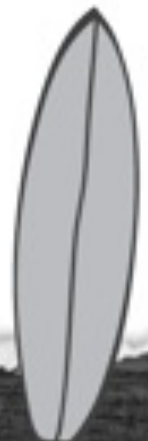




**2012  
SUMMER  
CAMP  
COUNSELOR  
MANUAL**





## **FIRST AND FOREMOST**

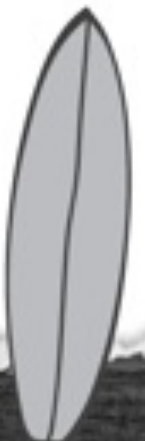
On behalf of the Beach House Team we just want to say..... Thank You! Thank you so much for putting your busy lives on hold for an entire week.

Your sacrifice is helping kids grow, trust, and empower themselves to be servants of Christ. Your influence and presence at camp is more powerful than you can ever image.

Even though the week will be exhausting, just know that without you camp would not be as effective.

Ever Grateful,

The Beach House Team!





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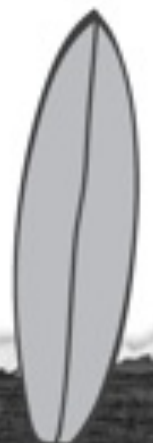
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## **NEED TO KNOWS**

### **Phone Calls**

Campers are not allowed to use a phone for any reason. The camp has a phone that counselors can use if you need to. If you bring your cell phone, please keep it off and out of sight from campers.

### **Junk Food**

It is extremely likely that your campers will bring extra goodies to camp with them. Food and/or trash is not to be in tent-cabins at any time. Any food/snacks/drinks (except water) must be eaten or turned in.

### **Water**

Since we will be in the mountains, it is important to stay hydrated. Please make sure you and your kids are drinking plenty of water to ensure they do not get dehydrated.

### **Medications**

All medications must be checked in at the check-in tables. If you find a camper in your cabin has medication of any kind (even over the counter meds), please take them to the medic tent. Counselors should never give any type of medications to campers (aspirin, vitamins, etc.). Forest Home staff will be in charge of handling and administering all medication while we are at camp.

### **Check-In**

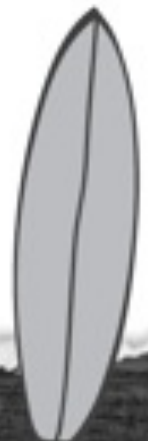
Counselors need to arrive at 1:30.

Check-In will start at 2:00.

Loading luggage will start at 2:45.

### **Transportation**

We have one HDC bus and one Charter bus that we are taking to and from camp. We have 81 campers and 16 counselors signed up to go.





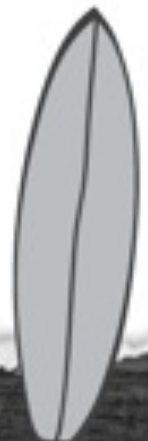
# EXPECTATION OF COUNSELORS

## Be a Leader:

- Build relationships, be a great friend, but remember you need to be a leader first.
- Ask questions, encourage your campers and follow through with your words.
- The fastest way to lose a camper's trust is not following through with your word; that even includes discipline.
- Be wise about pranks. If you're not sure ask Marcos or Jeff. Don't prank other counselors. This unwritten law goes back thousands of years. Trust me you don't want to be like Judas!
- Lead the cabins in cabin activities and evening devotions.
- Attend daily counselor meetings while at camp.
- Just remember you are responsible to the Forest Home staff and the HDC Elementary Staff (Jeff McClung and Marcos Clark).

## Be a Servant:

- Learn the names of campers as quickly as possible.
- Conduct the activities in your cabin group in such a way that they do not disturb or distract other cabin groups.
- Remain in the cabin with campers after "lights out".
- Be prepared to help campers with problems or with spiritual needs. Girl counselors should help girl campers, and boy counselors should help boy campers.
- Assist in any additional responsibilities assigned while at camp.
- Be aware of the daily schedule and accompany your campers to all meals, activities and chapel times – it is important that each counselor is sitting with their cabin group during these times.





