

Dear Parents,

from the directors

First, let me thank you for entrusting us with the care of your child. It is a trust we work hard to keep. I have been involved in organized camping for over 40 years, but the most significant perspective change I experienced was the day I handed over my then 8-year-old daughter to her counselor at Girl Scout Camp. The Camp Director was a good friend and the camp had a stellar reputation, but that was MY child. I do my best to remember that feeling every time we welcome new campers. – Tom Hussmann

This year especially, we know that as a parent you have difficult decisions to make regarding send your child to camp or anywhere “out into the world”. Know that we will respect your decisions, and if at any time you feel uncomfortable having your child with us, we will understand and make the refund process as simple as possible, so that it is not a factor in your consideration. We will do our best to keep your child safe and our facilities sanitized and clean. We will also do our best to provide space and activities that insure the least possible exposure to the virus. You will see changes in the way we check you in and out of camp, and many of our activities will be modified for safety. Most of our meals will be “al fresco” and we will be dining inside only in inclement weather.

But, we do hope that you will understand that the power of Camp Albemarle lies in the building of relationships – between campers and staff and campers and campers. We also know that our younger campers may struggle with social distancing. We will do our best to make it fun and just a part of the experience, but we know we will have challenges as the desire to connect with each other naturally occurs, especially at camp.

Camp creates amazing opportunities for children to be a part of a community that encourages and supports them as they “try on” being more independent and self-reliant. We encourage children to take on new challenges, try new things and make new friends. Most importantly, we encourage them to think deeply about their faith.

Our staff are trained not only to sail or climb trees, but to be intentional and focused on the physical, mental, social, and spiritual needs of your children. From the important physical needs like keeping everyone hydrated and making sure they wear sunscreen, to making sure that they feel safe and accepted, our counselors work very hard every day to make Camp Albemarle a safe place for your child. Following this letter, you will find some forms and information that will help us make camp a great experience for your child. Please take the time to look through and complete the information.

We may contact you during the course of your child’s stay at camp – If we are struggling to help your child overcome homesickness or if we need help understanding a behavior that your child is displaying, and of course, **we will contact you immediately regarding any health issue that is beyond the occasional stomachache or small bump or bruise.** Our Healthcare Staff are encouraged to over communicate health issues. We know that getting an unexpected call from camp can be scary, but we also **know that your assistance in these matters is vital to helping us make sure that your child has a great experience at camp.**

Thank you again for allowing us to serve your child. Please do not hesitate to contact us regarding your thoughts and concerns about camp and your child’s experience. We will be sending out a short survey after your child’s stay with us, and we would be most grateful if you would take a few minutes with your child to let us know how we are doing.

In the meantime, please contact us with any questions or concerns: tom@campalbemarle.org 252-422-4281 or the office 252-726-4848.

We are looking forward to seeing you this summer!
Sincerely,

Tom Hussmann
Executive Director

Brad Basto
Director of Summer Camp Ministries

What Should I Do Now?

Before the Start Date of Your Camp Session Arrives

- o Carefully review the “Welcome to Camp” materials.
- o Complete and sign the medical form online by June 1st
- o Have a healthcare provider complete and sign the MAR (medical administration record) form if your camper has medications.
- o Photocopy both sides of your Health Insurance Card.
- o Pay your camp fee balance by June 1st. Payments can be made online with credit card or by mailing a check to the camp office.

On Check-In Day

Before you leave home, be sure:

- o Your camper’s clothes are labeled and packed securely
- o You have the Health Form filled out online and have paid your balance in full.
- o You have the MAR form (if your camper has medications) and your copied Health Insurance Card with you.
- o **Medications are in the original labeled containers** and are readily accessible to turn in once you arrive.

Residential Camp: Check-In is from 3:00pm-4:00pm for camps that start on Sunday and Wednesday.

- o **Receive a number and welcome information from staff at the road. This number will determine the order you will go to the check-in in front of the office.**
- o At the direction of staff, families will pull and park in the field located beside the pool.
- o Due to the circumstances we ask that you not leave your vehicle until your number is called or directed otherwise. Currently, we are only allowing one parent per child.
- o Once your number is called, you will bring all you can carry to the table set up in front of the office.
- o After going through the check-in process here, you’ll take your things to your cabin. If a second trip is needed, we ask you loop around the bathhouse to avoid check-in traffic.
- o At your camper’s cabin or tent sign in with their counselor and be sure to write down the names of anyone allowed to pick them up. Inform the counselors of any additional helpful information and help them move in and set up their bunk.
- o Give your camper a hug, say “Goodbye!” and have a safe ride home!

