



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

GROWING STRONGER TOGETHER

Camp Miehana Parent/Guardian Handbook



Table of Contents

• Letter from the Director	3
• Goals and Objectives	4
Camp Goals and Objectives	
Our Cause, Our Focus, Our Values	
• Welcome to Camp Miehana	5
Welcome to Camp	
Departure/Arrival Information	
Guidelines for Departure and Arrival	
• Camp Information	6
Your Child’s Cabin Leader and our Camp Staff Team	
Medication	
Hair Check Before Camp Departure	
Illness or Injury at Camp	
Camper Discipline Procedure	
• Frequently Asked Questions	7
Swim Area Concerns	
Character Development, Devotions, and the YMCA Ragging Program	
Cell Phones and Communication at Camp	
Money at Camp	
Mail at Camp	
Lost & Found	
• Additional Information	8
Camp Registration	
Financial Assistance & Opportunity Tickets	
Deposits and Payment	
Camp Miehana Parent Meeting Information	
Daily Schedule at Camp	
• YMCA Summer Resident Camp Code of Conduct	9
• Packing List for Camp Miehana	11
What to Bring to Camp	
Optional Items to Bring to Camp	
Dress-up Days	
Please Do Not Bring to Camp	

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. It's the Y's goal to help maintain the human connection with the natural world and each other, and Camp Fox and Camp 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. We sincerely appreciate the trust you have placed in us, The Anaheim Family YMCA, and our volunteer team. Together, we will help create an amazing, unique and safe experience for your child.

Sincerely,
Caitlyn Fry
Program Director
ANAHEIM FAMILY YMCA



Goals and Objectives

CAMP GOALS AND OBJECTIVES

The YMCA camp program 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 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, reflection and tons of laughs. Our program also includes **YMCA Character Development**, implementing the core values of **Caring, Honesty, Respect, and Responsibility** in everything we do. Lastly, Y camp incorporates the Ragger 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 the ragging program 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

OUR CAUSE: At the Y, we strengthen the foundations of community. We work side-by-side with our neighbors to make sure that everyone regardless of age, income or background, has the opportunity to learn, grow and thrive.

OUR FOCUS: Youth Development, Healthy Living and Social Responsibility

- **YOUTH DEVELOPMENT:** Nurturing the potential of every child and teen
- **HEALTHY LIVING:** Promoting positive choices around health and well-being
- **SOCIAL RESPONSIBILITY:** Giving back and providing support to our neighbors

OUR VALUES: All Y programs instill and model the four core values of HONESTY, CARING, RESPECT and RESPONSIBILITY.

Welcome to Camp Miehana

WELCOME TO CAMP!

Welcome to Camp Miehana with the Anaheim Family YMCA. We are so excited to have you at camp with us this year. Final payments for payment plans should be done or set up by July 12th.

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 that are new to camp, this is what happens the morning of July 20th:

- Meet at Anaheim Union High School District Office
- Check in, load up luggage truck and busses
- Depart for Angelus Oaks
- 2 hours later...we arrive at Camp Miehana!!

DEPARTURE/RETURN INFORMATION FOR CAMP MIEHANA

Campers depart and arrive back to the Anaheim Union High School District Main Office, located at **501 N. Crescent Way Anaheim, CA 92801.**

Departure: Saturday, July 20th. Arrive between 9:00-9:30am @ the Anaheim Union High School District (*volunteers will guide you to the drop-off area*)

Return: Saturday, June 27th at 3:00 pm* (depending on traffic) @ the Anaheim Union High School District (parents must please stay away from busses while they unload all campers)

- **Luggage when we return:** For safety and expediency, please wait until **all** luggage has been unloaded and you are directed to take your personal belongings. We will unload and lay out all luggage in rows, and then campers and parents/guardians may pick up their belongings.

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 authorization from the custodial parent/guardian and the camp director. Registered campers must arrive on time for drop-off. Calls will be made to parents/guardians to determine if/when absent campers will be brought to camp. No refunds will be given for "no-shows". If a camper is not picked up within 30 minutes of arrival time, the parents/guardians, and then emergency contacts will be called. If later than 30 minutes, the police department will be notified to pick up your child.

Camp Information

YOUR CHILD'S CABIN LEADER AND OUR CAMP STAFF TEAM

Our camp programs are run almost exclusively by a team of extremely dedicated, passionate volunteers. Our volunteers are carefully selected and screened, and go through comprehensive training prior to camp. If you have any questions, concerns or would like more information please do not hesitate to reach out to **our program director, Caitlyn Fry at 714-635-9622 or cfry@anaheimymca.org**.

MEDICATION

All medication must be submitted to the camp nurse during check-in on July 21st. All prescription medications must be in the original bottle, clearly marked with the child's name and specific instructions/dosage information from a physician. Over the counter medication/vitamins must be in the original container, clearly marked with the child's name, and have specific instructions from a physician *if dosage differs from the manufacturer's recommendations*. We cannot accept pills/medications in a Ziploc bags or pill containers. All medication will be stored and distributed by our camp nurse. Please pack enough medication for your child's entire 7 day stay at camp. Please collect your child's medications immediately after camp. Medications will only be held for 3 days after return to Anaheim.

