

For OVER 95 years...

**YMCA Camp Mi-Te-Na
for boys**



**Parent Handbook
Summer 2010**

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**Greater Family Manchester YMCA,
30 Mechanic Street
Manchester, NH 03101**

**www.campmitena.org
603.232.8632**

Camp Fees

All camp payments must be received by May 1 for June camp weeks, June 1 for July camp weeks and July 1 for August camp weeks. Any camper who does not have the balance paid on time will not be guaranteed a spot. Please do not send camp store money with tuition payments. Mark camper's name and ID number on check, and make payable to the YMCA.

Mail payments to:

Debbie Farmer
YMCA Camping Services Branch
30 Mechanic Street
Manchester, NH 03101

I M P O R T A N T

Health Forms

DO NOT MAIL YOUR CHILD'S HEALTH FORM! PLEASE BRING A COPY OF BOTH SIDES OF YOUR INSURANCE CARD.

Please complete the health form and bring it with you to camp on check-in day. **In accordance with state regulations, no child will be permitted to be at camp without it.** If your child has had a physical within twenty-four months of their last day at camp, a copy of that physical can be attached, provided a physician's signature or doctor's office stamp is on the signature line.

Please note that check-in requires meeting with your son's cabin counselor as well as the infirmary where you will spend time with the camp nurse to discuss your child(ren)'s medication, so PLEASE PLAN YOUR TIME ACCORDINGLY.

We urge you to keep several photocopies of your child's physical form for future use such as school sports, as we are not able to return it to you at the end of the season.

WHAT TO PACK

CLOTHES

- t-shirts
- shorts
- warm-up pants
- socks
- sneakers
- long-sleeve shirts
- jeans
- underwear/boxers
- bathing suit
- sandals

OUTERWEAR

- rain jacket
- warm jacket
- sweatshirt

LINENS

- sheets, blankets or sleeping bag
- pillow
- extra sheets for bedwetters (sleeping bags are discouraged)

TOILETRIES

- soap
- toothbrush
- toothpaste
- shampoo
- shower shoes
- bug repellent (non-aerosol)
- deodorant
- sunscreen
- pillow
- towels, washcloth

MISCELLANEOUS

- flashlight
- extra batteries
- stationery
- envelopes
- stamps
- laundry bag

OPTIONAL EQUIPMENT

- camera/film
- softball glove
- tennis racket
- swim goggles
- fishing pole

IF WHITEWATER RAFTING

- day pack
- sleeping bag
- quick drying pants & shirt
(rafting company does not recommend cotton clothing)

This is a basic list of items to bring to camp. Use your own judgment on quantity. Mark each item of clothing and check lost and found upon departure. Camp will not be responsible for lost or broken items.

Footlockers and suitcases fit best under camp beds.

If the camper is a bed wetter, please send extra sheets and blankets. Parents should speak with the cabin counselor regarding any possible bed wetting or sleep-walking problems. **Each time we launder bed linens, \$15 will be deducted from your child's store account.**

WHAT TO PACK

THESE ITEMS SHOULD BE LEFT AT HOME:

Cell Phones
Knives
Any hand-held electronic games/devices
I-Pods
MP3 Players
Video Cameras
Fireworks/sparklers

Any of these items found may result in your son's dismissal from camp.

SAVE TIME CHECKING IN!

Please have the following forms (available at www.campmitena.org) signed and ready for check in.

If you cannot access the forms please contact Deb Farmer at dfarmer@gmfymca.org or 603.232.8642.

- Liability waiver
- Parent counselor letter (available from website)
- Health form filled out by parent to be updated yearly (available from website)
- Physical form signed by a physician dated within the last 24 months (available from web site or use form from doctor)
- Immunization records–tetanus current within last 10 years (Td, Tdap)
- Copies of health/insurance card
- Signed over the counter medication sheet (available from website)–if not on sheet must have doctors orders–this applies to vitamins and supplements as well
- Doctors orders to any prescription medication
- Permission to possess epi-pen and/or inhaler (if necessary) available from website–check validity dates
- Please remember all medication must come in original bottles.

CHECK-IN DAY

Check-In Time

Saturdays from 2:00 PM–4:00 PM

EXCEPT SESSION 3 WHICH IS ON

Sunday, July 25 from 2:00 PM–4:00 PM

Please note that check-in involves important preparation to ensure your child's stay at camp is successful! Our goal is to move you through the process as quickly as possible, in under an hour. However, it can take up to two hours, depending on how many campers are arriving on a given day. Steps include checking in at the cabin, depositing funds in your child's store account, head checks, visiting with the nurse to discuss any medications, and meeting staff. Each child's health and time at camp is important to us, so please allow for adequate time to ensure your child is all set!

