



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

GROWING STRONGER TOGETHER

Camp Miehana
Parent Handbook

Letter from the Director

Welcome to Camp Miehana

Welcome to camp

Departure/Arrival Information

Guidelines for Departure and Arrival

Goals and Objectives

Camp Goals and Objectives

The YMCA Mission Statement

ACA Affiliation and Accreditation

Camp Information

Your Child's Cabin Leader and our Camp Staff

Medication

Illness or Injury at Camp

Swimming Pool Concerns

Money at Camp

Packing List for Camp Miehana

What to Bring to Camp

Optional Items to Bring to Camp

Dress-up Days

Please Do Not Bring to Camp

Misc. Information

Camper Discipline Procedure

Lost and Found

Mail at Camp

Registration Information

Financial Assistance & Opportunity Tickets

Deposits and Payments

Camp Registration Paperwork

Additional YMCA Information...

Child Care

After-School Program

Camp & Youth Leadership

Health and Well-Being

Volunteer Opportunities

Dear Y Families,

From Camp Osceola in the 1920s to today, YMCA camps have been a long standing tradition in Anaheim. Whether under the sun at Camp Fox or nestled in the wilderness at Camp Miehana, thousands of campers have had the opportunity to experience a life-changing week of fun and personal discovery. Generations of alumni campers pull together each year to maintain the tradition of Y Camp and make a difference in the lives of today's young people. Using these camps, the YMCA builds strong relationships and strong individuals!

Our camp programs have the potential to cause extraordinary life changes. They provide a place for learning to work as a team and to build competencies that make a difference in the world around us. Camps serve as a unique classroom for teaching the core values that are at the heart of our YMCA mission. We come together in many different ways for the purpose of stimulating positive growth and development in all who participate. One of the greatest strengths of the Anaheim Family YMCA is our ability to bring together people from all walks of life regardless of social or economic condition, physical ability or faith. We are able to create a safe place for people to learn, grow, experience their own strengths and weaknesses, and to explore issues of values, faith and beliefs. Society has moved childhood indoors; however, we help bridge that gap between the authentic experience and the fake experience; the real vs. the virtually real. It's the YMCA's role to help maintain the human connection with the natural world and both camps Fox and Miehana help facilitate that bond.

At Camp Miehana, one of our goals is to create significant change in the lives of our campers; to help them go beyond their own limitations and open themselves to the possibility of a new found personal strength and ability to be of service to their community, their families and each other.

Sending your child away for a week is, no doubt, scary. I just recently became a father myself and realize what an extraordinary act of faith it can be to trust your child with someone you have never met. You have placed your trust in me, in our volunteers and the YMCA. Together, we will help find something amazing, special and unique about your camper.

Sincerely,
Javier Gonzalez
Program Director
Anaheim Family YMCA



Welcome to Camp Miehana

Welcome to CAMP!

Welcome to Camp Miehana with the Anaheim Family YMCA. We are so excited to have you going to camp with us this year. Getting your forms/ payment in **before July 26th** would be greatly appreciated.

Camp is one week out of the year that youth can set aside to think about their goals, their life and the direction they want to take next. Camp Miehana is an unbelievable experience. Get ready to canoe, swim, do arts & crafts, archery, rock climb and a ropes obstacle course. This will be a week you will never forget. You will make new friends, learn new talents and become a Y camper for life.

For those of you that are new to camp, this is what happens the morning of July 30th:

- Meet at Anaheim YMCA Main Office for final paperwork, check-in and payments**
- Load up luggage truck and busses**
- Depart for Angelus Oaks**
- 2 hours later...arrive at camp!!**

Departure/Arrival Information for Camp Miehana

Campers will start and end their adventure at the Anaheim Family YMCA Main Office. **Only campers and staff should be near the busses as they are boarded.**

Departure: Saturday, July 30th. Arrive no later than 8:30a @ the Anaheim Family YMCA (*volunteers will guide you to the drop-off area*) or your spot will be given up to someone on the waiting list.

Arrival: Saturday, August 6th at 1:30p @ the Anaheim Family YMCA (*parents must stay away from busses while they unload all campers*)

Guidelines for Departure/Arrival Days

All campers are to be released only to an authorized person. No camper may leave the drop-off area at any time without prior authorization from the custodial parent/guardian and the camp director.

