

4-H Camp

June 7-10, 2009
West Frankfort, Illinois



UNIVERSITY OF ILLINOIS
EXTENSION



4-H camping programs, sponsored by the Southern Illinois 4-H Camp Association, are open to all youth, ages 8-19, 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 1, 2009.

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



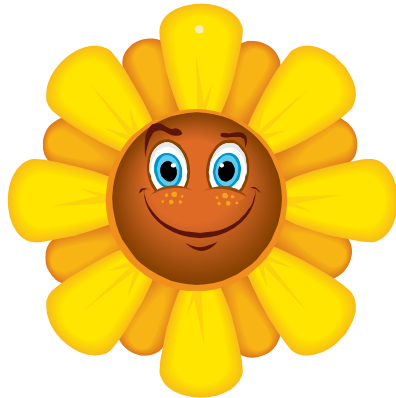
UNIVERSITY OF ILLINOIS
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Wednesday

7:30 a.m.	Meet at the Flagpole & Breakfast
8:15 a.m.	Service Project for Military Veterans
9 a.m.	Finish up previous activities
11:30am – 12:30 p.m.	Lunch
12:30-1:30 p.m.	Camp Wrap-up Evaluations
1:30 – 2:30 p.m.	Cabin and Camp Clean up
3:00 – 3:30 p.m.	Camper Pick-up

See you next year!



Welcome Campers!

4-H Camp is a different experience for each person, because so many choices are offered each day. Fun in the sun will be the focus this year, as many of our activities relate to sun, light and heat, all related to summer months. 4-H Camp packs a lot of action into 3 fun-filled days, making it a perfect summer getaway for youth.

You'll get to try all the activities 4-H Camp is known for ... things like swimming, hiking, crafts, sports, and team games. 4-H camp offers lots of fun, as you enjoy games, crafts, food, and other activities. There will be plenty of kid-approved food for meals, plus snack time in the afternoon and evening. The evenings will be filled with fun group activities, such as a dance, water games, outdoor movies and campfires. The days will go by fast.

You will also do a service project to honor our country's veterans and their service for our freedom. You will not need to bring anything for this project, as supplies will be provided.

University of Illinois Extension staff will be on hand throughout the camp sessions to help provide a quality camp experience. Campers will be supervised by both teen counselors and adult chaperons, all of whom have been properly screened.

In this booklet, you and your parents can learn what we will be doing at camp. If you have questions, please call your local University of Illinois Extension office or Melinda States at 618/242-9310. We're looking forward to a great time and we are glad you will be joining us at 4-H Camp.

Camp Registration and Check-Out

Campers should **check in at camp from 4-5 p.m. on Sunday, June 7.**

Checkout time is 3:00 – 3:30 p.m. on the last day of camp, **Wednesday, June 10.** If the parent/guardian will not be picking up the camper, a permission form to release the camper to someone else must be completed and turned in during the Camp Registration time. This form is available from your University of Illinois Extension Office and will be available at camp registration.

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.

Tuesday

7:30 a.m.	Meet at the Flagpole & Breakfast
8:30 – 9:00 a.m.	Cabin Clean-up
9:00	Heating Things Up - Activity # 2.
10:15	Shining Light - Activity # 2
11:35 – 12:30 p.m.	Lunch
12:30 – 1:00 p.m.	Daily News / Siesta
1:00 p.m.	Energy in Motion - Activity # 2
2:15 p.m.	Canteen / <i>Counselor Meeting</i>
3-5:00 p.m.	Free choice - Crafts, Swimming, Fishing, Canoeing, Rec. Shelter, Nature
5:30 p.m.	Dinner & Flag Lowering
6:30- 7:30 p.m.	Let's Get Cooking - Activity # 2
7:30 p.m.	Back to cabins - Prep for dance
8 p.m.	Dance, Movie, Cards or Board Games
9:45 p.m.	Back to cabins – Cabin meetings
10:15 p.m.	Lights out



Monday

7:30 a.m.	Meet at the Flagpole & Breakfast
8:30 – 9:00 a.m.	Cabin Clean-up
9 a.m.	Heating Things Up - Activity # 1
10:15 a.m.	Shining Light - Activity # 1
11:35 – 12:30 p.m.	Lunch
12:30 – 1:00 p.m.	Daily News / Siesta
1:00 p.m.	Energy in Motion - Activity # 1
2:15 p.m.	Canteen - <i>Counselor Meeting</i>
3-5:00 p.m.	Free choice -Crafts, Swimming, Fishing, Canoeing, Rec. Shelter, Nature
5:30 p.m.	Dinner & Flag Lowering
6:30 – 7:30 p.m.	Let's Get Cooking - Activity # 1
7:30– 9:00 p.m.	Evening Program
9 p.m.	Campfire
9:45 p.m.	Back to cabins – Cabin meetings
10:15 p.m.	Lights out



5. 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.**
6. Expensive items (including CD players, computer games, iPods®, cell phones, etc.) should not be brought to camp. The camp is not responsible for loss or damage to personal property.
7. Failure to obey camp personnel may result in dismissal from camp.
9. Camp fees must be paid when registering and will not be refunded if the camper returns home voluntarily or is dismissed.
10. No one is to leave camp without permission of the Camp Director. Permission must be secured **before** leaving the camp.
11. 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.
12. **The following conduct will not be allowed while at 4-H Camp and will result in dismissal from camp:**
 - a. Possession, use, or distribution of alcohol and other controlled substances, including tobacco products*
 - b. Theft or destruction of public or private property
 - c. Involvement in sexual misconduct or harassment
 - d. Unauthorized possession or use of weapons or dangerous materials (including fireworks).
 - e. 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
Towels, soap & other personal items
Insect repellent
Swimsuit
Flashlight
Plastic bags for wet clothes
Alarm clock (optional)
Canteen or water bottle
Sturdy shoes

Sleeping bag/bedding
Clothes for playing
Jacket/sweatshirt
Comfortable shoes & socks
Container for bath items
Camera (optional)
Sports equipment (optional)
Sharpie permanent marker

Important... Label all items for identification

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

Crafts – Craft projects will be available to campers at no additional cost.

Canteen/Snacks – Each camper will receive a \$5 non-refundable canteen credit at registration.



Camp Service Project for US Military Veterans

The 4-H Camp service project this year will be making favors for US Military Veterans in honor of their service to our country.

Supplies will be provided for the campers to complete this activity.

Camp Schedule

Sunday

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| 4-5 p.m. | Registration
Camp tours & settle into cabins |
| 5-6 p.m. | Swim Tests, Volleyball game, Frisbee, Wiffle Ball, Camp tours |
| 6 p.m. | Flag Lowering Ceremony – Orientation
Dinner |
| 7:00 p.m. | Bon Voyage
Good-byes to parents concluded
Prepare for evening activity |
| 7:30 p.m. | Dutch Auction in the Rec. Shelter
Mixers and Camp Songs |
| 9:30 p.m. | Back to cabins - cabin meetings |
| 10:00 p.m. | Lights Out |

Family members may participate in the pre-dinner activities and enjoy a picnic meal with the campers for an additional cost of **\$3 per person** (payable at camp check-in). **Please complete a reservation form available at your local University of Illinois Extension office by May 29.**