Cabin Assignment

Once you arrive at camp, you will be directed to the Sam Hunt Lodge to receive your cabin assignment and to fill out necessary paperwork. Please have your signed health form with you.

Store Account

Proceed to Chetty's Place (camp store) to open your son's store account. His store account will be used to pay for special activities, cabin pictures, as well as the purchase of camp souvenirs and essentials. (See "Spending Money")

Infirmary Check-In

Proceed to the Infirmary to meet with our nursing staff for a health check and review of your health form. All medication must be given to the nurses at this time for proper storage. No one is allowed to keep or administer their own medication while at camp, except inhalers, EPI pens and only with doctor's approval.

All medication must be in the original container with the prescription label intact. Over-the-counter medication and vitamins will only be accepted when accompanied by a doctor's prescription. If your child is confined to the infirmary for more than 24 hours, you will be notified by phone.

Cabin

Proceed to your cabin to meet with the cabin counselors and unpack. This would be a great time to let your counselor know of any concerns about your son.

Check-Out Time

9:00 AM–11:00 AM on Saturdays

Place

Please be caring and pick up your child during the designated time. The staff needs time to prepare for welcoming incoming parents and campers. Don't forget to stop by Chetty's Place (camp store) to close your son's account otherwise it will be donated to our scholarship fund. If someone else other than yourself will be picking up your child, that person(s) name(s) will need to be listed on the release form filled out at check-in. This would also be a great time to let your counselor know of any concerns about your son.

LOST AND FOUND

Please be sure to check your child's cabin; rafter, under the bunk, on the clothesline and Lost & Found prior to leaving camp. All articles left at camp will be donated to a shelter at the end of the camp season.

FINAL NOTE

Campers love to receive mail, perhaps more than they like to answer it. Write often, but keep the letters cheerful. Emotional letters from parents are a major cause of homesickness. It's a good idea not to say too much about pets, the fun things you are doing in your child's absence, or how much everyone misses them. If you receive an unhappy letter from your child, don't get upset too quickly. Campers often dislike camp one minute and love it the next. If we find that your child can't adjust to camp, we will call you. We have a good, competent staff and will make every effort to give your child the best possible camping experience available. There is a strong emphasis on health and safety and all staff members are trained in creating a warm, loving

and accepting atmosphere in cabin living groups.

The Camping Services Branch Advisory Board and ACA have asked that parents refrain from tipping staff members in an effort to be fair to all counselors. If you are impressed with a staff member's work or want to do something as a token of appreciation, tell the Director how you feel and/or consider a contribution to the camp improvement fund. Your cooperation is greatly appreciated.

We would appreciate your comments and suggestions for improving the camp program and facilities and look forward to having you with us as members of the YMCA Camping Services family this summer.

WHILE AT CAMP

Camp Mail

Please address all mail to campers as follows:

Camper's Name
Cabin Name
Camp Mi-Te-Na
65 YMCA Road
Alton, NH 03809



Care Packages

No package larger than a shoe box will be accepted at camp. Packages over that size limit will be held in the office until departure. Please don't send food in care packages; it discourages good eating habits and attracts animals. Please do not bring or send soda to camp. **GUM IS NOT PERMITTED AT CAMP.**

Faxes

Campers may receive faxes at camp for a fee of \$1 per page. Fees will be deducted from their store account and are delivered during mail call. Campers are not permitted to send faxes. Camp's fax number is 603.776.3001.

Email

If you would like to email your son, you may register with BUNK1.com and purchase bunknotes. Please use password MT86E to register. Once purchased, we can print them and pass along to your child.

Laundry

Laundry service is available for campers staying longer than two weeks at a fee of \$10 per load. Two-week campers do not have laundry privileges and should plan accordingly. \$15 will be charged for any bed linens that are laundered.

Worship

All campers participate in a non-denominational service in our outdoor chapel on Sunday. Catholic campers can attend Mass in Alton each Sunday.

Telephone

The camp telephone is for emergencies and business use only. Campers do not have phone privileges. If you have concerns, feel free to call and speak to your son's cabin counselor or Director during meals. Refer to daily schedule listed in our Camp Brochure or on our website. If the counselor is not available, the Director will suggest a good time to call.

