



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA OF CENTRAL TEXAS Summer Camp

204 E Little Elm Trail • Cedar Park, TX 78613
512-250-9622 opt. 6
camptwinlakes@ymcactx.org

OVERNIGHT HANDBOOK

YMCA CAMP TWIN LAKES

"Summertime is always the
best of what might be."
- Charles Bowden



IS YOUR CHILD READY FOR THE BEST SUMMER EVER?

Thank you for entrusting your child to YMCA Camp! We are excited to offer a wonderful camp experience. Whether it is your child's first camp experience or the hundredth, we want to offer your camper a positive camp setting in which they can learn about themselves, make new friends, and create life long memories. Summer Camp provides a great opportunity to grow together through meaningful, fun, and safe experiences. We are looking forward to many out of this world adventures this summer!

OVERNIGHT PROGRAM

TRADITIONAL OVERNIGHT

This program is a week-long camp focused on skill-building and character development. This is the most popular overnight program. By empowering our campers to choose which activities they want to participate in, we are fostering self-reliance and enhancing their decision making ability. Traditional Overnight provides campers with the chance to unplug from electronics, get outside, and just be a kid.

MINI CAMP

This two-night program allows campers to get a taste of Overnight Camp activities while making new friends, without the commitment of being away from home for the entire week. You also get two days of Day Camp at the beginning or end of the week, depending on the session, at no extra cost.

CROSSOVER LEADERSHIP PROGRAM (CLP)

Campers ages 15-17 can apply to be a part of our leadership program. This three week program provides an opportunity to learn about what it takes to be a exceptional leader. Crossover applicants need to be prepared to work hard and have fun. CLP campers will also be able to participate in some traditional camp activities. Crossover campers will stay at camp between sessions.



TRADITIONAL OVERNIGHT CAMP DIVISIONS

Campers are assigned to divisions by age. The age breakdowns are subject to change. Cabin requests, within age groups, are honored whenever possible. However, we reserve the right to break up large cabin requests.

PATHFINDER

- Ages 6-8

TRAILBLAZER

- Ages 8-10

CHALLENGER

- Ages 10- 12

HIGHLANDER

- Ages 13- 16

STAFF

The Y strives to make each child's day a magical experience; explore, discover, create new friendships, try new programs along with the traditional favorites. Each of our camp staff are carefully chosen to be positive role models and caring individuals. All staff are subject to a criminal background check, drug testing and reference checks. At Camp Twin Lakes our employees are CPR and First Aid certified and required to attend a week and a half long training, which includes topics such as: leadership skills, positive discipline, creating excitement, learning new games, safety, Child Abuse Prevention training, as well as many others. Our staff is the key to success and to your child's happiness.

CAMP OVERVIEW

PREPARING FOR CAMP

Going off to overnight camp is a very exciting time for campers and their adults. It's very natural for there to be a bit of anxiety about adopting new routines, activities, and meeting new friends. Our staff are experts at helping campers feel comfortable and connect with others. The best way to minimize that "first day anxiety" is to inform yourself and your camper about our camp schedule and activities. The more they know, the more comfortable they feel. Also, check over our packing list so you send your camper with everything they need to have a great week.

WHAT TO PACK

- Sleeping bag, pillow, and sleep wear
- Underwear, socks, pants, and short for the week
- 2 pairs of shoes (suitable for lots of walking)
 - closed toe shoes (crocs are not suitable for climbing)
- Light jacket or sweatshirt
- 2 bathing suits and towels for swimming
- Necessary toiletries like toothbrush and toothpaste
- Hair care products, soaps, washcloth, towel, laundry bag, shower shoes
- Reusable water bottle, sunscreen, hat, and lip balm
- Disposable camera, notepad, and self-addressed envelopes

We suggest bringing old clothes to camp. We are outdoors almost all day and clothes will get dirty. We would hate to see a new shirt ruined by tie dye. Also, we recommend labeling all items with first and last name in case they get lost.

PARENT/GUARDIAN COMMUNICATION

A welcome email is sent out prior to your camp session. It will include information about check-in and any other general updates.

During camp we take tons of photos. We upload those pictures daily so you can check in with your campers. Keep an eye out for an email containing a Smugmug link sometime during the start of the week.

If, during the week, you need to contact us, email is the best option. As we are normally out around camp, we aren't always available to take a phone call. However, the camp office is here to assist 512-250-9622 x6.

