

# Midway Extension District #15



## 4-H Camp Handbook



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*Printed April 2016*



# WHY SHOULD "I" GO TO CAMP?

## **To Make New Friends!**

Camp is a special place where you learn how to make a friend and how to be a friend. Your counselors are trained to make sure that you start making friends as soon as you arrive at camp. After all, camp is a community where kids work and play together! While you might go to camp with a friend, it is not necessary that you know someone. Camp gives you the opportunity to leave any concerns you might have from school behind and start over. That means you can be a "new you"!

## **To Enjoy A Variety of Activities!**

Camp is a special place where you can be involved in tons of activities—just about anything you can think of! At 4-H camp, you will participate in all kinds of arts & crafts, athletics, nature, swim, outdoor adventure, canoeing, horseback riding (Sunny Hills), shooting sports (Sunny Hills), fishing ... the list goes on and on. Check with your Extension Agent to see what kind of activities will be offered at your 4-H camp this summer.

## **To Feel Good About Myself and Develop Courage To Try New Things!**

Camp is a special place where everyone encourages you to feel good about yourself. You will learn to believe in yourself and you will develop courage to try things you have never tried before. You will learn to say "You bet I can" when you are faced with a new challenge, because your friends and counselors will be cheering you on.

## **To Learn New Skills!**

Camp is a special place where you can learn new skills in a variety of activities. Plus, you'll have a chance to practice the skills you've already learned ... making the best better! You'll have lots of fun doing and learning all these skills too!



# NOTES:





## **CAMP COUNSELORS NEEDED**

Are you an older 4-H member and looking for some leadership opportunities? How about being a camp counselor?

Camp counselors are unique people. They are responsible for making sure each camper feels accepted, valued and safe. They serve as a positive role model, 24 hours a day for the duration of camp.

Being selected and serving as a camp counselor is a privilege and the privilege comes with a list of responsibilities: programming, counseling, teaching, leading, facilitating, coaching and providing a safe, positive, caring and nurturing environment for the camper.

Each camper comes with their own special needs and expectations of their counselor. Parents of those campers have expectations of their child's counselor. The Extension Agents have another set of expectations of the counselor.

If you would like to serve as a camp counselor, get in touch with your local Extension office right away! Each camp has its own age requirements for counselors; for example Heart of Kansas Camp Counselors need to be 15 years old to be a Jr. Counselor and 16 years or older for Sr. Counselor. It is not easy being a camp counselor, but it is one of the most rewarding and life changing experiences you can have!!!

### **To Be A Part Of A Special Community Where You Are Listened To and Respected, Where You Belong, Learn and Contribute!**

Camp is a special place where everyone's opinion is heard. Camp is a community—a family—and every member of that community is as important as anyone else. Decisions will be made as a group. Everyone is cooperative and responsible and we all help each other.

### **To Be Me—Not Somebody Else's Brother or Sister!**

Camp is a special place where every camper is valued for who he or she is. Coming to camp is a new beginning, chance to really be you, or discover who you really are. At camp, you will succeed. We promise!

### **To Have Fun!**

Last, but not least, camp is a special place where you can have fun! It's just not school! There are no tests, just days full of fun! Imagine a place that is designed especially for kids to have fun all summer!

### **What Happens At Camp?**

Hike a trail ~ climb a hill ~ solve problems ~ learn to swim ~ learn to row ~ master a craft ~ resolve a conflict ~ paddle across a lake ~ make new friends ~ help others ~ gain independence ~ feed the fish ~ gain self-confidence ~ overcome homesickness ~ appreciate the earth ~ appreciate the environment ~ belong to a community ~ tell a story ~ set goals ~ be a leader ~ be creative ~ be healthy ~ shoot an arrow ~ shoot a camera ~ play games ~ sing songs ~ perform skits ~ ride a horse ~ trust others ~ meet positive role models ~ learn responsibility ~ learn about the little things ~ encounter fire flies, frogs, fish ~ navigate by sunlight, moonlight, flashlight ~ create models, key chains, clay pots ~ survive without cd's, tv or telephone ~ have the time of your life!!!



