



Dear Parent,

Texas Youth Camp is excited to welcome your son or daughter to this year's Christian Summer Youth Camp experience.

Your son or daughter is coming to camp to learn biblical virtues in a fun, fast-paced setting while making life-long friendships. They'll accomplish this by participating in bible lessons, devotionals, skits, team building and sports activities. Texas Youth Camp will give your child the opportunity to grow in a safe, Christian environment where everyone can find success.

This parent handbook is designed to help you and your family prepare for camp. Please read it carefully, discuss it with your children, and feel free to contact us with any questions you may have.

Sincerely,

Barrett O'Connell

Director
Texas Youth Camp

CAMP LIFE

When your camper arrives, he or she will be placed in a living unit where they will be continuously supervised by adult counselors. There will always be a minimum of two counselors with the campers, more as the number in the group increases. Campers are responsible for bussing their own trays at meals, and keeping their cabins, bathrooms, and grounds areas clean. These activities will help your child develop a sense of responsibility and appreciation for keeping the camp clean.

Your camper is always supervised by a team of volunteers prescreened and approved by the camp session director. Venue camp staff is only supervising the special events in which your child may participate. (ie lake activities, ropes exercise, swimming, etc.)

Your child will participate in sports each day. They rotate several different types of sports. It is important that you send your child with sneakers. Additionally if your child decides to use the zip line he/she must have long shorts (Bermuda-length), capris, or long pants.

The following is a sample schedule. Please be aware this schedule may be modified to meet the needs of each individual camp session.

Sample Schedule

7:00 am	Wake up
7:30 am	Line up at Dining Hall
7:45 am	Breakfast
8:15 am	Cabin clean up and quiet times
9:30-10:45 am	Bible lesson and discussion groups
11:00 am	Sports by assigned sports teams
12:15 pm	Clean up for lunch
12:30 pm	Line up at Dining Hall
12:45 pm	Lunch
1:30-2:45 pm	Girls swim/Boys free activities
2:30 - 3:15 pm	Canteen Open
3:00-4:15 pm	Boys swim/Girls free activities
4:30 pm	Free Time
5:15 pm	Line up at flagpole
5:30 pm	Dinner
7:00 pm	Evening Session
9:15 pm	Late Night Activities and Fellowship (Elem to cabins)
10:30 pm	To Cabins (for Young-Teens and Teens)

FACILITIES

BATHROOM FACILITIES

There are ample bathroom facilities through-out our camp venue. Feel free to visit the website for more details.

ELECTRICITY AND AIR CONDITION

The Dining Halls, all meeting rooms, and all cabins have electricity and air conditioning.

LAUNDRY FACILITIES

Campers can wash their clothes by hand, but it's best to bring enough clothing for the entire session. Emergencies, such as bed wetting, will be handled discreetly by counselors. If this is a concern for your child, please send extra sheets/supplies and discuss your concerns with your child's cabin counselor.

MEALS

Three balanced meals a day and snacks are prepared in our kitchen. Meals are served cafeteria style. Each camper is expected to bus his or her own tray. Forest Glen offers a wide variety of options on their menu. No nuts are served, a salad bar and/or fresh fruit are offered at each meal. Special accommodations can be made for vegetarian diets, gluten free & casein free diets and other food sensitivities. If you have not already done so, please let us know about any specific dietary requirements – AT LEAST A WEEK IN ADVANCE. Be sure you let the Camp Health Officer know about any allergies your child may have, however it is up to your child to monitor his/her food choices.

BEDTIMES

Bedtime will vary from night to night, depending on evening activities, but lights out is scheduled for 10pm.

REST TIME

Texas summers are hot! After swimming/free activities time, we'll have time for the kids to take showers and rest. You may send a book or quiet activity for your camper. Many choose informal bible studies during this time.

BEHAVIORAL EXPECTATIONS

ALL CAMPERS WILL...

