



CAMP MARIST

OSSIPEE LAKE, NEW HAMPSHIRE

Parent & Program Book

Camp Marist
22 Abel Blvd.
Effingham, NH 03882

Phone: 603-539-4552 Fax 603-539-8318

Email: office@campmarist.org

www.campmarist.org



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PREPARING FOR CAMP

WHAT WILL MY CHILD GET OUT OF CAMP?

At Camp Marist, we have five goals in mind for each of our campers.

- To become more independent and resilient.
- To make friends and develop stronger social skills.
- To learn from positive adult role models.
- To learn new athletic, artistic and outdoor living skills & grow in their faith.
- To have fun!!

These goals must sound familiar to you, and probably reflect your own goals for your child. That is after all, an important part of why you chose Camp Marist as your child's summer home.

At Camp, your child has a unique opportunity both to master skills he/she may already possess and to challenge themselves to develop skills in an area previously unfamiliar to them. We recognize that each of our campers is a unique individual with different learning styles. By working with our kids closely, in small groups, our general and specialty counselors make sure that every child continues to make progress in each of our program areas.

It is through this progress, and the real sense of accomplishment that comes with it, that our campers build genuine self-esteem that will stay with them throughout the year. Unfortunately, we can't simply give a child the gifts of increased self-confidence and self-esteem. Children need to be successful, not just be told that they have achieved success. They need to see it for themselves...we give them that opportunity.

While new skills are easy to see, newfound independence shows itself in subtle ways. The very experience of being away from home—exploring things on their own without a parent there—helps a child become less dependent on his or her parents. Healthy independence involves gaining the courage to explore new relationships, take healthy risks, and learn about who you are. When children mature in these ways, they become more confident in setting and achieving important goals, taking initiative with responsibilities, and solving problems. You will see these changes once your children return home. Their growth is amazing!

When children live with a group of their peers under the supervision of positive adult role models, their care and concern for others increases. This sense of mutual support solidifies lessons about sportsmanship, sharing and responsibility. It also forges bonds of friendship that often last a lifetime. Learning to get along with others—by necessity, rather than choice—helps a child develop greater empathy. Living with children whom they might not choose as friends helps children to develop tolerance for differences and better coping skills. While not always “fun”, moments of conflict in bunk life can help our children to become more resilient human beings.

We know that children learn from their parents. Within our Camp setting, your children also learn from their prefects (the adult in charge of the cabin) & counselors. Children often behave differently when their parents aren't around. They explore and take risks in different ways. They reach out for friendship and security, and find it, in ways they never attempted before. Although they are authority figures, prefects & counselors also function as campers' peers. They are often closer to campers' ages than parents, and can be especially playful, or even goofy. There is a reason that much of our staff are college aged students—they have the energy and sense of fun that few older adults can muster.

Finally, a few words about “having fun”. Camp is basically fun, pure and simple. It's like an extended sleepover at your best friend's house, chaperoned by his or her really cool older brother or sister. You play all day, try new and exciting things, watch yourself improve in almost everything, and spend time with your friends. What could be better? On the other hand, you may have noticed that we did not put “fun” first on our list. While it is the essential ingredient in the Camp experience, it does not define the Camp experience. There are moments of Camp life—some of the most important developmental moments that a child may have—that are simply not that fun. Learning to understand people's differences isn't always “fun”. Coming to terms with your fears, and overcoming them, isn't always “fun” along the way. Understanding that you are part of a community, and that sometimes you can't have what you want exactly when you want it, isn't always “fun” either. Each of these experiences, while not “fun”, represents an incredibly important road to growth and development. Disneyworld is certainly “fun”, but our children don't really grow as human beings in the Magic Kingdom.

Our goal for your child is to create a positive summer experience that has a profound impact on them for the rest of their life. With the help of their prefects & counselors, our children face the challenges that Camp life brings, and learn important lessons about themselves. It will be a fun summer—have no doubt! But more than that, it will be a summer that really makes a difference in the lives of our campers, and that is what Camp is all about.

HOMESICKNESS PREVENTION

What is homesickness? Technically speaking, it is the distress or impairment caused by an actual or anticipated separation from home. It is characterized by acute longing and preoccupying thoughts of home and other beloved objects. About 95% of all children miss something about home when they're away at Camp. In other words, homesick feelings are absolutely normal. Contrary to "conventional wisdom", research has shown that a camp's physical distance from a child's home, or the presence of a child's friend from home at camp, have no impact at all on whether a child experiences homesickness while at camp.

Fortunately, severe homesickness is very rare. Research has shown that only 1 in 5 children has a bothersome amount of homesickness, and only about 1 in 14 has a truly distressing degree of homesickness. At Camp Marist, we believe our numbers are even better. While practical experience has helped us to develop a number of truly effective ways to deal with homesickness at Camp, there are some simple things that you can do before Camp starts to reduce the chance that your child will experience a bothersome or distressing amount of homesickness. In addition, there are lots of things that you can do to support your child if he or she should experience serious homesickness while at Camp.

Prior to the start of Camp, talk with your child about homesickness. Most children are pretty good at predicting how strong their own homesick feelings will be, and talking about homesickness won't cause it, or make it worse. Let your child know that there might be times when she will feel a little homesick, even though she is having a great time at Camp. Let him know that there are lots of things to think about or do to feel better if he feels homesick. Many kids have found that the following things help to reduce homesickness at Camp:

Do something fun—staying busy at Camp, in activities or with friends in between activities, makes a huge difference.

Do something to feel closer to home—writing letters to family, looking at pictures, reading letters, all have made kids feel better at Camp.

Think about the good side of being at Camp—looking on the bright side makes a huge difference. Think of all the cool things you can do at Camp, things that you can't do at home!