When Camp Ends

Check-Out begins at 2:00pm on Friday.

- o Plan to arrive at 1:45pm to pick up your camper and park your car behind the Dining Hall
- o Make your way to the Vesper Dell down by the water, where you will meet your camper.
- o Have identification with you to verify that you are one of the approved persons who has permission to pick up your camper.
- o Sign your camper out with his or her counselor **after** the closing ceremony.
- o Retrieve any medication turned in during check-in from the healthcare staff.
- o Check the lost and found for any misplaced items (in front of the Camp Store).
- o Retrieve your child’s luggage from their cabin. *Be sure you have everything you came with.*
- o **Listen with interest and ask lots of questions on the way home and afterwards about your camper’s experience.**

Anyone coming onto Camp Albemarle Property may be subjected to a temperature check.

Helpful Packing Tips

Pack with Your Camper

Packing with your child is a great opportunity to build excitement about camp and to talk about any anxieties or concerns your camper may have about their upcoming camp experience. Plus, you can make sure they pack everything that they need to bring and leave at home the stuff that should stay at home.

Use The “What to Pack” Checklist

Use the checklist when you pack. Once you are all packed, tuck the checklist in your camper’s luggage and instruct them to use it when they pack their stuff up at the end of the week. That way, they have a way to make sure they’ve got everything they came with and are leaving nothing behind.

What to Pack Your Stuff In

Pack your stuff so that you can carry it a short distance to their cabin or platform tent. Storage space in the cabins and platform tents is limited. Soft-sided luggage, like a duffle bag or back pack, that can be easily stuffed under beds or in a small spaces is ideal.

Label Everything

Put your camper’s first and last name on everything using a permanent marker. Be sure to label your camper’s luggage. If your camper loses something, it may turn up in lost and found. Unclaimed items are disposed of or donated to charity a week after your camper’s session ends.

Pack Appropriate Attire for Camp

Pack clothing that is comfortable in hot weather, suitable for outdoor play, and has the potential to get wet and dirty.

Campers should not pack suggestive or revealing clothing or outfits nor articles of clothing that promote alcohol, tobacco, drug use, sexual behavior or contains inappropriate language.

A Note About Swimsuits

We prefer that female campers wear modest one-piece swim suits or tankini suits while at camp and that male campers wear swim trunks or board shorts. Campers must wear a t-shirt or cover up if wearing swimwear outside the pool or waterfront area.

If You Are Bringing Medications to Camp

All medications (prescription, non-prescription, and over-the-counter) remain with and are dispensed by our Healthcare Staff. **Please pack your medications separate from your luggage in the original labeled containers so that you will be able to easily access them and turn them into the Healthcare Staff during Check-In.**

Camp Store

This year we are offering a couple of new camp store services!

Camper Accounts

You are now able to add money to your campers account via camp brain! Or if you want to use cash you can still add it during the check in process!

At the end of your camper's session you will have the option of picking up the remaining balance on your campers account. As we have done for several years, any money not picked up is placed in a campership fund to make sure that no one is denied a camp experience because of finances.

What to Pack For Camp

Essential Clothing Items

- o Raincoat/ Poncho or Rain Gear
- o Underwear and socks
- o Short sleeved shirts
- o Shorts
- o Long pants or jeans
- o Long sleeved T-shirt
- o Sweatshirt and sweatpants for cool weather
- o Pajamas
- o Hat
- o Swimsuit appropriate for camp (2 if you have them)
- o 1 pair of athletic style shoes
- o 1 pair of water shoes that has a heel strap
- o 1 pair of sandals/ flip-flops for wearing in the shower

Other “Must Have” Items

- o Bible
- o Sleeping bag or bed linens and a blanket for a single bed
- o Pillow & pillowcase
- o Laundry bag for dirty clothes
- o Flashlight and extra batteries
- o Sunscreen
- o Insect Repellent
- o Reusable water bottle (we will not be providing water bottles this year. We will however have them for sale in the camp store)
- o Any medications you are taking (must be turned in to Healthcare Staff)