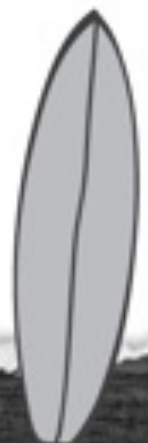
# EXPECTATION OF COUNSELORS

## Be Excited:

- Have a great attitude.
- Be positive about everything.
- Don't criticize rules or decisions made that you don't agree with. In fact don't complain about anything. For example if a hungry bear mistakes your leg for a Twinkie and mauls it off, don't complain, just tell your campers, "Oh, that's okay. I will just hop to breakfast and prayer. Now can someone hand me a towel so I can stop the blood that is gushing out of what use to be my leg?"
- If you need to complain see Marcos or Jeff... We may or may not have bandages for you.
- Participate in all the games and activities your campers are doing.

## Discipline:

- We expect our campers to:
  - Respect each other
  - Respect all camp counselors and program staff
  - Respect all facilities
- As a counselor, you may take away privileges, such as free time, lake time, etc. If there are repeated problems please report information to Marcos or Jeff.
- If it's a camper from another church report problems to Forest Home staff.

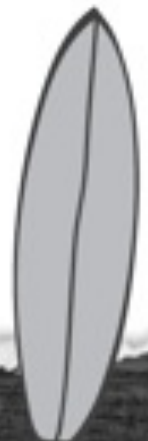




# EXPECTATIONS OF CAMPERS

(Taken from Adventure Mountain Camper Guidelines)

- Always show respect. The best way to earn respect is to show it to others.
- Never throw anything (*rocks, your counselor, or a fit*)!
- Never run unless given permission by the Medieval Mountain staff. You never know what obstacles could be hiding in your path.
- Never “raid” anyone else’s tent! This means that you are not allowed on anyone else’s tent platform, and no one besides those in your tent family is allowed on yours.
- Always wear close toed shoes.
- Never leave Adventure Mountain unless you are with a staff member / counselor.
- Drink lots of water (*at least six to eight glasses a day*).
- Get involved—it is the best way to have fun.
- Encourage your counselor. (*Maybe a hug, a high five, an encouraging word, a Sunshine note, or helping him / her with things he / she is doing*).
- No food, candy, or anything edible in your tent!
- Stay quiet and in bed until “The Horn” blows in the morning. You will know it when you hear it!
- Be on time or you will most likely miss something that you don’t want to miss.
- Wear Sunscreen and Mosquito Repellent.
- Keep a sharp eye out for mythical “Free Trogs and Friends”: “Flutter Bys” “Izzards” and “Fragon Dries”. The King’s Forest is filled with exotic animals, and they could be worth tons of points!
- Be on the lookout for new information and experiences every day. Be prepared to take notes!
- Be sure to bring your Scribe Notes with you to Roundtables, meetings at The Keep and other specified times. You don’t want to miss out! A pen might be a handy thing to have as well!

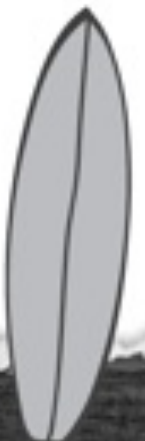




## **WHAT TO PRAY FOR**

- Pray for safety as we travel to and from camp.
- Pray for those kids who are still unsure about going to camp. Pray that nothing will get in the way of them coming.
- Pray for the camp staff and those who will be teaching the kids about Christ.
- Pray for the health of all campers and staff.
- Pray for kids who don't know Christ, that the Holy Spirit would begin softening their hearts now.
- Pray for each other; for strength and endurance as the week approaches.
- Pray for the camp staff as they work out all last minute details and for the HDC staff as well.
- Pray that Satan would not get a foothold in our camp; that everything we do would glorify and honor God.