Try to be happy and have fun—try to change the way that you feel...sometimes just thinking about feeling good is enough to change your mood.

Remind yourself that Camp isn't really that long—seven weeks isn't really that long a time...school lasts about 40 weeks! Remembering how short Camp really is can make a huge difference.

Talk with someone who can help you feel better—at Camp, there are many people around you who are there for support. Talk to your prefect, your counselors, or your Directors. They are there to help you through tough times and they are experts at helping kids get over their homesickness!

Talking about these coping strategies and working on them with your child are a great way to diminish the chances that your child will have significant homesickness while at Camp. In particular, help your child to work on re-framing time, one of the most effective strategies we use at Camp. Arrange for your child to have practice time away from home, at friends' houses for sleepovers, school trip, or other opportunities to be away from home without you. The key during these dress rehearsals is to simulate, as much as possible, the Camp separation. This means no talking on the phone in the middle of the evening—that would not be true to the Camp experience.

A few more pre-camp tips:

•**If possible, avoid moving in the weeks before or during Camp**—it increases a child's anxiety, and makes the adjustment to Camp much more challenging.

•**Be truthful about stressful issues**—hiding a move or separation from your child, and doing it behind his/her back while at Camp, can be devastating. When children return home, and are confronted with a new situation, they can become mistrustful of their parents and fearful of spending time away from home.

•**Keep doubts to yourself**—again, try not to say things that will make your child worry about how you’ll feel when she’s away at Camp. If you are uncertain about your child’s ability to cope with homesickness, it is also best to keep those concerns among your child’s adult caregivers, including our staff. Children need to hear positive messages from their parents. If you let them know that you believe they can do it, they’ll be much more likely to succeed.

•**Send your child a letter at Camp before the first day**—receiving mail at Camp helps children to feel loved and remembered. Personal, positive letters from home are often the cure for almost any illness.

•**Do not make deals about early pick-ups!** Parents occasionally make pick-up deals in an innocent attempt to reduce pre-camp anxiety. Experience teaches us that this is a very destructive strategy. It’s normal for children to feel nervous and excited as Camp approaches. Second thoughts are common. It is normal for first-year campers to be worried about homesickness and ask themselves whether Camp is such a good idea in the first place. Unfortunately, some well-meaning parents have tried to comfort their child by saying something like, “Well, if you still feel homesick after a week, we’ll come to Camp and pick you up.” This promise almost guarantees that the child will be homesick, and that the parent will be forced to fulfill the promise. What’s worse, the child will not gain independence or self-confidence, but may even feel like a failure.

There are two reasons why ***pick-up deals usually backfire***. First, the deal contains a negative message. The message is “Mom and Dad don’t think you can make it through Camp. We think you will be so homesick that the only solution will be to leave Camp.” The second reason these deals backfire is they give children a powerful, home-related thought to dwell on: The Pick-Up. Then, every time the child encounters a stressful situation at Camp, or feels a twinge of homesickness, his thoughts turn to The Pick-Up. “My parents said that if I don’t like Camp, they’d come to pick me up.” This thought becomes a mental crutch. The child leans on it, rather than his or her own developing power to cope.

If your child asks you straight out, “Mom, will you come pick me up if I get really homesick and hate Camp?” the best answer is something like, “You sound a little nervous about going to Camp, but I think you’re really going to love it. It’s normal to feel nervous before you go. Also, remember that even if you do have some homesick feelings at Camp, you’ll know what to think and do to make things better, and you’ll have lots of people who can help you though those feelings. So, even though you might have some homesick feelings, I think you’re going to have a great time at Camp.”

Learning to cope with homesickness is a skill your child can use the next time he’s away from home. Once children recognize the feeling of homesickness, cope with it, and survive a brief separation from home, their confidence about future separations skyrockets. They really do gain independence, and their self-confidence shapes their attitudes on an on-going basis. Having a confident, positive attitude is one of the best predictors of having a good time at Camp. In a way, the cure for homesickness is actually overcoming an initial bout of homesickness. It’s like exercise. It may hurt a little, but it makes you stronger. If you receive a letter/email from your child saying they are homesick, **DO NOT PANIC OR OVERREACT!** This is normal. Have confidence in us and them to work it through.

PARENTS’ FEELINGS

Most parents get “child sick” when their son or daughter is at Camp. Of course, parents enjoy the free time they have while their kids are away, but sometimes that freedom feels empty. It’s not always easy to spend a few weeks apart, especially if it’s the first time that your child has been away from home.

If you’re like most of our parents, you’ll also have some mixed feelings about your decision to send your child to Camp. You want your child to have a great time at Camp, but you’re nervous about whether she’ll be OK on her own. You’re not there to personally supervise your child. No one knows your child better than you do. How could they?

Is this part of your inner dialogue? It is for many of our parents. Fortunately, you chose a great summer camp. We know how to keep your child safe and happy. We know how to run a Camp. If you are like most of our families, your child will want to come back to Camp every year for the foreseeable future. When your child returns home, you will see the results of this incredible experience.

PARENT INPUT FORM/CAMPER PROFILE

The Parent Input Form/Camper Profile presents an opportunity for you to share important details about your child with the camp administration and your child's prefect. As our partners in your child's summer experience, we ask that you answer each question as openly and fully as possible. Please don't worry that your child will be "labeled" by what you disclose. We hope that you know by now that we value your child's individual identity, and only seek this information to enable our staff to provide your child with the best possible camp experience. Please rest assured that all information is held in strict confidence, and is shared only on a need to know basis.

YOUR CHILD'S HEALTH

MEDICAL REPORTS & INFORMATION

All forms can be accessed through Campminder. Many of them can be completed right on your computer. **All forms must be completed by June 1.** Campers will not be allowed to be dropped off at Camp or board the bus to camp without the completion of the proper paperwork.