Campers registered for Camp Miehana are expected to arrive within the designated time frames for dropping off. No refunds will be given for "no-shows".

If a camper is not picked up within 30 minutes of arrival time, the parents and/or emergency contacts listed on the form will be called. If later than 30 minutes, the police department will be notified to pick up your child.

Camp Miehana Parent meeting

A parent meeting is held every year to go over rules, protocol and the parent handbook. This is especially helpful for parents who are sending their child away to camp for their first year. This year's meeting will be held...

July 21st, 7pm at the Anaheim YMCA Annex Building (next door to the main office)

Goals and Objectives

Camp Goals and Objectives

YMCA camping provides a positive atmosphere of safety, support, and care for each child, while allowing for personal growth and development in spirit, mind, and body. Aside from the day-to-day activities that the camp itself offers, the Anaheim Family YMCA volunteers plan a structured program centered around our the theme for the week. During the week, the theme is talked about at our daily morning inspiration and nightly discussions. Our program also includes dances, group team building activities, and friendly cabin vs. cabin competition. Our nightly campfires include skits, songs, and tons of laughs. Our program also includes *YMCA Character Development*, implementing the core values of **Respect**, **Honesty**, **Caring** and **Responsibility** in everything we do. Lastly, Y camp incorporates the Rag and Leathers Program. This is strictly a goal setting program built for those who choose to challenge themselves spiritually, mentally or physically. The benefit one gets from these programs is lifelong.

The program goals of YMCA resident camp include the following:

- Grow as a responsible member and citizen of his/her group, family, and community
- Develop new skills and areas of interest that form foundations for healthy lifestyle choices
- Help build a sense of self-esteem and personal worth
- Provide a framework to meet a need of spending enjoyable, constructive and quality time with friends and their natural surroundings
- Offer an important and unique chance to cultivate and enjoy leadership skills, a variety of enrichment opportunities and character development

The YMCA Mission Statement

The Anaheim Family YMCA puts Christian principles into practice through programs that build spirit, mind, and body for all.



ANAHEIM FAMILY YMCA

Camp Information

Your Child's Cabin Leader and our Camp Leadership Team

Their mission is to work together to strengthen the lives of the campers who come to camp by helping them find the tools to learn and grow. Our volunteers are program supervisors, teachers, executives, musicians, architects and college students. All volunteers are screened and trained and are dedicated to your children during their week at camp and throughout the year. We are proud to have them as part of our YMCA family and know that together we can give your camper a week to remember.

Medication

If it is mandatory that a camper receive medication, it must be submitted to the director and/or camp nurse at camper drop off. All medications (including prescription, over the counter and vitamins) must be clearly marked with the child's name and specific instructions from a physician, and will be stored and distributed by our camp nurse. All medications must be in original bottles/containers and please make sure there is enough for **7 days**. Please be sure to collect medications immediately after camp. Your child's week at camp is NOT the time to experiment with dosages or new meds; please provide our staff with the medications that your child is used, so as to not aggravate their week with us. Medications will only be held for 3 days after return to Anaheim.

Illness or Injury at Camp

We are only able to accommodate and treat minor first aid injuries or illness in the camp setting. If a camper is unable to resume participation in his or her activities, parents will be notified to pick up the camper or in the case of a major/sudden illness or injury, emergency services will be secured and parents will be contacted. If you have an emergency, please call the Anaheim YMCA and leave a message that will be forwarded to the camp. **Please ask for Debbie Jauch at 714/635-9622 or email at djauch@anaheimymca.org**

Swimming Pool Concerns

Our campers do swim in a lifeguard monitored swimming pool. The Anaheim Family YMCA utilizes a staffed public facility with staff from the Greater Whittier YMCA at Camp Arbolado. The Greater Whittier YMCA uses lifeguards on duty, certified in Lifeguarding, Emergency Water Safety (EWS), CPR for the Professional Rescuer, AED and First-Aid.

Money at Camp

There is no need for your child to bring any money to camp, as everything will be provided for them. This includes a camp t-shirt, camp photo, water or juice each day and all fun activities at camp!

