



CAMP MARIST

OSSIPEE LAKE, NEW HAMPSHIRE

Parent Program Book

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Camp Marist Program Overview	4
Camp Marist Values	4
WHAT WILL MY CHILD GET OUT OF CAMP?	5
RELIGIOUS ACTIVITIES	6
Healthcare at Camp	7
Health Lodge Facility	7
HEALTH SCREENING ON ARRIVAL	7
Health Forms	7
HEAD LICE POLICY	7
Medications	8
Over The Counter (OTC) Medications	8
Prescription Medications	8
EPI-PENS & ASTHMA INHALERS	8
Outside Consults and Services	9
Transportation	9
Interpreters	9
Insurance	9
Mental Health and Well-being	9
Parent Input Form	9
Notification to Parents	9
Homesickness	10
Prevention and Preparation	10
Preparing for Camp	12
Forms and Paperwork	12
Activities Selection	12
What to Pack	12
GETTING TO CAMP	13
TRANSPORTATION SCENARIOS	13
Arriving by Car	13
Arriving by Bus	13
Arriving By Plane	14
LUGGAGE	14
The Camper Experience	15
PROGRAM—DAILY SCHEDULE	15
Activities	15
SPECIAL OFF CAMPUS TRIPS (FEES APPLY)	17
Camp Store	18

Meals	18
Canteen	18
Laundry Service	18
While Your Child Is Away	19
Staying Connected	19
Campanion App	19
Mail	19
Care Packages	20
Technology Policies	20
Communication With Camp	20
OFFICE HOURS	21
Voicemails	21
PARENT TRAVEL ITINERARIES AND CONTACT INFORMATION	21
Contact Information	21
Visiting Camp	22
DIRECTIONS TO CAMP	22
AREA ACCOMMODATIONS	22
Relevant Policies	23
Camper Technology Policy	23
BEHAVIOR POLICY	23
PAYMENT & REFUND POLICIES	24
CAMP MARIST TAX ID NUMBER	24
DISASTER PREPAREDNESS	24

Camp Marist Program Overview

Camp Marist Values

Camp Marist aims to further in all campers and staff the development of core values by providing experiences in the atmosphere of a Christian community. All interactions should have as their base a genuine interest in and concern for this development in others, specifically with respect to the values as listed below.

Kindness

Selfless acts of kindness express true caring for others and communicate the fundamental love that should define interpersonal relationships. An environment full of kindness also promotes the development of the other core values.

Respect

We recognize that all individuals and groups offer positive contributions to the camp experience. We celebrate the diversity of backgrounds of our campers and staff and we capitalize on the opportunities for cultural education in a trusting and accepting environment. We model and foster integrity as we explore new ideas. We challenge all to maintain respect for others and themselves even when faced with conflict or discomfort.

Community

Camp Marist thrives on the strength of community that comes from hundreds of people connecting with each other summer after summer. We intentionally create opportunities to establish new friendships and strengthen the bond between returning friends. We actively seek to include others in all that makes camp great, instilling a true sense of belonging through our actions. The family spirit pervades the camp experience, and the connections formed at camp last a lifetime.

Character

We believe in transparency of character, revealing who we are through each of our actions and interactions. We exhibit and encourage in all a confidence to be our unique selves, trusting in the deserved acceptance by others. We are genuine and honest with each other and with ourselves. We are strong but humble in our actions: we find reward in doing good quietly. We create opportunities for continued development of character.

Spirit

Camp Marist inspires passion. We exude excitement in all areas of our program. We recognize and are grateful for the opportunities provided to us at camp and in our lives, and we aim to strengthen a sense of spirituality. We engage with each other, remaining fully present in the moment. We revel in the work that we do, truly having fun and showing it.

What will my child get out of camp?

The Camp Marist program creates opportunities for growth and aims to see specific outcomes in campers, such as:

- To become more independent.
- To become more 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.
- To develop their understanding of their faith, religion, and spirituality.
- To experience this growth in an environment characterized by physical safety, emotional safety, and genuine 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. Disney World 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.

Religious Activities

Part of our Sunday schedule is an evening Eucharist/Prayer Service for the 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.

Healthcare at Camp

Health Lodge Facility

Camp Marist boasts a health lodge facility with multiple overnight infirmary rooms, a private evaluation room, a secondary treatment room, and a camper waiting area. Camper and staff health needs are met by our staff of experienced nurses with diverse and relevant training backgrounds. Camp nurses are on-site 24 hours a day throughout the camp season. Our facility and nursing staff is equipped to handle all common ailments and injuries that occur at camp.

