day for my daughter is:

Important for 2019

Change of ACA Standard - Health Exams are required for all campers within 24 months of attendance.

Ultra Camp:

Please check your account for important information and be sure to fill out all the summer forms.

Remember that:

With the exception of air travelers, all other campers depart for home on the Friday afternoon of Family Day - July 26 and August 16th.

Now allowed are:

Instant print Cameras such as the Fujifilm Instax or the Polaroid Snap

Contact Us

Camp Farwell, P.O. Box 300
 421 Camp Farwell Drive
 Newbury, Vermont 05051
 802/429-2244 - voice
 9:00A.M. - 1:00P.M. and 2:15 - 6:00P.M.

Office is closed on Saturdays

802-429-2037 - fax

MailForDirectors@farwell.com - business email
 Email your camper through Ultracamp.

Social Media

Follow us on Social Media. During the summer we are very active on facebook, twitter and instagram posting quotes, photos and videos that are happening right now. Links are in the footer of our website.

Questions Now?

e-mail us at MailForDirectors@farwell.com
 or call
 802-429-2244

Welcome to Camp Farwell! We have compiled this **Family Handbook** to help parents prepare for their daughter's stay with us at Farwell this summer. We hope that it will answer all your questions. However, if we can be of any further assistance, please feel welcome to contact us.

When Should We Arrive At Camp?

We have staggered arrival times due to limited parking.

For Sessions beginning **June 30 -Seven Week Session, Four Week Session A and Two Week Session A-arrival times** are 9:00-10:00AM for campers entering grades 7 and higher. Campers entering grades 6 and below are asked to arrive between 10:00 and 11:00AM.

For **July 14 sessions -Four Week Session B and Two Week Session B -arrival time** is 10:30-12:00 PM

For sessions beginning **July 28 -three week session and two week session C-arrival times** are 9:00-10:00 AM for grades 7 and up and 10:00-11:00 for grades 6 and below

Rookie Week arrival time is 10:30 AM-12:00 PM

Parking attendants will direct you.

All camp sessions begin on Sunday. We request that campers do not arrive before the scheduled opening date, however, for those campers who must arrive a day early, there is **an extra charge of \$200. per day.**

How Do I Keep In Touch With My Daughter?

We feel the old-fashioned way is best. Kids love to receive mail. In fact, it is a great idea to send a letter early so that she will have a letter waiting for her on Monday morning.

Our mailing address is Camp Farwell, P.O. Box 300, Newbury, VT, 05051. Our shipping address is 421 Camp Farwell Drive, Newbury VT 05051. Please include your daughter's cabin name when corresponding with her.

If you have a summer



address that is different from your permanent address, please notify the Directors of that address and telephone number, along with the exact dates you will be there.

You may also email your camper through Ultracamp.

What About Phone Calls?

The second most old-fashioned way to keep in touch with your daughter is by telephone. The Farwell telephone number is 802/429-2244. **We ask that parents wait one full week before speaking with their daughter** on the telephone to allow time for her adjustment to camp life.

Beginning with a camper's second week she will be assigned a day and time to call home for a five minute chat.



Take a deep breath. Give her a week to settle in.

We ask each parent to establish guidelines under which your daughter is to call home. We recommend no more than one call per week.

In case you do not receive a telephone call from your daughter, we have set aside **one day** each week for parents to call their daughter at camp. **These days are normally on Sundays.** Campers may receive telephone calls from 10:00AM-1:00PM and 3:15-6:00PM on these days. If your daughter is not available when you call, you may try again later, or we will have her return your call.

Please limit your calls to Sundays and these times. The only exception to this policy is when a camper or family member has a birthday, or a very special occasion. Of course you can always call if you would like to speak with a Director

Do You Post Photos On-line?

Yes! Over a thousand photos were posted last summer on Marley Farwell Hanson's facebook profile. Friend Marley on facebook. Search for Marley Farwell Hanson and make a friend request.

Does My Daughter Need Spending Money, and Do You Have a Camp Store?

All Camp activities, field trips, and the Camp Store are funded through the tuition fee. However, most families do send extra spending money for their daughter. We recommend an average of \$10.00 per week for personal spending money.

Our Camp Store stocks replaceable items such as soap, shampoo, toothpaste, etc., and are given to campers at no charge. More expensive items such as stamps, camera film, and batteries are not stocked. Therefore, campers should bring with them an adequate supply of items of this type.



