



# Parent Guide 2016

YMCA Camp Harrison  
7901 S NC Hwy 18  
Boomer, NC 28606

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## Greetings from Camp Harrison!

We are excited to have a part of your family joining us this summer at Camp Harrison as we explore nature in a safe and challenging environment! We have planned an adventurous mountain experience for all campers to make new friends, learn new skills, and grow closer to God. It is our wish to provide parents, with the best service possible. We want to ensure any questions about Summer Camp are answered completely. Please feel free to call our office anytime 800-514-1417 or email us at [campharrison@ymcacharlotte.org](mailto:campharrison@ymcacharlotte.org)

Word of mouth has proven to be our best form of advertising. So we ask that you share your positive camp experiences with other families. Perhaps you have friends who are considering sending their child to Camp. If you would like for us to come to your house to help answer questions, or you would like us to help share the camp story, we will be happy to speak with you and arrange a meeting. Sharing the camp video over simple refreshments answering any questions has been a favorite among families in the past. Call our office to schedule your Camp Harrison home meeting today!

Many new and exciting adventures await you and your camper! We look forward to seeing you soon!

## Important Dates & Reminders

### **May 15<sup>th</sup> deadline for Health Forms**

Health forms will be processed through a link that will be sent to you via email from Campdoc.com

### **June 1<sup>st</sup> deadline for Land Activity Forms**

Activity selections will be processed through a specific link to be sent via email in April/May.

### **June 1<sup>st</sup> deadline for Balances**

Scheduled drafts agreed upon during registration will be March 1<sup>st</sup>, April 1<sup>st</sup>, May 1<sup>st</sup>, and final payment June 1<sup>st</sup>.

### **Camper Medication**

All Camper medication must be in the original bottle and checked in/out with the Camp Nurse by an adult.

### **Check In**

Sunday from 3:00pm - 4:30pm

### **Check Out**

Saturday from 9:00am - 11:00am

Once you have read over the Parent Guide, please feel free to call us with any questions!

## **Daily Camp Schedule**

Campers choose activities he/she participates in for morning activities. Campers will be scheduled using an "A" day/"B" day model, which allows campers to experience the most camp has to offer. Campers will be scheduled for 3 land activities on your "A" day and 3 different land activities on "B" day. Campers will be given their schedules Monday morning. All campers experience water activities including the swimming pool, lake activities, creek activities, and boating each afternoon.

### **Daily Schedule**

#### **Monday – Friday**

7:00 am	Rise & Shine and Cabin Clean Up
7:50 am	Flagpole – Morning Watch – Blessing
8:00 am	Breakfast
9-11:45 am	"A" or "B" Day Land Activities
12:00pm	Lunch
12:45pm	Rest Time
2-5:30pm	Water Activities
5:30 pm	Return to Cabins – Prepare for Dinner
5:55 pm	Flag Lowering
6:00 pm	Dinner
7:00 pm	Cabin Time – Activity Time with Cabin Group
7:30 pm	Evening Program – Cabin activities, All-Camp Field party, Campfire, Talent Show
8:45 pm	Vespers
9:30 pm	Return to Cabins – Cabin Devotions 1
10:15 pm	Lights Out

### **Weekend Schedule**

#### **Sunday**

10:00 am	Chapel (Change-Over & Staff)
12:00 pm	Lunch (Change-Over & Staff)
3-4:30 pm	Check-In, meet cabin mates
4:30 pm	Camp Tour/Swim test
5:55pm	Flag Lowering
6:00 pm	Dinner
7:00pm	Campfire

#### **Saturday**

8:00 am	Breakfast
9 - 11:00 am	Check out

**Friday Free Day Activities** includes traditional camp activities as well as pony rides, animal feeding, bee keeping and sports tournaments. "Friday Free Day" allows campers to try activities of their choosing.

### **S'Mores - Campers ages 6 & 7**

At Camp Harrison, we want every child to have a successful experience. Through our "S'mores" program, all campers ages 6 & 7 travel as a group and are accompanied by dedicated staff through out the entire day. This set up allows campers the consistency and structure needed to provide the best possible experience and become familiar with Camp. S'mores campers have the unique opportunity to try most of the activities at Camp, which will set them up for confident activity choices in the future.

