

# Parent Handbook

## NorthBay Summer 2009

### Our Mission

At NorthBay, we challenge campers to realize that their attitudes and actions have a lasting impact on their future, the environment and the people around them. We prepare boys and girls, ages 7-16, for their future by teaching them to apply strategies from the outdoors to challenges in their lives. By focusing on specific skills throughout a session, campers gain confidence, knowledge, and problem solving skills while having fun and developing meaningful relationships with peers and staff. The campers will sail, climb, and explore and walk away with something that challenges them to conquer new goals for the rest of their lives.

### History

In 2002, the Maryland Board of Public Works approved a request from The Erickson Foundation to lease 97 of 2,200 acres within Elk Neck State Park. The Erickson Foundation's construction of a \$35 million dollar facility on a half a mile of Chesapeake Bay waterfront launched an unprecedented private/public partnership with both the Department of Natural Resources and the Maryland State Department of Education. This agreement allowed NorthBay to integrate a phenomenal site with innovative education where children connect the outdoors to character choices in their lives. With this mission at the forefront, the dream came to fruition when NorthBay opened its doors in the summer of 2005.

### Location

We are conveniently located just 20 minutes off I-95; midway between Baltimore and Philadelphia, close to the Delaware/Maryland state line. Let us know if your child requires transportation from either Baltimore or Philadelphia airports and we are happy to assist in getting your child to NorthBay.

# Directions to NorthBay:

## **From Baltimore/Washington:**

- Take I-95 North towards Philadelphia
- Take exit # 100, MD-272 towards North East.
- Merge onto MD 272 south & go 10.5 miles
- Immediately after you see a sign on the left indicating you have entered Elk Neck State Park, turn RIGHT off MD-272 into the NorthBay property.
- Proceed down the driveway until you arrive at Bower's Center
- NorthBay's Administration Office is located at the end of the road across from the dining hall
- Please park in the parking lot on your left hand side

## **From Philadelphia:**

Take I-95 South heading towards Baltimore to Exit 100. Take MD-272 South towards North East. (See above)

# Summer 2009

This summer, NorthBay will serve hundreds of boys and girls between the ages of 7 – 16 from all across the US and a few countries. We are offering five One Week Sessions and one Two Week Session during NorthBay's Summer 2009.

### **One Week Sessions:**

- A: Sunday June 28 – Saturday July 4
- B1: Sunday July 5 – Saturday July 11
- C: Sunday July 19 – Saturday July 25
- D: Sunday July 26 – Saturday August 1
- E: Sunday August 2 – Saturday August 8

### **Two Week Session:**

- B: Sunday July 5 – Friday July 17

This year we are offering four specialty camps. At these specialty camps, campers focus on one skill instead of three. Then in the afternoon, they join other campers for adventure activities. The four specialty camps are as follows:

- |                 |  |
|-----------------|--|
| Trailblazers    | Sunday July 21 <sup>st</sup> to Sunday July 28 <sup>th</sup>     |
| Field Hockey    | Sunday June 28 <sup>th</sup> to Saturday July 4 <sup>th</sup>    |
| Lacrosse        | Monday July 13 <sup>th</sup> to Friday July 17 <sup>th</sup>     |
| Marine Sciences | Sunday August 2 <sup>nd</sup> to Saturday August 8 <sup>th</sup> |

To register for any of these specialty camps, e-mail [jantonio@erickson.com](mailto:jantonio@erickson.com) to request a registration form and brochure.

# Arrival

Arrival is between **3:00pm and 4:30pm** on the opening day of your camper's session. Please plan to hang out with your child, tour the camp and visit our camp store as we await the arrival of all our campers. Sometime around 5:00pm we will have an official parent to counselor hand-off of your child, complete with a NorthBay surprise event.

You are responsible for arranging transportation for your camper. If arriving by plane, we recommend that you make your reservations early. Please schedule all air arrivals and departures before 2:00pm. There is a **\$25 transportation charge each way** to/from Baltimore Washington International Airport (BWI) or Philadelphia International Airport (PHL) per camper. Most airline carriers require that children (age 14 and under) traveling independently be placed in an Unaccompanied Minor program. Please contact the individual airline to inquire about the UM program **BEFORE** purchasing flights. Contact us immediately with your camper's flight number, carrier, and any other pertinent flight information. All campers will be greeted at the airport by camp personnel. Please label each piece of your camper's luggage with his/her name and address.

# Opening Day Procedures

**To speed up the registration procedures on opening day, please make sure you have paid your camper's tuition in full and have returned their health form, including an updated immunization record, and medication forms prior to opening day.**

When dropping off your camper, follow these instructions to expedite the process:

- Drive to the bottom of our driveway, where you will be greeted by a Head Counselor and the Summer Camp Manager.
- Unload your child's luggage and park your car at the main parking lot.
- Check in with our Administration team inside the administration building.
- After checking in with Administration, you will proceed to the Wellness Center.
- Upon exiting the Wellness Center, you will pick up your child's luggage and proceed to his/her cabin.

