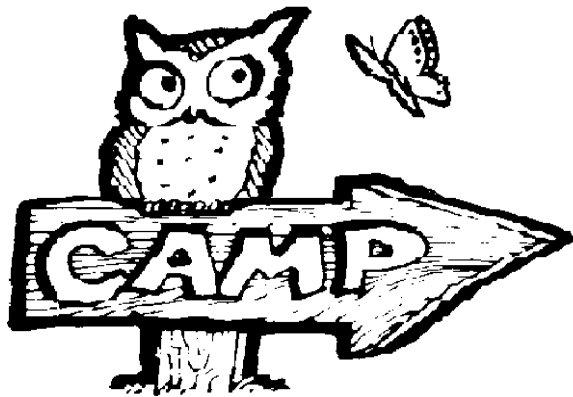


Summer 2009

Parent/Guardian Guide

JOCKEY HOLLOW

DAY CAMP



Girl Scouts of Northern New Jersey, 95 Newark Pompton Turnpike, Riverdale, NJ 07457
www.gsnj.org

FROM THE DIRECTORS

We are pleased that your daughter will be attending Jockey Hollow Day Camp this summer! We hope her experience this summer will bring her back year after year.

The Jockey Hollow Day Camp experience will provide daily opportunities to build girls of courage, confidence and character, who make the world a better place. Girls will develop an awareness for the natural environment through scheduled hikes and nature activities. Through "girl planned" activities campers will develop leadership skills. Girls will increase their outdoor skills by participating in cookouts, hikes and nature activities.

Enclosed is information you will find helpful for your camp preparation. Please take time to read this booklet thoroughly and share it with your daughter.

We look forward to sharing all the fun and excitement that Jockey Hollow Day Camp has to offer!

Sincerely,

Mary-Ann Lewis

Holly Jaffe

Mary-Ann Lewis
Outdoor Program Director

Holly Jaffe
Summer Camp Director

Girl Scouts of Northern New Jersey
95 Newark Pompton Turnpike, Riverdale, NJ 07457
www.gsnnj.org (P) 973-248-8200 (F) 973-248-8050



OPEN HOUSE
AT JOCKEY HOLLOW CAMP

Sunday, April 5, 2009 1-3pm
Sunday, May 3, 2009 1-3pm
Sunday, May 31, 2009 1-3pm

Bring the family. Tour the facilities, meet staff, and participate in activities!
Call Riverdale Service Center (973) 248-8200 to let us know you will be attending.

Questions or Concerns?

Feel free to contact:
Mary-Ann Lewis, Outdoor Program Director
Phone (973) 248-8200, ext. 38 Email mlewis@gsnnj.org



CAMP PAYMENT

BALANCE DUE

The balance of the camp payment is due **June 1, 2009**. Registering after June 1, 2009 requires payment in FULL. An invoice is mailed to you. Payment may be made in cash (not by mail), by check made payable to "GSNNJ" or credit card.

A camper will NOT be permitted to board the bus or attend camp until the full payment is received.

CHANGES TO REGISTRATION AND CANCELLATION/REFUND POLICY

Any changes made after the initial registration form is received and processed will incur an additional \$10.00 fee. For Cancellations, camp fees will be refunded, less the \$75.00 per session non-refundable deposit, ONLY if a written request is received in the council service center no later than June 1, 2009.

CAMP PHOTOS AND T-SHIRTS



NEW THIS YEAR!

Every camper will receive a free Jockey Hollow Camp T-shirt (one per camper) on Monday and wear it for their Unit Photo. Free Unit Photo will go home with the camper at the end of the week!



TRADING POST

The Trading Post (camp store) will be open Tuesdays and Wednesdays. Cash or checks made payable to "GSNNJ" will be accepted.

Items sold include camp t-shirts, sit-upons, mess kits, dunk bags, stuffed animals, and other novelty mementos. A complete price list will come home with your daughter on the first day of camp.



CAMP LIFE

ARRIVAL

Camp day begins at 9:00 a.m. Those campers being transported by private vehicle should arrive between 8:30 and 8:45 a.m. Check in and out with the transportation coordinator in the parking lot.

Every day begins with opening flag ceremony and singing. Girls are greeted by their unit staff and depart as a unit for their day's activities immediately after flag.

LUNCH

Campers bring a bagged lunch each day except Thursday, when they will cookout their meal. A cold Lunch Program is available from Simply Gourmet, an independent company offering "kid-friendly" nutritious, nut free meals delivered daily, individually packaged with camper's name on it. See the flyer attached with this confirmation packet. Participate by going to www.simplygourmetlunches.com



Only pack foods that DO NOT require refrigeration as there is none available for lunches. Peanut butter and jelly sandwiches are available to campers who forget their lunches.

Milk (chocolate or plain) is provided to all campers for all lunch meals. Campers can bring fruit drinks (in non-glass containers) if desired. DO NOT send soda.