**Add-on Experiences** help make your camper's experience unique. Horseback Riding and Sporting Clay will run in place of either their "A" or "B" land activities; wake sports will take the place of either their "A" or "B" water activities. Add-ons fill up quickly. To add or change an add-on experience, send request in writing via email to [campharrison@ymcacharlotte.org](mailto:campharrison@ymcacharlotte.org) Please note that changing or switching sessions does not guarantee that "Add-on" experience will be available for the new session chosen.

**Horseback Riding/\$110** – Includes recreational trail riding and structured instructional riding. Campers will also learn the basics of how to steer, stop, turn, trot, canter, and more!

**Sporting Clay/\$110** – Includes practicing and improving shooting skills. Skilled NRA certified counselors provide a safe and structured environment for all participants; small groups of campers are instructed on the sport of clay target shooting.

**Wakesports/\$110** – Small group instruction from in-boat coaches will work with campers on water sports. The first day campers try tubing to get used to the feel of being pulled behind a boat. The second day campers choose from water skiing, tubing or knee boarding.

**Change over/\$105** – Change over covers the weekend between sessions and includes laundry service, Camp activities, a trip to local attractions, a movie, food and fun! Only sessions 2 & 6 (2 week packages) include the change over fee in the price. All other multiple weeks require the purchase of change over.

## **Information About Your Camper's Stay**

### **Birthdays at Camp**

Many campers celebrate their birthday while they are at Camp! On the camper's birthday, they are recognized in front of the entire camp at either lunch or dinner. Reminding us at check in of your child's birthday is appreciated. Parents are welcome to send cake/cupcakes/cookies to share with the cabin. **Due to food allergies, products that contain nuts will not be served.** Edible treats must be store bought with listed ingredients.

### **Cabin Assignments**

Campers are assigned to cabins by gender, age and grade level. We make every effort to honor up to two **mutual** cabin mate/friend requests when campers are within one year in age and grade level. New campers are intentionally placed with a mix of other new campers and returning campers. Specific concerns about cabin assignments should be sent to Camp Harrison in writing to [campharrison@ymcacharlotte.org](mailto:campharrison@ymcacharlotte.org). Parents may also call the camp office 336.921.7067 to discuss special situations before the session begins. Cabin assignments will not be given until your arrival at Camp on check in day. If there should be an issue with your cabin assignment simply speak with a staff member in the Dining Hall. We are happy to work through any type of concern you may have.

### **Camp Store – “The Cornerstone”**

The Camp Store will be open during Sunday Check-in & Saturday Check-out. The Cornerstone is located in the Dining Hall. Store items include: t-shirts, hats, water bottles, sweatshirts, stuffed animals, etc. No food items are available in the Camp store. Feel free to come by and put together a care package for your camper; we are happy to deliver them daily. We also offer the option for you to purchase Camp Bucks for your camper to spend during meal time while they are at Camp. Camp Bucks are non-refundable. Please check with your camper before leaving on Saturday to make sure they remembered to use them. Do not leave money with your camper.

### **Check-In (Sunday 3:00 PM – 4:30 PM)**

Check-In Day is an exciting time for everyone. Staff will be at the main entrance to greet you starting at 3:00pm where you will be given your cabin assignment and be directed to either the Dining Hall or to your child's cabin. If your GPS directs you to Fall View Rd/Andrews Rd please turn around and turn right on to Hwy 18, the front entrance will be just ahead on the right. Staff members will be available to assist with accounting needs, cabin request issues, and land activity questions in the Dining Hall. The Camp Store will also be open to purchase any last minute care package items. Cabin counselors will be waiting in the cabin to meet and welcome campers. By 4:30PM parents should depart while campers will begin Opening Day activities, which include camp tours, swim evaluations, health screenings, and much more. Campers need to be checked into camp by someone over the age of 18. Campers are not permitted to drive themselves to Camp. All camper medication (including over-the-counter medications) must be in original bottle and checked in with Camp Nurse located in the Dining Hall.

During check-in each camper will be required to receive a quick health screening. This will be done in the presence of the parent/guardian at the cabin. Parents are asked to remain at camp until the screening is complete, should there be a reason for concern.