Medical forms of note:

Health History – it is important for our Nursing Staff to have your son or daughter's medical history. (This form must be completed online.)

Physical Exam Form – this is a legal requirement. All campers must have a current physical signed by your doctor. This form must be printed out so it can be signed by a doctor.

Parent Authorization – This form is an authorization to treat your child in case of illness or injury. All doctors and our local hospital require this form and will refuse treatment without it.

There are several methods to send the forms that cannot be completed online (instructions will be found with the forms):

Scan – you can scan the document and upload the document to CampMinder.

Fax – you can fax these forms back to (603) 539-8318.

Mail – you can mail the forms via regular mail or carrier (UPS, FEDEX, DHL).

Our Camp nurses will care for your child's illnesses or minor injuries in our Health Lodge, We have an excellent nursing staff with 3 nurses on duty at all times. The majority of health issues will be taken care of by them. However, any illness that requires outside medical care will be the responsibility of the parents and/or their medical insurance carriers. To facilitate the processing of any medical prescriptions your child may need, we are asking that you attach a copy of your insurance card and your prescription drug plan card to the Parent Authorization Form. All other medical bills will be sent directly to you or to your family's health insurance carrier.

HEALTH LODGE CHECK-IN

All campers are required to be checked in by the Health Lodge **prior** to going to their cabins. Health issues are reviewed and medications turned in at this time. In addition, we are required to do a check for lice, athlete's foot and other communicable issues.

CAMP MARIST HEAD LICE POLICY

Head Lice are a common phenomenon in children and often parents are unaware of them at the outset. Head lice are tiny insects (nits) that feed on blood from the human scalp. It most often affects children and results from direct transfer of lice from the hair of one person to the hair of another. Therefore, it can be highly contagious and easily spreads in camp environments through close contact, sharing of combs, brushes, pillows and hair accessories. Symptoms of lice may include itching, skin inflammation, disrupted sleep and a tickling sensation in the scalp.

Camp Marist has a no nit policy in order to protect all campers from potential exposure. We all need to work as a team to help facilitate this policy. We would ask that all campers be checked for lice 4 weeks and 2 weeks prior to arrival at camp and treated if any lice are found. Families should consult health care providers for home treatment prior to arrival if lice are found. Please alert camp if this is the case so our nurses can check in the campers properly.

As part of our check-in procedures, **all** campers are checked for lice by our registered nurses. If an active lice infestation is found, the camper is separated from other campers until treatment is possible. Campers may need to be separated up to 24 hours from other campers because Camp Marist has a contract with a professional company to treat lice. The cost for this treatment starts at \$250 and may be more depending on the severity of the case. The cost will be added to the camper's bill. All of the camper's clothing is then placed in dryers to kill any scattered nits or eggs.

To minimize the potential embarrassment for the camper due to not being able to be in their cabin for an extended period AND to avoid the cost of the treatment, please check for and treat lice at home before arrival. Camp should be informed of the treatment timeline.

EPI-PENS & ASTHMA INHALERS

Recently, a bill was passed in the State of New Hampshire that makes it possible for campers to possess and self-administer asthma inhalers and epinephrine auto-injectors (often referred to as “Epi-Pens”). Under this new law, campers may possess and use a metered dose inhaler or dry powder inhaler to alleviate asthmatic symptoms, or before exercise to prevent the onset of asthmatic symptoms. Also, campers with severe, potentially life-threatening allergies may possess and self-administer an epinephrine auto-injector. **The following *must* be submitted in writing, before Camp, and must be signed by a parent and your child’s physician in order for your child to qualify under this new law:**

- (a) The camper's name
- (b) The name and signature of the licensed prescriber and business and emergency numbers
- (c) The name, route and dosage of medication
- (d) The frequency and time of medication administration or assistance
- (e) The date of the order
- (f) A diagnosis and any other medical conditions requiring medications, if not a violation of confidentiality or if not contrary to the request of the parent/guardian to keep confidential
- (g) Specific recommendations for administration
- (h) Any special side effects, contraindications and adverse reactions to be observed
- (i) At least one emergency telephone number for contacting the parent/guardian
- (j) The name of each required medication

If any of these criteria are not met, we will not be able to allow your child to carry, or store in the cabin, his or her inhaler or Epi-Pen. If you or your child’s physician has *any* questions regarding this policy, please contact the Health Lodge upon arrival.

MEDICATIONS

When dropping off your child at Camp or at a bus pick-up location, you will be asked to turn in any medications that your child may need while at camp. Please be sure that any medication you are sending to camp is listed on your child's Physician's Exam Form. Send enough medication to last the entire time your child is at camp. It must be sent in the original packaging bottle that identifies the prescribing physician (if a prescription drug) the name of the medication, the dosage, and the frequency of administration. Law requires that our nurses dispense according to the instructions on the bottle or container. If there has been a change from the original instructions, be sure that you have updated the prescription instructions on the container.

PROGRAM—DAILY SCHEDULE

Monday through Saturday		Sunday	
Rising	7:45	Rising	8:45
Breakfast	8:15	Breakfast	9:15
Morning Mound	9:15	Morning Mound	10:00
Activity One	9:45	Morning Leagues	10:30
Activity Two	10:45	General Swim	11:45
Activity Three	11:45	Lunch	1:15
Lunch	12:45	Rest Period	1:45
Rest Period	1:30	Leagues	2:45
Activity Four	2:15	General Swim	4:00
Activity Five	3:15	Dinner	5:30
General Swim	4:15	Chapel	7:00
Dinner	5:30	Lights Out!	Age Appropriate
Evening Activity	7:00		
Return to Cabin	8:30		
Lights Out!	Age Appropriate		

RELIGIOUS ACTIVITIES

Part of our Sunday schedule is an evening Eucharist/Prayer Service for the entire camp community, which is held either in our beautiful camp chapel or at our outdoor camp theater overlooking Ossipee Lake. Our Campus Minister organizes these services, which involve the participation of the campers. As a camp, we begin and end each day with a prayer at our all-camp gathering. Cabin prefects say an evening prayer before lights out and offer a short reflection on the day.