- Our staff will unload your luggage in front of the Wellness Center doors.
- Please have a family member return your car to the parking lot immediately after unloading to make room for others
- During check in, you and your camper will be introduced to the Head Counselors.
- All campers will be greeted by their counselors at their cabins.
- After meeting your child's counselor and unloading his/her suitcase, visit the NorthBay Trading Company gift shop, which is located in Horseshoe Point, take a walk around camp, or grab a snack at the snack bar.
- The NorthBay team will help you and your camper become familiar with our property. You are welcome to wander around and get a good picture of where your camper will be spending the next week

## Departure

Departure will be between **10 am and 12 pm** on closing day of your camper's session. If your camper is not in the dining hall enjoying brunch, he/she will be found at his/her cabins. If you desire, you will have a chance to talk to your child's counselor about how your child's camp week went.

## Closing Day Procedures

- Upon arrival, please park in the parking lot on the left hand side (before you reach the circle in front of the Dining Hall).
- Please visit the Head Counselors in the dining hall. If your child has already departed from the dining hall, the Head Counselor will direct you to where you can find him/her.
- Next visit the Wellness Center to pick up any medications. Medication that is not picked up on closing day will be destroyed.
- Please visit the NorthBay Trading Co. gift shop before you depart.
- When loading your camper's luggage, you are welcome to park your car in the circle, but we request that it remain in the parking lot otherwise.
- Please make sure you say goodbye to your camper's counselor. They will be available to answer any questions you might have about your camper's week.

# What to Bring to NorthBay...

Swimsuit	
Plenty of T-Shirts and Shorts*	
Underwear & Socks	
Long Pants	
Pajamas	
*Sunglasses	
2 Sweaters/Sweatshirts*	
Hiking and/or Tennis Shoes	
Shoes & Clothes that can get wet/ dirty	
Flip Flops/Sandals	
Rain Jacket	
One Nice Outfit	
Towels (beach and shower)	
Soap and Shampoo*	
Toothbrush and Toothpaste*	
Comb/Brush	
Water Bottle*	
Sunscreen*	
Medications	
Insect Repellent*	
Sleeping Bag	
	<u>Optional</u>
	*Camera and Film
	Pocket Money
	*Stamps
	*Sunglasses
	Backpack
	Writing Materials/Journal
	Books
	*Flashlight

\*Items available at the NorthBay Trading Co.

This list is for one week campers. Two week campers should adjust accordingly. Laundry for two week campers will be done once during their two week stay.

**Mark all items with the camper's name! NorthBay is not responsible for lost articles!**

## Snack Bar and Gift Shop

NorthBay's Frog Spit Café will be open a few times a week, serving foods such as ice cream, granola bars, sport drinks, soda, pretzels, etc. The NorthBay Trading Company gift shop accepts cash, credit cards, checks, or gift cards and sells items such as toiletries, jewelry, t-shirts, sweatshirts, water bottles, and other NorthBay gifts. (If you are interested in purchasing a gift card, please contact our office.) \$15-\$30 for purchases at the snack bar and gift shop should be plenty for campers during the week. All cash and gift cards will be kept in the cabin safe for the duration of the week, in envelopes labeled with each camper's name, unless the cabin is visiting the snack bar or gift shop.

## What NOT to bring to camp...

**Cell Phones, iPods, Game Boys, Discmans, PSPs, and all other electronics** should be left at home. These are often used to “tune out” the very things we wish to provide campers with. They are a distraction and broken or “borrowed” machines also create many problems. Any electronics found on the premises will be placed in a camp safe and returned at the end of the session.

**NorthBay has a zero tolerance policy for the use or possession of drugs, alcohol, cigarettes, fireworks, or weapons.** Appropriate measures will be taken at camp, and parents will be notified and children will be sent home.

**New or Expensive Items** should be left at home as well. Camp is a place where your camper will get dirty and stay in a cabin with up to 9 other people. **NorthBay is not responsible for lost items!**

# A Typical Day at NorthBay

8:00 am	Rise and Shine!
8:30 am	Breakfast
9:15 am	Cabin Clean Up
9:30 am	Skill Period 1
11:00 am	Skill Period 2
12:30 pm	Lunch
1:30 pm	Skill Period 3
3:00 pm	Rest Hour
4:00 pm	Cabin Adventure Activity
6:00 pm	Dinner
7:00 pm	Cabin Adventure Activity
8:00 pm	NorthBay Live/Council
9:30 pm	Cabin Time/Showers
10:30 pm	Lights Out!

## Will my child be with kids their age?

The skill sessions are coed and will have a mix of ages in each group. At rest hour, your camper will reconvene with their cabin mates and attend adventure activities with children their age. At times the whole camp will come together for a shared experience, such as NorthBay Live. If your child wants to request a bunk mate, please let the Summer Camp Manager know a week in advance.

## Communicating with Your Camper

Campers love getting **MAIL**. When sending mail, try to focus on the camper's experience at camp rather than on what may be doing on at home or what they are missing at home. You may consider mailing your first letter a day or so before your camper arrives at camp. Campers will receive their mail each day during rest hour. Please send mail to:

NorthBay  
11 Horseshoe Point Lane  
North East, MD 21901  
**Attn: CAMPER'S NAME**

# E-mails and Packages

Please send **ONE-WAY EMAILS** to campers by emailing to [summercamp@northbayadventure.com](mailto:summercamp@northbayadventure.com). Campers will receive their emails with their mail.

