

**For OVER 85 years...**  
**YMCA Camp Foss**  
**for Girls**



**Parent Handbook**  
**Summer 2010**

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

[www.campfoss.org](http://www.campfoss.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:

**Deb 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 a "meet and greet" with your daughter's cabin counselor as well as 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
- pajamas
- long-sleeve shirts
- jeans
- undergarments/underwear
- bathing suits (2)
- sandals

## OUTERWEAR

- rain jacket
- warm hat
- sweatshirt/sweater
- warm jacket
- mittens or gloves

## LINENS

- sheets & blanket or sleeping bag
- blankets
- extra sheets for bedwetters (sleeping bags are discouraged)
- pillow
- towels

## TOILETRIES

- soap
- toothpaste
- hair elastics
- shower shoes
- deodorant
- tampons/pads
- toothbrush
- hairbrush
- shampoo
- bug repellent (non-aerosol)
- sunscreen
- facecloth

## MISCELLANEOUS

- flashlight
- stationery
- stamps
- laundry bag
- extra batteries
- envelopes
- stuffed animal
- water bottle

## OPTIONAL EQUIPMENT

- camera/film
- tennis racket
- day pack/book bag
- softball glove
- swim goggles
- rain boots

## IF WHITEWATER RAFTING

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

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.**

## 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 daughter's dismissal from camp.**

### SAVE TIME CHECKING IN!

Please have the following forms (available at [www.campfoss.org](http://www.campfoss.org)) signed and ready for check-in.

If you cannot access the forms please contact Deb Farmer at [dfarmer@gmfymca.org](mailto: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 website 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 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, visit 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!

## Infirmary Check-In

Once you arrive at camp, you will be directed to the dining hall 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 and EPI pens and only with doctor's approval. All medications must be in the original container with the prescription label intact. Over-the-counter medications 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/Bunk Assignment

After your health check is completed, you will be given your cabin assignment and fill out necessary paperwork. 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 daughter.

## Store Account

Lastly, visit the Willey Pond Trading Post (camp store) in the Program Lodge to open up your daughter's store account. The store account will be used to pay for special activities, as well as the purchase of camp souvenirs and essentials. See "Spending Money." Camp."

## Check-Out Time

9:00 AM–11:00 AM on Saturdays

## Place

HILLTOP campers can be picked up outside the dining hall; WOODSIDE, LAKEVIEW and SUNRISE campers can be picked up at center camp. 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 the Willey Pond Trading Post to close your daughter's account otherwise it will be donated to our scholarship fund. If your daughter has medication, please pick it up at the Infirmary. 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.

### 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 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 hate 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 Camp 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 Foss*

*242 Willey Pond Road*

*Strafford, NH 03884*

## 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.**

## 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.

## Email

If you would like to email your daughter, you may register with **BUNK1.com** and purchase bunknotes. Please use password **8601FS1** to register. Once purchased, we can print them and pass along to your child during the evening meal. E-mails are received the day after they are sent.

## Telephone

The camp telephone is available for emergencies and business use only. Please call between the hours of 8:30 AM–8:00 PM. Campers, however, are not allowed to use the phone. If you have any concerns, feel free to call to speak with your child's cabin counselor.

## Spending Money

All campers are required to open a camp store account upon check-in. (Cash or check; no credit cards are accepted) The Willey Pond Trading Post (camp store) has a variety of clothing, snacks, souvenirs and items that might be needed at camp. All spending money should be deposited in the camp account during check-in. Usually \$50 is sufficient for a two-week period to cover store items and additional program costs such as socials, cabin pictures, special arts & crafts projects and trips. 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



## Horseback Riding Lessons

Riding lessons are held for 5 one-hour periods per week. Campers will receive riding instructions in the horse ring as well as in stable management. If it is determined your daughter

has adequate skills, she will take a trail ride for her 5th lesson. Contact Deb Farmer at 603.232.8642 for availability if not already registered.

## 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 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.**

*Activities will vary between villages.*



# FREQUENTLY ASKED QUESTIONS

## ***Will my daughter 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 daughter forgets to bring her completed health form?***

State law mandates we have a completed health history and physician-signed physical for all campers signed and dated within the last 24 months. Unfortunately, she must return home to obtain her health form before we can permit her to stay at camp.