## **Check-Out (Saturday 9:00 AM – 11:00 AM)**

Camper medication and lost & found items will be available during check-out in the Dining Hall. It is the responsibility of the parent to pick up any unused medications from camp staff and to make sure they have all your camper's belongings. All unclaimed medication will be thrown away after the camper has left. All unclaimed lost & found items are held for one week and then donated to charity. Campers must be signed out by a parent or parent approved adult. For the protection of all campers and staff, parents must give written permission to [campharrison@ymcacharlotte.org](mailto:campharrison@ymcacharlotte.org) for anyone other than themselves to pick up their camper(s). Anyone other than parent/guardian picking up camper must provide a photo ID.

## **Directions**

Camp Harrison is located between Lenoir and North Wilkesboro, NC, and is accessed via Hwy 18. Camp Harrison is centrally located 2 hours from the Charlotte area, 2 hours from Asheville, and 1 ½ hours from Greensboro.

From Asheville/Hickory/Lenoir: Take Hwy 40 East to Hickory. Go north on 321 to Lenoir. In Lenoir take 18 North towards Wilkesboro. Go about 17 miles - Herring Ridge/Camp Harrison entrance is on the right.

From Charlotte (north): Take I-77 towards Statesville to Exit 73 B. Follow HWY 421 N towards Wilkesboro/Boone to exit 286 A towards Lenoir/Taylorsville. Turn right off of exit loop and follow HWY 16/18 for 3.3 miles to Central Wilkes Middle School. Turn right onto HWY 18 for about 8.4 miles to Herring Ridge/Camp Harrison entrance on the left.

From Charlotte (south): Take I-85 S toward Spartanburg/Gastonia to exit 17 Dallas/Lincolnton/Gas College. Follow 321 N towards Hickory and through Lenoir approx. 50.6 miles. Turn right onto Wilkesboro Blvd/US 64/NC 18/NC 90 in Lenoir. Continue to follow NC 18 approx. 17 miles to Herring Ridge/Camp Harrison entrance on the right.

From Greensboro: Take I-40 West to 421 North towards Wilkesboro. Merge onto Exit 286A NC-16 towards Lenoir/ Taylorsville. Turn right off of exit loop and follow HWY 16/18 for 3.3 miles to Central Wilkes Middle School. Turn right onto HWY 18 for about 8.4 miles to Herring Ridge/Camp Harrison entrance on the left.

From Greenville, SC: Take 85 North to 321 North through Hickory to Lenoir. In Lenoir take 18 North towards Wilkesboro. Go about 17 miles - Herring Ridge/Camp Harrison entrance on the right.

From Winston-Salem: Take I-40 W towards Hickory/Asheville. Take the I-40 BR E/US 421 exit, exit 188 toward Winston-Salem/Yadkinville/Wilkesboro. Follow HWY 421 N towards Wilkesboro/Boone to exit 286 A towards Lenoir/Taylorsville. Turn right off of exit loop and follow HWY 16/18 for 3.3 miles to Central Wilkes Middle School. Turn right onto HWY 18 for about 8.4 miles to Herring Ridge/Camp Harrison entrance on the left.

## **Discipline**

Camp rules are designed to enhance the happiness and safety of all campers. Head counselors will contact parents to let them know if there is an on-going behavior problem. Children who do not demonstrate appropriate behavior, in the judgment of the Directors, will be sent home from Camp. Early dismissal from Camp will not warrant the refund of fees.

## **Dress Code**

Shoes must be worn at all times. Closed toe shoes are required in all land activities.

Clothing with suggestive/inappropriate pictures or slogans are prohibited. If clothing is deemed inappropriate, camper will be asked to change.

Due to the nature of our water activities we strongly suggest one piece or tankini style swim suits. No string bikinis or sheer fabrics. If a camper's swimwear looks inappropriate or like it may come off easily they will be asked to add a t-shirt/tank top. Swimsuits are to be worn during swim time only.

## **First Time Campers**

First time campers of all ages are very common at Camp. We work with first time campers to make the adjustment to Camp a smooth and positive experience. Parents of first time campers will receive a phone call update on their child from a Head Counselor, mid week.