Health Screening on Arrival

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, and parents and campers can elaborate on any health concerns they arrive with. In addition, we are required to do a check for lice, athlete's foot and other communicable issues.

Health Forms

Health forms are available on CampInTouch and must be completed weeks prior to arrival so our healthcare staff can review the camper profiles. Of particular relevance are:

- Health History - this provides a comprehensive profile of the camper health needs and conditions. It is completed online.
- Physical Exam Form - All campers must have a current physical signed by your doctor. You may use the form we provided in CampInTouch or scan a signed form provided by the doctor's office.
- 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.
- Medical Cards Upload - this information streamlines the billing and insurance for any outside services needed for the proper care of your child. We ask for a copy of any insurance and prescription cards that you would use for health services at home.

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 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 lice/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.

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. With the possible exception of asthma inhalers and epi pens, campers are not to keep medications among their belongings in the cabins.

Over The Counter (OTC) Medications

Camp stocks all of the common over-the-counter medications for common ailments like headaches, stomach aches, allergy and cold symptoms, etc, so there is no need to send these to camp.

Prescription Medications

Any prescription medication that you send to camp must be sent in the original packaging identifying the camper name, the prescribing physician, the name of the medication, the dosage, and the timing and frequency of administration. The camp nurses can only dispense prescribed medications according to the instructions on the label. Send enough medication to last the entire time your child is at camp. To ensure that we can prepare for proper storage and administration of these medications, be sure that you have listed them on the health forms submitted prior to arrival.

Epi-Pens & Asthma Inhalers

The State of New Hampshire allows for campers to possess and self-administer asthma inhalers and epinephrine auto-injectors (often referred to as "Epi-Pens"). Specifically, the allowance states that 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. In addition, campers with severe, potentially life-threatening allergies may possess and self-administer an epinephrine auto-injector.

In order to comply with the state requirements for self-carry of these medications, a form must be submitted signed by a parent and your child's physician, indicating the following information:

- The camper's name
- The name and signature of the licensed prescriber and business and emergency numbers
- The name, route and dosage of medication
- The frequency and time of medication administration or assistance
- The date of the order
- 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
- Specific recommendations for administration

- Any special side effects, contraindications and adverse reactions to be observed
- At least one emergency telephone number for contacting the parent/guardian
- The name of each required medication

Reach out to our office or the health lodge team in advance of camp for coordinating this.

Outside Consults and Services

Our health team is connected with local medical providers and we can coordinate evaluation and treatment at area medical practices including doctor's offices, walk-in centers, and emergency rooms. In addition our area is served by skilled local Emergency Medical Services in the event of emergency situations.

Transportation

Except when emergency service providers are involved, transportation to the hospital or doctor's office for check-ups, X-Rays, etc. would be provided in camp vehicles with an approved driver.

Interpreters

In cases where language differences might impede effective communication, an interpreter from camp would accompany the camper to outside providers.

Insurance

When an illness requires the services of outside medical providers, the financial responsibility for those services will be with the family and/or their medical insurance carriers. By providing us with copies of your insurance and prescription plan cards we can facilitate the claims through your providers.

Mental Health and Well-being

Our comprehensive approach to camper health extends beyond the physical health of our campers to include their Mental, Social, and Emotional Health as well. The realities faced by young people everywhere create stressors that can manifest at camp just as well as at home and at school. Our staff and healthcare team are trained to address the needs of the campers and act to ensure their safety and well-being while at camp.

Parent Input Form

Caregivers can partner with us in the interest of all campers by completing the Parent Input Form found in CampInTouch and including background, concerns, and effective coping strategies as relates to the campers mental health. We rely on your open, honest, and thorough answers to provide context to the camper experience as we will see it. Rest assured that all information is held in strict confidence, and is shared only on a need to know basis.

Notification to Parents

We recognize that you remain acutely concerned about camper wellness while your child is at camp. Our healthcare personnel are well-equipped to address the everyday camper needs, and confidential records are kept and updated to log all treatment when

campers visit. Most routine visits by campers do not get relayed to parents. However, in the event that a camper presents with a more serious condition, this would be communicated to the parents. Scenarios that warrant parental notification include:

- illness requiring an overnight stay in the health lodge
- repeated or continual camper non-compliance with medication administration
- services involving outside providers - dentists, walk-in centers, emergency services.