- Respect the counselors and listen when they are talking.
- Respect fellow campers. Camp is a no put down zone where we follow the Golden Rule. "Do unto others as you would have them do unto you."
- Wear shoes at all times
- Walk, not run in camp.
- Always be with a buddy.
- Leave our wild animal friends alone.
- Stay on camp paths and roads.
- Keep no food in your cabins.
- Enjoy the flowers and plants and let them grow (no picking).

Disruptive behaviors that continue and keep other campers from enjoying themselves will not be tolerated. The camp director reserves the right to dismiss any camper whose behavior, attitude, or conduct is detrimental to the welfare of the camp and the campers. Homesickness can be a consideration at the discretion of the Camp Director. In the event of dismissal or withdrawal of a camper **NO refund** will be given and the parent will be responsible for picking up their child.

LOST AND FOUND

All lost and found items will be available for you to go through upon pick-up of your camper. Please take the time to go through the items. All lost and found items will be discarded or donated to an appropriate charity at the end of the camp season.

COMMUNICATING WITH CAMPERS

MAIL

Receiving mail is the highlight of every camper's day! Follow these tips to provide your camper with a super mail call experience:

- **NEW THIS YEAR – NO FOOD OF ANY KIND WILL BE ALLOWED IN CARE PACKAGES OR IN CAMPER'S LUGGAGE – ANY FOOD SENT WILL BE TAKEN UP BY CAMP STAFF.**
- Write cheerful letters filled with short, happy thoughts and ask questions like, "What cool new things have you learned?" and "Have you made any new friends?" Don't focus on what the camper is missing at home.
- Mail a package with an additional disposable camera half way through camp.
- You may send stickers, pens, a small gift for your child
- If mailing, ensure that your camper receives mail on their first day at camp by sending a letter early! Put your camper's name, session name, date of session and the camp address on the envelope, and we will hold it until the first mail call.
- **You may bring mail or care packages with you to check-in. Put your camper's name, session name, and day you want the items to be delivered on each package or letter.**

Mailing Address:

Camper's Name

Forest Glen Camp

34 Forest Glen

Huntsville, TX 77340

Session Name (TYC Elementary, TYC Young Teen, TYC Teen)

Phone number: 936-295-7641

PHONES

So that campers can fully develop the independence that camp encourages, there are no phones available for camper use. Please tell your child he/she will not be able to call home. **Campers are not allowed to have cell phones.** If your child brings a cell phone to camp, it will be stored until check-out.

VISITORS

As your camper will be at camp for a short time, it is not possible for campers to have visitors. You are welcome to tour camp on opening day when dropping off your camper. We know everyone is excited to explore our new site, however, for security reasons, tours of camp are not allowed while camp is in session. Any exploration of Forest Glen should be confined to the side of the lake where your session is. All visitors, parents, guardians, etc. must leave the camp by the end of check in time.

HOMESICKNESS

Homesickness is a natural feeling for many campers. It usually goes away in a couple of days, and the camper enjoys the rest of their session. If a camper becomes homesick, the staff is trained to help your child cope with their feelings.

Talking with parents directly on the phone tends to increase a camper's feelings of homesickness. Camp procedures for handling homesickness typically do not include allowing campers to call their parents. If you receive homesick letters, please realize that the feelings your camper had when he or she wrote the letters probably passed. If homesickness continues, the Camp Director will notify you by phone, and we will work together to provide the best experience for your camper.

EMERGENCIES

If there is an emergency at home, or you would like to ask about your camper, you may call and leave a message for the Camp Director with the venue office. He will return your call as soon as possible or within the hour.

CHECK-IN AT FOREST GLEN

CAMPERS & ADULT SUPPORT

Check in for all **pre teen and elementary** campers will begin at 2:00 pm on July 30TH . Follow the signs once you arrive at Forest Glen.

Check in for all **teen** campers will begin at 2:00 pm on June 11th. Follow the signs once you arrive at Forest Glen.