## **Homesickness**

Parents can help the adjustment of their campers by leaving them on a positive note. Make sure to set your camper up for success by encouraging them to stay the entire session and have fun. Help them to set some goals for Camp (meeting people, learning something new, etc.) before you leave and be enthusiastic about their time at Camp. "Child sick" parents often lead to homesick campers. It is best to not promise a camper they can come home if they do not like Camp.

Head Counselors contact parents if a child is extremely homesick to let them know that we are working through the problem. Campers do not make phone calls home to parents. Letters and emails are great ways to communicate with your child. Encouraging comments in letters are also helpful in this process. Though homesickness is common in young or first-time campers, it is usually short-lived due to all the fun people and dynamic activities at Camp Harrison!

Our Staff is well trained to help campers adjust to Camp by immediately involving them in goal setting, team building and fun activities. Parental support and encouragement are crucial to the happiness of the child.

## **Laundry**

Laundry service is provided for campers staying multiple sessions and is included in the \$105 Change Over/Add-On Fee. To ensure that your camper's belongings are returned properly after laundry service, please send a laundry bag with your camper. Laundry bags should be clearly marked with the camper's name and session number. It is also helpful to have belongings labeled with camper's name or initials.

## **Incoming Camper Emails**

Campers may receive one-way e-mails at [campharrisoncampers@ymcacharlotte.org](mailto:campharrisoncampers@ymcacharlotte.org) for no additional cost. Emails are printed Monday – Friday by 11:00am. Emails are not printed on Saturdays or Sundays. Email Subject line must include Camper's First/Last Name and Cabin to insure delivery.

## **Incoming Camper Mail**

Campers love to get mail while at camp! We encourage families to share the camp address with loved ones so they may send a card or letter. You may even pack a few surprise letters in your camper's baggage/luggage for them to find during their camp stay. Please provide stamped and addressed envelopes for your camper if you wish for them to send letters home or to family/friends while at camp. Send letters to YMCA Camp Harrison (Camper's First/Last Name and Cabin) 7901 S NC Hwy 18 Boomer, NC 28606.

## **Incoming Camper Packages – NEW POLICY**

We welcome parents to bring pre-packaged mail/packages to drop off in the dining hall during check in. You may also purchase and create care packages from The Cornerstone (camp store) during check-in. Please limit packages to no more than 2 per camper. An overwhelming amount of daily packages at camp have proven to be a source of disappointment for those campers that don't receive anything from home. All packages will be delivered on Mondays and Wednesdays only. **No PEANUTS, PEANUT BUTTER or items that contain nuts are allowed.** We discourage food items in care packages. If you choose to send food items, healthy options that can be shared with the rest of the cabin is requested. We suggest books, magazines, comic books, stuffed animal, puzzles, deck of cards, glow sticks, small toys, bubbles, bouncy balls, stickers, stick-on mustaches, temporary tattoos, friendship bracelets, lanyard string, Mad Libs, puzzle books, journals, origami paper, stationery, funny glasses, bright nail polish, hair accessories, wacky clothing/hat, cool socks, compass, flash light, pet/family photo, disposable camera, autograph book/pillow, and forgotten items all are good things to include in a care package. You may also purchase care packages from our Camp Store/The Cornerstone on check-in day. To maintain a healthy cabin environment, counselors use their discretion on when campers open and consume their packages. Remember space at Camp is limited in the cabin and in mail sorting area - Good things come in small packages! Please include Camper Name & Cabin clearly on packages to insure delivery.

## **Meals**

A variety of fresh fruit, hot & cold cereals, vegetables and many kid friendly options are offered every day. A salad bar is available during lunch and dinner. At mealtime, as well as with all other camper activities, mature and knowledgeable counselors gently guide campers towards healthy and appropriate choices. Vegetarian options are always available. Other special dietary needs should be indicated on the camper health history and directed to the Food Service office at 336.921.7027. Camp meals are provided by Aramark Food Service.

## **Medical – Camp Nurse**

All camp nurses are Registered Nurses (RNs) and work under doctor's orders. Doctors are on call for consultation in nearby North Wilkesboro.