May I Send My Daughter Food?

Food allergies and sensitivities are a real concern and in some cases life threatening. Therefore, we ask that no food or beverage be brought or sent to Camp. Chewing gum, also, is not permitted (the bottom of our tables, shoes and our pets' fur are surprisingly free of sticky blobs).

We serve three substantial meals a day and also have a morning and afternoon snack break. In addition campers who take part in our culinary arts program get to enjoy their creations.

Consideration for health prompts us to say that packages of food sent to campers will not be delivered, returned or saved. If a food package does arrive it will be donated to the local food shelf. For the safety of all of our campers and staff it is earnestly hoped that parents and friends will help us maintain a safe environment for all. It is fine to send non-food care packages, however. Especially if the package contains items that can be shared with her cabin mates.

Campers are not to bring any type of food to Camp. Thank you for helping us keep a safe environment for all of our campers and staff.

When Are the Family Visiting Days?

Family Visiting Days are scheduled twice during the summer. On Friday, July 26 and August 16, there will be a full schedule of activities at the Camp from 8:00 - 3:00 for all.



She Needs a Physical Exam, Right?

Yes. She must have had a physical examination within **24 months** of attendance. Health Forms can be downloaded from our website by logging into your Ultra Camp account. The signed forms must be completed by June 1st. Please be sure the forms are completely filled out, including date of last tetanus shot and the Parents' Authorization section.



Please be sure to sign the Parent's Authorization section. This allows us to treat your daughter in a medical emergency. Parents will be notified if campers need to see a physician while at camp.

Can We Purchase Farwell Clothing?

Yes. We have no uniform, and Farwell Clothing is optional. Visit our online camp store to place an order for the whole family.

How Do I Get My Daughter's Belongings to Camp?

Most families bring their daughter's belongings with them on opening day. However, United Parcel Service, Fed Ex, and private trucking companies will ship these items if needed. Contact them directly for size and weight restrictions.

Duffle bags may be sent anytime after June 10th. All bags should be labeled: Camper Name, Camp Farwell, 421 Camp Farwell Drive, Newbury, VT, 05051. Please do not send trunks. We have bureaus in all cabins and no floor space for trunks. Each camper will have two large and one small drawer.



All campers traveling by plane on a domestic flight must ship their belongings and all luggage prior to the camp session!!!

Farwell is not responsible for campers' equipment or personal belongings while in transit, or at Camp if lost, damaged by fire, theft, laundry, etc.

Swimming?

We have an elective activity program with the exception of non-swimmers. We require non-swimmers to take swimming lessons.

How Do You Group Campers In Their Activities?

Some of our activities, such as riding, tennis, and swimming are grouped by ability. Campers with similar skills are taught together. We offer a Red Cross structured swimming program, and again, campers of similar skills are grouped together. When we initially evaluate a camper's ability, we do our best to ensure the camper is in the proper level. If we are at all unsure of a camper's ability, or if a camper seems to lack confidence in her skills we will place her in a lower level to ensure her safety. A camper may be moved up or down at any time the camper and instructor feel it is needed or deserved.

Other activities may have a random grouping or be grouped by age.

Will My Daughter Watch Television?

Monday night is usually movie night at Camp Farwell. Campers offer suggestions for the evening's showing. Two movies are shown. Movies are selected in regard to the age and maturity of the campers. Campers are on the honor system in regard to the movie's rating. Saturday and Sunday mornings are our "sleep-in" days. We also offer a video for our early risers.

Other than movies and instructional videos, there is no television.

Can My Daughter Bring her Cell Phone?

No. Campers should leave their cell phones and other expensive electronic devices at home. If campers who fly to and/or from Farwell must bring phones, we will keep them safe in our Lodge Office.



Should We Tip Our Daughter's Counselor?

Tipping is against policy. However, we certainly do encourage you to express your appreciation for a "job well done", either when you are visiting at the Camp or in the form of a thank-you note.



Flying to Farwell?

Domestic Flights

Flights will be met at Logan Airport in Boston by a Farwell staff member. The dates of these flights to Camp should be Saturday, June 29, July 13, or July 27, which are the **days before** the sessions officially begin. Flights home are on July 13, July 27, August 10, or August 17. We have many campers arriving by air, and arrival times must be coordinated with Marley to ensure that all campers will be met by our staff. Arrival at Logan should be between Noon - 4:00 pm and all departing flights should leave between Noon and 5:00 pm if possible. **We require that all flight arrangements be approved by us before you finalize them. Email Marley@farwell.com**

The transportation fee between Logan Airport and Camp Farwell is \$50. each way.