Packing List for CAMP MIEHANA

LIMIT LUGGAGE TO ONE SOFT-SIDED DUFFEL BAG/SUITCASE AND ONE BEDROLL

What to bring

- Sack Lunch to eat @ camp on the first day (**don't pack with luggage; child should bring it on the bus to eat upon arrival**)
- Sleeping bag, pillow
- T-shirts, one for each day
- Shorts, 5 or 6 pairs
- Long pants, 2 pairs
- Socks for each day
- Underwear for each day
- Sweatshirt or warm jacket
- Pajamas
- Hat
- Swimsuit(s)
- Tennis shoes (**no sandals please**)
- Towels for shower and pool
- (Optional) Items for special events
- Tooth brush/toothpaste
- Shampoo/conditioner/soap
- Comb/brush
- Feminine products (if applicable)
- Glasses, contacts, orthodonture products
- Flashlight
- Chapstick and sunscreen
- Laundry bag
- Medicine (**DO NOT PACK, BUT GIVE TO CAMP NURSE AT CHECK-IN**)
- Pre-addressed and stamped envelopes so camper can write home

OPTIONAL ITEMS TO BRING TO CAMP (PLEASE LABEL ALL ITEMS!!)

- Camera (**disposable with name written on it is recommended**)
- Cool/Crazy hat for "Cool Hat Lunch"
- Silly Socks and T-Shirt for two fun meals
- Matching outfits with a friend for "Twin Din-Din"
- Fun/Unique pajamas for Pajama-rino Breakfast
- Fun cartoon outfit or t-shirt for dance theme, "**Camtoon Network**"

Dress-Up Days

We have cool, fun meals and a dance where we dress up; join the fun! Bring your favorite hat for "Crazy Hat Lunch", a silly t-shirt for "Silly T-Shirt Dinner" and your silly socks for "Crazy Socks Breakfast". Don't forget your cool pajamas for "Pajama-rino!" and some matching outfits with your friend for Twin Din-Din. Additionally, bring some wicked crazy stuff for your leader to wear during leader dress up! The dance is "Camp-toon Network", so pack your camper with an outfit of their cartoon character, or just a t-shirt with their favorite character on the front.

Please Do Not Bring to Camp

Any items deemed inappropriate by camp staff will be confiscated. Under reasonable suspicion, we reserve the right to search **any and all** belongings during anyone's stay at camp. Campers *may* be sent home, at parent's expense, for possession of certain items, including:

- Tobacco products of any kind
- Alcohol or drugs
- Lighters, matches
- Fireworks, explosives of any kind
- Knives, guns other weapons
- Shaving cream, silly string
- Sharpies/Permanent markers, spray paint
- Inappropriate reading materials
- Offensive or gang related attire
- Personal sports equipment
- Vehicles
- Animals or pets

Misc. Information

Camper Discipline Procedure

The overall safety and well-being of all campers are always our highest concern. **Parents of any minor who we feel violates any of the policies will be required to pick up their child from camp at the parent's expense. This includes but is not limited to:** not respecting adult authority, fellow campers or the property of others; observance of camp safety rules & inappropriate sexual conduct; and any violation of the *Code of Conduct* (signed by camper and parent)

Lost & Found

Camp designates an area for lost and found items. Campers are encouraged to check for lost items at camp. Upon return from camp, parents are encouraged to look for lost items as well. Due to limited storage space, the YMCA will only hold lost and found items for 48 hours after camp. All remaining items will be donated to a local charity.

Mail at Camp

Every camper enjoys receiving mail at camp! Letters and postcards are recommended. Care packages with food, snacks, favorite books and games are also encouraged. Parents are encouraged to mail all items by July 28th to ensure prompt delivery. The Camp Miehana address is:

CAMPER NAME
CAMP ARBOLADO
c/o Anaheim Family YMCA
Week of July 30th-August 6th, 2011
42500 State Hwy. 38, Angelus Oaks, CA 92305

Daily Schedule

The following schedule will give you and your child an idea of a typical day at camp...

