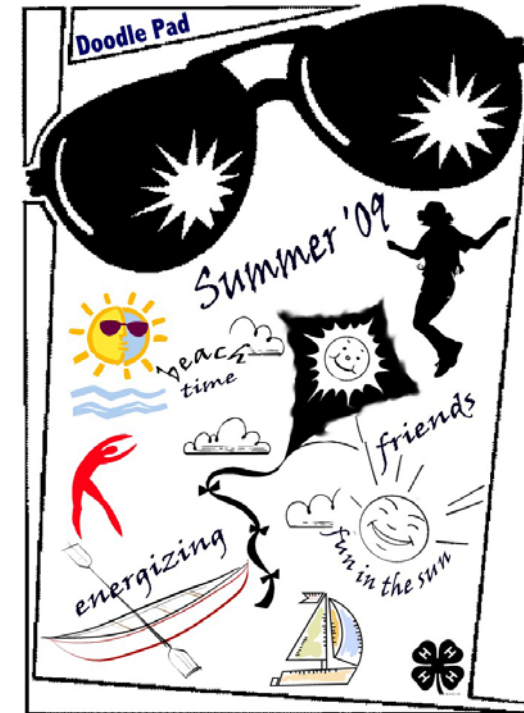


# Get Energized . . .



4-H camping programs, sponsored by the Southern Illinois 4-H Camp Association, are open to all youth, ages 8 to 19, regardless of race, color, gender, national origin, handicap, or place of residence. 4-H is the youth education program of University of Illinois Extension. If you need a reasonable accommodation to participate in this program, please contact your local Extension office before June 10, 2009.

University of Illinois/U.S. Department of Agriculture/Local Extension Councils cooperating. University of Illinois Extension provides equal opportunities in programs and employment.

**Jr. High 4-H Camp**  
June 25-27, 2009

Camp Wartburg  
Waterloo, Illinois



## Information for Parents

Camp Health personnel will be available at all times. **Please be sure an up-to-date Health/Emergency Information form is on file with the Camp Health person at 4-H Camp.** Your child will be covered by accident/illness insurance. However, pre-existing illnesses or injuries are not covered by this insurance. Instruct your child to visit with the Camp Health person if an injury, tick bite, or illness occurs while at 4-H Camp. The Camp Health person also needs to be aware if your child is taking any medication and will supervise the distribution of that medication. It is important that the camp have a record of all accidents and illnesses. This is especially important if follow-up physician visits are needed. If medical treatment is necessary while your child is at 4-H Camp, efforts will be made to contact the parents/guardians prior to treatment, when possible.

**In case of emergency, the phone number is 618/599-6510 or 618/939-7715.** Please limit calls to camp to emergencies only. The Camp Director must approve any outgoing phone calls on the camp phone. Calling cards are also not necessary, as there is not really time or facilities for their use.

Due to limited cell phone reception, campers are discouraged from bringing personal cell phones. **Please do not encourage your child to call home**, as participation in the camp program is encouraged. If there is any problem or concern about a camper's well-being (including homesickness), the camp staff will contact parents/guardians as quickly as possible.

Mail call for campers is held each day. Notes/cards may even be left with the camp staff for distribution during mail call each day.

The address for the camp is:     Camp Wartburg  
  (*Camper's Name*)  
  4-H Camp – 6/25 –27/09  
  5705 LRC Road  
  Waterloo, IL 62298

## Autographs

## Autographs

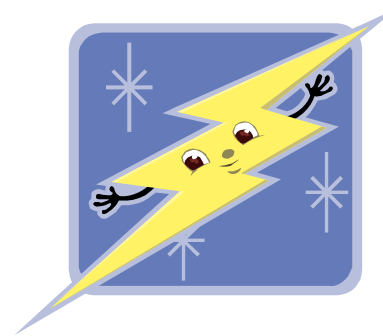
## Jr. High 4-H Camp

4-H Camp is *the* place to be for summer fun. Jr. High Camp offers just the right mix of traditional camping/outdoor activities and plenty of free time to make new friends.

Come join the fun of swimming, canoeing, hiking, fishing, and meeting up with friends. You will experience fun activities and games related energy and its uses in our lives, while having fun in the sun with friends. Get energized hands-on learning fun and physical activities! You will also have fun challenging yourself to successfully complete the high ropes course. Whether you already have experience in these areas or are a novice, you will want to come enjoy the fun with friends – new and old!

Jr. High Camp is for all southern Illinois 7<sup>th</sup> & 8<sup>th</sup> graders and their friends! You don't have to be in 4-H to attend camp.

**See you there! Don't miss out on the fun at 4-H Camp 2009!**



## Camp Code of Conduct

Southern Illinois 4-H Camp is planned, conducted, and supervised by University of Illinois Extension. All campers are responsible for their conduct to Extension personnel, camp staff, and/or 4-H volunteers supervising the camping activity. This responsibility is necessary for the health, safety, and welfare of the campers and staff, and will rigidly be adhered to and uniformly enforced.