Please DO NOT come before check in time at 2:00pm. Our volunteers WILL NOT be available before this time to check in your camper or be able to supervise them until 2:00pm. Thank you for following this important check in time.

Do not unload your items from your vehicle. After check-in, you will be directed to your session's side of Forest Glen (you will need to drive there - so please do not unload your vehicle).

WHAT TO BRING TO CHECK-IN

Please bring the following things to check-in with your camper:

- **ALL** medicines & vitamins in their **original, labeled** containers. Prescribed medication must have the campers name on it. **Please place all prescription medicines in a gallon sized ziplock bag and write your child's name, camp session, and medicine on the outside with a sharpie.**

HEALTH SCREENING AT CHECK-IN

The camp health coordinator will screen your child for head lice and check for any recent cuts or abrasions so we can care properly for your camper.

You will also turn in **ALL** prescription and over-the-counter medicines to the camp health coordinator. The camp health coordinator will dispense the medicine as required with the assistance of an aide. Under no circumstances are any campers allowed to have medicine in their cabin or on their person. (This includes children and adult.- no exceptions!)

If you are staying at camp as a counselor, these same check-in procedures and rules will apply to you.

PLEASE NOTE: Head lice is easily transmitted from one infected camper to another, so it's important that we diagnose and treat these conditions. If lice or nits are found at check-in, you must treat your child, remove all nits and have him or her rechecked by camp staff before your camper can stay at camp. **Please, please, please, check your camper for lice BEFORE you come to camp. We had many sad campers last year who had to go home because they had lice upon check in.**

MOVING-IN TO YOUR CABIN

Please leave your pets at home and wear comfortable walking shoes. Luggage can stay in the car while you check in. You'll then transport it to your camper's cabin, where you can help your camper get settled. If you let your camper unpack his or her own things, they will begin to have ownership of space and it helps them to feel comfortable knowing where things are.

Once your camper is unpacked, please walk him or her to join the other campers for pre-dinner activities.

CHECK-OUT

ELEMENTARY and PRE TEEN CAMP: Check-out for Elementary Session is 11:00 am on Saturday, August 4th. Breakfast will be served on the last day.

NO LATE CHILD PICK UP IS ALLOWED!

TEEN Camp: Check out for the Teen Sessions is 11:00am on Saturday, June 16th. Only breakfast is served on the last day of this session.

NO LATE CHILD PICK UP IS ALLOWED!

PLEASE NOTE: If you encounter an unavoidable emergency, you will want to contact us immediately and/or make other pick up arrangements for your child. Our camping venue expects us to vacate on time.

HEALTH AND SAFETY

State law requires all medication, including over-the-counter drugs, be kept in the infirmary and dispensed by trained staff/volunteers. Standard over-the-counter drugs will be provided by trained personnel and administered according to manufacturer directions. On your camp application we provided you a list of these "standard medicines" and you identified which ones your child should **NOT** be given. This included: Benadryl, Tylenol, Midol, Campho-Phenique, Ibuprophen, Maalox, Neosporin, Throat Lozenges.

INSECTS AND INSECT REPELLENT

Camp is outdoors and that means your camper will very likely get insect bites. To help prevent bites, send insect repellent and unscented soaps and shampoos. Camp staff will supervise application of insect repellent to help minimize bites.

SUN AND HEAT PROTECTION

During camp, temperatures can run in the upper 90's with heat indexes in the 100's. It is important to send sunscreen and a hat or bandanna with your camper. Baby powder is also helpful to prevent chaffing.

PACKING HINTS

- Make sure your camper is included in the packing process so he/she is aware of what they have brought to camp and where they are packed.
- There is no need to buy a “camp” wardrobe – clothes should simply be comfortable, durable play clothes.
- Pack enough clothing for your camper’s stay. Packing lists are based on a 7-day session.
- Use a permanent marker to write your child’s name on all items.
- Pack items, including bedrolls/sleeping bags in a sturdy duffle bag or similar. Garbage bags are **NOT** luggage. They will tear leaving your child with no place to put their belongings.

