

# PREPARING YOUR CHILD (and you) FOR THE BEST SUMMER CAMP EXPERIENCE EVER!



**A Parent Handbook to Resident Camp  
Kirkmont Center**

**2021**



Dear Parents and Guardians,

Thank you for the opportunity to be a part of your family's life this summer! For the past 58 years, Kirkmont Center has given children the experience of a lifetime – a place where kids can make friends, explore, learn more about themselves and being in a community. Our goal is to create an environment that is safe, supportive and spiritually enriching. A strong partnership between parents, campers and staff strengthens the opportunity for a positive and fulfilling camp experience.

This Handbook is supplemented by our FAQ's (Frequently Asked Questions) about summer camp on our website. The FAQ's go into more detail concerning cabent life, our staff, program, health and safety, food service and check-in/check-out procedures. We hope this information will help you in preparing for your time at Kirkmont Center.

Please bookmark our website ([kirkmontcenter.org](http://kirkmontcenter.org)). Call if you have any questions or concerns. Thank you for sharing your child with us this summer!

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## THE KIRKMONT CENTER EXPERIENCE

### Life Skills and Values

At the core of our program is the cabent group and the lessons that come from living together with eight to ten other people. Through this experience, campers learn life skills and values that will serve them throughout their life. Our focus that your child will learn more about themselves and faith while at camp helps set us apart from other experiences. Each night, the cabent group will come together, reflect upon the day and set goals for the next.

### Benefits of Coming to Camp

During your camper's adventure at the Kirkmont Center, they will get to experience many new activities unique to our natural setting. During the week (or more!), activity and cabent groups will be able to explore our beautiful 278 acres, lake Reed, study pond, fen, waterfalls, participate in fun games like cageball, work together to solve challenges, or even solve a mystery! During their stay, campers, depending on age, get to participate in morning activities to help master skills, such as target sports, outdoor living skills, canoeing, or creative arts. Friendships grow deeper, children escape the frantic pace of life (especially without technology), and a sense of belonging is created between their groups and cabent mates. This can have a profound, forever memorable effect upon one's life. Our entire camp program is geared toward helping campers gain confidence, build friendships and develop a sense of community.

### Camper Ages and Programs

Although we believe it is important for older and younger children to learn together, our camps are divided into programs that help ensure your child's experience is age appropriate. During some evenings, we participate in big group games for all camp interaction. Our campers range age 7-17.

### Theme for 2021 Summer: Creation Speaks! Are we listening?

In the beginning, God created. God is still creating now. What do God and Creation have to teach us about how to live today? Creation Speaks invites us to look to God's Creation, including each other, as we listen for God's voice in the world today. By looking anew at the Creation story, campers will imagine what each part might teach us about God and our place in the world. Light, water, earth, seasons, animals, humans, and even a day of rest will invite campers to listen for God, still speaking to them today. Through our new understanding of the interdependence of all creatures and responding to our call as caretakers of Creation, we are moved to awe and wonder at the gift of Creation and the Creator. If the people of God stop and listen to Creation, what might we hear? Shhhh, listen. Creation Speaks!

### Affordability ... for all.

Camp should be affordable for everyone. DeLair Family Camperships are based on need and special circumstances. If you can, please consider helping others through donations to the DeLair Campership Fund and our Annual Fund. By helping others, you can help the Kirkmont Center grow and serve.

**Our Staff** is comprised of young adults who have completed at least one week of specialized training each year. Staff are chosen for maturity, commitment to children's growth and a love for making a difference. All Staff are CPR/First Aid certified.

## REGISTRATION & FEES

Registering is easy! Simply register online and pay a \$100 non-refundable deposit to each session. You can call our Office at 937-593-2141 or log on to our Camp Brain Dashboard for assistance.

Fees for each program are available online at [kirkmontcenter.org](http://kirkmontcenter.org)

### Ways to Pay Your Remaining Camp Balance

- Authorize us to automatically charge your credit card monthly to spread the cost of camp over several months.
- Mark your calendar, and mail or call in your final payment at least **three weeks** in advance of your camp session. If you wait too long, call or email us to confirm there is space.
- If you register for camp online through our online registration system, you can make additional payments online as often as you would like by logging in using the email and password used during registration.
- Make checks payable to Kirkmont Center.

