

# GENERAL INFORMATION

(Please keep this page to help prepare for camp and as a resource during camp)

Dear Camper and Parents,

The following pages include important information about your summer camp session. This year we have some really wonderful plans for the summer and look forward to you being a part of Camp Mitchell 2012!

## Camp Mitchell 2012 Schedule

June 3 -June 8            Senior High I (completed 9<sup>th</sup>-12<sup>th</sup> grades) & Primary I (completed 1<sup>st</sup>-3<sup>rd</sup>)

\*\*See [www.campmitchell.org](http://www.campmitchell.org) for complete details about simultaneous session\*\*

June 10-June 15        Middler I (completed 3<sup>rd</sup>-5<sup>th</sup> grades)

June 17-June 22        Junior High I (completed 6<sup>th</sup>-9<sup>th</sup> grades)

June 24-June 28        Robert R. Brown I

July 8-July 13           Senior High II (completed 9<sup>th</sup> – 12<sup>th</sup>) & Primary II (completed 1<sup>st</sup>-3<sup>rd</sup>)

\*\*See [www.campmitchell.org](http://www.campmitchell.org) for complete details about simultaneous session\*\*

July 15-July 20        Middler II (completed 3<sup>rd</sup>-5<sup>th</sup> grades)

July 22-July 27        Junior High II (completed 6<sup>th</sup> – 9<sup>th</sup> grades)

July 29 - August 3     Dick Johnston Camp

August 5 -August 9    Robert R. Brown II

*The grades refer to completed grade in school as of June 2012.*

## Camp Fees: \$385.00

- This fee includes all meals, snacks, lodging, supervision, program, a camp T-shirt, and all craft supplies. Balance of fees is due on or before the day your session begins.
- A deposit of \$100 is non-refundable and must be sent in with the application in order to reserve a spot for your camper.
- Partial scholarships are available on a *very* limited basis from the camp fund. We urge you to please contact your priest for further help.

## Registration

How to register:

- Pick a camp session from the list shown above.
- Fill out registration and medical forms that can be found at [www.campmitchell.org](http://www.campmitchell.org)
- Make out your non-refundable \$100 deposit check (or pay full amount) payable to  
*The Episcopal Diocese of Arkansas* (we cannot accept credit cards)
- Mail the completed and signed registration forms (3 pages), a copy of the camper's insurance card (front and back), and a copy of a recent physical, along with the check to:

**Summer Camp Registrar**  
**The Episcopal Diocese of Arkansas**  
**P.O. Box 164668**  
**Little Rock, AR 72216**

We must have all three pages of the registration form completed and returned with your deposit. The session's medical staff must review all campers' registrations prior to the start of a camp session. A copy of a recent physical and the front and back of your insurance card is required prior to or on the day of registration. Medical insurance is provided and covers the campers at the Camp Mitchell Summer Camps. The coverage does *not* include treatment of pre-existing wounds or ailments. Camp insurance is secondary to Medicare and other insurance.

### **Arrival and Pick-Up Times**

- **Arrival:** Camp begins on **Sunday between 2:00 p.m. - 4:00 p.m.**

The staff will be busy preparing for camp prior to registration; **no early admittance will be allowed.**

- **Pick-up:** Campers should be picked up **Friday between 10:30 a.m. - 12:00 p.m.** Families are welcome to join the Closing Service which begins at 10:30 a.m. on Friday morning.

### **Visiting and Telephoning Campers**

- **In case of a family emergency:** Contact Camp Mitchell Staff at Camp Mitchell (501) 727-5451. Please leave a message if no one answers your call. You will be called back ASAP.

- **In the case of any emergency with your child** you will be notified promptly.

• **No cell phones** are permitted at camp. If your child has a cell phone, please leave it at home. There will be a collection for all camper cell phones as you go through registration. They will be kept in a lock box in the Director's office for the week to insure it does not get stolen and the camp community is not disrupted. Breaking this rule is considered a serious offense to the camp community.

• **No phone calls or visits will be permitted during camp sessions** as it interrupts the schedule and often has a detrimental affect on the camper's morale. Homesickness will either begin or increase after the visit or phone call. Our staff is fully trained and capable of talking to and helping your child work through their homesickness and realizes how fun camp can be. You as a parent have many ways to contact your child during the 4 full days they are at camp. We accept faxes, emails, and letters, and these are huge morale boosters for campers, homesick or not. Also, send your child with envelopes, stamps, and letter writing material so you can know what they are up to during the week!