Spending Money

All campers are required to open a camp store account upon check-in. (Cash or check; no credit cards are accepted) Chetty's Place has a variety of clothing, snacks, souvenirs and items that might be needed at camp. All spending money should be deposited in the camp store account during check-in. Usually \$50 is sufficient for a two-week period to cover store items and additional program costs such as water-skiing, cabin pictures. Please do not send camp store account money with tuition payments. Please remember to pick up any remaining balance at the end of your child's camping week, otherwise it will be donated to our scholarship fund.



Boating

Campers wishing to participate in boating activities must be able to demonstrate specific swimming skills. All others must be accompanied by a staff member during boating activities. Campers wanting to go sailing must demonstrate specific sailing skills. Lessons will be available for those without sailing experience.

Water-skiing & Tubing

Water-skiing and tubing is available at camp; however, boys must demonstrate specific swim skills to sign up. The cost of water-skiing and tubing is \$6 per ride, deducted from the store account.

Visitors

Parents of long-term campers may take their child out of camp on designated visiting days from 9:00 AM–4:00 PM. Please sign out at the camp store and notify the cabin counselor prior to leaving camp. Visiting days for the 2010 camping season are July 10, July 24-25 and August 7, only. **There are no visiting days for 1 & 2 week campers.**

FREQUENTLY ASKED QUESTIONS

This is my son's first time away from home. What can I do to help him prepare for the separation?

Go over the packing list in the handbook together. Talk about all the fun things he will be doing. Don't talk about how much you will miss him or a trip you may be on while he is away. Reassure him things will be fine while he is at camp. First time campers are always welcome to visit Camp Mi-Te-Na before their scheduled weeks.

Does everyone get to white-water raft that wants to?

We have 166 campers each session and 12 spots for white-water rafting. When you get your confirmation letter, read it carefully to see if his request has been confirmed. If your confirmation letter does not list white-water rafting, he has been put on a waiting list (as indicated by a red stamp at the bottom).

What should I do if I get a homesick letter from my son?

Don't panic. It's very normal for the first letter. If you receive another, feel free to call camp and speak with his cabin counselor during meals.

How often will my son get to shower?

Showers are scheduled on an every-third-day basis.

I will be out of town; Can I send someone else to pick up my camper?

During check-in each family will fill out an authorized child release form that lists people that are authorized to pick up your child. Please be sure to include anybody that may be picking your child up if you are not able to. The person picking up your child will need to have ID available during check-out.

Should I be worried if I don't get any mail from my son?

No. It usually means he is having a wonderful time and busy in activities and making new friends.

Tip: Pack self-addressed, stamped postcards for him to send to you.

ACTIVITIES WILL VARY BETWEEN VILLAGES.

FREQUENTLY ASKED QUESTIONS

Will my son make new friends?

Camp is a great way to make new friends! In addition to just being exposed to many new people, your child will be surrounded by staff who are trained to work with youth to help them meet new people and make new friends. Staff are also trained in how to address any negative issues if they arise, such as managing cliques or bullying.

What happens if my son forgets to bring his completed health form?

State law mandates we have a completed health history and physician-signed physical for all campers. Unfortunately, he must return home to obtain his health form before we can permit him to stay at camp.

What is the likelihood of my son not getting his cabin request?

As long as it is a mutual request and the boys are the same age, the likelihood is very good they will be together. If the boys are not the same age, but are within 12 months of age, they will be placed, to the best of our ability, in a cabin age-appropriate for the younger camper. We will not put boys together in a cabin that are more than 12 months apart in age. Due to last minute enrollment changes, cabin assignments are done just before check-in day. Therefore, if you call in advance to check on your son's cabin, we will not be able to tell you. Please understand it is not beneficial to have 4–6 boys from the same town in the same cabin. It discourages meeting new friends, one of our camp goals, and promotes cliques.

My child has special medical needs. What can I do to insure his needs are met?

One month before attending camp, send a letter to the camp director outlining your son's condition and any special requirements. This will give us time to determine if we are able to adequately meet your son's needs and provide a meaningful camp experience. Additionally, speak with the nurse during the health check-in and to your son's cabin counselors.

What size luggage does my child need?

We recommend trunks and suitcases that fit under a 14" bunk.

Where can I order care packages or name tape labels?

On our web page, under Parent Resources there are several links to quality companies.