**Mail to:**

Kirkmont Center  
6946 County Road 10  
Zanesfield, OH 43360

## CAMP STORE ACCOUNT

Campers may purchase items from the Camp Store daily, as well as on Sunday and Saturday. Each camper has a Camp Store "Bank Account". Additional cash is not needed at camp. This includes teens! We recommend \$30 - \$60 in store accounts (depending on family spending habits, what the camper wants, etc.) for the week. Campers come to the store individually and our Store Manager records all purchases.

**Any remaining Store funds at the end of the week will be donated to the DeLair Family Campership fund that enables children to attend camp.**

STORE PRICES (fees are subject to change)

- |                           |                               |
|---------------------------|-------------------------------|
| ◆ Camp t-shirt: \$14-\$20 | ◆ Insect Repellent: \$4 - \$5 |
| ◆ Souvenirs: \$.50-\$10   | ◆ Blankets: \$20              |
| ◆ Sweatshirts: \$25-\$30  | ◆ Flashlights: \$2-\$5        |

Snacks are not available in our camp store

**CHECK-IN: Sundays, 3:00 – 4:30 p.m.**

**IN ORDER TO MINIMIZE ILLNESS AT CAMP WE HAVE UPDATED CHECK-IN AND CHECK-OUT PROCEDURES**

**Please DO NOT arrive early:** our staff will not be ready for you, and your wait time will only increase.

We are asking families to only have one parent drop off and pick up campers and not to bring siblings that are not attending camp.

**Parents will remain in the vehicle at all times.**

At a designated check point, staff will check the camper's temperature to make sure it is under 100, preform a lice check, and distribute/collect paperwork. Your camper must have the following completed;

- Pre-Camp Health Screening Form.
- Completed Registration, including the Medical Form any additional permission forms.
- Payment in Full **THREE WEEKS PRIOR** to the start of camp (see Ways to Pay above.)

If the camper has medication, staff will direct you to a designated area to park and a nurse will approach the vehicle to retrieve medication and go over dosage and instructions.

Campers will remain in the vehicle until temperature and lice check is normal, all forms and payments have been received, and medication has been collected. Only then will they receive their cabent number and luggage be removed from the vehicle.

If the camper's temperature is above 100, staff will call a nurse to recheck. If the temperature is again over 100 the camper will not be allowed to stay at camp.

To return to camp, campers must have been fever-free for at least 24 hours AND HAVE A DOCTORS NOTE CLEARING THEM TO BE AT CAMP.

**Check-Out: Pick Up times are stated in the Welcome Letter you received in the registration confirmation email and at [kirkmontcenter.org](http://kirkmontcenter.org)**

Parents will remain in the vehicle at all times.

Staff will direct you to a location where they will bring the camper, luggage, and medication to you.

**All campers are to be signed out by authorized parents, guardians, or adults with a picture ID.**

## TYPICAL DAILY SCHEDULE

7:00 a.m.	Cabent Wake-Up
7:15 a.m.	Cabent Clean-up
8:00 a.m.	Breakfast
9:30 a.m.	Morning Paths (Areas of Focus)
12:00 p.m.	Lunch
1:00 p.m.	FOB (feet on bed, feet on bunk)
2:00 p.m.	Activity Period and Christian Education
3:30 p.m.	Activity Period
5:30 p.m.	Dinner
6:30 p.m.	Evening Program
8:30 p.m.	Snack
9:00 p.m.	Camp fire, singing and vespers
10:30 p.m.	Lights Out

During the activity periods, campers will experience many of the camp activities (age appropriate). All campers will have the opportunity to swim each day depending upon weather or safety concerns.