CAMP DRESS CODE

Texas Youth Camp is a Christian church camp. Therefore any type of fashion that distracts from the spiritual atmosphere will not be permitted.

- Girls: **No** spaghetti straps, bare midriffs, short shorts, see-through clothing, bikinis or plunging necklines will be permitted. Shorts must be mid thigh or longer. **Only one-piece bathing suits – NO EXCEPTIONS!** Girls will wear cover-ups or t-shirt and shorts to and from the swimming pool.
- Boys: **No** sagging pants where under garments are visible and no muscle shirts will be permitted. Shirts must be worn at all times, except while swimming, including to and from the swimming pool.
- Campers will walk a lot and play sports every day. Sneakers are an absolute must. **Avoid sending sandals, flip flops (except for shower) or open-toe/open-heel shoes.** While stylish, they are not appropriate for camp and increase the likelihood of foot injuries. New shoes should be broken in and comfortable before they are worn to camp.

PACKING LIST (7-day Supply)

CLOTHING

- ✓ 8 shirts/t-shirts (please no halter tops, spaghetti strap tank tops, tube tops, or muscle shirts)
- ✓ 2 pairs of sneakers (closed-toe and closed-heel) 1 or 2 pairs of long pants or jeans
- ✓ Rain coat with hood or poncho
- ✓ 8 changes of underwear
- ✓ 1 hat, cap, or bandanna
- ✓ 8 pairs of shorts
- ✓ 2 to 3 pairs of sleepwear
- ✓ 10 pairs of over-the-ankle socks
- ✓ 1 light jacket or sweatshirt
- ✓ 1 long-sleeved shirt
- ✓ 1-2 swimsuits (no bikinis or 2-piece)
- ✓ Swim cover-up for girls

TOILETRIES

- ✓ Soap with container
- ✓ Comb, brush and hair ties
- ✓ Shampoo
- ✓ Deodorant
- ✓ Sunscreen
- ✓ Toothpaste and toothbrush
- ✓ Kleenex
- ✓ Insect Repellant
- ✓ Baby powder
- ✓ Shower shoes

OTHER ITEMS

- ✓ Bible (No electronic bibles) and notebook
- ✓ Pencil and pens
- ✓ Stationary and stamps
- ✓ Flashlight and extra batteries
- ✓ Two blankets and two sheets or one sleeping bag and sheet

- ✓ 3-towels & washcloths
Plan for daily showers, pool & lake activities
- ✓ Laundry bag for dirty clothes
- ✓ Pillow and pillowcase

OPTIONAL ITEMS

- ✓ Sunglasses
- ✓ Camera, film, batteries
- ✓ One security item (stuffed friend)
- ✓ Glow sticks (one for each night) especially good for first time campers and those who don't care for the dark.

DO NOT BRING THESE TO CAMP

Camp is time to focus on God, building relationships and fun, therefore please leave the following items at home. Any technology items (cell phone, IPOD, Kindle or other notebooks, Game Boy, or the like) that are found, will be locked in the office until the end of camp. The child's parent will be responsible for checking it out.

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|---------------------------|-----------------|
| ✗ Candles | ✗ Pagers |
| ✗ Candy, food, or gum | ✗ Palm Pilots |
| ✗ CD, DVD, or MP3 players | ✗ Radios |
| ✗ Cellular phones | ✗ Trading Cards |
| ✗ Electronic Pets | ✗ Other Toys |
| ✗ Electronic Books | ✗ TV's |
| ✗ Fireworks | |
| ✗ Guns | |
| ✗ Jewelry | |
| ✗ Knives | |
| ✗ Laptops | |
| ✗ Lighters | |
| ✗ Matches | |
| ✗ Money | |