***** ALL CAMPERS ON A DOMESTIC FLIGHT MUST SHIP ALL OF THEIR LUGGAGE PRIOR TO THE CAMP SESSION.**

****VERY IMPORTANT****

All Campers on domestic flights to or from Farwell can only bring backpacks or small travel bags that will fit comfortably on their lap during the van ride.

International Flights

Campers flying to Farwell from outside the United States **must** make their travel arrangements in conjunction with the Camp. Please email us with your flight itinerary **before** you finalize the arrangements. This will ensure that the camper will be met at the airport upon arrival by one of our staff members. Arriving flights will be met at Logan Airport in Boston, Massachusetts. All flights should **arrive the day before** the session of attendance. The cost of transportation between Logan and Camp Farwell is included in the International fee.

SPECIAL NOTES FOR AIR TRAVELERS:

→ Passports and travel documents will be collected at Camp and kept safe until departure date.

→ **ALL AIR TRAVELERS, BOTH DOMESTIC AND INTERNATIONAL, ARE TO FLY ON SATURDAY, THE DAY BEFORE THE SESSION ACTUALLY BEGINS.** There is no charge for the extra day (air travelers only).

→ Travel between the Logan Airport and Camp will be by camp van and/or the Dartmouth Coach. All coach and van transportation will be supervised by Farwell staff members, and campers will be expected to follow our safety rules, eg. wearing seatbelts, and to follow all directions issued by our staff.

→ All return flights should be scheduled for Saturday, the last day of the session.

→ It is recommended that campers on domestic flights be given \$20.00 for any personal expenses they may have, and \$30.00 for campers flying to and from Farwell on an international flight.



******Important******

Arranging travel for our many campers coming from varied destinations is a difficult task. We build extra time into the schedule to allow for delays of both traffic and flights, however in case of a noteworthy change we will attempt to contact you via telephone or email and or text message and keep you updated to any changing plans.

We will notify you when your daughter has arrived at Camp by either email, telephone and or text message.

CHAPERONED BUS TRANSPORTATION BETWEEN BOSTON OR NYC AND CAMP FARWELL

The dates to Farwell from NYC are: June 29 and July 27 \$100.00 one way

The dates back to NYC are: July 26 and August 16 \$100.00 one way

The dates to Farwell from Boston are: June 29, July 13 and July 27 \$50.00 one way

The dates back to Boston are: July 13, July 27, Aug 10 and Aug 16 \$50.00 one way

BY CAR - DIRECTIONS TO CAMP FARWELL 421 CAMP FARWELL DRIVE, NEWBURY, VERMONT 05051

Interstate 91, Exit #16 in Bradford, Vermont, then take Route #5 North to Newbury. Turn Left in the village of Newbury onto Chapel Street (opposite the Newbury Village Store), and follow the paved road (about 4 miles - stay on the paved road). Turn left onto Halls Lake Road. When Halls Lake comes into view turn left onto Camp Farwell Drive. Farwell is at the end of this unpaved road - PLEASE DRIVE SLOWLY ON THIS UNPAVED ROAD.



*Please Note: GPS systems have been wildly inaccurate in our area.
Please use the above directions*

Nearby Inns and Motels

**This information is on our website with links to establishments with websites
Farwell.com > enroll > nearby accommodations
<https://farwell.com/nearby-accommodations/>**

*We welcome your recommendations on other lodging establishments and also your
comments/reviews of them.*

*You may wish to make your inn reservation
for 2020 sometime this summer.
Check with us regarding dates.*

Help! I'm Starting to Pack.

What Does My Daughter Need To Bring?

Below is a suggested list of clothing and items for your daughter to bring to Camp. When packing, remember that campers have their laundry done once each week. Campers should pack clothing that is suitable for outdoor activities. Any new clothing must be pre-washed. Keep in mind that Vermont's mountain air is typically cooler than what might be expected. Nighttime temperatures occasionally dip into the 40's, with daytime temperatures ranging from the 60's to the 80's. Therefore, you may wish to pack some warmer clothing to supplement the usual summer wardrobe.

