



Parent Pack

www.covevalleycamp.com • (717)328-3055 • program@covevalleycamp.com

Our Purpose

To provide a place and the opportunity for Christian teaching and fellowship along with wholesome and guided recreation in a Christ-like atmosphere. The goal and purpose of our youth camps is to bring young people to the saving knowledge of the Lord Jesus Christ and to provide exciting, challenging activities which will promote and nourish spiritual growth.

Bring to Registration!

To reduce contact during registration, please send in all payments 2 weeks prior to the week of camp.

- Completed confirmation form
 - Make sure that all info is correct. If you find an error, please contact us ASAP.
 - Please fill in Trading Post Money and Group Picture (\$5) amount if interested.
- Camper Release Form
- Health History and Authorization Form
 - Bring all medications to the camp nurse at registration!
 - Mark all medications clearly on the Health Form.

What to Bring for Camp

All Campers

- Bible and notebook
- Backpack
- Clothes you are willing to get dirty
- Jacket or sweater
- Closed toed shoes for creek walk/water games, i.e. crocs or water shoes.
- Sneakers
- Sunscreen
- Swimsuit/Trunks (no bikinis or cutoffs)
- Swim towel
- Insect Repellent
- Water Bottle
- Bottle of Hand Sanitizer

Overnight Campers

- Flashlights
- One pair of long pants (at least)
- Pillow and sleeping bag/bed roll
- Soap, shampoo, towels, washcloths
- Toothbrush/toothpaste

Goldfinches

Bring at least the items on the list that are enclosed in the box; however, an extra pair of clothes is also highly recommended.

What not to Bring

1. Electronic gadgets (i.e. Game Consoles, MP3 Player, Tablets, Cell Phones, etc.)
2. Snacks
3. Fireworks
4. Pocket knives
5. Alcohol, tobacco, cigarettes, drugs, etc.
6. Loose Money (All cash is to be put in your Trading Post Account at registration.)

Registration Time:
4:00PM

June-July 2021

Pick UP Time:
4:00PM

Sun	Mon	Tue	Wed	Thur	Fri	Sat
13	14	15	16	17	18	19
Eagles						
20	21	22	23	24	25	26
*Wilderness Hawks						
*Goldfinches		**Jenny Wrens				
27	28	29	30	1	2	3
Cricketeers						
4	5	6	7	8	9	10
Blue Jays						
11	12	13	14	15	16	17
Cardinals						
18	19	20	21	22	23	24
**Hummingbirds						
25	26	27	28	29	30	31
***Night Owls						

***Goldfinches**
Arrive: 9:00AM (Mon - Wed)
Pick Up: 4:00PM (Mon - Tue)
Pick Up: 3:00PM (Wed)

****Jenny Wrens**
Arrive: 4:00PM (Wednesday)

***Wilderness Hawks**
Arrive: 9:00AM on Monday

****Hummingbirds**
Pick Up: **Thursday** at 4:00PM

*****Night Owls**
Arrive: 7:00 PM (Monday)
Pick Up: 7:00 PM (Thursday)

Phone Calls, Visits & Leaving Camp

- These distract from the total camp experience.
- Campers are not permitted to make or receive phone calls.
- You may talk to the office about your camper's progress.
- **No cell phones are permitted.**
- **If the camper must leave:**
 1. Turn in a note during registration time.
 2. When you arrive, stop at the office to talk to the Program Director or Program Assistant.
 3. You must sign out at the office.

Money, Food & Medications

- All **Medications** are to be turned into the camp nurse during registration.
 - **All meals will be provided by Cove Valley Camp - Goldfinches are provided with lunch only.**
 - Any **special dietary needs?** Please notify the camp 2 weeks before arrival. Leave snacks and drinks at home unless you have already discussed your specific medical condition with the Program Director.
 - All **camper money** will be put into their **Trading Post Account** during registration.
 - Our **Trading Post** is where snacks, drinks, clothing, and other items may be purchased. Items are paid for out of an account that is set up by parents during registration.
- *Please note:** If your camper would like to buy a shirt, sweatshirt, or hat, their price is \$10-\$25; so, please place enough cash in their account.

Dress Code

Please dress modestly at all times in comfortable and casual clothes.

All Campers

- Dresses and tops must have at least 1 1/2" wide shoulder strap and tops must be long enough to cover the waist.
- Shorts must be modest/loose fitting. No Yoga Pants/Leggings.
- Modest/conservative swimsuits only. (Tankinis are permissible.)
- Pants/shorts must be kept up around the waist, with no underwear showing.

At the Pool

- Girls - Swimsuits must be modest & not showing midrifts or chest.
- Guys - Must have swimming trunks.

Mail

Two ways to send a letter to your camper:

1. **Snail Mail**; make sure that their name is on the outside of the envelope.
2. **One-way Email** - \$1
 - **Camper email address: campers@covevalleycamp.com.**
 - You may share the email address with friends and family.
 - Subject line **MUST** be: child's first name then last name **ONLY**.
 - Emails are delivered daily, usually at lunch.

Trading Post

Our store where you can buy snacks, drinks, souvenirs, and more! At registration or before, you are able to put money into your "Trading Post Account". Each day, the campers will be able to go into the store and buy snacks & drinks at the allotted time(s). At least once during the week, you will have the opportunity to purchase other items! You must have money in your account in order to purchase things!