## **Medical – Forms**

In our continuous efforts to provide the best possible care to our campers and staff, Camp Harrison is once again partnering with CampDoc.com. CampDoc.com is an electronic health record system for camps, and will help us consolidate and integrate camper health information into a centralized and secure location. Their system will give our doctors and nurses instant access to camper health information, a key component in providing quality patient care. The security, confidentiality and privacy of your camper's personal health information will always be protected. Only Camp Harrison's health staff will have access to camper health information, and the CampDoc.com site is secure, encrypted and password protected. Please make sure to get your camper's profile up to date by May 1<sup>st</sup> for June camps, June 1<sup>st</sup> for July camps and July 1<sup>st</sup> for August camps or as soon as possible if you register after May 1. Please set

[register@campdoc.com](mailto:register@campdoc.com) as a 'safe sender,' to avoid accidental delivery to junk and spam folders. To ensure good health and the ability to enter into normal camp activities, we need a current physical and health form on each camper. The Doctor's Signature/Physical verifies that the camper has been examined within the past 12 months; this is a requirement to attend Resident Camp.

#### For **Returning** Campers –

1. Beginning in February, you will receive a notification email from CampDoc.com with information about how to review and complete your camper's health information.
2. Click the link to set a new password for your camper's account.
3. Review and complete missing/new information
  - a. Upload new a Medical Recommendation Form (updated physical within 12 months of attending camp)
  - b. Updates to immunization records
  - c. Updates to insurance information
  - d. Sign the electronic authorization
4. Green font indicates a completed section and red font indicates incomplete sections.
5. Return to CampDoc.com account at any time to make changes/updates to your camper's health information before Camp begins (including changes in medications)

#### For **New** Campers –

1. Beginning in February, you will receive a "Welcome E-mail" from CampDoc.com with information about how to complete your camper's health information. You will need to open each email link separately if you have multiple campers attending Camp.
2. Click the link in this email to set a password for your CampDoc.com account for each camper.
3. Follow the instructions, and complete the health history for your camper. Alerts will appear for any missing required information.
  - a. Upload a Medical Recommendation Form (physical with in 12 months of attending camp)
  - b. Upload insurance card
  - c. Upload immunization record
4. Green font indicates a completed section and red font indicates incomplete sections.
5. You may return to your CampDoc.com at any time to make changes/updates to your camper's health information before camp begins (including changes in medications)

#### **Medical – Health Center**

Campers who are not feeling well have the opportunity to visit the Health Center as needed. The health center is staffed and open 24 hours a day for urgent medical situations. In the event that a camper spends the night in the Health Center or there is a serious situation, parents will be called. All Staff are certified in Basic First Aid. Cabin counselors check camper's daily cleanliness, cuts, sunburn, insect bites, etc. Accident insurance is not included in the camp fee.

#### **Medical – Medications**

For the safety of all campers, medications must be in original bottles/containers (including any-over-the-counter medication or vitamins) and must be checked in with Camp Nurse during check-in, located in the dining hall. No medications are allowed in cabins (exceptions: inhalers & epi-pens). Camper medications are dispensed at each meal by a camp nurse. "As needed" medications will be kept at the Health Center and brought up at meal times. **If there are any changes in your camper's medication update your profile prior to check-in.**



Camper medication will be available during check-out in the Dining Hall. It is the responsibility of the parent to pick up any unused medications from camp staff and to make sure they have all campers' belongings. All unclaimed medications will be thrown away one week after the camper has left.

### **Payment/Refund/Cancellation/Changes Policy**

All balances for all sessions must be paid by June 1, 2016 to avoid cancellation. There is a fee of \$200 (per session/per camper) for complete cancellations. All cancellations and/or changes must be made in writing at least 2 weeks prior to the start of Camp. Any changes made within the 2 weeks of the start of camp will forfeit all camp fees. Cancellations can be emailed to [campharrison@ymcacharlotte.org](mailto:campharrison@ymcacharlotte.org). Cancellations will not be accepted via telephone. Note that changing or switching sessions does not guarantee that "Add-on" experiences will be available for the new session chosen.