## KIRKMONT CENTER ACTIVITIES

### Areas of Focus

- **Target Sports** (Archery, Hatchet throwing)
- **Outdoor Wilderness Living Skills**
- **Creative Arts** (painting, mosaics, etc.)
- **Drama**
- **Sports and Games**

**Activity Period Activities** (Activities subject to change each day)

- Soccer
- Flag Football
- Volleyball
- Cageball
- Basketball
- Human Foosball
- Archery
- Kickball
- Soccer Golf
- Carpetball
- Softball
- Climbing Wall
- Hiking
- Outdoor Cooking
- Fort Building
- Gardening
- Nature
- Arts & Crafts
- Drama
- Photography, Media Arts
- Orienteering / GPS / Geo-Caching
- Canoeing
- Fishing
- Swimming
- Capture the Flag

**CLOTHING EQUIPMENT LIST**

The following are items we suggest. It is not necessary to have a complete change of clothes for every day. Older play clothes and clothes campers enjoy wearing are recommended.

**\*\*Please put your camper's name on ALL items sent to camp!**

**Packing List (based on a one-week stay)**

- Sleeping Bag
- Sheet for Bed (Fitted or Flat)
- Pillow
- Jacket/Sweater
- Long Sleeve Shirt for Evening
- Flip Flops for Shower/Waterfront
- Shoes (broken in!)
- Sandals with Heel Strap (Optional)
- Shorts
- T-shirts
- Jeans or Pants
- Socks and Underwear
- Rain Jacket or Poncho
- One-Piece Swim Suit
- Bag for carrying items (Drawstring/Bookbag)
- Pajamas
- Toiletries (Toothbrush, paste, travel size shampoo, soap, washcloth, etc in Carrier)
- Feminine Hygiene Products
- Deodorant
- Shower Towel/Beach Towel
- WATER BOTTLE

- Stationary, pens, stamps (can be bought in camp store)
- Flashlight/Spare Batteries
- Books and Activities for Rest Hour
- Insect Repellant (30-70% DEET, non-aerosol)
- Suntan Lotion (SPF 15 or Higher)
- Laundry Bag (For Dirty Clothes)
- Items to decorate the cabent/costumes for theme
- Hammock

### **VISITORS & COMMUNICATION**

We ask that parents and/or friends do not visit or call campers during the camping session as campers are busy playing, developing independence and being kids. Unplug for the week! Campers are not permitted to have cell phones at camp. This policy helps reduce homesickness and results in an improved program. Please feel free to call the camp office and speak with a Director for any extenuating or family situations.

### **STAY IN TOUCH THIS SUMMER WITH ONLINE PHOTOS, NEWS & CAMPER EMAIL!**

Kirkmont Center is very excited to announce that we now have multiple ways for you to keep in contact with your camper and follow the fun they are having while at camp. These options will give you opportunities to connect with your camper's experience through photos, emails, blogs and more.

#### **Send Your Camper an Email**

You can now send your camper an email while they are at camp and it is free! You can contact your camper daily by sending an email to [camper@kirkmontcenter.org](mailto:camper@kirkmontcenter.org) or through an email link on our website.

When you send your email, please put your camper's name and cabent number in the subject line of the email. All emails received before 11:00 am will be given to the camper that day.

#### **See Photos of the Fun your Camper is Having**

Facebook has become a valuable tool in allowing you to stay connected to your child while at camp. Pictures, videos and updates will be posted. All updates can be found at [facebook.com/Kirkmont Center](https://facebook.com/KirkmontCenter). A Facebook account is not required to view the pictures. Be sure to tag your photos so you can share them with your camper when they arrive home.

#### **Social Media: A More Connected Camp Experience**

**Facebook** [facebook.com/Kirkmont Center](https://facebook.com/KirkmontCenter)

**Twitter** [@kirkmont](https://twitter.com/kirkmont)

**Pinterest** [pinterest.com/Kirkmont Center](https://pinterest.com/KirkmontCenter)

**YouTube** [youtube.com/Kirkmont Center](https://youtube.com/KirkmontCenter)

**In the case of inclement weather or emergency, we will be using Twitter to keep our families informed.**

## Mail Call!

Everyone loves to receive mail! Please send your camper several cheerful letters.

You can plan out a whole week of letters by stopping by the Camp Store and dropping off letters into our mailbox and they will be delivered on the day you request.