### Specific guidelines for conduct include:

1. Campers' conduct at all times shall be appropriate to the standards and image of the 4-H Program. Participants must abide by rules and regulations of the camp staff and camp. These rules will be clearly explained the first day of camp. They include:
  - a. Be courteous and respect others.
  - b. Obey all rules set for the camp week.
  - c. Treat all people fairly and animals humanely.
  - d. Respect the property of others.
  - e. Respect the authority of camp staff.
  - f. Avoid profane and abusive language.
  - g. Show kindness to others and give assistance when needed.
  - h. Accept responsibility for your own choices.
2. Campers shall participate fully in all programs.
3. Campers shall show respect for each other, the personnel, property, and facilities used and **assume financial responsibility for any damages they cause.**
4. Campers shall be in their cabins and quiet at the time determined by camp staff. Boys are not permitted in girls' cabins, and girls are not permitted in boys' cabins at any time unless accompanied by authorized Extension/camp personnel or adult 4-H volunteers.

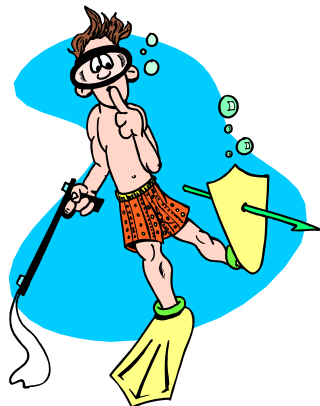
## Saturday, June 27

7:30 – 8:30 a.m.	Flag Raising & Breakfast
8:30 a.m.	Cabin Clean Up Evaluations Activity Finish up
9:30 a.m.	High Ropes
12:00 Noon	Lunch
1:00 p.m.	<b>Check- Out See You Next Year!</b>



## Friday, June 26

7:30 – 8:30 a.m.	Flag raising & Breakfast
8:30 – 9:00 a.m.	Cabin Clean-up
9:00 a.m..	High Ropes/ GPS
11:30 – 12:30 p.m.	Lunch
12:30 – 1:30 p.m.	Get Energized! Activity I
1:30 – 2:30 p.m.	Get Energized Activity II
2:45 – 4:00 p.m.	Swimming/Canoeing/Fishing/Games/Sports
4:15 – 5:15 p.m.	Get Energized Activity III
5:30 – 6:30 p.m.	Flag lowering & Dinner
6:30 – 7:30 p.m.	Get Energized Activity IV
7:30 p.m.	Prep for Dance
8:00 p.m.	Dance, Moonlight Volleyball, Cards or Board Games
10:30- 11:00 p.m.	Cabin Chats
11:00 p.m.	<b>Lights out</b>



- All medications are to be turned into the Camp Health personnel and not kept in the cabin area. **Prescription medications should arrive at camp in the original containers with the name of the camper on that container.**
- Expensive items (including CD players, computer games, iPods®, cell phones, MP3's, etc.) should not be brought to camp. The camp is not responsible for loss or damage to personal property.
- Failure to obey camp personnel may result in dismissal from camp.
- Camp fees will be paid in advance and will not be refunded if the camper returns home voluntarily or is dismissed.
- No one is to leave camp without permission of the Camp Director. Permission must be secured **before** leaving the camp.
- A part of the camp program includes cleaning and maintaining restrooms, living space, and program facilities. Each camper is expected to do his part to maintain these areas.
- The following conduct will not be allowed while at 4-H Camp and will result in dismissal from camp:**
  - Possession, use, or distribution of alcohol and other controlled substances, including tobacco products\*
  - Theft or destruction of public or private property
  - Involvement in sexual misconduct or harassment
  - Unauthorized possession or use of weapons or dangerous materials (including fireworks).
  - Fighting or other acts of violence.

\*Information about prescription drugs should be provided on health forms and turned over to the Camp Health personnel upon registration.

## What to Bring

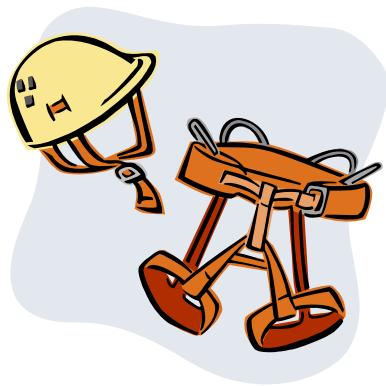
Completed/updated Health Form  
Sharpie permanent marker  
Clothes for playing & hiking  
Insect repellent  
Swimsuit  
Flashlight  
Plastic bags for wet clothes  
Alarm clock (optional)  
Canteen or water bottle

Sleeping bag/bedding  
Towels, soap & other  
personal items  
Jacket/sweatshirt  
Comfortable shoes & socks  
Container for bath items  
Camera (optional)  
Sports equipment (optional)

**Important... Label all items for identification**

**CAMP IS NOT RESPONSIBLE FOR LOSS OR DAMAGE TO ANY ITEMS.**

**Canteen/Snacks** – Each camper will be provided an afternoon and evening snack.



## Tentative Camp Schedule

### Thursday, June 25

3:00 -4:00 p.m.	Check-In and Camp Tours Settle into Cabins
4:00 – 5:30 p.m.	Get Acquainted Activities
5:30 p.m.	Flag Lowering/Dinner Orientation
7:00 p.m.	Dutch Auction & Team Building
9:00p.m.	Campfire & S'mores
10:00 p.m.	Cabin Chats
10:30 p.m.	Lights Out

