



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

2018 PARENT PACKET

We are very excited that you have decided to send your child to spend time with us this summer. We know that your child is the most precious thing in your life, and we promise to do our absolute best to ensure an amazing, safe experience for your camper, unlike any other.

We have been providing character development programs for over 90 years. It is our goal with this packet, that most of your questions will be addressed. Please contact us if you have any other questions.

Welcome to the Camp Abe Lincoln Family!

Nick Martinez
Executive Director



What You Will Find In This Packet — And How It Helps!

2. Who We Are
3. Daily Camp Schedule
4. Preparing For Camp
5. Check In & Out Procedures
6. Homesickness & Trading Post

Going through this packet with your camper will help alleviate any anxiety and homesickness that they (and you!) might be feeling!



Phone #: 563.381.3053
Email: camp@scottcountyfamilyy.org
Website: www.YMCACampAbeLincoln.org



Who Is Caring For Your Child?

We know it can be difficult sending your child off to people you do not know personally. However, you can sleep easy! Our counselors and staff at Camp are not only capable, but are also very excited to work with your child this summer. Camp Abe Lincoln follows over 300 standards in safety, health and program quality as a the level to meet and surpass to ensure a quality experience for all.

During the hiring process, we do expansive background checks to ensure your child's safety. All counselors we hire are over the age of 18 and go through a very extensive training program. Besides preparing them to work with children, we also certify them in all the various program areas that Camp Abe Lincoln has to offer. We lifeguard train all of our staff, so your children are safe in all of our aquatic program areas. We also have a medic on site and have a Registered Nurse on call at all times.

Still Unsure? Come Check Us Out!

Join us at any Open House and our Family Fun Day! We will have staff available to answer all your questions and gives you the opportunity to see the Camp facilities. During the Family Fun Day, you will meet the summer staff and the activities are open, giving you a chance to participate! This is a great Family Day!

Open Houses: 3:00-4:30pm

- Sunday, March 4 & 25
- Sunday, April 1 & 29
- Sunday, May 6

Family Fun Day—Summer Kickoff

- June 3, 12:00-5:00pm





Typical Camp Schedule

Every day is a little different at Camp, dependant on what type of Camp your child is signed up for. For Day Camp, you will receive a schedule on the first day to know what they are doing each day.

Overnight campers will get to choose from different program activities that they focus on. Start talking to your child about what they might want to sign up for! See our website for programs!

Day Camp

- 8:30** Arrival Activity
- 9:00** Teambuilding
- 9:30** Activity 1
- 10:45** Activity 2
- 12:00** Lunch
- 12:45** Swim Time
- 2:15** Trading Post
- 2:30** Reading Time
- 3:00** Nature Education
- 4:00** Departure

Resident Camp

- 8:00** Flags & Breakfast
- 9:00** Morning Activity
- 10:00** Choose Your Own Adventure
- 12:00** Lunch
- 1:00** Reading & Rest Hour
- 2:00** Cabin Rotations
- 3:15** Swim Time & Trading Post
- 6:00** Flags & Dinner
- 7:30** Evening Activity
- 9:00** Reflections and Light Out





Preparing For Camp

There are a few things that need to be done before you arrive to Camp Abe Lincoln. If you go to our website under the "Parent's Corner," you will find the forms you need.

To Do Checklist

- ◇ Complete the **Health History Form** (needed for all campers)
- ◇ Turn in a copy of a **Physical** done in the last 12 months (overnight campers only)
- ◇ Pay your camp **balance**
- ◇ Go through **this packet** with them
- ◇ **Pack!** We recommend writing your name on all the items!



Packing List

- ◇ Water Bottle
- ◇ Swimsuit/Towel
- ◇ Backpack
- ◇ High SPF Sunscreen & Bug Spray
- ◇ Close Toed Shoes (that can get muddy/wet)
- ◇ Hat/Sunglasses
- ◇ Camera

Overnight Campers Only

- ◇ 2 Jeans/Pants
- ◇ 6 Shirts/T-Shirts
- ◇ 5 Shorts
- ◇ Daily Socks/Underwear
- ◇ Jacket/Sweatshirt
- ◇ Bath Towel
- ◇ Extra closed toed shoes
- ◇ Toiletries
- ◇ Sleeping Bag & Pillow
- ◇ Twin Sheet/Blanket
- ◇ Flashlight
- ◇ Pre-addressed & stamped envelopes
- ◇ Boots (recommended for Horse Camp)

Do NOT bring the following:

Phones, Inappropriate clothing (if you can not wear it to school, do not wear it at Camp), personal sports equipment, drugs, alcohol, overly expensive items, food, knives, fireworks, squirt guns, or ANY electronic devices (iPods, etc)



Check In & Check Out

Your child's safety is our number one priority, which is why we take check in and check out very seriously. You **MUST** sign your child in (daily for Day Camp) before you depart. You will be asked to list all individuals that are allowed to pick your child up. Every person, including the person that dropped them off, is **REQUIRED** to be on the list **AND** show a driver's license to pick your child up. Thank you for your understanding and cooperation.

Day Camp

- Please arrive 5-15 minutes before departure time to sign your child in. We will NOT have staff there prior and we will not take a child on the bus if they are not signed in.
- If there are any issues or bus delays, we will contact the Y branches and they will notify you.
- Please go over proper bus behavior with your child before Camp to ensure a safe and fun ride. You can find this on our website!

Resident Camp

Prepare early, as it makes this process easy!

- Bring your child to the Lodge between 2-3pm on Sunday. Please do NOT arrive before 2pm. Campers will receive cabin assignments and a head check then.
- Turn in any forms we still need from you (bringing copies is always smart)! You'll sign in any medication needed. Please bring them in the original bottle.
- Check out is 6:00pm on Friday in the same place. We will have a short program, and an optional family dinner.

Day Camp Bus Schedule

LOCATION	Morning	Afternoon
Bettendorf Y	8:00am	4:45pm
North Y	8:00am	4:45pm
Davenport Y	8:00am	4:30pm
Two Rivers Y	7:30am	5:00pm
Muscatine Y	8:00am	4:30pm
Camp (No bus)	8:30am	4:00pm





Homesickness

Going to Camp for the first time can be a high anxiety experience for a child (and parent)! We have some helpful tips to prepare you both for a beneficial and rewarding experience. If you have any more, please share with us!



- **Read this packet with them!** It will help them know what to expect and build excitement
- **Hide your anxiety.** As a parent, your child will look to you on how to act about this new experience. Talk about how you wish you could go! The more conversations you have with them, the better they will feel.
- **Do NOT tell them you'll pick them up early!** This prepares them to be homesick and less likely to try new things.
- **Tell them you love them and send them letters!**

Trading Post

Trading Post is our Camp Store, where we sell snacks and drinks for overnight campers, and merchandise for all campers. As summer nears, check our website for what we will have this year! Do not give your child cash to use; you will deposit money into an account at Camp Check In or with the Day Camp order form.

Overnight campers will have the opportunity to go here during snack time, with the average snack costing \$1. During the week, your camper will have a chance to buy our cool merchandise. For overnight camp, we will also be open during check out too.

Day campers will receive an order form at the beginning of the week. It must be returned by Thursday with payment to receive items on Friday! Snacks are provided for Day Campers.

There are no refunds. Any leftover amount will be donated to our Annual Campaign to help send Kids to Camp.