CABIN LIFE

While campers spend most of their day participating in activities outside, they will have plenty of time to relax in the cabin and connect with their cabin mates. Aside from their rest hour, campers usually spend their cabin time playing games, making crafts, or just talking. This time is great for campers to form the close bonds that make camp special. Each cabin runs a little different depending on campers age, behavior, interests, and energy levels.

MISSING HOME

Being nervous and missing home is natural for many children when they are away at overnight camp. These feelings usually pass in a day or two, but know that our staff is always here to help. We keep campers focused on camp by having them consistently engaged in activities. During down time, when missing home is more prominent, we encourage kids to write letters home to help alleviate some of those feelings. The American Camp Association has more resources for parents about missing home in the media section of their website.

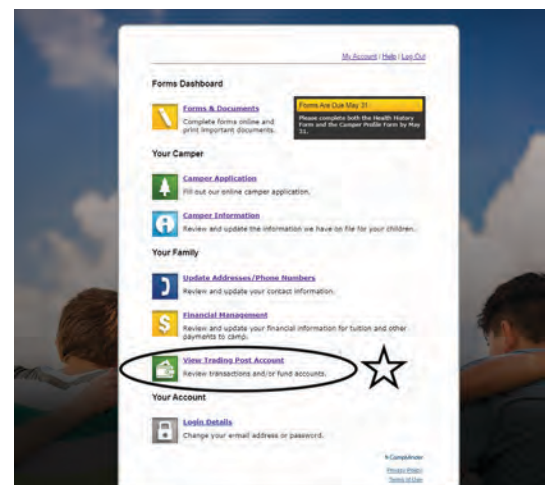
If your camper has serious difficulty adjusting to camp, we will give you a call to let you know about the situation and get advice on the best way to help your camper adjust.

TRADING POST

Campers will have the option to purchase snacks, drinks, and souvenirs at our Trading Post through out the week. You are encouraged to set up an account at the YMCA by depositing \$20.00-\$30.00 per week.

HOW TO SET UP A TRADING POST ACCOUNT

1. Online through your Camp Minder account



LOST & FOUND

Camp is a busy place and sometimes things get lost. We do our best to locate any missing items during the week however, sometime things do not show up until later. In those case, camp is happy to mail important items back to you or schedule a time for you to pick them up.

SAFETY

CAMPER SAFETY

We take every safety precaution into consideration when planning and conducting our activities. Staff have gone through extensive training so that we can avoid accidents, injury, and dangerous situations. In addition to having a Camp Medic on site daily, all of our staff is first aid and CPR certified. Emergency services are only minutes from camp should the need arise. All of our policies, procedures, and rules are developed with the safety in mind.

Being an Outdoor Camp, we plan to run activities rain or shine as long as it is safe to do so. We continually monitor the weather conditions including heat index, rain, and storms to properly adjust programs for safety purposes. When weather alters the camp schedule, it is possible your camper may miss out on an activity.

SITE SAFETY

Camp staff are identified with a name badge and/or staff shirt. All visitors are required to check in or be escorted by a camp staff member. When the park closes at night, staff patrol the site and close all gates. We receive regular visits from Cedar Park police officers who routinely patrol the area. Each camp practices emergency action plans with staff and campers. Parents are notified any time a camper must visit the doctor or is held in the infirmary overnight

VISITORS

Any visits during the week are not recommended as they can be very distracting, especially for younger campers. If your camper is apart of our weekend bridge program, you're welcome to come visit before Sunday check-in.

POLICIES FOR PROTECTION

HEALTH CHECKS

All campers will be checked the first day of camp for lice, athlete's foot and any other medical conditions that may affect the camp community. Campers will be turned away if any communicable conditions exist. All campers must have a physical examination within 12 months prior to attending camp.

MEDICINE

Any medication to be administered to your child during their stay must:

- Be given to the Camp Health Officer/Medic by the parent or guardian during Sunday drop-off
- Be in the original container. Labeled with the child's name, date, directions and the physician name.
- Be entered into your CampMinder health profile with the time and dosage medication is to be given.
- Have a medical authorization form filled out by the parent/guardian in order to administer medication.

Medications will be given back to you when you check out your child.

ILLNESS & ACCIDENT

If an accident or serious illness should occur during program hours, the Camp Health Officer/Medic or Camp Director will notify the parents/guardians at once. In the event your child needs medical treatment and/or prescriptions, the family's insurance will be billed.