## ***What is the likelihood of my daughter not getting her cabin request?***

As long as it is a mutual request and the girls are the same age, the likelihood is very good they will be together. If the girls 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 girls 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 daughter's cabin, we will not be able to tell you. Please understand it is not beneficial to have 4–6 girls 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 her needs are met?***

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

## ***What size luggage does my child need?***

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

# FREQUENTLY ASKED QUESTIONS

## ***This is my daughter's first time away from home. What can I do to help her prepare for the separation?***

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

## ***Does everyone get to horseback ride and white-water raft that wants to?***

We have 192 campers each session and only 34 spots weekly for riding lessons and 12 for white-water rafting. When you get your confirmation letter, read it carefully to see if her request has been confirmed. If your confirmation letter does not list white-water rafting or horseback riding, she 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 daughter?***

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

## ***How often will my daughter get to shower?***

Showers are scheduled on an every-other-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 daughter?*** No.

It usually means she is having a wonderful time and busy in activities and making new friends **Tip:** Pack self-addressed, stamped postcards for her to send to you.

## ***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



YMCA Camp Foss is located on 215 wooded acres in the Blue Job mountain region of central New Hampshire.

Camp Foss has 19 camper cabins divided into 4 living groups or villages. Girls live in cabins of 8–12 campers per cabin. Cabins are equipped with bunk beds, electricity, screens. Bathrooms are located in close proximity to cabins and activity areas. Cabin assignments are made according to age and mutual requests.

Campers at Foss can experience a variety of daily activities, some they choose on their own, and others that the cabin or village groups rotate. Activities include swimming lessons, recreation, field games, arts & crafts, drama and low challenge course and climbing tower. Horseback riding lessons are available for an extra fee.

The sportsfield (recreation) and the waterfront offer a variety of activities for campers to choose from. Some sportsfield activities include soccer, volleyball, flag football, softball, tennis, basketball.

On the waterfront, campers will find water games, canoeing, kayaking and even sun appreciation. Our low and high challenge course helps campers learn teamwork, problem-solving and improve communication skills.

Following dinner, campers will participate in evening programs. Evening programs can be camp-wide capture the flag, camper-counselor hunts, spirit campfires, to name a few. Also included in evening programs are cabin nights where each cabin group designs their own agendas for the evening, and village nights where each village plans an activity for the night. Such activities provide campers with the opportunity to be involved in the decision making and initiation of activities.

In addition to the regular daily activities, each session will have one or two special theme days on which the typical camp routine is set aside and the whole camp comes together for activities centered around the chosen theme. Some past theme days

# ABOUT CAMP FOSS



have included Wild West Day, Summer Carnival Day, Competition Day and

International Olympics Day. These theme days promote teamwork, cooperation and leadership which help campers develop personal character.

Camp Foss also offers a variety of hikes and day trips out of camp. Whether it's a hike up Evans or Parker Mountains, or camping out

at Pioneer Point, trips outside of camp help the girls foster a sense of independence and personal challenge.

At the end of each session, campers and counselors gather for a special closing ceremony where the girls can reflect on the challenges they have overcome, friends they have met and values they have learned.

If you have any questions about camp or the staff do not hesitate to call the Camp Director at 603.269.3800.

## CAMP FOSS

PROVIDING GIRLS WITH A FUN, SAFE PLACE TO  
LEARN AND EXPLORE SINCE 1923

[WWW.CAMPFOSS.ORG](http://WWW.CAMPFOSS.ORG)



# CAMPING SERVICES

TOM ARCHER

Executive Director  
Camping Services  
603.232.8641

MOLLY REEVE

Camp Foss Director  
Summer 603.269.3800  
email: campfoss@aol.com

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 FOSS

## From Massachusetts

Take 95 North 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. Continue to Route 126, left for 4.3 miles to sign for Camp Foss and Parker Mountain Scout Reservation. At sign turn right onto Parson Hill Road. Take first left onto Willey Pond Road and follow to end.

## 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. Continue to Route 126, left for 4.3 miles to sign for Camp Foss and Parker Mountain Scout Reservation. At sign turn right onto Parson Hill Road. Take first left onto Willey Pond Road and follow to end.

## 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 990). Go East on Mass Pike to Route 495 (Exit 11A). Then take 495 North to Route 93 North. (Follow directions from Mass. above)