## Our Mailing Address:

Camper Name; Cabent Number  
Kirkmont Center  
6946 County Road 10  
Zanesfield, OH 43360-9382

## How do I write a good letter from home? ([Via summercamphandbook.com](http://www.summercamphandbook.com))

A good letter from home is informative, upbeat, and encouraging. Your goal is to say a cheerful hello and give a positive report about what's been going on. You want to instill confidence and support your child's growing independence. Avoid mentioning sad things that your child can't do anything about. Save mild bad news until you can talk to your child face to face. (Obviously, if there is a major piece of bad news to report, and you need to tell your son or daughter immediately, you would not put that in a letter either. Instead, you'd call camp and talk to the director first.)

In a quality letter, it's fine to say that you miss your child, but don't say that you're miserable. Hearing bad news you can't do anything about makes kids feel helpless. Helplessness leads to homesickness, depression, and anxiety.

Here's an example of an informative, upbeat, and encouraging letter from home:

*Dear Chris,*

*How is camp going? Did you get a chance to do archery yet? I know you were pretty excited about that when we dropped you off. I'm sure you're getting to try lots of fun new activities.*

*What's your cabent leader like? He sure seemed nice when I talked with him. I think that's pretty neat that he's going to the same college as Aunt Kathy went to. What a coincidence!*

*Yesterday, I worked until about 4:30pm and then came home to weed the garden. I was surprised to find four big tomatoes that were already ripe! I picked them and brought them inside for dad to make spaghetti sauce later this week.*

*Spot is doing great. Dad and I take turns walking him. Yesterday, he found a tennis ball under the Borozan's hedges and he was running around trying to get me to play catch. I did for a while, but then the ball got really slimy. Yuck!*

*I'm so happy that you had the chance to go to camp this summer, Chris. What a wonderful experience! I just loved camp when I was your age. My favorite part was singing songs. Have you learned any camp songs? What about camp cheers?*

*Dad and I miss you and we love you a lot. We'll be there to pick you up on Friday the 13th. Until then, have a great time. I'll write more soon.*

*Love, Mom*

*P.S. I cut out the last three Thunder Cat cartoons from the paper and enclosed them. I'll send the Sunday cartoons on Monday. Enjoy!*

This letter sounds a little contrived because it is. You can surely write something more personal and sincere. The strength of this sample is that it contains the key elements of a good letter from home: It's informative, upbeat, and encouraging. Plus, it mentions when the parent will write again, and it

contains a lot of questions. This invites the child to write back. (You can at least hope, right?) Finally, the letter includes some newspaper comics. Interesting, age-appropriate newspaper or magazine clippings add interest to your letters. You can also insert photographs or drawings or whatever you dream up that fits in an envelope.

### **Staff-To-Camper Communication Policy**

As part of our child abuse prevention policy, camp counselors are not permitted to communicate (email, social networking or telephone) or interact with campers after the camper departs. Our staff is asked to mark their social networking (Facebook, etc.) websites for private invitation only, preventing campers from viewing staff members' personal websites. We appreciate your cooperation in reinforcing this policy with your camper(s).

## **ON HOMESICKNESS**

### **Important Information**

It may be your instinct to send a cellphone to camp with your child in an attempt to cut down on homesickness. Our experience consistently indicates the opposite result.

Talking to or texting parents brings up memories of home. We find it increases homesickness. This not only affects your child but the children around them.

In addition, cellphones and other personal electronics reduce face-to-face connections that your child will make during their summer at Camp and hinder their ability to make new friends.

## **BEHAVIOR & DISMISSAL POLICY**

As a close-knit community, Kirkmont Center expects each camper to respect themselves and everyone at camp, as well as the rustic facilities and surroundings. All members of the Kirkmont Center community are expected to behave responsibly and appropriately at all times.

After reasonable efforts to modify irresponsible or inappropriate behavior (including but not limited to bad language, use of threats or fighting), a camper may be dismissed. Direct threats of significant physical harm to self or others are grounds for immediate dismissal, as is the possession or use of tobacco, drugs, or alcohol while in a camp program.

Campers dismissed for disciplinary reasons are not allowed back in Camp for the remainder of the summer and may be asked not to return to Camp in the future.

If you have any questions or concerns please contact us at 937-593-2141 or email [info@kirkmontcent.org](mailto:info@kirkmontcent.org).