ACTIVITY PROGRAM SELECTION

The Camp Marist Activity Program operates on a two-day cycle. Campers choose eight activities of their choice for the two days, plus two alternates in case of a conflict or if they request a change. Campers will participate in four of their selected activities on Day 1 and four on Day 2. In addition to these choices, a Waterfront activity is added to the camper's schedule each day. The daily schedule is supplemented by a General Swim each afternoon, an Evening Activity program, and many special additions throughout the

summer. Most of our campers are exhausted by the end of the day! Some activities carry a fee to cover equipment replacement and special costs, but most activities do not carry a fee. A camper may double up on a favorite activity if there is room.

WOLF PACK PROGRAM

While the camp experience is wholly exciting, we know that for our youngest campers, especially those who are 8 years old and younger, it can also be a little overwhelming. The activities offered are spread throughout our large campus, and the rotating schedule can be confusing initially. In order to provide a bit more support to these campers and to ensure that they have extra guidance between activities as well as supervised access to the cabins to change or get equipment, and to create an atmosphere within each scheduled activity tailored to the unique dynamics of these youngest participants, we have developed the Wolf Pack Program.

To meet the goals of the program, the activity schedule for these campers will be uniform, and they will travel as a “pack” to each of their activities, supervised and directed by staff pack leaders. The selection and sequence of activities is thoughtful and intentional, highlighting the most popular activities for the age group (go-karts, arts and crafts, soccer, basketball, tennis, low ropes) and including an initial encounter with many of our other great activities like fishing, nature hikes, yoga, martial arts, floor hockey, volleyball and more! The activity periods will provide age-appropriate instruction and games, creating a fun and rewarding experience while establishing a foundation of skills for years of further participation and enjoyment. In addition, the Wolf Park will also have a daily period of swim instruction and, of course participate in the afternoon all-camp general swim!

We are excited to see this program in action! We believe the group scheduling and additional staff supervision will be reassuring to parents, and we know that the tailored design of the schedule and the experience at each activity will make for a perfect summer, and lead to many more “best summers” to come!

PREMIUM ACTIVITIES (additional fee charged)

HORSEBACK RIDING: Regular lessons by our competent riding instructors enable the beginner to learn to ride safely in the corral. Our large campus with several bridle paths affords space for more experienced riders. Campers 9 years and older are eligible for the riding course but the instructor's judgment is final. *Campers must wear long pants, helmet and shoes/riding boots.* Fee - \$50 per session

AIR RIFLES: This activity is for the younger campers under age 12. The training includes instruction on the correct use and care of firearms as well as target shooting. Fee - \$50 per session

ARCHERY: Camper's learn the proper techniques of archery under the direction of a certified archery instructor. The National Camp Archery Association recognizes progress according to the achievement levels. Open to all ages. Fee - \$50 per session

CERAMICS/SCULPTING: Pick a mold or create your own piece of pottery, paint, glaze and fire it in our kiln. This activity is open to all ages. Fee - \$50 per session

CYCLING: Trips will be off the property making use of the many trails and roads in the area on our *Specialized - Hard Rock Mountain Bikes*. This will be a double activity 2 periods back to back to allow adequate time for cycling. A single activity fee covers this double period. For campers 12 years old and over, with cycling experience. Fee - \$50 per session

DIGITAL PHOTO & MEDIA: Campers will learn about the settings and tools of a digital camera and will have guided practice in photo composition. In addition, campers will be able to explore the editing and sharing tools on a computer for working with photos, video clips or other media. Fee - \$50 per session

FISHING: Campers who would like to fish on a regular scheduled basis may select fishing as an activity. They will be taken onto the lake on our 24-foot pontoon fishing boat. Many different types of fish are caught in our lake but the large-mouth bass has always been the prize catch (over 24 inches for a bass catch can happen for you). Poles, tackle and bait will be provided or you can bring your own gear. Open to all ages. Fee - \$50 per session.

GO-KARTS: Our commercial go-karts are used for this very popular activity. The campers compete on the Camp Marist track for control as well as for the best times. Trophies are awarded for individual and dual track records. Open to ages 7 to 14. Fee - \$50 per session

POWERBOAT DRIVER EDUCATION COURSE: The powerboat driver education course familiarizes campers with the boating laws of New Hampshire. Campers learn to operate and drive various sized powerboats under the supervision of the instructor. Age 12 – 15 ONLY. Fee - \$50 per session

RIFLERY: Our rifle program is under the direction of a certified National Rifle Association instructor who trains the campers in the proper care and use of 22 cal. firearms at a safely isolated firing range. Campers progress through the levels established by the National Rifle Association for target shooting. Riflery is for campers who are grade 7 and over only. Fee - \$50 per session

ROPES CHALLENGE COURSES: Trusting others, working together, and challenging yourself is the focus of the Ropes Challenge Courses. Our two courses—Low Challenge (open to all ages) and High Challenge (open to ages 12 and older) - offer campers a unique learning experience. Instructors are certified and our courses are professionally approved each summer. Fee - \$50 per session

WATER-SKIING/WAKE BOARDING: Two ski boats are used in the water-skiing activity. Each boat is specifically designed to pull water skiers. Campers are taught the basics of water skiing by qualified instructors, and progress through the various levels of achievement as described by the USA Water-Skiing Association. Open to all ages after satisfying our swimming requirements. Fee - \$50 per session