Homesickness

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. And it's a normal and predictable part of coming to camp - most children will miss something about home while they are away... one might be concerned if they didn't!

Fortunately, severe homesickness - the kind that gets in the way of enjoying camp - is pretty rare. And the typical feelings and focus on homesickness that a camper could experience are generally short-lived. There are lots of tried and true strategies that help to cope with whatever amount of homesickness a camper may experience.

Among the most effective strategies we see at camp are:

- Stay busy with camp fun! There are uniquely engaging activities, people, and opportunities at camp, and participating fully in them will often minimize homesick feelings.
- Share camp with those at home. Writing letters (and receiving them) allow us to remain connected with home, and continue to share our experiences with those we love.
- Focus on the positive. Feelings of homesickness don't preclude enjoyment of camp, they're often present alongside that enjoyment. So we choose to focus on what's great, and accept that we can have fun while also missing home.
- Talk it out. Everyone working at camp has overcome their own homesickness at some point. Veteran campers, CITS, counselors, nurses, and all of the camp leadership can all offer their own tips and distractions.

Prevention and Preparation

There's a lot of research on homesickness, including [this great article promoted by the American Camp Association](#), and we know that homesickness is predictable, preventable, and treatable. Interestingly, 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. But there are some things that you can do to prevent and prepare for typical homesickness:

- Talk to 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 they will feel a little homesick, even though they're also having fun at Camp, and that that's normal.

- Provide independent time away from home. Sleepovers, school trips, and other opportunities to be away without you are beneficial in instilling the confidence that they function just fine away from home.
 - Importantly, avoid the temptation for constant check-ins. They undo an element of being “away,” and they subtly send a message that you question their ability to handle time without you. It’s also good practice for us as parents to trust that our kids can survive without us!
- Be open about changes and stressful events. In an ideal world, major stressors and life changes could be planned for a time that wouldn’t impact the camp experience - surgeries, moving, separations, etc. But when they’re happening, know that camp can’t put those stressors on pause. Help them build the coping skills they’ll need, and keep camp in the loop about major things happening while they’re at camp.
- Show confidence in your child. As parents, we worry a lot, and our imaginations can torture us when we think about our kids being away and without us. But that’s an *us* problem. Children pick up on the sense of doubt and fear, and can internalize it themselves. Believe that they will be successful, and act like you mean it.
 - Related: Commit to the experience, and don’t create a back-up / escape plan. It’s counterintuitive but it’s very clear: planning with your child for the “what if it’s too hard” undoes all of the positive preparations, suggests that you don’t think they’ll be successful, and it will set their focus on the potential for an early pickup instead of on making the most of the camp experience
 - Related: Don’t panic if you hear from them with a teary tone. They’ll often write to you in their downtime, when they’re less engaged and more missing you, and they’ll share the emotions. It’s ok. Maintain confidence in them and in camp. They will get through it. And rest assured that if the camp team is concerned about the severity of their homesickness, you’ll be contacted by camp leadership to strategize for success.
- Write letters even before they’ve arrived at camp. Hearing from you keeps them feeling connected, and also keeps *you* feeling connected (see more about this in the section on the Parent Experience). Having a letter even as they first arrive helps bridge the transition from home to camp.

As described in the Overview of the Camp Program, camp helps kids grow into impressive people. We aim to develop personal and emotional strength in all campers, increase their sense of independence, enhance their sense of identity through exploring talents and skills, improve their capacity for resilience, instill a sense of self-confidence, and foster positive social skills and relationships. Supporting campers as they deal with natural homesickness is just one example of how we do it, and it’s fully consistent with each of those objectives.

Preparing for Camp

Attending camp obviously involves more than just showing up on arrival day. There's a lot of planning and preparing ongoing from the time you make the decision to have your child be a part of this amazing experience, up through the time that you drop them off! A few of the aspects to highlight in the planning follow.

Forms and Paperwork

Attending camp requires a lot of sharing and submitting paperwork. Some of what we ask for is required to comply with legal or accreditation guidelines, some of it provides the personal context about the camper so we can start getting to know before we even meet, and some of it is practical information that makes being at camp go more smoothly. Please read through our [Overview of CampInTouch and Required Forms](#) to learn more about where, how, why, and when to complete all of the paperwork.

Activities Selection

The activity selection process is completed through the online forms system (see initial paragraph for this section), but a little elaboration and context may help as you begin the process.

