



Camper & Parent Handbook Day Camp 2009

Agassiz Village Office
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Camp Nihan Address, DCR Property
Camp and program location
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Saugus, MA 01906
Mass Director cell (summers only):
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www.agassizvillage.org

This handbook provides you with information about Agassiz Village, from packing needs, to transportation, medication, mail, etc. Please use it as a reference guide up to and throughout your child's session. If you have further questions, please contact the office or visit our website at www.agassizvillage.org. We encourage you to visit this site often, as photos from this summer, and previous years, will be posted and updated on a regular basis. You can also join on as a "Villager" to receive current newsletters on upcoming events and camp announcements. The staff look forward to seeing you soon!

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Day Camp Programs at Camp Nihan

DAILY SCHEDULE

Day Camp programs are designed for boys & girls, ages 8-13. The program based at the DCR site Camp Nihan in Saugus hosts **outdoor education and recreation-based activities**. Activities include swimming, sailing, canoeing, fishing, water games, outdoor adventure, hiking, outdoor living skills, sports, soccer, games, arts & crafts, and more.

A typical schedule follows:

8:00-8:15am	Check in
8:15-11:45am	Morning Activities, such as sports, recreational games, outdoor activities
12:00-12:30pm	CAMPERS BRING OWN LUNCH- PLEASE DO NOT PACK NUT PRODUCTS
12:30-3:30pm	Swim & Afternoon Activities, including sports, games, crafts, outdoor fun
3:45-4:00pm	Wrap up and Pick-up time

PACKING FOR DAY CAMP

At Camp Nihan

As the busy schedule at our day camp programs includes lots of play and swim time, please be sure to wear appropriate play clothes. Sneakers are required. A bathing suit and towel are required every day, as we will take advantage of the clean, cool lake. **CAMPERS NEED TO BRING**

THEIR OWN LUNCH! There will be water available on the property at all times. Participants can bring a change of clothes in a beach bag, as cabins are available to change out a wet bathing suit.

All participants of DAY CAMPS should bring the following:

- _____ LUNCH, snacks
- _____ Backpack to carry belongings
- _____ Bathing suit and towel
- _____ Hat for sun protection
- _____ Sunblock (SPF 30 or higher)
- _____ Water bottle with your child's name on it
- _____ Sneakers or appropriate footwear

NOTE: Sandals and flipflops are not allowed for ANY of our programs, as our campers are active throughout the day. Sneakers are the best way to prevent foot and toe injuries.

Please leave valuables, electronic devices (cell phones, videogames, Ipods, etc.) and other unnecessary or inappropriate items at home.

DROP OFF & PICK UP PROCEDURES FOR DAY CAMPS

Day Camp programs at DCR property at Camp Nihan morning drop off

8:00-8:15am for full day or a.m. program campers; 12:00-12:15pm for p.m. campers

Campers can be dropped off by parents at these times at *****Camp Nihan Ranger Cabin, next to entry parking lot. Please keep your speed limit to 5mph at all times on the property for the safety of all! No vehicles should drive beyond the parking lot unless approved by Camp Director.**

Staff will be at there to check camper in. If child arrives after 8:15am (or 12:15pm for p.m. session), parent will need bring child to Day Camp Director to formally check in. If parent knows ahead of time that their child will be late (due to dr.'s appt, summer school, etc.), please inform the Day Camp Director as soon as possible. Campers will stay on Camp Nihan property unless notice is sent home for special trip, with permission slip requested.

Day Camp programs DCR property at Camp Nihan

3:45-4:00pm for full day or p.m. campers; 11:45am-12:00pm for a.m. campers

Campers may be picked by parents in the afternoon at this time at the same location that the child was dropped off in the morning. If child needs to leave earlier than above times, child must be signed out by Camp Director. Only adults approved by parent may be able to pick up a camper. Day Camp program ends at 4:00pm. Be sure to arrange pick up for your child at that time.

DIRECTIONS ON PICK-UP/ DROP OFF SITES

Directions to DCR property Camp Nihan in Saugus, MA

Camp Nihan is located next to and is a sister camp facility to Breakheart Reservation, at 131 Walnut Street in Saugus.

- **From Rte 1:** Take Rt. 1 north to Rt. 129/ Walnut St. towards Wakefield. Less than 500 yards to entrance on left.
- **From Rte 95:** Walnut Street Exit (Exit 43) towards Saugus. Stay on Walnut Street (winding road, with several sets of lights) for 1.6 miles. WATCH FOR THE AGASSIZ VILLAGE/ CAMP NIHAN SIGN ON YOUR RIGHT. (If you end up at Rte 1, you went too far)

Health & Medication at Camp

Your child will enjoy the activities at camp most when he or she is taking care of his or her health, which includes drinking plenty of water, eating well, and getting a good night's rest. A current physical and a copy of up to date immunizations are needed to ensure that the child's physician has approved participation in all activities. Be sure to highlight any **FOOD ALLERGIES** or other potential health problems at camp. If you have any concerns about your child's health prior to or during camp, please contact the Camp Director as soon as possible.

We do ask as part of the application for permission from parents to allow for OTC medication if needed at camp (Tylenol, Benadryl, etc.), as well as Permission to Treat in case of an emergency. Our staff will always contact a parent about any health situations; if a parent is unavailable, then we will contact the adults listed as emergency contacts on the child's application. Please keep

those contacts current and be sure that you and/or those emergency contacts are available during your child's stay.

For inhalers and epipens: These items must have your child's name and instructions. All meds are kept with Camp Directors and distributed by Camp Directors. The only exception is an asthma inhaler or epipen if the child normally carries it. Please note you have given your permission to your child to carry these items on the application.