ENGLISH as a SECOND LANGUAGE CLASSES

E.S.L. is offered 6 days a week for 45 minutes per day. Campers may not change this activity once they have registered for it. Campers are grouped according to age. Includes basic English grammar, vocabulary, and speaking skills for those who wish to further develop grammar, vocabulary and speaking skills. Fee - \$100 per session

ACADEMIC TUTORING SERVICES

Parents may request tutoring for their camper as an activity period. Please contact the camp office to discuss the specific needs for your child. Parents must supply school workbooks and/or texts. Tutoring classes may or may not fulfill summer school requirements. You must discuss this with your child's school teacher or advisor. Tutoring classes meet every other day, for a 45 minute period. Available for all ages. Fee - \$50 per session

STANDARD ACTIVITIES (No fee charged)

ACTIVE SPORTS: Baseball - Basketball - Floor Hockey - Football - Field Hockey - Softball - Lacrosse - Soccer - Tennis - Track - Volleyball - Wrestling and more! Each of these activities will give you the opportunity to enjoy playing your favorite sport and improve your skill level. This is also an excellent opportunity to learn a new sport or perhaps learn to play it better. Equipment for each of these activities is provided by Camp Marist, although the camper can choose to use personal equipment.

ARTS & CRAFTS: Campers will have an opportunity to work on different projects based on their interests such as jewelry making, woodworking, camp crafts, painting, etc. Open to all ages.

IRON FITNESS: Want to leave camp a “real” Iron Man? This double-period cardio-vascular and muscle development course, features weight room work-outs, swimming, running, cycling, rowing, meets every day. Healthy nutrition for muscle development and peak endurance will also be discussed. Return to school in the fall at your peak. This activity is available for campers 13 years and older.

MUSIC/CHORUS & DRAMA: Have you been bitten by the performance bug? Like being on stage - or think you might like to give the stage lights a try? Sing, Dance and Act your heart out in Music & Drama Productions. Spend two weeks preparing for your final performance in front of the whole camp...this is your chance for your star to shine! Open to all ages. *Must bring your own instrument (if applicable).*

MARTIAL ARTS: The basic fundamentals and principles of martial arts will be taught. Campers will learn basic moves and compete against each other. Our instructor will offer advanced classes for those with previous experience. (Emphasis will be placed on the principles of karate.) No experience if needed—open to all ages.

WATERFRONT INSTRUCTION: (Automatically added to each camper's schedule every day!) Red Cross approved instructors provide lessons in swimming for the beginner to the most advanced levels. Regular courses are also offered in, *SAILING, CANOEING, PADDLE BOARDING AND SNORKELING*, which campers may sign up for after they have demonstrated their swimming ability. Camp Marist has canoes, rowboats, "Sun-Fish" sailboats, wind surfboards, and a spectacular beachfront. Our very large resin dock allows us to rope off ample areas of Ossipee Lake for our various swimming areas.

WEIGHT LIFTING: Campers learn to safely and effectively use weight lifting equipment. Programs for individual development are put together for each participant. Open to grades 7 – 12.

CALL OF THE WILD: How many different animal tracks can you find in the woods? What do these animals eat? Is Ossipee Lake a clean lake for fish and other water creatures? What does poison ivy look like? Is that track from a fox or a dog? The answers to these questions are living right outside your cabin. This activity will not only be interesting...but fun! Open to all ages.

SPECIAL CAMP TRIPS (fees apply)

DEEP SEA FISHING: Our deep sea fishing trip is a day trip for the more adventurous fisherman is very popular. Campers are taken on a chartered fishing vessel from Portsmouth, NH, usually for mackerel or blue fish. Lunch and dinner are provided. For campers ages 8 and up. Fee - \$125.00

SEA DOGS PARTY DAY: A special day trip to the Portland Sea Dogs baseball game at Hadlock Field, including picnic style BBQ dinner, transportation by bus, and admission to the game. Campers of all ages may attend. *Dates to be determined based on the Sea Dogs schedule. LIMITED!!! Fee - \$65.00

WHITE WATER RAFTING: An overnight camping trip to the Maine wilderness includes a day's rafting down the Kennebec River under the supervision of trained instructors. The trip includes transportation, all meals, camping, rafts and safety equipment. Only a limited number of spaces are available. Campers 12 and up may attend. Fee - \$300.00

"THE BLAST!": This day trip is just for the younger campers. Everyone boards the bus to head out to Funtown Splashtown USA, an amusement/water park Lunch is provided in the park. On the ride home, it's dinner followed by a stop for ice cream! You'll crawl back to your cabin that night, if you make it through...THE BLAST! Campers 6-11 may attend. Fee - \$100.00

ICE SKATING: That's right...Ice Skating in the middle of summer! During this great ½ day trip, you will depart from camp after lunch and travel to North Conway's Ham Ice Arena for an afternoon of skating. Skates will be provided at the rink. Then, a summer ice skating trip wouldn't be complete without a stop for a delicious ice cream sundae...brrr! Open to all ages. Fee - \$35.00

ZIP LINE TOUR: This day trip brings an adventure with professional guides across zip lines and suspended bridges, ranging from 800 to 1,600 feet long and 200 feet above the ground in the mountains of NH. Fee includes transportation, meals and equipment for the adventure. Age 12 or older with a minimum weight of 70 lbs. Fee - \$200.00

INDOOR ROCK CLIMBING: This half-day, off-property trips is to a state of the art facility in southern Maine that offers dozens of thoughtfully designed top-rope climbing routes on walls up to 45 feet high. The trip includes 3 hours in the facility, starting with brief instruction by the facility staff on techniques and safety, and continued guidance and supervision by them throughout the time on the walls. All safety equipment and climbing gear is provided by the facility as part of the program. The climbers will work up an appetite, so we will have dinner near the facility before returning to camp. Age 12 or older. Fee - \$95.00

WHAT TO PACK

A detailed checklist of What to Pack is available in the Forms & Documents section of your CampMinder Account. It can also be found on our website. Sheets, blankets and pillows are provided but sleeping bags are recommended. You may add to this list any other article you wish to bring such as a teddy bear, book, fishing pole, etc.