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! A camper may double up on a favorite activity if there is room.

What to Pack

We have created a list of recommended items based on input from veteran campers and staff. The [Packing List](#) linked here is also available in the forms section of your CampInTouch account. We encourage you to use it as a guide, and also to add to this list any other article you wish such as a teddy bear, favorite book, etc. A few particulars about packing follow:

Sports Equipment

All activities are equipped with the necessary items for camper participation - tennis racquets, floor hockey sticks, cycling helmets, fishing poles, etc. - but if your child prefers their own specific equipment, they are welcome to bring it. Remember though that campers won't always take the same care of this equipment at camp as they would with your guidance at home, so you may prefer to preserve their gear for their year-round teams.

Bedding

Camp provides sheets, blankets and pillow cases for all campers and all beds. That said, many veteran campers and staff have found that a light sleeping bag comes in handy on the colder nights, and makes it a bit easier to “make the bed” each morning.

Camp Gear

Included with tuition, campers are provided with two camp t-shirts and a water bottle when they arrive at camp. The t-shirts are worn whenever campers take a trip off the property. The water bottles can be filled at sinks, fountains, and fill stations throughout camp.

Getting to Camp

Transportation Scenarios

Making sure a camper’s first few hours at camp go smoothly helps to set the tone for the entire session. Separating from your child as they begin at camp can be stressful - 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. The following overviews will hopefully make the physical arrival to camp more predictable and smooth.

All travel plans are shared with the camp office by submitting the Travel/Transportation form in the online system.

Arriving by Car

Camper check-in on arrival day is from 11am - 3pm. With the excitement to get started, and with parental travel plans, it’s tempting to arrive early, but you’ll find us unable to accommodate early arrivals, as we will be organizing, preparing, and participating in staff meetings prior to meeting and greeting our families.

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.

Arriving 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, and the camp experience really begins on the bus ride up to Camp—new friendships are often formed by the end of the ride!

It’s appropriate 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. Drinks should have a resealable cap, as they are less likely to spill.

Please make sure all luggage is clearly marked. We'll help get them and their belongings to their cabins once they are arrived and checked in at camp. 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.

Arriving By Plane

Camper pickups happen throughout the scheduled arrival day at Boston Logan International Airport. Campers who are flying on their own will be met by camp staff at a designated meeting point within the terminal. Camp staff are present at the terminal *prior* to any camper arrival, and campers will remain with our staff until such time as all anticipated arrivals are accounted for, at which point the group will depart for camp. It's about a 2.5 hour ride from the airport to camp. In order to provide for safe travel to and from the airport, we require that flight arrangements conform to the following time frames:

- **Arrivals:** Flights should be chosen that arrive at Logan Airport between the hours of 10:00 AM and 8:00 PM.
- **Departures:** Flights should be chosen with departures from Logan Airport between the hours of 11:00 AM and 8:00 PM.
- **Exceptions:** Special exceptions may be possible, but would incur additional fees for hiring separate drivers prepared to handle adverse times and conditions. Reach out to the camp office to discuss the possibility of special arrangements.

Luggage

Luggage should be labeled with your child's name. We'll help get the camper and their luggage to the cabin on arrival. We recommend packing in duffel bags as it allows for additional space and a tidier bunk area once in the cabins.

Parents have the option of sending camper luggage to camp in advance. FedEx, UPS, and DHL all deliver to camp. Plan to ship it with a scheduled arrival at camp about a week earlier than the camper arrival, as delivery days are common in our area. Upon departure we will be happy to make arrangements for bags to be picked-up at Camp.

The Camper Experience

PROGRAM—DAILY SCHEDULE

Monday through Saturday		Sunday	
Rising	7:45	Rising	8:45
Breakfast	8:15	Breakfast	9:15
Morning Mound		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	Camp Eucharist	7:00
			Age
Dinner	5:30	Lights Out	Appropriate
Evening Activity	7:00		
Return to Cabin	8:30		
Lights Out	Age Appropriate		

Activities

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 and shoes/riding boots.*

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.

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.

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.

CYCLING: Trips will be off the property making use of the many trails and roads in the area on our *Specialized - HardRock 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.

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.

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.

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

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.

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.

WATER SKIING/WAKEBOARDING: 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.