COOKOUTS

Every Thursday campers in each unit select their own menu and experience cooking out their meal over an open fire! Each girl will need a mess kit (or plastic plate & bowl), eating utensils and a dunk bag (found in the laundry dept. at dollar stores). All three items are also available at the council shops and at the Trading Post at camp.

GENERAL CAMP ACTIVITIES

All campers participate in the following activities:

- ↪ Swimming
- ↪ Environmental Programs
- ↪ Hiking
- ↪ Arts & Crafts
- ↪ Songs & Games
- ↪ Low Ropes Challenge Course

SWIMMING

All campers participate in swimming each day. A 45- minute swim period include American Red Cross swim lessons and free swim.

Testing is done on the camper's first day and each camper is assigned to a swimming level according to her ability to demonstrate strokes. She will receive a swim cap. Use of this system sometimes means a strong swimmer is placed in an intermediate group because she is not proficient in one or more strokes that are required for that level. Campers are moved to higher level groups as they progress.



DEPARTURE

The camp day ends at 3:30 p.m. Girls board their buses and depart for home. Those being picked up by private vehicle should depart camp by 3:20 p.m.

EQUESTRIAN PROGRAMS

PONY & HORSEMANSHIP INFORMATION

Pony riders will have riding instructions for 1 1/2 hours and Horsemanship participants will have riding instructions for 2 hours each day Tuesday through Friday each week. Mondays are set aside for camp orientation and other general camp activities.



All the girls in the Pony or Horsemanship units will be participating in the Equestrian program. These units will have swim time and participate in other general camp activities as well as their riding instruction.

WHAT ALL EQUESTRIAN PARTICIPANTS MUST WEAR

- ↪ Long pants
- ↪ Strong hiking type shoe with small heel
- ↪ (ASTM) F-1163-88 approved Riding Helmets (optional). The camp will supply approved riding helmets.

Campers are only to wear pants and boots during riding time.

CAMPER PICK UP

RELEASE OF CAMPER

Campers leaving camp before the close of the camp day or by means of transportation other than that listed on the registration form must have written permission from their parent or guardian. The person picking up the camper, including parent or guardian, must come into camp and sign a Camper Release Form at the camp office.



Any authorized person picking up your daughter from camp or a bus stop **MUST** present a photo ID.

If a non-custodial parent is denied access to a child by a court order, a copy of that documentation must be provided to camp. Absence of a court order, the camp will honor the requests of the person who completed the camper's enrollment form.

EXTENDED PM AFTERCARE

Campers enrolled in the Extended Aftercare program will remain at camp and be supervised by camp staff. They will participate in crafts, games, and a healthy snack.

Campers **MUST** be picked up no later than 6:00 p.m. Park in the main parking lot and walk up to the Camp Office to pick up your camper. Parents must call the camp if an emergency arises and will be late. A charge of \$10 per each 10 minutes will be charged if parents are late.





OVERNIGHT ADVENTURE

Campers entering third grade or higher who have pre-registered for the Overnight Adventure will experience the following (weather permitting):

- ☞ Hour free swim
- ☞ Dinner Cookout & Cold Breakfast
- ☞ Campfire
- ☞ Evening Snack
- ☞ Fun night activities
- ☞ Sleep in cabins or Large Pavilion

Each camper should pack the following:

OVERNIGHT BAG

- Sleepwear (Shorts & top or PJ's)
- Change of clothes
- Toiletries (toothbrush, toothpaste, hairbrush)
- *SMALL* stuffed animal (optional)
- Sleeping Bag or blanket & sheet (small pillow – optional)

DAY CAMP BACK PACK

(Add these in addition to daily items)

- Extra swim suit and towel
- Flashlight with new batteries
- Mess Kit (or non-breakable plate, bowl & cup)
- Silverware
- Dunk Bag

The overnight bag, sleeping bag, and pillow should be tightly packed in a plastic garbage bag. Use masking tape on the outside of the garbage bag to label with your **daughter's name, unit name and bus route number**.

**PLEASE PACK LIGHTLY AND COMPACTLY, THE BUSES ARE VERY FULL.
NO EXTRA FOOD FROM HOME, PLEASE!**





BUS INFORMATION

Each bus has a trained counselor who will be in charge of your daughter's travels to and from camp. To ensure a positive experience please regard the following:

- ✧ Buses cannot wait beyond the scheduled times. Arrive at the bus stop at least 10 minutes prior to pick up and return times.
- ✧ An authorized adult must remain with your daughter in the morning until the bus arrives.
- ✧ **Any authorized adult picking up your daughter at the bus stop must present a photo ID each day.**
- ✧ If no one is at the stop to meet your daughter, she will be kept on the bus and the camp will be notified. The best course of action will be determined at that time.
- ✧ Buses may be delayed due to traffic or weather conditions. Monday buses are often later than scheduled. Each week there are many new campers and it takes additional time to assure all are on the correct buses before departure.
- ✧ Girls are not permitted to change buses without the written request from the parent/guardian and only if space permits.
- ✧ Parents will be notified by camp staff if a bus is experiencing a delay of more than 20 minutes.