If you decide to send your camper a **CARE PACKAGE**, please refrain from including food items, such as candy, snacks, and gum. Also, we suggest including something in your camper's care package that he/she can share with their cabin mates.

While we have a phone for campers to call home for true emergencies, we **strongly discourage** campers from calling home for "update chats." We believe camp is a "rite of passage" where parents can celebrate best when they allow a child to stand on their own. NorthBay provides trained, nurturing adults to make sure they are safe and making good choices. With the exception of extenuating circumstances, your child will be discouraged from calling home but will be encouraged to mail letters and postcards letting you know how much fun they are having! You can rest easy knowing your child will be engaged in fun-filled, exhausting activities every moment of every day.

As much as we know you will miss your child during their camp stay, we are requesting that you **NOT** call your children to check on them daily so that they can fully experience their time away at camp. We will never prevent you from communicating with your child. We will, however, encourage you to speak with a manager or your child's counselor first. **The best way to communicate with your camper is with encouraging letters and email.**

Encourage your camper to communicate with you by writing letters during their stay. You can do this by sending them with writing materials and stamps, and even addressing the envelopes/postcards before they arrive at camp.

We strongly discourage parents from **VISITING** their children at camp for security reasons and because it can cause disruption and/or home-sickness for campers. We ask that if you need to pick up or drop off your child for an extenuating circumstance, it is between the hours of 8 am and 6pm.

# Wellness Center

NorthBay staffs two full time RN's and one overnight EMT to attend to any medical requirements your child may have 24 hours a day. NorthBay's Wellness Center contains a treatment area, isolation rooms, medication storage, and bathrooms. Twenty-four hour emergency medical care is also available at Union Hospital in Elkton, MD.

NorthBay Medication Requirements are as follows:

- Health forms and up-to-date immunizations are required for every child attending NorthBay. If you have not received these forms, contact Joe Antonio, Summer Camp Manager at [jantonio@erickson.com](mailto:jantonio@erickson.com).
- All medications brought to camp must have a separate NorthBay Medication Form signed by a doctor.
- **All individual medications must be in their original containers**, labeled for the camper by the pharmacy, or in the original over-the-counter container with labels intact. Medications divided up in daily pill packs will not be accepted.
- **Asthma Rescue inhalers need to be in their original boxes, with the pharmacy's directions on it.**
- Medications forms are to be delivered to NorthBay at least three weeks in advance of the camp date.
- Samples from your doctor will not be given to your child.
- All medications should be delivered to the Wellness Center by an adult during check in.

# Homesickness

We know that parents hope that their camper will make a good adjustment to camp and avoid homesickness. While anxiety about camp is quite normal, here are a few tips to prepare your camper for their time away:

- The best response to homesickness is a positive attitude about camp, discussions about what to expect at camp and gentle encouragement that missing home is ok. This will usually suffice to give your camper the tools needed to make the camp transition a valuable growth experience.
- Residential camp is often the first time campers have been away from home/parents and are having to adjust to a new living situation. Sometimes the first day or two at camp will be difficult for both camper and parents. Most of the time children that say they are homesick are actually experiencing the difficulty of adjusting to new surroundings and faces. This is a temporary situation, and clears up as soon as they discover the excitement of the camp activities. Please help your child and the camp by understanding this early adjustment period. Give them time to adjust. We train our staff to help our campers grow through that time. In preparation for residential camp, we recommend having your camper spend a night or 2 away at a friend's or relative's house.
- When writing, focus on your camper's activities and experiences rather than what he/she may be missing at home. Avoid over stating how much you miss them.
- One thing to avoid is telling your camper, "If you don't like it, you can come home". The best thing for your camper is NOT offering to rescue them before they have created their own opinions about camp. Most campers will naturally adjust to this new experience if they know they do not have an "out".
- Finally, discuss with your camper who he/she can talk to if they need anything or have any problems or questions (Counselor, Head Counselor, Skill Leader, or Director). The NorthBay staff care about how your camper feels so there will always be someone to talk to. Encourage your camper to set some goals in their activities and to make new friends while at camp.

# Summer 2010

When you pick your child up, return this page and receive **30%** off of the full camper rate.

Session dates to be determined. Deposit \$200.00 to insure a spot for 2010.

Name on credit card: \_\_\_\_\_

Credit Card: VS MC DS AMEX other: \_\_\_\_\_

Expiration Date: \_\_\_\_\_ Amount: \$200.00

Signature: \_\_\_\_\_

Camper Name: \_\_\_\_\_

Parent Name: \_\_\_\_\_

E-mail address: \_\_\_\_\_

Phone number: \_\_\_\_\_

Would you like to have monthly payments automatically?

deducted? YES \_\_\_\_\_ NO \_\_\_\_\_

If yes, how much each month? \$50 \$100 \$150 \$200 \$250