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 OFF CAMPUS 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 - \$160.00

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 - \$80.00

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 - \$350.00

"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 - \$125.00

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 - \$50.00

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 - \$225.00

Camp Store

The camp store is open several times per week - typically during an afternoon rest period - as well as on arrival and departure days. Campers will find a great variety of camp apparel they can purchase and add to their collection, including t-shirts, sweatshirts, pajama bottoms, hats, jackets, and more. In addition, there is a selection of personal supplies and small souvenirs available at the store.

Camper Cash

All campers will find their at-camp accounts funded with \$50 credit when they arrive at camp. This is real money that can be spent at the camp store, or it can fund a special cabin pizza night (for example), and it can be spent as cash when off the property for a trip. Camper Cash can be replenished through the "View Accounts" section in CampInTouch.

Meals

Our dining hall is staffed by professional chefs who handle the menu planning, food ordering, food preparation, and service. Meals are planned with a balance of camper tastes in mind as well as their nutritional needs.

Special dietary needs can be communicated to us through the appropriate form in the CampInTouch platform.

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.

Laundry Service

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 misplace or leave items behind while moving about camp, and labels on the items make it more likely that the belongings can be returned to the camper.

Individual laundry bags are not necessary, as campers will place dirty clothes in designated cabin bins. That said, small mesh lingerie bags do help to keep campers' socks together and easily returned, so those are a worthwhile purchase.

While Your Child Is Away

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.

Staying Connected

While your child is at camp there are numerous ways to stay connected with their experience while also letting them be independent in having it.

Campanion App

CampInTouch and the Campanion app are the window into camp throughout the summer. You are familiar with the platform from having completed all of the forms and paperwork online there. Once the summer begins, Camp Marist comes alive through this platform so you can see and hear the joy of camp while it’s happening.

Photos - we posted hundreds of photos daily. If you’re mostly interested in seeing your own child at camp, upload a photo of them into the app and you’ll get alerts everytime a new photo of them is posted.

Letters - you can send and receive messages with your camper through the platform, and you can provide access for extended family and friends to do the same.

Posts - In addition to our active presence on social media platforms, we’ll share periodic posts within the app to share what’s happening at camp. This lets you hear about camp from the camp leadership.

You can read more about this summer platform in the [CampInTouch and Forms Overview](#)

Mail

Campers love hearing from family and friends while at camp. While the e-letter option on the Campanion App is super convenient, there’s nothing like receiving a mailed letter from home. We receive mail Mon-Sat and deliver letters to campers the same day as they’re received. Address camper mail as follows:

Camper Name and Cabin Name (if known)
CAMP MARIST
22 Abel Blvd.
Effingham, NH 03882

Care Packages

Everyone loves a care package with favorite items sent from home. When thinking about sending something to campers, know that Camp Marist can only accept packages that are delivered through standard carriers in boxes or envelopes with a label to identify the recipient (ideally you would include the cabin name as well).

Food and grocery deliveries from local vendors are not accepted by camp. We cannot coordinate their receipt by campers - labeling is inconsistent and unclear, the contents are visible and accessible to any camper passing by, the packaging is often inadequate, and it creates an increased presence from random community members and outside drivers on our campus. Deliveries through the postal service, UPS, FedEx, etc are perfectly acceptable.

Technology Policies

Although we have grown accustomed to fairly immediate interaction despite distance, the camp environment does not support or permit that technological connection. Camp is an immersive environment that is often all-consuming and fosters intense connection and emotion over a short period of time. And that's by design. The camper experience is centered around camp, and phone calls and text messages interfere with and diminish that experience. Therefore in the interest of providing the best experience for the campers:

- **Cell Phones** and other electronic communication devices will be collected and safely kept while the camper is at camp.
- **Phone Calls** through the camp phones are limited to emergency situations and extenuating circumstances.
 - We recognize the desire to celebrate and acknowledge special events (birthdays, for example), but we caution families that phone calls can have a surprisingly negative impact with respect to homesickness and camper immersion.
- Other electronic devices that do not have communication capabilities, such as kindle e-readers and basic music players with ear phones are permitted for use during camper down time.

If and when the parental challenge of camper separation becomes overwhelming, we encourage you to check in with cabin prefects or camp leadership to get more informative updates about your camper. Our staff take seriously the role of caregiving and are happy to communicate with you about how your child is doing at camp.

Communication With Camp

There are a lot of moving parts in coordinating your child's time at camp. When you need to confirm travel arrangements, clarify something with the finance office, check in on health-related concerns, get a message to your camper through their prefect, or conduct any number of other possible interactions with us at camp, we're here for you.