To ensure your daughter's safety on the bus please discuss these rules with her.



- ◆ Remain seated at all times. NO walking or standing in the aisle or in the seats.
- ◆ Seat belts must be worn at all times
- ◆ No excessive noise or shouting
- ◆ No leaning out or putting arms out of the windows
- ◆ No littering
- ◆ Wait for the bus to come to a complete stop before getting up to leave



WHAT TO BRING

The following items should be brought or worn every day. A day pack is ideal for packing and carrying needed items:

- ↵ Bathing Suit & Towel (bathing cap provided by camp)
- ↵ Sweatshirt or sweater for cool mornings & overnights
- ↵ Rain coat or poncho (keep in day pack in case of rain)
- ↵ Sit-Up on (or something waterproof to sit on ground)
- ↵ Bagged Lunch & unbreakable cup (for lunch & snack beverage) OR take part in the Optional Lunch Program (see flyer)
- ↵ Insect repellent (*must be non-aerosol*)
- ↵ Plastic bag for wet suit, towel, and clothing

WHAT TO WEAR TO CAMP

- ↵ Adjust daily for the weather. Bathing suits are to be worn only when in the pool. **Old clothes should be worn and LABEL every item** your daughter brings or wears to camp with her first & last name. You have a better chance of everything coming home at the end of camp!
- ↵ Shorts or pants and shirt (no halters or spaghetti straps)
- ↵ Sneakers or sturdy shoes with socks (prevents blisters) NO open-toed shoes or sandals or Crocs are allowed.



WHAT NOT TO BRING TO CAMP

Please do not pack or bring the following items to camp:

- ↵ Candy & Gum or Snacks of any kind (we supply an afternoon snack)
- ↵ Aerosol containers
- ↵ MP3 players
- ↵ Jewelry including earrings, necklaces, rings, and bracelets
- ↵ Cell Phones or pagers (very minimal reception anyway)
- ↵ Pocket Knives
- ↵ Umbrellas
- ↵ Personal sports or craft equipment



HEALTH & SAFETY

Any serious or unusual health related issues or concerns should be discussed with the director and nurse prior to the camper's arrival at camp so that we can create a safe and healthy environment for your camper.

HEALTH HISTORY FORM



In accordance with American Camp Association (ACA), New Jersey State Department of Health and Girl Scouts of the USA regulations, each camper must submit a completed Health History Form. It does not need a doctor's signature but all immunizations must be up-to-date. This form must be returned to the service center no later than JUNE 1, 2009. **No camper will be permitted to attend camp without a completed Health History Form.**

HEALTH SUPERVISION & MEDICATIONS

A nurse will be on duty at all times. All medication (prescription and over the counter) brought to camp must be in the original container, labeled with the child's name and accompanied with a physician's orders for administering the medication. All medications must be left with the nurse.

Epi pens and "on demand" inhalers are kept by an adult supervising the camper after being presented to the nurse. Campers with Epi-Pens are encouraged to bring two Epi-pens to camp. One will be with adult supervising camper and the other will be kept in the Nurse's station.



FOOD ALLERGIES

Any campers with food allergies including peanut and tree nut allergies should be documented on their Health Form.

Please consult the following websites for more great tips and information!

www.foodallergyinitiative.org

COMMUNICATIONS

ABSENT FROM CAMP

If a camper is unable to attend camp on any day, call the camp at 973-543-2156 between 8:00 a.m. and 9:30 a.m. It is essential the camp be notified to assure the safety of all campers.



ILL OR INJURED CAMPER

In the event a camper is injured or becomes ill while at camp, the director or nurse will notify the parent by phone. If the parent is not available, the emergency contact will be notified.

PARENT QUESTIONS OR CONCERNS

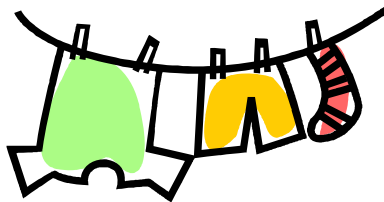
Should you have questions or concerns relating to camp, feel free to contact the camp directors at 973-543-2156 between 10:00 a.m. and 3:00 p.m.



CAMPER COMMUNICATION

We strongly discourage phone calls home except for illness or injury. Homesickness is kept at a minimum by keeping the campers busy all day. Cell phones for campers are not permitted

LOST AND FOUND



Lost and found items are shown to campers each day. Any items not claimed and in good condition will be kept at camp in a Lost and Found container until the end of the summer.

Girl Scouts of Northern New Jersey is not responsible for lost items. *Please label all you daughter's items so they may be returned if lost.*