WEEKEND BRIDGE NIGHT

If your camper is attending consecutive weeks at camp, we offer a weekend bridge night program. During the time between camp sessions, your camper can stay at camp with our on-duty counselors. Our Bridge campers usually go to the pool, play some field and board games, and end their night with pizza and a movie. For 2022, Bridge night is available - between weeks 3 & 4 or weeks 9 & 10.



TRADITIONAL OVERNIGHT

ARRIVALS & DEPARTURES

Prior to your arrival, you will receive a short video from their counselors introducing themselves and going over some important information for the week.

CHECK-IN

- Campers should check-in between 1:00- 3:00pm on Sunday
- Use the back entrance of camp from 183 (1902 South Bell Blvd)
- See Attached COVID-19 Appendix for Check-in Procedures

CHECK-OUT

- Campers should be picked up between 9:00- 11:00am on Saturday
- See Attached COVID-19 Appendix for Check-Out
- Please bring a photo ID as it is required to check-out your camper
- Only authorized individuals are allowed to check-out a camper. You can let us know at any point if you need to add an individual as an authorized pick up

If you are going to check-in or out outside of the scheduled times, please let us know in advance or send an email notifying us so that we have time to accommodate.

TYPICAL OVERNIGHT SCHEDULE

7:00-7:30am	Rise & Shine
7:45-8:00am	Morning Circle
8:00-9:00am	Breakfast
9:00am-12:00pm	Morning Activities
12:30-2:30pm	Lunch & Rest hour
2:30-5:00pm	Afternoon Activities
5:30-6:30pm	Dinner
6:30-9:00pm	Evening Activity
9:00-10:00pm	Showers & Cabin Chats
10:00pm	Lights Out

YOUR CAMPER

Going off to Summer Camp is a very exciting time for campers and their parents. It's very natural for both parents and children to be a bit anxious about adopting new daily routines, activities, and meeting new friends. We want to familiarize you and your camper with our procedures to minimize first day anxiety. YMCA Camp Twin Lakes have well-trained staff that are experts at helping campers make friends feel welcome while at camp.

KONA ICE

Campers will have the option to enjoy Kona Ice on Fridays. This is provided at no additional cost to any camper.

CABIN LIFE

While campers spend most of their day participating in activities outside, they will have plenty of time to relax in the cabin and connect with their cabin mates. Aside from their rest hour, campers usually spend their cabin time playing games, making crafts, or just talking. This time is great for campers to form the close bonds that make camp special. Each cabin runs a little different depending on campers age, behavior, interests, and energy levels.

PACKING REMINDERS

- Use the "less is more" theory.
- Dress for the weather. The camp day continues, rain or shine!
- Send play clothes that are OK to get dirty.
- Label everything with the campers first and last name.
- Don't send any valuable to camp.
- Campers should bring a water bottle or hydration pack.
- Backpack for all items.
- First and last name on all items.

WHAT NOT TO BRING

Camp is a natural setting and items like iPads, electronic games, Nintendo Switches, and cell phones do not fit into this camp setting. Please leave these items at home. Of course, firearms, knives, fireworks, matches, lighters, and tobacco products are prohibited. The YMCA is not responsible for lost or stolen items, BUT we will do our best to keep your camper connected to the things they bring to camp.

APPROPRIATE DRESS

The camp dress code (top, bottom, and closed-toe shoes) gives flexibility for hot summer fun but should also be functional for comfortable when climbing, running, lifting, bending, and playing. Swim clothes are required for the pool and lakefront. We have a NO flip-flops policy due to the terrain. Clothing that portrays inappropriate behavior, violence, drugs, logos, or offensive language is also prohibited. Crocs are **not** appropriate for most camp activities excluding pool or lakefront.



CAMP INFORMATION

ADDRESS

CAMPER NAME - OVERNIGHT CAMP
204 East Little Elm Trail
Cedar Park, TX 78613

PHONE

(512) 250- 9622, Option 6
(512) 615- 7436 After Hours

EMAIL

rwacker@ymcactx.org

WEBSITE

www.ymcactx.org

MINI CAMP

Mini Camp follows the Day Camp Check-in procedures. On your first day of Mini Camp, drop your camper with all their overnight stay luggage at their day camp unit. Overnight Staff will collect all of our Mini Campers at the end of Day Camp Check-in.

MINI CAMP

Mini Camp A :
Check-out will follow the same procedures as Traditional Overnight, but will be on Friday, June 10th, 4:00-6:00pm. On Monday and Tuesday, lunch will be provided by camp and families will follow all of the Day Camp Check- In/Out Procedures.