### **Personal Items/Lost and Found**

Please label all of your camper's items. All unclaimed Lost and Found will be available at the Dining Hall for parents to look through on Closing Day. Lost items are not the responsibility of Camp Harrison. Any unclaimed items are held for one week and then donated to charity.

### **Pet Policy**

Family pets are not permitted anywhere on Camp Harrison property (not even left in the car). For the safety of your pet and our campers please leave your pet at home.

### **Phone Calls**

Campers do not make phone calls home. Mid-week counselors make phone calls to **first time** camper parents. The call is intended to give parents an update on what their camper is participating in during the week. Camp Harrison will provide a post card for campers to write home during each session.

### **Snack/Canteen**

Snack/Canteen is covered in the cost of Camp. Campers will be offered and encouraged to eat a snack each afternoon. We provide a variety of snacks that will include drinks, bottled water, juice, fruit, popcorn, chips, pretzels, and crackers. Choices are limited to one drink and one snack per visit.

### **YMCA Ragger Program**

The YMCA Ragger Program is a goal-setting program for campers age 12 & up to challenge their personal and spiritual growth. These programs are designed to help campers and staff take a closer look at themselves in relationship to their own strengths and weaknesses, their religious beliefs, and the people around them. The Rags are outward symbols of the acceptance of an inner challenge for Christian/personal growth. Each Rag has a specific challenge and is accompanied by a personal challenge for growth developed by the camper. Campers will be given the opportunity to participate if they choose.

## Camp Harrison Packing List

Camp provides all necessary equipment for all activities. Please remember, Camp is not responsible for personal items brought to Camp including recreation equipment. Please make sure you have all your child's items when you pick them up. All items should be labeled with camper's name. The number suggested is the minimum needed. Many times an extra pair of shorts or socks is useful. Bring only items that you don't mind if it gets dirty or lost. Items left after the camper leaves will be donated to charity.

### Clothing:

- Sweatshirt
- Raincoat
- T – Shirts (6)
- Shorts (6)
- Long Pants (1)
- Undergarments (7)
- Hat/Sun Visor
- Sandals/flip flops
- Socks (7)
- Long sleeve shirt
- Pajamas
- Closed-toe shoes

### Toiletries:

- 2 Towels
- 2 Wash cloths
- Shower shoes
- Toothbrush
- Toothpaste
- Shampoo
- Soap
- Deodorant
- Razor (if needed)

### Bedding:

- Sheets/blanket (twin)
- Sleeping bag for campout
- Pillow and Pillow case

### Additional items:

- Small Backpack
- Water bottle
- Stationary/Stamps
- Sunscreen
- Bug spray
- Small Flashlight
- Water Shoes or sandals
- Tennis Shoes
- Swimsuits (2)
- Swim Towel
- Labeled laundry bag

### Optional Items:

- |                     |                 |                    |                |
|---------------------|-----------------|--------------------|----------------|
| ▪ Camera            | ▪ Playing Cards | ▪ Bible            | ▪ Bandana      |
| ▪ Sunglasses        | ▪ Hiking shoes  | ▪ Devotional Items | ▪ Baseball Hat |
| ▪ Book or Magazines |                 |                    |                |

### Additional items required for Horseback Riding:

- Long pants for riding
- Sturdy closed toe shoes

### Additional items for LIT Program:

- |                             |   |
|-----------------------------|---|
| ▪ Hiking Boots/Shoes        | ▪ 20-60 Degree Sleeping Bag (stuff size < 9" x 18") |
| ▪ Wool/Synthetic Socks      | ▪ Lightweight Bowl                                  |
| ▪ Liner Socks               | ▪ Plastic Spoon & Fork/Spork                        |
| ▪ 2 One Liter Water Bottles | ▪ Headlamp/Small Flashlight                         |

### Optional Items:

- ENO Hammock
- Rain Pants
- Frame Pack
- Sleeping Pad
- Camp/Packable Pillow
- Book/Journal w/ Pencil

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### What Not To Bring:

If any of these items are found, they will be confiscated. Electronic items will be locked up in a secure location and returned at check-out. Some items could result in having camper sent home prematurely at parent's expense.