A BIT OF HISTORY



Camp Mi-Te-Na, a resident boys' camp, offers a variety of activities ranging from swimming to challenge course. The camp is divided into three villages: Frontiers, the oldest boys, Rangers, the middle-age and Pioneers, our youngest boys. Each village is then divided into cabin groups; these cabin groups learn to work together as a team whether it be doing camp clean up or playing a game.

During their stay at Mi-Te-Na, the campers will be exposed to a wide variety of activities. In the morning they will go as a cabin group to swimming lessons, sports field and hobbies which include crafts, riflery, archery, mountain boarding, ropes, outdoor education and team building. Each afternoon they will choose activities they prefer. Camp offers a wide variety of activities on the sports field as well as the waterfront. On the waterfront there is tubing, rowing, canoeing, fishing, swimming, sliding, sailing and more. On the sports field there is baseball, basketball, soccer, beach volleyball, street hockey, four square, tennis, mountain boarding, frisbee and various other games. In the evening, activities include new games, cabin nights, camper-counselor hunt, air band night, carnival night, etc.

An excellent example of campers learning to appreciate individual differences and group cooperation is Competition Day. The campers are divided randomly into teams and points are awarded to teams for performances in a variety of events. Not only the athletic campers are a deciding factor here, but also the creative and the intellectual.

Another activity that offers group work is the team challenge course. It is a tremendous source for teaching team work. The events require each person in the group to work together to achieve a predetermined goal. We use many lead up activities before we bring the campers out on the course, such as: trust fall, the all-aboard and tag games. These are used to teach teamwork, togetherness, leadership, safety, spotting techniques and responsibility.

ABOUT CAMP MI-TE-NA

Hikes and trips—There is no better place for a boy to develop a sense of independence and a new respect for his own abilities than on a hike into new territory. Hiking trips have an important place at Mi-Te-Na, whether it be a trip to Kancamagus, a hike up Mt. Major or a trip to the Merrimack River. These trips are designed to teach the campers about their environment, canoe safety and enjoyment in the woods. All such trips are under the leadership of experienced counselors, and are carefully planned in accordance with age and ability of the campers.

The Camp Mi-Te-Na Tribe—founded in the summer of 1967 by counselors Jeff Barnum and John Palmer, is camp's honor society, the purpose of which is to promote integrity, friendship and kindness among campers and bonding between camp and camper.

If you have any questions about camp or the staff, do not hesitate to call me at camp.



-Rick Ross

WWW.CAMPMITENA.ORG



CAMPING SERVICES

TOM ARCHER

Executive Director,
Camping Services
603.232.8641

RICK ROSS

Camp Mi-Te-Na Director
Summer 603.776.3000
Winter 603.232.8660

DEBORAH J. FARMER

Camping Services Administrator
603.232.8642
email: dfarmer@gmfymca.org

GREATER MANCHESTER FAMILY YMCA MISSION STATEMENT

The Greater Manchester Family YMCA is committed to creating a place where all are welcome. The YMCA builds a healthy spirit, mind, and body in individuals and families by instilling the values of caring, honesty, respect and responsibility through our practices and programs.

OUR VISION

Values of character—honesty, caring, respect and responsibility will be integrated into all programs and practices of the Camping Services Branch.



We build strong kids, strong families, strong communities.

DIRECTIONS TO CAMP MI-TE-NA

From Massachusetts

Take 93 North to Concord, New Hampshire. Take Exit 15E (Routes 393, 4, 9, 202). Follow interstate 393 East to its end. Continue on Route 4 East to the Epsom Traffic Circle. Go 3/4 of the way around the traffic circle, and take Route 28 North. Camp Mi-Te-Na is approximately 15 miles North of the traffic circle on the right. Take YMCA Road (dirt) on the right straight into Camp.

From Maine

Take 95 South into New Hampshire. Exit onto the Spaulding Turnpike. Follow the Spaulding Turnpike North to Rochester. Take Route 11 West towards Alton. At Alton Traffic Circle, go 3/4 of the way around the circle and follow 28 South. Camp is about 5 miles south of the traffic circle on the left. YMCA Road (dirt) on the right straight into Camp.

From New York City and Southern Connecticut

Take 95 North to New Haven. Take Route 91 North to Route 84 East to Mass Pike (Route 90). Go East on Mass Pike to Route 495 (Exit 11A). Then take 495 North to Route 93 North. (Follow directions from Mass. above)