Toiletries

- o Toothbrush and toothpaste
- o Shampoo and conditioner
- o Soap in a container
- o Something to carry toiletries in.
- o Bath towel and washcloth

- o Beach towel to use at the pool and waterfront
- o Deodorant
- o Feminine necessities

Optional Items

- o Small daypack or backpack
- o Sunglasses
- o Inexpensive or disposable camera
- o Paper, pen, pencil, stamps, pre-addressed envelopes
- o Favorite stuffed animals
- o Book to read during rest time
- o Guitar or another musical instrument
- o Small Fan

Things to Leave at Home

- o Pets
- o Cell phones, I-pad, I-pod, beeper/ pager
- o Food, snacks, or candy
- o Alcohol, drugs, tobacco products, firearms, fireworks
- o Clothes you wouldn't want to get dirty
- o Expensive or sentimental items
- o Electronic Items, cell phones, videogames, digital music players, e-readers
- o Extra spending money, wallets, purses
- o Anything that would result in tremendous unhappiness if it were lost, broken, or got dirty.

COMMUNICATION WITH YOUR CAMPER WHILE AT CAMP

Should I write to my camper?

YES!! Nothing makes a camper's day like receiving a letter from home. Parents are encouraged to write their camper regularly while he or she is at camp. To help you save on postage, you can "pre-write" your message and drop them off with us on Check-In day. We will deliver mail collected at Check-In throughout the week. Mail is distributed daily around lunchtime.

To mail your camper a letter use the following address:

For Example: Camp Albemarle
Camper Name
156 Albemarle Drive
Newport, NC 28570

Can I send email to my camper?

YES. We encourage you to email your child daily. We provide a "One-Way Email" Service at no cost. Instructions for using this service will be handed out to you at Check-In. The email service will be active the day your camper arrives at camp and you can invite others (such as grandparents or family friends) to email your camper as well. Email is delivered to the cabin during h-hour. We find that the best email messages are ones where you tell your camper how proud of them you are and how you are looking forward to hearing about their time at camp. **Refrain from telling your camper how much you miss them, or other phrases that might make them homesick.** It's always good to close with "See you on Friday!". Remember, campers do not have access to computers at camp and won't respond to your email (unless they write a real letter home).

Can I send my camper a care package?

Letters and envelopes no bigger than 12" x 15" x 3/4" are welcome.

What are the camp policies related to telephone calls and campers having cell phones?

During camp, we work hard to build a sense of community among campers. We design the program, activities, and experiences for campers so that they can "get away" from the distractions and "busy-ness" of the everyday world, and to be in a place that they can connect with the Holy Spirit in nature. Camp is also a time of self-discovery and testing out one's independence. Experience has shown us that allowing campers to have telephone contact with friends or family in the "real world" detracts from the camp experience, is counter-productive to our mission goals, and disrupts our ability to build community at camp. **For these reasons we do not permit campers to carry cell phones or make or receive phone calls** (unless accompanied by a staff member after consultation with the Director).

Know that if a situation involving your child arises that warrants parental involvement, be it severe homesickness, a behavior issue, or a healthcare concern, we will contact you as soon as possible.

If you have an emergency and you need to contact your camper, please call the camp office at 252-726-4848

Can I visit my child at camp?

For many of the same reasons outlined above related to our policy on telephone calls, we strongly discourage visitors to camp during our camp sessions. Parents and visitors are welcome and encouraged to tour Camp Albemarle on Check-In day and after picking up your camper at the end of camp.