### **Additional Prayer Notes:**







## ON A SERIOUS NOTE

Camp may be the only time when a camper talks about the pains in his or her life. Their pain may be a big one, like “My parents are getting a divorce and I feel like it’s partly my fault.” Or a small pain, like “You know I’m so tired of my sister always taking the last Hot Pocket and I have to settle for freezer burned Eggos. To them it’s a big problem. Here are a few quick tips to help you:

### QUICK TIPS

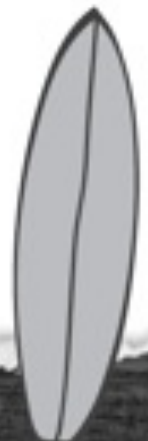
**QT1 - Don’t freak out:** Remember they trust you enough to tell you this problem. Overreacting will only discourage them. Maintain your composure even if you think it’s a silly problem. A good rule of thumb is to respond the way you would want someone to respond to you if you had a problem.

**QT2 - Don’t fix:** That’s right! Don’t fix anything. Just listen and comfort them. If you can relate, share, if you can’t don’t stretch to make a connection, because kids can sniff out a liar like a bear can sniff out that Twinkie in your pocket. Maybe that’s why your leg was mauled!

**QT3 - Don’t be judgmental:** I know “Christian’s” are so great at not passing judgments on each other so... Next tip.... No, your camper probably feels enough guilt and shame already, so let the Holy Spirit do all the convicting, you just do all the caring. By confessing to you they have become more intimate with you. More importantly they have become more intimate with God.

**QT4 - Do tell:** Tell Marcos or Jeff if it’s something big like thoughts of suicide, abuse, etc.

**QT5 - Do end with prayer:** Please take the time to pray with your camper after your talk.





# WHAT TO PACK

## A “Must Do” for Luggage:

1. Label ALL luggage and items with a **permanent marker** (name, address, phone, church).
2. Make sure that your camper can transport (carry up/down a hill) the luggage they are bringing to camp.
3. It may be hot and dry or cool, rainy or muddy when the campers arrive at camp so be ready for ***anything***. You can check our website at [www.foresthome.org](http://www.foresthome.org) for a weather report.

## The Essentials:

- Sleeping bag and pillow.** We recommend the sleeping bag is in a waterproof bag (even a plastic trash bag works).
- Bible (and pens)** – be sure your camper’s name is in their Bible
- Bath towel and washcloth** (beach towel optional)
- Flashlight:** Please be sure to label the flashlight and send extra batteries
- Camera:** Disposable cameras are the best. Be sure to label it with the camper’s name
- General toiletries (unscented):** soap, toothpaste, toothbrush, shampoo, etc.
  - Chapstick or other lip protection with sunscreen
  - Waterproof Sunscreen: minimum spf 15
  - Bug repellent: lotion, stick, or spritz
  - A Water Bottle (they can also buy one at camp if they do not arrive with one)
- Clothing for five days**
  - Plenty of clean socks & underwear. (Socks get wet and dirty really fast at camp)
  - Swim suit(s)! We spend a lot of time in swimsuits so two or more swimsuits may be helpful for your camper. Please note that it is recommended that your child wear or bring a swimsuit on the first day of camp so they can swim immediately upon arrival. \*\*\*Girl’s suits should be one-piece.
  - T-Shirts and long sleeve shirts
  - At least one pair of long pants and sweatshirt
  - Two pairs of close-toed shoes. Hiking boots are not necessary but may be helpful for some children. However, some type of sturdy shoes is necessary. Waterproof shoes are a good idea too.
  - Rain coat, Poncho or other light rain gear: rain is uncommon, but having waterproof gear of some sort can be helpful if it does happen to rain on us.

## Recommended:

- Hat for sun protection
- Small backpack (daypack) for hikes
- Plastic garbage bag (or two) for dirty clothing