REQUIRED CAMPER CLOTHING

We require that every camper purchase two (2) camp t-shirts to wear off -property for identification purposes. Campers may wear clothing of their choice while at Camp. Camp Marist clothing (t-shirts, sweatshirts, hats, jackets) is available for purchase online from Amerasport. We also carry a variety of Camp Marist clothing and souvenirs in our Camp Store (sizes and colors may vary).

CAMP MARIST LAUNDRY

It is essential that EVERY PIECE OF THE CLOTHING BE LABELED WITH THE NAME OF THE CAMPER. Camp Marist has a complete laundry facility on the property and we launder clothing for each cabin once a week. It is very important that all clothing personal possessions be labeled with indelible ink so that when the clothing is distributed to the cabins or left around the camp, your child will get back their belongings. Campers tend to leave things all over the place and we can get these items back to them if they are labeled.

LUGGAGE

For campers flying into Logan Airport: We are strongly recommending that you send your child's luggage to camp in advance. Due to security restrictions related to post 9/11 air travel, baggage check can be a long and arduous process. *We recommend sending your bags via Fed Ex, UPS, or DHL for delivery one week prior to your child's arrival.* Upon departure we will be happy to make arrangements for bags to be picked-up at Camp.

TRANSPORTATION

By Car: **Please arrive at Camp for drop off between 11:00am & 3:00pm** on your arrival day. Check in will begin promptly at 11 AM. **Please do not arrive early**, as we will be organizing, preparing, and participating in staff meetings prior to meeting and greeting our families. Making sure a camper's first few hours at camp go smoothly helps to set the tone for the entire session. Dropping your child at camp can cause anxious moments. Along with his or her excitement comes concern over the new surroundings. Even if your child is returning to camp for the 3rd or 4th year, there will still be uncertainty about his or her new cabin mates, choice of bunk and who their counselor might be. We encourage parents to meet the cabin prefect and to spend a short time at the cabin helping your child get settled. Long, drawn out goodbyes can be difficult for your child as well as others in the cabin. As hard as it may be, the quicker a parent gets in their hugs and says goodbye, the sooner your child will begin to acclimate into his or her new surroundings.

By Bus: You will receive specific instructions and details the week prior to arrival day if you have signed up for bus transportation. We normally use 14-passenger vans for these transfers so space is very limited. Please make sure all luggage is clearly marked. Please resist your natural impulse to board the van with your children. It will make your child's departure much easier if good-byes are said before the children board the van. Please be sure to pack your child a sandwich lunch and/or snack. Please do not send more food than he or she will need for the ride to camp. We strongly recommend a drink with a re-sealable cap, as they are less likely to spill. ***We recommend new campers arrive by bus rather than by car.*** The camp experience really begins on the bus ride up to Camp—new friendships are often formed by the end of that bus ride. Good-byes are also easier at the bus. If you are considering this option, it is very important that you let us know as soon as possible. Please arrive at the bus stop at the assigned time: NY-St Mary's departs promptly at 9am, and the remaining pickups will follow.

By Plane: **All parents should be aware that Logan Airport in Boston is over two hours away from camp. Therefore, we must ask you to adhere to the following guidelines:**

Arrivals: Flights should be chosen that arrive at Logan Airport between the hours of 10:00 AM and 8:00 PM. Later flights means they would be arriving at camp close to midnight and that is asking too much of our staff and is difficult on the camper as well.

Departures: Flights should be chosen with departures from Logan Airport between the hours of 11:00 AM and 8:00 PM. We need to get campers to the airport at least two hours early to get through security.

Exceptions: Any exception must be discussed with us by phone and will incur an additional cost beyond the normal fee.

Pickups are guaranteed ONLY on the date of the beginning and end of each session for LOGAN AIRPORT. It will be the parent's responsibility to supply transportation outside those dates.

By Plane-With a Group or Chaperone: Group arrivals and departures should follow the above time frames as well.

PLEASE SUBMIT ALL TRAVEL ITINERARIES ON THE ARRIVAL/DEPARURE FORM BY JUNE 1.

DIRECTIONS TO CAMP

Directions to Camp Marist from New York, Conn., & Mass. are as follows: Route 95 north to New Haven; 91 North toward Hartford; 84 East to the Mass. Turnpike to Worcester; exit Route 290 East past Worcester to 495 North; take 495 North all the way to RT. 95 North. Take 95 North to the Spaulding Turnpike/The White Mountains/Route 16 (left exit). Stay on the Spaulding Turnpike and it will eventually become Rt. 16 North. Follow 16 North to Rt. 25 East towards Portland, ME . Make a right turn at the exit and the camp is 4 miles down on the left.

Directions from Montreal: Champlain Bridge to Route 10 east, exit for 55 south. Continue 55 south to Interstate 91 to exit for Rt 93 south. Exit Rt. 93 south at Kancamagus Highway/Route 112. At end of 112 turn left (north) on 16 for 1/2 mile and then turn right at 153 south. At Route 25, make a right, one mile to Camp Marist on right.

OFFICE HOURS

Our office is open from 9 AM until 5 PM. If you are unable to reach us, please leave a message and we will call you back.