- |                    |                    |                     |
|--------------------|--------------------|---------------------|
| ▪ Knives           | ▪ Alcohol          | ▪ Laptop Computers  |
| ▪ Cell phones      | ▪ iPod or iPad     | ▪ CD Players/Radios |
| ▪ Money            | ▪ Drugs            | ▪ Animals (Pets)    |
| ▪ Tobacco Products | ▪ Electronic Games |                     |
| ▪ Firearms         | ▪ Fireworks        |                     |

## **Camp Harrison Land Activities**

**Adventure Hiking/Survival Skills** – Go on an adventure hike on one of our amazing on-site trails or gain experience in a variety of wilderness survival skills.

**Aerial Adventure** – Our Challenge Course, nestled 50 feet in the air, consists of 16 multi-level initiatives as well as two plunge zips, 150 and 500-foot zip lines.

**Arts & Crafts** – Create a craft or art project. Several project choices are available.

**Climbing Wall**– New in 2016! Featuring 11 auto-belay climbing lanes.

**Farm To Feast** – Learn how food is grown, harvested, and prepared. Spend some time in the garden, with the animals, and in the kitchen making tasty treats.

**Fishing**– Learn techniques for fishing and casting, and attempt to catch the biggest fish of the week!

**Mountain Biking** – With several trails and mountain bike challenge areas, campers will learn how to ride a mountain bike over obstacles and experience off-road biking.

**Mountain Boarding/Mountain Scooters** – Try out our mountain board adventure course on a mountain board or mountain scooter. Mountain boarding is similar to skateboarding or snowboarding.

**Paintball** – Experience paintball, along with other campers, on our one of a kind paintball course.

### **Performing Arts**

- **Dance** – Create and practice a dance routine that could be performed at the weekly talent show.
- **Drama** – Create and practice a skit/play that could be performed at the weekly talent show.
- **Rhythmic Gymnastics** – Get moving with this activity, which incorporates Zumba, jump roping, yoga, and hula hoops.

**Sports/Games** – Campers can choose those sports which are of particular interest to them.

- **Basketball**
- **Field Games** – Capture the Flag, Gaga, Kickball and other large group field games
- **Flag Football**
- **Golf Range** – golf clubs provided
- **Lacrosse**
- **Soccer**
- **Softball/Baseball**
- **Tennis**
- **Volleyball**
- **Ultimate Frisbee**

**Target Sports** – Archery (bows and arrows), Riflery (BB guns), and Slingshot Paintball

**ADD-ONS** – Advanced registration and additional \$110 fee is required for horseback riding, wakesports and sporting clay. You must register for these add-ons on your initial registration form, not on campscheduling.com. Space is limited. Please, call or email to check availability if you would like to register for an add-on activity.

## YMCA Camp Harrison History

Founded by the YMCA of Greater Charlotte, the concept behind Camp Harrison at Herring Ridge originated from a desire to offer a unique venue for youth that would build upon the success of nationally recognized Camp Thunderbird, founded in 1936 by the YMCA.

In 1988, the YMCA of Greater Charlotte appointed a committee comprised of YMCA board members and staff, as well as leading area citizens and volunteers, to explore the prospect of starting a new camping program in the North Carolina Mountains.

The land for Camp Harrison at Herring Ridge was purchased in 1994 from the Broyhill family. The family believed in the camp's ability to create transformative experiences for children and also gave generously. The lake at Camp Harrison is named in their honor.

"The Ridge" opened in 1996 as an Adventure Camp with only 3 staff members and 14 teens participating in rock climbing, canoeing, backpacking and other outdoor adventures. The camp was later renamed Camp Harrison at Herring Ridge after Mr. Frank Harrison an Executive of Coca Cola Bottling Company. The name Herring Ridge came from Mr. Leonard & Rose Herring, Leonard was an Executive at Lowe's.

A result of many years of planning and hard work by dedicated individuals and donors, Camp Harrison at Herring Ridge opened its doors to over 700 campers in 2004. As word of Camp Harrison's quality programs and caring staff spread, the enrollment has steadily grown.