# HELP YOUR CHILD HAVE A POSITIVE SUMMER CAMPING EXPERIENCE

Sending a child to summer camp might seem like a good idea to the parent. You want your child to have new experiences and a variety of things to do in the summer, but your idea of a good experience might be very scary to some children. It means leaving a safe, predictable environment for something unknown. How can a parent determine if a child is ready for this new adventure?

Do some practice runs by having your child spend the night with a friend to see how he/she copes. If the child calls at bedtime to be picked up and consistently is uncomfortable being away the entire night, summer camp may have to wait.

If your child just seems nervous about camp, talk about it. Encourage your child to share anticipated anxieties of going to camp. Using this information, decide what you can do to address these fears. By all means, do not ignore what the child is telling you or make the child feel like those feelings are ridiculous.

Get as much information as you can about the camp, the daily schedule, the facilities, other campers, camp staff, etc. Gently begin talking about the things that are of the most concern to your child. Go through a day's schedule and what the child can expect to be doing. If your child is concerned about sleeping and bathroom facilities and routines, mealtimes or other campers, talk about it. Talk about the counselors and camping staff and how they can help the campers. Prepare your child with information that helps to ease fears and anxieties. However, avoid the tendency to over prepare and make your child more anxious.

**Day Camps** Day camps are held at various times of the year and are a youth enrichment program that allows 4-H and non 4-H youth to participate.

**Citizenship In Action** Would you like to have more influence in laws and rules that affect your life? Then you'll want to go to Kansas 4-H Citizenship in Action! This is a two day event sponsored by the State 4-H Youth Council.

The purpose of the event will be for Kansas youth to learn how the state legislative process works and how their voice and participation in decision-making can make a difference in their local communities. The legislative visit will not only familiarize youth with the capitol building, but will also show them how they can affect the legislative process.

**Citizenship Washington Focus Trip-Washington D.C.** 15-18 year old members apply to attend this intensive summer citizenship experience in our nation's capitol. Along the route, delegates tour educational sites like the St. Louis Arch and Gettysburg Battlefield. Delegates and/or their counties are responsible for the cost (\$1625 for 2016 trip).

**Kansas 4-H SpaceTech Experience** This fantastic experience is held in November at the Cosmosphere Space Center and the Hutchinson Community College. Lodging is at the State Fair Encampment building with meals at the Community College.

**Kansas Youth Leadership Forum (KYLf)** Held in November at the Rock Springs 4-H Center, this forum is designed for youth 14-18 years of age who wish to enhance their leadership skills. The Forum will include speakers, track sessions, service learning, consulting groups and election of area representatives to the State 4-H council.

Additional Camps and Educational Events can be found at our website <http://www.midway.k-state.edu/area-shows/>



# CAMPS

**Heart of Kansas Camp** A multi-county camp held at Rock Springs Ranch near Junction City, KS. Campers must be at least 2nd grade to 8th grade. Counselors must be 15 by January 1st of the current year. Counties involved: Seward, Gray, Clark, Ford, Edwards, Pawnee, Barton, Ellis, Barber, Stafford, Pratt, Kingman, Midway District (Ellsworth & Russell), Walnut Creek District (Lane, Ness & Rush), Post Rock District (Lincoln, Mitchell, Osborn, Jewell).

**Discovery Days** Discovery Days is held at Kansas State University the week after Memorial Day. Members 13 years and older by January 1st of the current year, leaders and parents are eligible to attend. The focus of the event is to help you DISCOVER more about a project area, strengthen what you are learning in the club and share with other 4-H members. This is a mini college experience for older 4-H members.