HAIR CHECK BEFORE CAMP DEPARTURE

We conduct a lice check on departure day. If lice or nits (lice eggs) are found, your child will not be allowed to attend camp until this is remedied; transportation to camp after remedies will be at the parent's expense. If you have concerns, we encourage you to check with your family doctor or health clinic prior to departure day. Several products are available over the counter or with a doctor's prescription. If you'd like more information, please go to www.cdc.gov/lice.

ILLNESS OR INJURY AT CAMP

We are able to accommodate and treat minor first aid injuries or illnesses at camp. If a camper is unable to resume participation in normal activities, parents/guardians will be notified to pick up the camper. 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 and need to contact us, **please contact Ann Trovada at 714-635-9622 or atrovada@anaheimymca.org**.

CAMPER DISCIPLINE PROCEDURE

The overall safety and well-being of all campers is always our highest concern. If a camper violates any of the Code of Conduct policies, **a parent/guardian will be required to pick up the child from camp at the parent/guardian's expense**. Violations include, but are not limited to: not respecting camp staff, fellow campers or the property of others; observance of camp safety rules, inappropriate sexual conduct; and any violation of the *Code of Conduct* (attached to Parent Handbook).

Frequently Asked Questions

SWIM AREA CONCERNS

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

CHARACTER DEVELOPMENT, DEVOTIONS AND THE YMCA RAGGER PROGRAM

We utilize daily themes, cabin devotions (group discussions/reflections) and the YMCA Ragging Program, a goal-setting curriculum, to facilitate character development at camp. More information may be found on page 4 of this packet. If you have questions or would like more information about either of these aspects of our program, please contact our program director, Caitlyn Fry at 714-635-9622 or cfry@anaheimymca.org.

CELL PHONES AND COMMUNICATION AT CAMP

We understand we live in a time where constant digital connection and communication are the norm. While we do not prohibit cell phones, we encourage campers to take the week of camp to *disconnect* from technology and *connect with nature, their peers*, and take advantage of all camp has to offer. Cell service and charging stations are quite limited, and **we also strongly discourage campers from bringing ANY valuables to camp**. If your child plans to use their cell phone as their camera, we encourage a conversation beforehand about limiting use to that purpose. In the event you have an **urgent** need to reach your child during the week of camp, please contact Ann Trovada at 714-635-9622 or atrovada@anaheimymca.org.

MONEY AT CAMP

There is no need for your child to bring any money to camp.

LUNCH FOR FIRST DAY

Since our first meal won't be until dinner, all campers should bring a sack lunch to eat upon the arrival at camp (**campers should bring lunch on bus; do not pack with luggage**)

MAIL AT CAMP

Every camper enjoys receiving mail at camp! Letters and postcards are recommended. We recommend mailing items by July 20th to ensure delivery during the week of camp.

CAMPER NAME
CAMP ARBOLADO
C/O Anaheim Family YMCA
Week of: July 20 –July 27, 2019
42500 State Hwy. 38, Angelus Oaks, CA 92305

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.

Additional Information

CAMP REGISTRATION

We highly encourage you to use our online registration; it's easy and saves paper.

However, if this is not an option for you, please stop by our main office at **240 S. Euclid Street, Anaheim 92802, or contact us at 714-635-9622.**

FINANCIAL ASSISTANCE & OPPORTUNITY TICKETS

If you wish to apply for financial assistance, please apply online through our website at anaheimymca.org. Additionally, the Anaheim Family YMCA has an Opportunity Raffle Tickets fundraiser for families who need additional assistance with camp payment. Every dollar earned goes towards payment of camp fees. Sell 50 tickets and that's \$100 towards your camp account! For more information, please call the Anaheim Family YMCA.

DEPOSITS AND PAYMENTS

A minimum deposit of \$50 is required to reserve a child's space in camp. All deposits are non-refundable. Final payments are due by July 14th. **If you need to set up a payment plan, arrangements must be made with the program director prior to July 12th.**

CAMP MIEHANA PARENT MEETING

- Wednesday, July 10th @ 6:30 pm at the Orange County Family Justice Center:
150 W Vermont Ave, Anaheim, CA 92805

Attendance is **encouraged**, but not mandatory. This is an opportunity to ask questions, address any concerns you may have, turn in any final paperwork, and make final payments.

DAILY SCHEDULE

A typical day at camp...

6:45 am:	Rise & Shine (trust me...we make it happen!)
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

YMCA Summer Resident Camp

Code of Conduct

A high level of positive conduct is expected of all participants, both campers and adults alike, that requires self-control, individual decision-making, responsibility and adherence to a code of conduct that is appropriate for each camping experience.

Basic Philosophy of Responsible Conduct

It is essential that all campers, leaders and staff act responsibly to ensure that their own conduct and attitude is beneficial to themselves, fellow campers and the Anaheim Family YMCA camp program. **By choosing to participate in this program, you are expected to read, understand, sign and agree to this *Code of Conduct*.**

General Rules

Violation of any of the following rules may result in Leader, Staff or Program Director intervention, parental contact, or in a camper being sent home at the expense of their parents. The camp participant may also be referred to the local law enforcement agency, if applicable.