6:45 am:	Rise & Shine
7:30 am:	Morning Inspiration –songs, skits, daily theme
7:55 am:	Flag Salute
8:00 am:	Breakfast
8:45 am:	Cabin Clean-up
9:50-11:00 am:	Activity Period 1
11:10-12:20 pm:	Activity Period 2
12:30 pm:	Lunch
1:15-2:15 pm:	Quiet Hour
2:20-3:30 pm:	Activity Period 3
3:40-4:50 pm:	Activity Period 4
5:30 pm:	Dinner
6:30 pm:	Twilight: get ready for Camp Fire, brush teeth, clean up
7:30 pm:	Camp Fire!! –songs, skits, fun times
9:15 pm:	Cabin Devotions
10:00 pm:	Lights Out

Registration Information

Financial Assistance & Opportunity Tickets

If you wish to apply for financial assistance, please submit your application (available online or at the YMCA main office) to the camp program director as soon as possible. Families who receive aid are still required to at least put down a \$50 non-refundable deposit. Additionally, the Anaheim Family YMCA has opportunity drawing tickets for families who need additional assistance with camp payment. Every dollar earned goes towards payment of camp fees. Sell 200 tickets and that's \$200 towards your camp account! For more information, please call the Anaheim Family YMCA.

Deposits and Payments (*may be turned in at Parent Meeting*)

A minimum deposit of \$50 is required to reserve a child's space in camp. All deposits are non refundable, no exceptions. Final payments are due by July 25th. If you need to set up a payment plan, arrangements must be made with the program director and the accounting department prior to departure day.

Camp Registration Paperwork (*may be turned in at Parent Meeting*)

Please complete the following paperwork and submit by July 25th for each camper. If you registered online, you may have to download additional paperwork to complete the registration process.

- [YMCA Program Member Form with Release of Liability/Waivers-2 pages](#)

This form is completed by the parent. All information must be filled out and will be kept confidential. The back side of this form is the consent form and requires parent signatures.

- [Camp Release and Waiver of Liability and Indemnity Agreement-2 pages \(Eng/Sp\)](#)
- [Summer Resident Camp Form-1 page](#)

This form is specific to our camp programs, asking information regarding t-shirt size and cabin mates. On the bottom, you will find the camp **Code of Conduct signature area**. This **must** be signed by both parent and camper in order to go to camp.

- [Code of Conduct-2 pages](#)

This form explains our basic philosophy for responsible conduct, general rules, camper code of responsibility and disciplinary actions. This form is for the parent to keep and should be read alongside the camper to make sure they are aware of all the rules and expectations. Signature for this form is on the bottom of the *Summer Resident Camp Form*.

- [Health History/Emergency Form-4 pages](#)

This form will assist camp staff in caring for your child while at camp. This form must be completed within 6 months of the camp session. Please update staff in writing of any health or medical changes that may occur before leaving for your camp session.

- [Health Examination Form-1 page](#)

A physical exam is required within 24 months of the camp session. This form must be completed and signed by a physician, or you can attach your doctor's form instead.

- [Financial Assistance Application-3 pages](#)

This packet is required for those families seeking aid for sending their child to camp. A copy of the most current proof of income is required to complete the application; other documents may be needed as well. Applications will not be processed without proof of income and will be reviewed on a first come, first served basis. There is a brief processing period, which may take up to two weeks, and the Anaheim YMCA reserves the right to refuse assistance to any applicant.

Additional YMCA Information

The Anaheim Family YMCA offers a variety of programming for all ages. To learn more about our programs, we encourage you to visit us at www.anaheimymca.org or stop by our main office at **240 S. Euclid Street, Anaheim 92802.**

CHILD CARE

- YMCA Children's Station (infant/toddler care and preschool)

AFTER-SCHOOL PROGRAM

- Anaheim Achieves after-school program serving 37 elementary, 6 junior high and 3 high schools in Anaheim Union High School, Magnolia, Anaheim City and Savanna Districts.

CAMP & YOUTH LEADERSHIP

- Camp Fox (ages 13-17)
- Camp Miehana (ages 7-12)
- Youth & Government (grades 9-12)
- Teen Leadership Programs

HEALTH AND WELL-BEING

- Swim
- Youth and Adult Sports
- Health and Fitness
- Y-West Healthy Lifestyle Center
- Active Older Adult programs

VOLUNTEER OPPORTUNITIES

- Mentoring
- Sports Coaches and Team Moms
- Community Service Projects
- Program Volunteers