Our Camp Directors distribute medication according to its directions. Please review the following guidelines: Do not change the camper's school year routine!

- **Medication must be sent in the original pharmacy bottle with your child's correct name and instructions on the label.** In addition, the bottle and instructions must be placed in a re-sealable plastic bag, with your child's name. Please hand this bag to the Camp Director or at registration or daily drop off. **Do not pack medication in camper's bag!** If the instructions on the original pharmacy bottle are incorrect, you must have your child's doctor send the correct, written instructions, with his, or her, signature. Please pack enough medication for the entirety of the session(s) or day schedule. At the end of the session or day, please pick up your child's med from the appropriate camp staff.

Please keep in mind that we will not be able to provide the first supplement until lunchtime on the child's first day of camp.

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Above is information that is important for the camper and family to review for the daily camp routine. Below is more general information about our program. As Agassiz Village celebrates its 74th year, we are proud to continue our commitment in offering traditional and innovative programs that encourage leadership, citizenship, and preparing for the journey ahead. The Agassiz Village ideals of Cooperation, Industry, Health, and Happiness play an important part of daily camp life, whether the program takes place on our beautiful waterfront in Maine, or the outstanding facilities in Massachusetts at Malden Catholic High School and the DCR's Camp Nihan in Saugus. Through a fun-filled and active schedule, we promote healthy interaction and growth among the campers we serve. I encourage each camper to take advantage of all the opportunities that Agassiz Village has to offer: Take from it what you need, give back to it what you can.

Preparing for Camp

One of the best ways for your child and camp to be prepared for this summer's experience is to be sure that Agassiz Village has all the information necessary to support your child in the program he or she will be participating in this summer. All forms, paperwork, physicals and immunization records, and tuition needs to be in the registration office at least two weeks prior to your child's arrival at camp. Keeping this information current is just as important, so if there are any changes in contact information, emergency contacts, your child's medication or health, please advise the office immediately.

Camper Expectations

We urge children and parents to review the following guidelines and rules together, in order to ensure that everyone is fully aware of camp expectations. It is crucial that each camper behave respectfully and put forth his, or her, best effort to participate in camp activities enthusiastically.

Our programs are for 8-17 year olds, and we expect teens and older campers to already understand positive leadership and behavior. Below is a reminder to them, as well as an introduction to our younger campers on what is expected of them:

- Do your best to have fun and enjoy everything camp has to offer
- Give your all in every activity, event, practice, drill that the staff is leading
- Stay at camp for the entire time enrolled; commit to the entire session and stay on camp property until I am picked up by parent
- Respect yourself, by taking care of health, hygiene and personal belongings. Be sure to bring water bottle to stay hydrated, eat healthy meals throughout the session & get a good night's rest to ensure you are at your best

- Respect the camp staff, by following directions and asking for help when needed. Help others when you can and set a good example for peers and younger campers.
- Respect others, by using polite language, being friendly and keeping hands to yourself. Support cabinmates, teammates, other campers, and visitors.
- Respect other people's property and only use it with permission from the owner. Take good care of your stuff and clean up after yourself.
- Respect the property and environment of Agassiz Village, Malden Catholic and Camp Nihan. Leave the property in better shape than when you arrive.

Parent Expectations

A child's experience at camp is most successful when parents and staff work together to ensure the child has a sense of safety, a sense of belonging and a sense of value. As a parent:

- Please do what you can to best prepare child for camp, with words of encouragement and support, and be positive about the camp experience.
- Support the camp counselors and coaches in their efforts to create a fun and meaningful camp experience.
- Encourage your child to commit to the entire session.
- Write to your child at overnight camp as much as possible with cheerful, positive words.
- Advise the office if any changes occur in child's health prior to session start date.
- Send my child with all the necessary clothing and personal belongings that the camp feels are necessary for safety, health and sanitary purposes.
- Respond to all requests for information about my camper and complete all forms in their entirety, as well as update any changes.
- Follow the camp's medication guidelines.
- Be available for the duration of my child's stay at camp should camp staff need to speak with me regarding my camper.

One of the most challenging and deflating experiences for a child, staff, and program is when a camper needs to be suspended or sent home from camp. Please let our staff know if there are any concerns or suggestions to help your child be successful in our programs.

The Agassiz Village staff and programs are designed to work best with

- Campers who enjoy/ are interested in an outdoor recreational/ educational/ or sports programs
- Campers who are respectful of him or herself, other children, and staff
- Campers who are motivated to do their best
- Campers who are able to follow directions, and work as a team member
- Campers who are interested in new experiences and meeting new people, and respond positively to these

The Agassiz Village program is not designed or appropriate for:

- Campers who use have a history of aggression, physical, verbal abuse; unsafe and inappropriate behaviors towards self, other children, or adults.
- Campers who are unable to follow directions for the safety of self and others, as well as established rules, guidelines, and schedule.
- Campers who are unable to handle self appropriately in a group setting.
- Campers who have no interest in attending camp, or getting involved in outdoor programs, sports programs, or new experiences.
- Campers who have difficulty controlling their actions, anger, or other emotions.
- Campers who have special needs beyond the scope of our staff's and program's support.

Day Camp at Camp Nihan for 8-13 year olds

*Outdoor Adventure, Recreation based day camp for boys & girls,
located at DCR property Camp Nihan in Saugus, MA*

Tuition Rate & Sessions

Monday- Friday	Full Day	(8am-4pm)	\$150
Monday- Friday	Half Day	(8am-12pm) or (12pm-4pm)	\$125
_____ MC 1: July 6-10	_____ MC 3: July 20-24	_____ MC 5: August 3-7	
_____ MC 2: July 13-17	_____ MC 4: July 27-31	_____ MC 6: August 10-14	