VISITOR POLICY

We do not have a specific day during the week which is designated as "Visiting Day". Parents may come to visit their child any time during the week. We would ask that you call the main office and inform the camp before you come to visit. We also recommend that you wait a week before coming to visit your

child. It is during that first week that some campers feel a little homesick and need that time to make new friends, get involved in their activities, and get acclimated in their camp environment.

ALL VISITORS MUST REPORT TO THE MAIN OFFICE UPON ARRIVAL TO SIGN IN AND OBTAIN A VISITORS PASS.

The supervision and safety of your child is of utmost importance to us. We require that you identify on the *Authorized Persons Form* any person that you allow to have contact with your child or to sign your child out of camp. As a result, Camp Marist requires a **picture proof of identification** for any person wishing to visit or pick up your child. We will contact you if we have any questions regarding the information you are providing to us. Under NO circumstances will we release a child to anyone under the age of 18. Visitors must also sign the book upon arrival back at camp.

MAIL

Your children cherish mail!!! Please write early and often. They worry about you. A letter waiting for them at Camp when they arrive is particularly nice. We have been advised that typed addresses generally save a full day in the transit time of mail to and from Camp. You may want to pre-address some envelopes and cards for your children.

When writing to your children, the Camp mailing address that should be used is:

Child's Name and Cabin
CAMP MARIST
22 Abel Blvd.
Effingham, NH 03882

TELEPHONE

Campers are not permitted to make or receive phone calls from the camp except for emergencies and birthdays. Adjustment to group living away from home is a delicate process for many campers. A phone call often undoes a week's progress in a few moments. Furthermore, if one camper receives a call from a parent, other camper's in his or her cabin, who do not have the opportunity to speak with a parent can be adversely affected. The camp will accept all calls from parents, and relay any messages if necessary. These calls should be made preferably during regular office hours, 9:00 AM to 5:00 PM. **The Camp phone number is (603) 539-4552.**

If you would like a progress report on how your child is doing or you need to speak to a Prefect or Administrator for any reason don't hesitate to call us. Please identify yourself to whoever answers the phone, and explain that you'd like to speak to someone about how your child is doing. Please understand that while we want to provide you the highest level of service, our campus is very spread out, and our Directors, Prefects, and counselors will undoubtedly be out somewhere on campus when you call. It is possible that someone may be available to speak with you right away, though it is more likely that someone in our office may ask to take a message, and will pass that message on to the right person at the earliest opportunity. If you ask to speak with a particular person—such as your child's Prefect—every effort will be made to return the call within 24 hours.

Each staff member is given a 24 hour day off each week, and is sometimes out of Camp on overnights or inter-camp competitions. In any event, someone should return your call within 24 hours at the latest. If you do not receive a return call within 24 hours, please contact Camp immediately and let our office staff know that you have not received a return call. They will follow up to make sure someone calls you that day.

ELECTRONIC DEVICES, CELL PHONES/TEXT MESSAGES

iPods, CD players and other personal electronic devices are allowed but should be locked up when not in use. Cell phones, texting devices and those with internet access ARE NOT ALLOWED and if brought to camp, they will be taken by the cabin prefect and returned when the camper leaves. **CAMP MARIST IS NOT RESPONSIBLE FOR LOST, MISSING OR DAMAGED ELECTRONIC DEVICES.**

BUNK1

This summer we will be working with a company called Bunk1. We realize that parents want to see pictures of their camper as often as possible. We have also decided to hire two photographers to take even more photos. Bunk1 lets us actually see how many photos of a camper have been taken and uploaded. In addition, Bunk1 is replacing Camp Stamps and offers some nice features to send and receive messages from your camper. Sign up information will be sent to each family. One key component to Bunk1 is the use of Facial Recognition to track photos. Therefore, we will be asking each of you to upload a photo not only in our system but in Bunk1's system.

CANTEEN

Each week campers are given a canteen card to be used at the canteen for the purchase of drinks, juice, ice cream, and snacks after lunch and dinner. The cost of this is included as part of your camp tuition.

PERSONAL ALLOWANCE

It is suggested that a \$25 per week personal allowance be given to your child for special off camp cabin trips. This will give your child the opportunity to purchase snacks and souvenirs or can be used at the camp store for items available to purchase. Due to the increasing costs of processing credit cards and the associated liability, we will no longer allow credit card payments to a child's account for additional spending money. If a camper is signed up for any of the special trips, additional spending money should be set aside for those trips.

DO YOU NEED OUR TAX ID NUMBER?

A number of employers have set up dependent care accounts which allow participants to pay for childcare—including camp—with pre-tax dollars. In order to do this, or to take advantage of a similar deduction or tax opportunity, you may need our tax ID number. It is #02-0235834.

PAYMENT/REFUND POLICIES

Half of all tuition charges must be paid by **March 1st**. The remaining tuition must be paid by **May 1st**. Any other fees (activity or transportation charges) must be paid in full before your child arrives to camp. If you are registering your child for camp after May 1st, ALL tuition fees must be paid at the time of registration. Registration fees are not refundable. There is no refund should a child leave camp prior to their scheduled departure date, for any reason. ***Due to ever-increasing credit card fees, we are forced to implement a 3% surcharge for the use of credit cards. We will gladly accept checks, cash or wire transfers at our usual fee (please contact us for details).***

DISASTER PLANNING - What If 9/11 Happens During the Summer?

In our post 9/11 world, prudent planning is a must. We believe that Effingham, New Hampshire is about the safest spot for your children to be this summer. We are not near a major city and have no power plants or other attractive targets anywhere in our area. Our neighbors are friendly and watch out for our interests. During staff development we practice emergency procedures as well as conduct fire drills each session. The safety of our campers directs all of our policies.

