

General Information

When is my balance due? All balances are due no later than June 1, 2009. A \$10 late fee will be added to any payment received after that date.

What can I expect on Sunday? Camp registration WILL NOT begin before 12:00 p.m. Our staff and counselors are very excited about your arrival but need time for lunch and want to be fully prepared to welcome you. You will begin by going through the registration process. The counselors will be there to greet you and your child and show you to their cabin. Feel free to ask our counselors and staff any questions you may have.

Where will my child sleep? They will be staying in our cabins (quads) with 2-3 counselors and 19-20 other campers.

What if my child gets sick? We do request a "Health Statement". It does not require a doctor's signature nor a physical exam but please fill it out as completely as possible and return it to us by June 1st with a copy of your insurance card (front and back). Our entire staff is trained in basic first aid and CPR in case your child becomes ill or has a minor injury. In an emergency we are 8 miles from Guthrie Center Hospital. It is also our policy to notify the parents in the case of illness or accident as soon as possible.

What if my child has to take medication? All medications must be listed on the health statement. All medications must be current, in original containers with the campers' name, the prescribing physicians name, the medication name, dosage and administration times. All medications must be turned in to our first aid staff member on arrival day. For the protection of all campers at CYC, all medications will be stored in the first aid office. Our First Aid personnel will dispense medications as directed.

Who will be supervising my child? The Executive Director who oversees all operations of the St. Thomas More Center plus at least one director for each week, six summer staff members and 20-24 counselors. Each person has received training (which includes Virtus training), to help them make your child's experience as safe and fun as possible.

What will they do at camp? Each day of camp is filled with exciting adventures and fun activities. A typical day begins with an enthusiastic morning prayer followed by breakfast. Following breakfast they will either have family time (Jr. High and High School only) or do outdoor activities until Mass. For many campers Mass is the highlight of the day. After Mass they will have the opportunity to swim. They will have lunch followed by a wide variety of outdoor activities including, canoeing, archery, confidence course, miniature golf, Olympics, water fun days, etc. Late in the afternoon they will have the second opportunity to swim. After a wonderful dinner they will have another free time for outdoor activities or a third chance to swim. Each evening they will have a special program like carnival night or campfire, etc. We end each day with chapel time and send the children to bed from there. **Special Notation:** Please remember to indicate on the Registration's permission/consent/waiver form ANY activity (e.g. horse trail rides, zip-line, canoeing) that you do not want your child to participate. Unless stated, we will allow general participation of all camp activities.

Is there a camp store? Yes, the camp store "canteen" is open twice a day. The canteen sells candy, postage stamps, CYC merchandise, necessity and personal care items such as toothbrushes, film, etc.

Can I send letters? Yes, just remember to keep your letters positive and supportive - let your child know how proud you are that they are taking on this "challenge!" We encourage you to send letters early in the week. (Letters sent after Tuesday may not make it by the end of camp.) Avoiding references to how much they are missed (even though we are sure they are) will help prevent homesickness. Address: 6177 Panorama Rd, Panora IA 50216 & put CYC and the child's name on front. Also don't forget Bunk Notes are available again this year - see "Camp Happenings" for more info.

What clothing is needed for camp? We do have a packing list that you may download as a help but we want to remind you of a couple of important items. *Modest is hottest at CYC* - we expect all campers to be aware of modest dress. First we request one piece swimwear. If we feel that your swimwear is too revealing, we will ask you to wear a t-shirt over it. We do not want shorts that are too short or hang too low and shirts that are too tight or too revealing. Camp is to be fun and sometimes messy so be careful of sending "your Sunday best".

Also please do not send any special "gadgets" like ipods, games, phones etc. We can not be responsible for them and we will keep the campers busy without them.

Reminders/Checklist

- Check your confirmation for correct spelling, T-shirt size, balance, etc.
- Call now with any corrections. Mail health statement, copy of Insurance Card and balance due to STMC by **June 1, 2009**.
- Camp check-in is *12:00 - 1:30 p.m. on Sunday*.
- Camp will end on Friday with a closing Mass for campers and parents at 10:00 a.m. Check-out is after Mass.

DO NOT forget

- ◆ To help us maintain a smooth running and safe camp, we have the policy of NO visitors during each camp session.
- ◆ We have a Friday checkout. **Do not leave without signing out your camper on FRIDAY!**