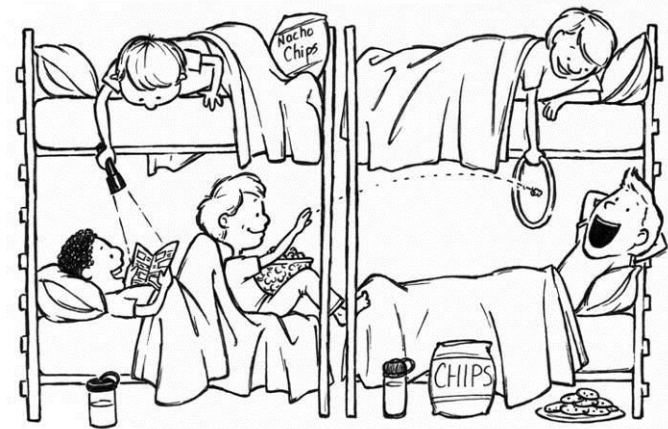
**Specialty Camps** Specialty camps are focused on a specific project. Clothing Camp offers members to spend 2 or 3 days creating a garment, exploring new sewing concepts and improving current sewing skills. Photo Adventure Camp is an intense, exciting four day photographic experience for teens age 13-16. Other specialty camps are planned and specialty topics can change year to year.

**Campference** Participants (ages 12-14) will experience the feel of a conference, while enjoying the "camp" activities Rock Springs 4-H Center has to offer. Campference will feature workshops about opportunities in the 4-H program and activities to energize youth while learning leadership skills and how to better interact with others. Participants will meet other youth from around the state of Kansas and have the opportunity to establish lasting relationships. Usually scheduled the same time as the Heart of Kansas Camp.

Your goal is to gently encourage this new experience, but to be realistic. You don't want to force a child to do something that is truly frightening to him or her. Encourage your child to talk about what can be gained from going to camp.

Prepare for camp together. Decisions about what to pack can be a joint venture, keeping in mind your child's level of maturity. If your child feels some part of the decision making process, the chances of having a positive experience will improve.

Lastly, recognize your own feelings. Your child may be picking up on your own anxieties and the feeling of "letting go". Make sure you are comfortable with the information that has been provided to you by the camp organizers. Ask as many questions as necessary to feel satisfied. Once a child arrives at camp, refrain from calling to see how everything is going. If the camp lasts for several weeks, communicate in writing. Recognize that camp will have its high points, just like the rest of life, so be supporting of your child and the staff as they work out any problems.



# WHAT TO TAKE TO CAMP???

Get ready for a super summer camp by packing the proper items. Below is a suggested packing list:

## CAMP CONTRACT

### I Promise:

- To obey all camp rules
- To be courteous and fair to everyone
- To be honest and honor commitments
- To show kindness to others
- To help when needed
- To respect other and their property
- To respect the authority of the camp
- To respect all the adult and youth volunteers
- To participate actively in all camp activities
- To do my best and keep trying to improve
- To use appropriate language
- To wear acceptable clothing
- To stay where the camp is taking place



- Sleeping Bag (or sheets & blanket) & Pillow
- 2 Towels & Washcloth for bathing & swimming
- Personal toiletries (toothbrush, soap, etc.)
- Comfortable Clothing for each day of camp
- Extra pillowcase or laundry bag for dirty clothing
- Pajamas
- Swimming suit (*absolutely no string or thong bikinis*)
- Light jacket & rain coat
- Hat
- Tennis shoes or other closed toed/laced shoe (required for riding horses) (cros & other water-type shoes are NOT considered closed-toed!)
- Second pair of shoes that can get wet
- Some money (snacks, craft items, souvenirs)
- Personal prescriptions with CLEAR directions
- Plastic bag or zip lock bag to bring home wet swimming suit and/or towels.
- Sun screen & lip balm
- Insect repellent
- Flashlight
- Disposable camera
- Water bottle

### DO NOT BRING

- Cell phones, MP3 players, headphones, video games, lighters, expensive jewelry or clothing—anything valuable you do not want to lose!
- Over the counter medications (check with the nursing staff for what will already be available.)