The following information is provided to facilitate your communication with us during the summer.

Office Hours

Our office is generally open and staffed from 8 AM until 8 PM throughout the summer. Phone numbers and emails for reaching us are presented below.

Voicemails

Voicemails can be left for any camp administrator, office personnel, or cabin prefect, and you can find and dial their extensions through an automated attendant even if no one is in the office to answer your call. The health lodge extension is also accessible through the automated menus so you can reach our nurses after hours if needed.

Parent Travel Itineraries and Contact Information

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.

Contact Information

Here is a list of contact information you may find helpful around the camp season.

Phone Numbers

Main Office: 603 539 4552
Fax Line: 603 539 8318
Nurse Emergency Line: 603-539-8220

Physical Address

Camp Marist
22 Abel Blvd.
Effingham, NH 03882

Emails

Camp Administration:

Tom Pellicciari, Executive Director	tom@campmarist.org
Chris Krueger, Summer Camp Director	chris.krueger@campmarist.org
Karen Merker, Assistant Camp Director	karen@campmarist.org
Bekki Kowalski, Assistant Camp Director	bekki@campmarist.org
Mackenzie Boscoe, Activities Director	activities@campmarist.org

Useful Contacts:

Jeannine Jones, Registrar	office@campmarist.org
Cate Nelligan, Transportation Coordinator	transportation@campmarist.org
Health Center Staff	nurse@campmarist.org

Visiting Camp

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 check in at the main office upon arrival.

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. Camp will not release a child to anyone under the age of 18.

Directions to Camp

We recommend entering the camp address into your GPS system:

Camp Marist
22 Abel Blvd.
Effingham, NH 03882

In case of technological difficulties, the following routes will get you to camp successfully.

- **Directions to Camp Marist from New York, Conn., & Mass.:** 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 the 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 the right.

Area Accommodations

Hampton Inn & Suites

1788 White Mountain Hwy.
North Conway, NH
(603) 356-7736

Inn at Crystal Lake (Bed & Breakfast)

Route 153
Eaton, NH
(603) 447-2120

Golden Gables Inn

Purity Spring Resort

Route 153
Madison, NH
(603) 367-8896

Holiday Inn Express

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

Econo Lodge

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

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

Relevant Policies

Camper Technology Policy

Consistent with our belief that the camp experience is strengthened by the digital disconnect, and recognizing the desire for interpersonal connections to extend beyond our time at camp, we enforce the following policies:

Be Here Now - Prioritize what's happening in each moment at camp

- Campers
 - Campers are not permitted to have devices with cellular capabilities.
 - Camp will hold for safekeeping any such device a camper brings.
 - Use of personal music players is restricted to within the cabin, and only with earphones.
 - Device security is the responsibility of each camper. They may arrange for safe storage with prefects. Camp is not responsible for lost or stolen items.
 - Campers are not permitted to connect to the camp WiFi network.
 - Campers cannot make or receive phone calls while at camp.

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.

Payment & Refund Policies

- Rolling tuition payments are based on when a Camper is enrolled. Tuition is divided into 2 equal payments as follows:
 - For Early Bird and all regular registrations through January, payments are due February 1 and April 1.
 - Registrations through the end of February, payments are due March 1 and April 1.
 - Registrations through the end of March, payments are due April 1 and May 1.
 - Registrations through the end of April, payments are due May 1 and June 1
 - Registrations in May and June must be paid in full by June 15th.
- All tuition must be paid in full by 6/15 and prior to your child arriving at camp.
- All extra charges for transportation, off-campus day trips and camp store purchases over the \$50.00 credit will be charged to the card on file at the end of each session. Campers attending multiple sessions will be billed for each session individually.
- Initial Deposits are not refundable (with the exception of early bird incentives)
- There is no refund should a child leave camp prior to their scheduled departure date, for any reason.
- **Transaction Fees**
 - *Credit card transactions incur a 3% surcharge.*
 - *We also accept checks, cash or wire transfers at our usual fee.*

Camp Marist Tax ID Number

A number of employers have set up dependent care accounts which allow participants to pay for child care—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**.

Disaster Preparedness

The world has changed and we face many challenges so 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. Rest assured that we take this seriously. During our Staff Development we discuss and practice emergency procedures as well as conduct fire drills each session. The safety of our campers directs all of our policies.

We all recognize that events beyond our control could happen. 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. I have outlined these 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.

Of course, if you have information about the status of 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.