- We **require that all articles of clothing have the camper's name** on them.
- Laundry is done once a week. Pack enough clothing for at least 8 days.
- Camp colors are blue and white. A shirt of each color is helpful
- Linens are provided for **International campers**
- Any item brought to camp which may cause safety concerns will be subject to our policy regarding storage and usage or sent home.
- Pets are welcome to visit but no overnights, please. See a Director for pick up bags if needed.

CLOTHING & PERSONAL SUGGESTIONS

- 7-8 shirts minimum
- 2 sweatshirts
- 2 white T shirts or sweatshirts for arts and crafts projects (tie dye etc.)
- 5-6 shorts
- 3 pairs of long pants/jeans
- 1 warm jacket
- 1 raincoat with hood (required)
- 1 pair rain boots/wellies
- 10 underpants minimum
- 2 bathing suits
- 4 changes of sleepwear
- 1 pair clay court tennis shoes
- 1 pair sturdy shoes for hikes
- 2 pairs flip flops (strongly suggested)
- 9 pairs of socks minimum (most lost item in camp)
- 1 bath robe
- toilet articles with shower carry tote
- wax for braces and a braces tune-up prior to Camp

BEDDING & LINEN

- 1-2 pillows, 2-4 pillow cases
- 2 sets of sheets (big twin) 3 blankets
- 4 bath towels, 1-2 beach towels, 2 wash cloths, 1 laundry bag

FOR RIDING

- 1 ASTM/SEI approved riding helmet with harness or chin strap - **MANDATORY** for riding
- 1 pair riding boots - sturdy boot with heel and smooth sole - **MANDATORY** for riding
- long pants (jeans or riding britches)
- 1 pair white Keds type sneaker (**MANDATORY** if vaulting)
- 1 pair rubber boots or stable footwear
- protective riding vest for jumpinig

OTHER ITEMS

- water bottle (**REQUIRED**)
- flashlight and extra batteries (**REQUIRED**)
- white swim cap (**REQUIRED**) available at camp for \$5.00
- sleeping bag (**REQUIRED** for overnights))
- tennis racket (highly recommended)
- tennis balls
- duffle bag (needs to fit under bed - no hard trunks)
- stationery and stamps
- ball point pen
- soap container
- mosquito repellent and afterbite (**REQUIRED**)
- sunscreen (**REQUIRED**)
- cap or hat
- books
- backpack
- favorite *stuffed* animal (no live ones please)
- small wall poster (with push pins)
- camera/film (no digital cameras)
- wind breaker
- wild unusual clothing/costumes for dress ups/onesies
- nice outfit for end of session banquet (7/25 & 8/14)
- battery operated personal music player (iPods are allowed but once the charge runs out we cannot guarantee a recharge; access to games/the internet will be restricted by a director)

ITEMS NOT ALLOWED

- internet devices
- cell phones
- digital cameras
- weapons of any kind including pocket knife
- illegal substances
- any type of food, candy, gum, beverage
- pets/animals
- cars/trucks/any vehicle or device designed to carry passengers including skates, skateboards and hoverboards

Riding Program

Farwell offers a wonderful riding program that is geared to campers of all ages and ability levels, as well as varying degrees of interest. For many campers, riding is just one of many activities they participate in each day. However, for campers with a keener interest in riding, they have the option to participate in more than one period of riding as well as other activities offered by the Barn. And for those "horse-crazy" campers who are absolutely passionate about riding and horses, they can elect to spend their full day up at the Barn involved in both riding and other horse related activities. Farwell's Riding Program is structured to meet the interests and needs of all its campers.

The Levels

Our four main groups of riding abilities are Cougar, Jaguar, Tiger and Lion. Each of these is further broken into two or three levels. Campers have the opportunity to pass their levels and move on to the next level each week, or sooner if indicated.

Each level is mastered by accomplishing specific objectives. However, the goal of the Riding Program is to help campers develop not only good skills, but also the confidence to go along with their new skills. As campers move from one level of our program to another, it is important that not only the riding staff feels the camper is ready to move on to that next level, but even more important that the camper herself feels comfortable and confident as well.

Evaluation

On the first day of a camper's arrival she will be evaluated on her riding ability. This is a short evaluation used to group our campers according to skill level so that we can begin with the activity program the following day. Adjustments to this placement can be made if warranted. For example, a camper may be nervous during the evaluation and not perform to her best and perhaps should be riding in a different level. Evaluation is a constant process.