An Overview of Small Group Camping

At Camp Albemarle we focus on building community and the give and take that goes along with it. To that end, the small group is at the core of our program. Upon arriving at camp, children are placed in “family groups” that are typically comprised of 7-8 boys and 7-8 girls, and a male and female counselor. This group remains together for the duration of the camper’s time at camp, traveling to and from and participating in activities together. We find this model allows campers to form meaningful friendships and for the counselors to get to know their campers. A genuine sense of close-knit community forms along the way among the members of the group. Within the group, each person can find his or her role and contribute to the wellbeing of others. Campers learn to recognize and appreciate the uniqueness and value of everyone in the group. With the guidance of their counselors, campers learn to consider the needs, desires, and perspectives of all members of the group. Through check-ins with the group, team building challenges and other group building activities, counselors and campers learn to work together, reach agreement and create win-win situations when differing opinions and personal priorities are in play. Campers are encouraged to participate enthusiastically and to the best of their ability in all aspects of camp life, even if the activity or decision made by the group “is not their favorite”. Ultimately, while we do always require campers to remain with their group, no camper will be forced to participate in any activity they are not comfortable with. We call this “Challenge by Choice”.

Sample Junior's Schedule

7:30am Rise and Shine!
8:00am Breakfast
8:45am Cabin Cleanup
9:00am Morning Watch & Energizers
10:00am Team Building
11:00am Sailing
12:00pm Lunch
1:00pm Bible Study
2:00pm H-Hour (rest time)
3:00pm Canteen
4:00pm Swimming
5:00pm Small Group Activities
6:00pm Dinner
6:45pm Evening Worship
7:30pm All Camp Activity/ Snack 8:30pm
9:00pm Devotions, Check-In,
Shower
9:30pm Lights Out!

Sample Middler's Schedule

7:30am Rise and Shine!
8:00am Breakfast
8:45am Cabin Cleanup
9:00am Morning Watch & Energizers
10:00am Alpine Tower
12:00pm Lunch
1:00pm Bible Study
2:00pm H-Hour
(rest time) 3:00pm
Canteen
4:00pm PAINT
WAR!
5:00pm Stand-Up Paddle Boarding & Kayaking
6:00pm Dinner
6:45pm Evening Worship
7:30pm All Camp Activity/
Snack 8:30pm Night Game-
Counselor Hunt!
9:30pm Devotions, Check-In, Shower
10:00pm Lights Out



5 Things You Can Do to Help Your Camper Succeed at Camp

1. Discuss the camp's policies with your camper beforehand

Make sure your camper understands what the policies are and that he or she must honor them.

2. Talk with your camper about his or her concerns and what he or she is looking forward to

Acknowledge your camper's concerns positively. Let them know that you understand that he or she is anxious, unsure, or nervous and that it is okay to feel that way. **Resist the temptations to "rescue" your child from homesickness. Acknowledge in a positive way that you will miss your camper and you are confident that he or she will be able to complete the camp session.**

3. Pack together with your camper

Pack things with your camper that they will be comfortable wearing. Pack a flashlight with lots of extra batteries. Pack a favorite stuffed animal or storybook for bedtime. Use the packing list included in this packet

4. Let your camper know that the camp staff is there to help them

Make sure they understand that if they have a problem, they should let their counselor know.

5. Prepare your camper for spending time away from home at camp.

Visit the website with your camper and look at pictures. Encourage your camper to ask question about camp. Practice being away from home overnight. Have a sleep out in the backyard or at friend's house.

Avoid Doing These 5 Things That Set Your Camper Up for Failure

1. Avoid making deals or bribes

For example, avoid saying, "If you don't like it, Mommy will come and pick you up" or "If you stay at camp, Daddy will get you a new bike when you come home."

2. Avoid statements or actions that conflict with camp policies

Avoid saying things like "If you get homesick, you can call me", camp has a policy that does not permit campers to call home, or allow your child to pack a music player, e-reader or cell phone please leave it at home!

3. Avoid sending your camper to camp during a disruptive home situation

For example, in situations where a Grandparent died last week, or parents just got a divorce, it's best to give your camper time to adjust. Check with us to see if it's possible to switch to a session later in the summer.

4. Avoid keeping helpful information from camp staff about your camper

For example, not letting staff know your camper is prone to bedwetting is counterproductive. By providing our staff with as much information as possible, you help us help your camper. Having information ahead of time saves us from having to "troubleshoot" a puzzling situation in search of a solution. Instead, we can be pro-active!

5. Avoid taking you camper off prescription medications for their week at camp

Camp is a less structured environment than your child may be use to at school. Children are more active and stay up later at camp. If your camper requires medication while at home under normal circumstances, it is beneficial for him or her to remain on those medications and continue with a routine that the body's metabolism is familiar with.