We have t-shirts, hoodies, postcards, toys, jewelry, hats, and many other souvenirs all ranging in price. Apparel usually ranges between \$10-\$25. The Trading Post will also be open during registration and during departure if you would like to purchase an item before or after camp begins.

Trading Post Mission Project

Each summer, we choose a mission project as an option to donate toward, using the remainder of your child's Trading Post account at the end of the week. This year, all of the donations will be going to assist My Neighbor's Bounty, which is located in Mercersburg, PA.

My Neighbor's Bounty is a recently founded non-profit organization dedicated to giving to those in need in the Mercersburg community. Currently they are working on supplying food to as many people as they can who need it. They are also working on providing clothing to those who are struggling financially. This summer's Trading Post mission project will be to raise funds to purchase necessary clothing (socks, underwear, etc..) for children and families that are in need. This is a basic necessity that is many times overlooked.

Online Photo Gallery

During registration we will have a table with the sheet of names and email addresses for you to check and make sure we have the correct email address for you.

Within the first full day of your child's camp, we will send you an email that will include a link for the site where you will find the photos. Once into the site, you will again have the option of viewing and purchasing the photos.

If you do not receive the email within the first two days of camp, please email us at: programassistant@covevalleycamp.com

Group Picture

An 8x10 photo of the entire group with the camp logo, week, and dates printed on the picture.

The cost is \$5 and they will be sent home with your child at the end of the week. The group picture will also be available to download for free.

Lost and Found

Please clearly mark all clothing & personal items so that found items can be returned to you at camp. We encourage you to label all belongings! If you would like to buy labels, Mabel's Labels is a great site where you can order your labels for camp this summer! With a special 'Camp Pack' or a larger 'Big Combo', your camper can label absolutely everything!

Go to camps.mabelslabels.com and select **Cove Valley Christian Youth Camp** in the dropdown box. A portion of your purchase goes to support the camp.

Facebook Group

Join our new Facebook Group, "Cove Valley Camp Parents". We have created a group just for you, the parents. This group is a place where you can post any comments, concerns or questions about summer camp. In this group we will also post relevant summer camp info and updates. To join the group, go to our Facebook page and request to join the group at the top of the page.

Something to Avoid

If this is your child's first trip away from home or you know your child may get homesick, please follow these guidelines:

1. **Do not mention the word "HOMESICK" in front of your child.**
2. Instead of reminding the camper of home, talk about all the fun they'll have at camp. In letters and emails, ask about what the camper is most excited about, what they've had the most fun with so far, and other things to keep them focused on being here. Unfortunately, saying things like "We will miss you.", "I am only a phone call away.", and "If you want to come home, have them give me a call." tends to make the camper focus on home and makes homesickness much worse.
3. Set your child up for success. Present going away to camp in a positive way (i.e. talking about all the fun they'll have, the memories they'll make, asking what they're looking forward to, etc.).
4. We will encourage each camper to make it through the week.

For more information on homesickness please visit: <http://www.acacamps.org> and search "Homesickness".



COVE VALLEY CAMP

Camper Release Form

5357 Little Cove Road, Mercersburg, PA 17236
Phone: (717) 328-3055 Fax: (717) 328-2350
program@covevalleycamp.com
www.covevalleycamp.com

Camper Printed Name _____

Parents/Guardian Printed Name _____

Date _____

Departure Release Parent/Guardian signature: _____

Camper will be picked up by: _____ Relation: _____

Signature at time of departure: _____

If leaving early:

Date: _____

Time: _____

Goldfinches ONLY		
	Will be picked up by:	Signature at departures:
Mon:		
Tues:		
Wed:		

Photo & Video Release

I understand that Cove Valley Christian Youth Camp, Inc. reserves the right to take photographs and/or films of the camps and campers, and I hereby agree that Cove Valley Christian Youth Camp, Inc. may use such photographs and/or films containing my child's picture for promotional and/or commercial purpose in print and/or electronic media.

At the end of each week of camp we give each camper a list of the campers that were at their week of camp with them. The list includes your child's photo, name and address. Would you like your child to be on this list? Yes No

Parent/Guardian Signature: _____
(If camper is under 18)

Challenge Course Disclosure & Release

Cove Valley's Challenge Course involves a variety of activities that often include warm-ups, games, group initiatives, and high and low ropes course elements. The level of participation in the different activities and elements is completely up to the individual. Yet, there is a risk, which must be assumed by each participant, that he/she may suffer an emotional or physical injury or disability.

Cove Valley's policy for participation in all activities requires the participant's health and accident insurance to be the primary coverage for the participant. Cove Valley has the right to refuse service to those persons not covered by health and accident insurance.

Certain health/medical information must be made known on the Health History & Authorization form for the facilitator taking you through the course so that they may respond appropriately if the need would arise.

We have read the above information and understand the physical and stressful nature of the activities we will be participating in. We have noted any medical or physical conditions which may affect my ability to participate in any activity on the Health History & Authorization Form.

As a participant, I will wear any required equipment and follow the directions of the facilitators and instructors at all times. I understand that failure to do so will result in removal from the course. Permission is granted for any emergency medical care, anesthesia, and/or operation which might become necessary.

Camper Signature: _____

Parent/Guardian Signature: _____
(If camper is under 18)