BEHAVIOR AT CAMP

POSITIVE DISCIPLINE MEASURES

It is our goal for counselors, children and parents to work together toward cooperative behavior and a cohesive atmosphere. Staff will always notify parents of emerging difficulties and ask for assistance in behavior management.

CAMPER BEHAVIOR & CAMP CULTURE

Camp often requires an adjustment period in which our cabin groups and larger camp community learn how to get along with others, learn what is acceptable (behavior, language, physical action and attitudes) and what is not, and to learn appropriate communication techniques. To facilitate this process, camp staff spend time having campers set "cabin expectations" so they can discuss behaviors and attitudes that will create a successful week. These expectations usually include things like: respecting private property, no bad language, don't gossip, no hitting, etc. Various age groups will define them differently but all will come under building an atmosphere promoting respect, responsibility, honesty and caring.

HEAT POLICIES

We take the heat very seriously at YMCA Camp Twin Lakes. Our medic staff monitors the heat index daily. We use a colored flag system to indicate the heat index.

FLAG SYSTEM COLOR CODES

1. GREEN

Alert Level **LOW**
- Good Conditions

2. YELLOW

Alert Level **MODERATE**
- Less than ideal conditions

3. RED

Alert Level **HIGH**
- Potentially Dangerous Conditions

4. BLACK

Alert Level **EXTREME**
- Event Canceled. Extreme & Dangerous Conditions

Each color indicates a variation of activity that is balanced by shade and water. When we reach BLACK FLAG, campers go to a wet/water activity or indoors for other activities.

All unit base areas are equipped with water coolers that are filled routinely throughout the camp day.

Resident Camp

Policies & Procedures



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CHECK-IN

Before Camp

- Prior to check-in, families will receive a welcome email.
- Families should have medication, mail, and luggage accessible for staff to retrieve from them. Parents will be reminded to stay in their car during the entire check-in experience.
- Parents will be told that their camper will be receiving a lice check from trained staff. Camp Medics and Directors will be available throughout the entire check-in process. If campers are not feeling well or showing COVID-19 symptoms, they will be advised to stay home.

Procedures

- Camp Counselor Greeter: Greets and directs families. Parents are reminded to stay in their vehicle for the duration of check-in.
- Counselor Greeting: Holds full roster of campers directs families to designated parking spots. Overnight Camp Families will be directed to park in front of Cabin 5.
- Counselors with Full Rosters will initiate the check-in process once a vehicle is parked.

Staff members will have the following tasks at each vehicle:

1. Lice Check
 - a. Campers will step out of the car and be given a lice check from staff. If lice is suspected, call over the medic to recheck. If confirmed, the medic informs parents they cannot stay at camp until they have received lice treatment. To return to camp, campers must be cleared of lice and rechecked by a medic.
2. If the camper's lice check is clear, remove luggage and camper mail from car, tag with camper's name and cabin number, and take to luggage carts.
3. If campers have medicine to turn in please radio for the Medic.

Medicine Check- In:

1. Medics or Check-In Staff will retrieve medication from parents, go over dosage and instructions, and all required forms.
2. Enough spaces will be between cars so Medic and parents can have one on one conversations.
 - If a parent needs to speak with the Director, the staff member checking in the camper will radio for the Director.
 - Once the vehicle check-in has been completed campers will proceed to their cabin.
 - Parents then drive out of the parking lot and have completed check-in.



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CHECK-OUT

- At check-in, parents will receive information about how check-out will work, including times and a reminder to bring Photo ID.
- Staff interacting with families closer than six feet may wear masks.
- Parents will be directed to park in front of Cabin 5. Once parked a Staff Member will begin the check-out process.

Luggage

- Campers will be fully packed with luggage on the porch immediately following breakfast.
- When called by parking lot team, the camper will grab their luggage and proceed to their car. A staff member will be available to assist with luggage if needed.

Medic

- Medic will have organized any medications to be returned to campers by name and cabin number on Friday evening.
- When called, Medic/Director will deliver medication to the vehicle.

Signs around Camp: Parents/Families – Please Stay in your Car!



MISSION STATEMENT

To put Christian principles into practice through programs that build healthy spirit, mind, and body for all

FOCUS

For Youth Development, For Healthy Living, For Social Responsibility

CORE VALUES

Caring, Honesty, Respect, Responsibility, Faith