Campers are placed in the level that will improve the skills that they need to practice. If there are gaps in her training, she will be placed in the level where that particular skill is taught. For example, perhaps she is allowed to canter at her home barn but does

not show the ability to consistently post on the correct diagonal. In this instance she would be placed in Jaguar I until mastery of that skill is demonstrated, then move on to Jaguar II.

Safety

Another emphasis of our program is on safety. A camper will never be asked to do something that is beyond her, or our level of comfort and safety.

Occasionally a camper will feel that she is capable of more because she does more at her home barn. This may be true, but there is a difference between riding the same horse each lesson at home and riding different horses here at Camp. Each horse is different. They have their own personalities and ways of moving. They also have good and bad days just like people.

There are two kinds of riders: those who have fallen off and those who are going to fall off. While we do our best to minimize these instances, it is inevitable that campers will fall from a horse while learning to ride.

Safety helmets and boots are worn by all riders all of the time. All of our counselors are specialists in riding, and campers are always supervised by the riding staff when they are at the Barn.

All Riders must have their own ASTM/SEI approved riding helmet with harness or chin strap. We recommend jumping vests for advanced riders.



There are many styles of riding helmets. Make sure yours is safety approved.

Camp Farwell Camper Agreement

Camp Farwell is a summer community for its campers and staff. Each person is respected for her individuality and our differences are celebrated. To maintain this warm and nurturing environment we have some basic rules and guidelines for our campers to follow. You will find them listed below. Please read them with your camper and then check the box and digitally sign this form.

1. Use or possession of alcohol, tobacco, illegal drugs or other controlled substances are prohibited at all times during the camp season. Violation of this policy will result in being sent home immediately without a refund.
2. Physical violence, verbal abuse, and intimidation are inappropriate and not permitted (no bullying). "Mean girl" behavior such as belittling others for the way they look, dress, act or speak should be replaced with tolerance, goodwill and generosity. At Farwell we want to learn about and celebrate our differences.
3. Campers may not leave camp property without a staff person. Violation of this policy will result in being sent home immediately without a refund.
4. Any form of vandalism, including graffiti, is inappropriate and not tolerated. Camper families may be charged for any repairs or refurbishment needed.
5. Sexual harassment and intimidation, whether verbal or physical, are not permitted.
6. Displays of racial, sexual or religious discrimination are not permitted.
7. Valuables (phones, passports, cash, etc.) must be kept in the camp office. Camp Farwell will not be responsible for any lost or damaged personal property kept in your possession.
8. Waterfront rules must be understood and followed by everyone. For safety reasons non-swimmers (and those we evaluate as weak swimmers) must take swimming lessons.
9. The horse and barn rules must be understood and followed by everyone.
10. Open flames of any kind are not permitted unless under the direct supervision of a staff member. Violation of this policy will result in being sent home immediately without a refund.
11. All medication (prescription or non-prescription) must be kept in the Wellness Center at all times. Exceptions can be made for inhalers and epi-pens if needed.
12. No food, beverage, candy or gum is to be brought into camp or received via any means other than from Camp Farwell. No food, beverage, candy or gum is permitted in the cabin area.
13. Campers are expected to be in their designated activity at the proper times.
14. Cell phones, digital cameras and internet devices are not permitted.
15. Campers are not permitted to bring pets, vehicles or weapons of any kind.

The Directors reserve the right to dismiss with no refund any camper whose influence or actions are deemed harmful, or who violates the rules and policies of the camp. The camper and family are responsible for picking up and transporting the camper home within 24 hours of notification.

CAMP FARWELL'S TECHNOLOGY POLICIES

Cell Phones

We have a “no cell phone” policy at camp. Aside from the fact that cell phones are expensive and can get lost or stolen, the physical camp environment is not kind to such items. In addition, there is a fundamental problem with campers having cell phones at camp, and that is trust. When children come to camp they—and you—are making a leap of faith, temporarily transferring their primary care from you as their parents to us and their counselors. This is one of the growth-producing, yet challenging aspects of camp. As children learn to trust other caring adults, they grow and learn, little by little, to solve some of their own challenges. We believe this emerging independence is one of the greatest benefits of camp. It is one important way your child develops greater resilience. Contacting you by phone essentially means they have not made this transition. It prevents us from getting to problems that may arise and addressing them quickly. Sending a cell phone to camp is like saying to your child that you as the parent may not have truly come to peace with the notion of them being away from you and in our care.