### **Mission: To put Christian principles into practice through programs that build a healthy spirit, mind and body for all.**

1. **Spirit** refers to spiritual growth, self-esteem and willingness to help others. It also includes a sense of fun and encouragement in a positive and safe environment. YMCA activities include collaboration with others, conflict resolution skills, and opportunities for success regardless of ability.
2. **Mind** refers to learning and to activities that promote learning. YMCA activities include and encourage problem solving, school gathered knowledge, and high expectations for each activity.
3. **Body** refers to health, wellness, and the activities that promote these qualities. YMCA activities include and encourage physical fitness and active games.

**Philosophy** – Camp Harrison campers are in for **mountain experiences** that will not only hold excitement, fun, and **adventure**, but will also benefit them throughout their lives. Group living and spiritual development are basics in the foundation of a young person's self esteem and positive growth.

We strive to create opportunities for campers to grow and develop in a wholesome, Christian oriented environment. Owned by the YMCA of Greater Charlotte, we teach character development through role modeling of honesty, caring, respect, responsibility and faith. We are also committed to the spiritual growth of our campers. Morning watch, vespers services, and nightly cabin devotions, are led by counselors and help provide quality time for setting personal goals. Our Staff strives to set only the finest example for campers. As a Christian organization, it is our desire that each camper attending will begin to understand what it means to have a relationship with Christ, establish the priorities of prayer, and enjoy Christian fellowship.

Throughout the week of camp, campers will experience:

- Free Choice - choice of 6 structured activities and Friday Free Day
- Small Group or Individual Activities - activities by themselves and/or with a few others (cabin devotions)
- Large Group Activities - activities that will foster team work. (Morning Watch, Vespers, all camp games/evening programs)
- Outdoors - activities provide for learning about the natural world and themselves while exploring nature.

- Healthy eating – snacks and meals planned to meet a child’s nutritional requirements

**Morning Watch** before breakfast and **Vespers** after the evening program highlight our Christian theme and bring the camp community together to honor God and Country. Bible stories, Scripture verses, blessing before meals, songs, testimonies, the Pledge of Allegiance, and Taps are some of the tools used in building and strengthening these foundations. **Cabin devotions** allow campers to discuss Christian topics with their individual cabin groups in an age appropriate situation. Campers are encouraged and assisted in setting and succeeding in personal challenges and goals. Our hope is that each individual’s camp experience holds excitement, fun and adventure, creating memories to last a lifetime. While campers do not opt out of Morning Watch, Vespers or Cabin Devotions, we welcome campers to share their faith during these times showing respect to all.

**Arts and Humanities** – The visual and performing arts are easily integrated into Camp. Drama, music, arts, crafts, poetry, etc. are just a few of the many activities that are a part of the camp program.

**Character Development** – In today’s challenging and complex world, children need reinforcement of positive values even when they’re away from home. Camp Programs incorporate values of caring, honesty, respect, and responsibility into play, learning and social activities. Through consistent teaching, modeling, reinforcement, and practice, Staff help children demonstrate and accept positive values.

**Health, Wellness and Fitness** – Building strong bodies is a part of the YMCA history. Camp provides health, wellness, and physical activities for children. These activities are powerful character tools that build an ethic of hard work and goal setting. Young bodies develop better when health and physical activity are a regular part of daily life.

**Service-Learning** – Service-learning is a deliberate process through which people of all ages can develop their skills, knowledge, and civic awareness while making meaningful contributions to their communities. Service-learning enhances and is integrated into the camp program by encouraging responsibility, volunteering, leadership skills, and character development.

**Social Competence and Conflict Resolution** – Camp provides a place for children, youth, and adults to feel safe, understood, respected, and secure. Participating in activities that educate campers using natural and logical consequences encourages them to accept responsibility for behaviors. Counselors guide activities, give children strategies for dealing with conflict and develop socially acceptable ways of interacting with one another.

### **Outcomes**

The activities provided through camp will show growth in campers in the following ways:

- Visible commitment to God
- Increased self-esteem
- Age appropriate social skills
- Compliance with request
- Problem solving skills
- Positive social behaviors
- Knowledge about healthy lifestyles
- Increased physical fitness
- Increase in leadership skills
- Demonstration of the five character values – caring, honesty, respect, responsibility, and faith

**We look forward to serving your family this summer!**