DURING THE CAMP SEASON

But what if something happens somewhere else during the Camp season? In conjunction with the American Camping Association, we have worked with a team of national experts to prepare, as much as possible, for any eventuality. To our long list of protocols, we have added a response plan for terrorist events which could take place in the outside world. Please know that communication with our parents is an integral part of this plan.

At Camp, our priorities would be:

- to care for your children for the entire Camp season, and beyond, if necessary
- to insulate them as much as possible from the horror of any event and to meet all of their needs as fully as possible;
- to facilitate communication with you and to aid you in making informed decisions for your family.

If such an event should take place, your children will have one thing on their minds above all others...the question of the health and safety of their family members. For that reason, we have constructed a series of protocols to facilitate a check-in process for any of our affected families. These are outlined in the following paragraphs and hope that they provide some assurance to you that even if the unthinkable occurs, we would be ready to care for your family:

If an attack occurs outside of the Metro NY, Providence, Greater Boston or Mexico City areas, we will not take any extraordinary steps to facilitate parent-child contact. The vast majority of our families live in these major population centers, and would probably be safe and sound if an attack occurs elsewhere. If you are traveling to an area where an attack occurs, we would ask that you contact Camp immediately to let us know that you are fine. If your child knows that you were expected to be in the affected area, it will be important for him/her to receive that reassurance. Depending upon the nature of the event, we might ask that parents contact Camp to speak with their child in an orderly fashion if we feel that additional reassurance is needed. The procedure for emergency phone calling will be described below, but will only be initiated by us if we feel it is warranted.

If an attack occurs in either the Metro NY, Providence, Greater Boston or Mexico City areas, the following steps should be followed:

All parents in the affected area should contact us immediately to let us know that they are safe by any of the following means, listed in order of our preference:

- Sending an email to office@campmarist.org containing identifying information and a report on your status.
- Sending a fax to Camp at 603-539-8318.
- Calling Camp very briefly to let us know you're okay.

Please use our main number at 603-539-4552 or 603-539-8220.

If you have information about the status of any other Camp families, please provide that to us as well.

A Special Note: If a major event were to take place in NY, NJ, CT, MA or RI within 72 hours of the last day of Camp, it would be our intention to delay the departure of all of our campers until we were certain that their return home could occur in a safe and reasonable way. In that event, we would be in contact with you via phone, web page, email or letter to make arrangements for alternative ways for your child to rejoin your family or extend his/her stay at camp if necessary.

Again, however unlikely another major terrorist event might be, we want you to know that we have carefully planned for virtually any occurrence, and are prepared to care for your child for as long as necessary. Let us hope it never comes to that, and that this difficult chapter in our history is behind us.

SECURITY GUARDS

During the day and evening hours our staff to camper ratio is 3:1. We have also taken the extra safety precaution of hiring two security guards at night between the hours of 10:00 PM and 4:00 AM. As we mentioned earlier, the supervision and safety of your child is of the utmost importance to all of us here at Camp Marist.

PARENT TRAVEL ITINERARIES

Please let us know where you will be while away from home, whether traveling or staying at a vacation home, it is important that we have your contact information. If you are taking a trip out of the country, make sure that we have a current contact number. This should be a relative or very close friend.

BEHAVIOR POLICY

Our program is designed to keep all campers busy, involved and enthusiastic from the time they wake up in the morning until they are ready for lights out. We stress sportsmanship and encourage campers to get along with everyone at camp. We have found that the best way to avoid discipline problems is to keep campers involved in activities they enjoy. With an overall staff to camper ratio of 1 to 3, we have excellent supervision and staff members will intervene if they see problems developing. Often, a few words from the cabin prefect or the activity counselor will resolve a situation. Since we have many teachers on our staff, each is trained to deal with unique situations appropriate to the camper's age and maturity level. Our Activities Director will also speak with a camper and perhaps have the camper sit on his porch for a while before returning to their regular activity schedule. A phone call home is made if the situation is deemed serious enough. Camp Marist also has a number of school guidance counselors on staff and when deemed necessary, a referral is made. It should be stressed that physical punishment is not permitted at Camp Marist at any time. Possessing any weapons, bullying, and drug use is not tolerated at Camp Marist. Campers violating this policy are sent home. There will be no refund for campers sent home early for disciplinary reasons. (Please see our refund policy on page 17.)

AREA ACCOMMODATIONS

North Conway Grand Hotel
Settlers Green , Main St.,
North Conway, NH
(800) 648-4397 or (603) 356-9300

Mount Whittier Motel
755 Rt. 16
Ossipee, NH
(603) 539-4951

Hampton Inn & Suites
1788 White Mountain Hwy.
North Conway, NH
(603) 356-7736

Purity Spring Resort
Route 153,
Madison, NH
(603) 367-8896

Inn at Crystal Lake (a Bed & Breakfast)
Route 153
Eaton, NH
(800) 343-7336 (603) 447-2120

Holiday Inn Express
1732 White Mountain Hwy.,
North Conway, NH
(603) 356-2551

Golden Gables Inn
White Mountain Hwy.
North Conway, NH
(603) 356-2878

Econo Lodge
2365 White Mountain Hwy.
West Ossipee, NH
(603) 301-1426

*Many more options are available in North Conway which is about 25 minutes from camp.

IMPORTANT PHONE NUMBERS & EMAIL ADDRESSES

Main Phone Line.....603-539-4552

Use this number for business, scheduling, transportation and other general questions – leave a message and we will get back to you within 24 hours.

Parent Line.....603-539-8220

Direct line to the Health Lodge.

Fax.....603-539-8318

Main Email.....office@campmarist.org

Executive Director(Vinny).....vinny@campmarist.org