Having said the above, we still have one of the most liberal phone policies in the camping profession. We ask campers to not use our phones during the first week of their stay at Camp to allow for the development of trust and support. After the first week Farwell campers are allowed to call home on camp provided cell phones. We also set aside one day each week for parents to call their camper.

We agree to tell you if your child is experiencing a challenge in their adjustment to camp. You can help by talking with your child before they leave for camp and telling them that there is always someone they can reach out to, whether it be their counselor, a trusted activity leader, the Camper Advocate, a Director or the Camp Nurse or Physician. We are all here to help, but if you don't trust us, your children certainly won't.

Digital Photographs

Another drawback of having cell phones at camp is the built-in digital cameras. It has happened at some camps around the country that children have secretly taken photographs of other campers or staff during changing or showering times and later uploaded those images onto the Internet. (If you belong to a health club, chances are it has a “no cell phone” policy). To lessen the possibility of this happening we have decided to ban all digital cameras and suggest that if your child wants pictures from camp, that they bring a disposable film camera or an instant print camera such as a Fujifilm Instax or the Polaroid Snap. We take photographs during the summer, which are available for viewing on-line. Please help us maintain a safe environment at Farwell by discussing this with your child. You should know that any camper that takes a compromising photograph of another camper or staff member and uploads it on the Internet or makes it public in any way may be subject to dismissal from camp or may not be allowed to return. If the law is broken, the appropriate authorities will be notified.

Camp Farwell Goals and Outcomes

Camp Farwell is a traditional private residential summer camp for girls. We are a 24-hour-a-day Vermont outdoor adventure founded in 1889 for the benefits and joys of girlhood. It is an experience in which girls learn to live away from home, care for themselves, think for themselves, work and play with their peers, develop relationships, and use skills that differ from those used at home and school.

We provide a physical environment which girls learn to appreciate for its natural beauty. We live rustically yet comfortably in log cabins and our meals are hearty, plentiful and geared toward children.

Our noncompetitive, family-type environment provides a sense of security where girls can meet challenges and ensures that recognition is given for achievements.

The following are **some** goals of Camp Farwell. They have evolved from our philosophy and determine the principles from which our policies and objectives are drawn.

GOAL: To extend the recreational and educational benefits of out-of-doors living to its campers.

- A. The campers will live in simple log structured cabins in a wooded pine grove.
- B. Each camper will participate in outdoor activities from a completely elective curriculum.

GOAL: To develop the skills of group living through the experience of camping.

- A. Campers will live in groups of like ages, with 4-6 campers and at least one counselor.
- B. Campers will participate in small camper groups to discuss/resolve any concerns/problems that arise.

GOAL: To develop skills in conflict resolution.

- A. Each camper cabin will design a cabin agreement
- B. Campers will practice and participate in mediated conflict disputes with a staff member.
- C. Campers will mediate their own conflicts with staff supervision.

GOAL: To enhance and encourage positive social and emotional growth and development.

- A. Each camper will live away from the security and support of her home.
- B. Each camper will elect her own activity program.
- C. Each camper will commit herself to that program for one week.
- D. Each camper will partake in activities populated with campers of differing age groups and cultures.
- E. Each camper will cooperate with her cabin group to accomplish the cabin's responsibilities.
- F. Each camper will participate in an activity with which she is unfamiliar.

GOAL: To foster the development of knowledge, skills and interests in activities in an attempt to help the camper find satisfaction so that she will continue in the pursuit in these activities.

- A. Each camper will participate in an activity program that is noncompetitive in nature.
- B. Each camper will receive instruction in her elected activities.

GOAL: To compete with one's self rather than one's neighbor.

- A. Each camper will write down three goals that she wishes to attain while at Camp.
- B. Each camper will have the opportunity to work toward set levels in her chosen activities.
- C. Each camper will participate in an activity program that recognizes individual achievement, not the best participant.

GOAL: To develop/enhance self-confidence and self-esteem.

- A. Each Camper will be encouraged to try new experiences and new activities including SHINE activities.
- B. Each Camper will be encouraged to "be themselves" and to celebrate our differences.