- Any act of vandalism, arson, destruction or misuse of property of the camp facility, staff, or other campers may be a crime and will be treated as such.
- Possession of alcoholic beverages and/or illegal drugs is strictly prohibited.
- Weapons, of any kind, and items that could cause injury or damage to participants and/or property are strictly forbidden.
- Theft of any items from the camp facility, staff or other campers is a crime and will be treated as such.
- Possession and/or the use of any tobacco product by a camper is not permitted.
- Activities that endanger the health and safety of yourself or others are prohibited.
- Inappropriate and uninvited physical contact between any camper, leader or staff member is prohibited, including bullying, physical/sexual harassment and hazing.
- All participants shall observe curfews and be in their assigned sleeping areas for the duration of the established curfew time.
- All participants are expected to act in a respectful manner, both in language & action, when interacting with staff, leaders or other campers. This includes verbal assault or threat, or harassment of any type.
- All participants will obey all rules from staff and program adults (camp staff, transportation staff, volunteers).
- ALL campers will respect closed living and sleeping areas, and all areas that are established as "out of bounds".

A camper's luggage and bunk area may be subject to search by Camp Staff based upon reasonable suspicion of possession of prohibited or illegal materials to ensure the well-being and safety of all participants.

Camper Code of Responsibility

Just as campers have rights, they also have responsibilities. All campers have the responsibility to utilize self-discipline to support a fun and safe camp environment, and to respect the rights of all individuals. While at camp and at camp sponsored events, participants are expected to model positive, responsible behavior and conform to the standards of the Anaheim Family YMCA. Campers and parents will be held responsible for understanding and complying with the *Camp Code of Conduct*. Campers will be held accountable for **their own** actions. Participants are encouraged to inform staff, without fear of reprisal or retaliation, of any behavior they witness that violates the *General Rules* and the *Camp Code of Conduct*.

Disciplinary Actions

The *Code of Conduct* is binding for all campers, leaders and staff. The intent of the *Code of Conduct* is to hold each participant accountable for his/her actions.

The Camp Director has the authority to interpret the *Code of Conduct* and administer any disciplinary action deemed necessary.

The Camp Director has the authority to delegate his/her disciplinary powers to any staff person deemed appropriate.

Transportation Expenses Incurred by Disciplinary Actions

All expenses and arrangements related to any disciplinary action are the sole responsibility of the parent(s) and not that of the Anaheim Family YMCA.

ATTENTION PARENTS

This is your copy of the YMCA *Camp Code of Conduct*. It is **your** responsibility to read with your child, and make sure they fully understand. Please understand, if your child violates this *Code of Conduct* and is asked to leave camp, you are fully responsible for his/her immediate transport home from camp and all expenses related to this transport. You also understand that you will not be given any refund of monies paid to participate in the camp program.

Packing List for CAMP MIEHANA

**PLEASE LIMIT LUGGAGE TO ONE SOFT-SIDED DUFFEL BAG/SUITCASE AND ONE BEDROLL
PLEASE LABEL ALL LUGGAGE CLEARLY WITH CAMPER'S NAME**

WHAT TO BRING: DON'T FORGET LUNCH FOR THE FIRST DAY! BRING ON BUS

- 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/Visor/Sunglasses
- Swimsuit(s)
- Tennis shoes (no sandals please)
- Towels (2 recommended-shower and pool)
- Tooth brush/toothpaste
- Shampoo/conditioner/soap
- Comb/brush
- Menstrual products (*if applicable*)
- Glasses, contacts, braces products
- Chapstick and sunscreen
- Laundry bag
- Medicine (**DO NOT PACK, BUT GIVE TO CAMP NURSE AT CHECK-IN**)
- Extra trash bag to bring stuff home (*dirty clothes, bedroll*)
- Leather or Rag (*if your camper is part of the Leather/Rag Program*)

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

- Camera
- Reading book(s)
- Reusable Water Bottle
- Guitar/Musical Instrument
- Items for special events/dress-up days

DRESS-UP DAYS

At camp, we have themed meals and a dance where we dress up -- join the fun! Bring something small or go ALL OUT. Feel free to bring items for one or two, for ALL of them, or come just as you are -- you'll look great and have a blast no matter what!

- ~ **Silly Sock Breakfast**
- ~ **Pajama Breakfast**
- ~ **Twin Din-Din** (Match your outfit with a friend -- old or brand-new!)
- ~ **Leader Dress-up** (Bring some crazy stuff for your leader to wear)
- ~ **Crazy/Lazy Hair** Breakfast
- ~ **Dance Theme: SPYBALL** (secret agent)
- ~ **Hero** (real or imaginary) **Dinner**

PLEASE DO NOT BRING TO CAMP

We strongly discourage campers from pack ANY valuable belongings. Additionally, 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. Unfortunately we have sent campers home in the past, 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
- Silly string
- Sharpies/Permanent markers, spray paint
- Inappropriate reading materials
- Offensive, gang related, drug or alcohol related attire
- Animals or pets