### **Sending Snail Mail to Campers**

Mail is very important to campers, especially for those away from home for the first time! It is encouraged!! Since the camp sessions are short and there is a usual 2-day delivery, you might want to mail a letter before your child's session, leave a letter on the day of registration, or fax your letter to 501-727-5761. Mail delivery is usually around noon, Monday-Saturday. Keep letters up beat and informative, rather than letting them know how much you miss them. Please do not send food or candy. Camp Mitchell is located in the woods and food left in the cabins attracts unwanted insects and animals into the cabins; if sent, these items will be kept in the office and returned to the camper before he/she leaves camp. Fear not! Your camper will be amply fed: three meals and three snacks are provided each day during camp.

- Please address mail as follows:

*Your Camper's Name*  
Camp Mitchell  
*Session your child is attending*  
#10 Camp Mitchell Road  
Morrilton, AR 72110.

### **What to do when you receive your first homesick letter from your camper**

Do not panic! Homesick letters, particularly from first time campers and young campers, are expected and completely normal. More likely than not, your child wrote the letter in the down time part of the day, either during rest time in the afternoon, or right before bed. These are the times in the day when things wind down and campers aren't involved in constant activity. They then begin to realize Mom and Dad aren't there and they get upset. Also, if they've had a full day at camp, they more often than not are extremely tired and not understand how to process those emotions.

Campers of all ages will sometimes exaggerate to you about how they feel about camp. They will know which buttons to push and which signal phrases to use with you because they know you.

Again, do not panic! Our goal as a camp (and hopefully your goal as a parent) is to teach your child important lessons not only in a Christian sense, but also in a life sense. We want them to adjust to different situations well, to learn how to make new friends and adapt to new situations. When your pick your child up on Friday, hopefully they have grown in to a stronger individual who will learn how to deal with obstacles when put in their way. You'll only hear about how much fun camp was and hopefully what they learned in Christian Education that week though.

So fear not! Yes, it is scary to get a homesick letter from your child! However, our staff is trained and fully capable of learning how to talk to your child and talk them through their emotions. They know how to help your child find what they like about camp and what activities they are good at, and help them excel at them and get something out of camp. Every day in our staff meeting we bring up camper concerns, which are usually homesick concerns. That way they have every staff member watching out for them and looking for ways to involve them.

If you feel necessary, please call the Summer Program Director. We can talk about what your child is doing at camp and how they are coping with the new situation. We can talk about what they like to do at home and maybe incorporate some of that into our camp week. Also, remember to write letters to your child, but do not drag on about how much you may miss them. They will grasp on to that idea and their homesickness will increase. Instead, talk about the fun things you imagine they are doing at camp. Give them goals for the day or week, like make a new friend and tell me about him/her, go down the waterslide, how funny was the Legend of Petit Jean skit? Keep them involved in their week at camp and let them know how proud you are of them for being brave at camp. Before you know it Friday will be here and they'll be back with you! In the meantime, thank you for entrusting your child in our care! We are doing absolutely everything we can to keep your child happy and healthy!

### **What to bring to camp**

Sturdy tennis shoes, rain jacket/umbrella, sweater/jacket, long pants, t-shirts and shorts for at least 5 days of camp, underwear and socks for at least 5 days of camp, appropriate swimsuit (ex: no bikinis for girls), bath towels/wash clothes/beach towels, laundry bag, sunscreen and bug spray, flashlight, water bottle, soap/shampoo, toothpaste/toothbrush, hair brush, deodorant, hygienic supplies, pajamas, twin bed sheets/sleeping bag/blanket/pillow, stamps/envelopes/letter-writing paper, games (card games, books, etc.), and medications.

### **Please do *NOT* pack any medications in your suitcase or bag.**

Instead, seal them with camper's name and dosage instructions, in a gallon-size zip lock bag and have them with you at registration. The medical staff will need to check-in with your child about his/her medications. This includes any over-the-counter medications as well, but our Medical Center is fully stocked with pain relievers, stomach medicine, allergy medication, bug bite relief, etc.

### **What *NOT TO* bring to camp**

Electronic Games/TV, iPod/Mp3 players/CD Players/ Radio, Cell Phones, Skateboards/bikes, pets, food/drink, Knives/fireworks/firearms, tobacco products, alcoholic beverages, and illegal drugs.

### **Directions to Camp Mitchell**

**From I-40**, take Exit #108 for Arkansas Highway 9 in Morrilton. Turn south on Highway 9 and go approximately 8 miles to Highway 154 (Gas Station on corner). Turn west onto Highway 154 and travel approximately 7.5 miles to the Camp Mitchell entrance on the left.

I look forward to seeing you this summer. Please feel free to email me with any questions you may have about camp at [cmregistrar@gmail.com](mailto:cmregistrar@gmail.com) . You can also leave a message at (501)372-2437 ext. 2029 or (501)372-2168 and I will return your call.

Sincerely,  
Lou Stinnett  
Summer Camp Registrar  
Camp Mitchell