

Bring a Friend!

Summer Camp can be the best part of anyone's summer! Bring a friend to share those good times and request the same cabin!! For referring 10 friends, you can come to camp for a week FOR FREE! If you refer 5 friends, you can receive 50% off one week of camp! See our website for more details.

Call for details: 214-319-9944
cgs@ymcadallas.org

Fourth of July Family Camping

Camp brings families together! The week surrounding the 4th of July is a special Family Camp.

A spectacular fireworks display over Hell's Gate celebrate the 4th of July. Fireworks are on July 4th.

Cabins: All cabins are equipped with air conditioning, individual restrooms and private showers. Main cabins have a private activity room and accommodate 16 people. Ray Bean cabins sleep 10 and have individual kitchenettes.

Contact: D.Kasper (214)-628-9055
dkasper@ymcadallas.org

www.campgradyspruce.org



**CAMP
GRADY
SPRUCE**



SUMMER CAMP PARENT HANDBOOK 2016

Call Us: 214.319.9944
Email Us: cgs@ymcadallas.org
Learn more: www.CampGradySpruce.org

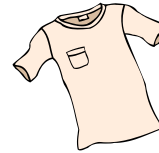
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N. Store & Bank

Store:

Each day there is an opportunity for campers to purchase snacks and items from the camp store, including items such as:



- Sports Drinks
- Small Sodas
- Snacks
- Postcards/Stationary/Stamps
- Some toiletry articles
- Flashlights
- Souvenirs
- T-shirts
- Ice Cream
- Hats
- Sun Glasses
- Cameras
- Sweatshirts

When your child's account gets low, we will give you a call. You can add money any time throughout the week by calling our Dallas Business Office at 214.319.9944 or lcue-to@ymcadallas.org. We will not deny snacks for your child unless you have specifically requested.

On the first day of camp, all of the camper's spending money is deposited in a personal account. When campers purchase items, their camp account is debited for that amount. For any balance above \$5.01, refunds will be issued via check to the home address 7—10 days after camp, unless you choose to donate the remaining funds to the CGS Scholarship fund.

Account balances less than \$5.00 will be donated to the camper scholarship fund. To add money to your camper's account DURING the camp session, please contact our Dallas Business Office: 214-319-9944.

Note: We do not accept cash or checks, so please have a credit card ready when you're ready to deposit store money.

L. Health Information

The health and well-being of your child is our biggest priority. All activities, meals, leisure time and camping experiences are first designed with a foundation of safety. Emergency personnel are available at each camp site.

At Check-In

- Please bring: a) Completed Health History Forms, b) Camper Confidential, c) Camper Physical (signed by medical professional), d) Required Insurance form and e) Copy of insurance card FRONT and BACK. **NO FORMS WILL BE ACCEPTED BY FAX.** State Law requires a Health Form on file before campers can be accepted to camp.
- ALL medications should be in a large zip-lock bag labeled with camper name. Dosage directions **MUST** be in original containers. This is for prescriptions and over-the-counter meds.
- Each camper will be checked for head lice. Any camper that has evidence of lice will need further treatment immediately. Parents are responsible for securing treatment. Upon completion of treatment, the camper may return with the director's discretion.
- Camp health personnel review the health form of each camper. If a child has specific needs, he/she will be instructed as to what time to come to the clinic throughout the day.
- In case of a medical emergency, parents are notified prior to a doctor or hospital visit. If you cannot be reached, we will attend to your child and continue trying to reach you and/or the emergency contacts provided.
- Please remember that medical treatments provided by the doctor, hospital or pharmacy are not included in the fee.

M. Lost and Found

Marking all of your camper's personal belongings is imperative. Camp will make all attempts to identify lost items. A lost and found table will be set up on Closing Day and at of each session in the dining hall/Buses. Please check to see if you can identify any lost items as belonging to your child.

All unclaimed items will be sent to our Dallas Business office at the end of Summer. Please contact the Director if you have questions. All unclaimed items will be donated to local charity on September 1st.

WELCOME TO THE CAMP FAMILY!

We're so excited you've registered for Overnight Camp &
CAN'T WAIT TO SEE YOU!

If you have any questions before camp, don't
hesitate to give us a call at 214.319.9944 or
send us an email at cgs@ymcadallas.org

Our values embrace the universal truths inherent in
loving relationships with others:

Honesty, Caring, Respect & Responsibility

Our Mission

Camp Grady Spruce exists to deliver exceptional outdoor programs that inspire, build and strengthen relationships with God, His creation and each other.

II. Contact Information

YMCA Camp Grady Spruce
 Phone Number: (214) 319-9944
 Toll Free: (877) 656-CAMP
 Emergency/After Hours: 940-682-6004

Camp Directors:

Summer Camp Director (214) 319-9944
 Nevin McCoy cmccoy@ymcadallas.org

Operations Director (214) 319-9944
 Dean Cowser dcowser@ymcadallas.org

Executive Director: (214) 319-9944
 Mary Helen Franko mfranko@ymcadallas.org

*Our Camp Staff may not contact your home or child by phone, mail or electronically for any reason besides YMCA camp business. If you discover communication even if it seems harmless, please contact us as soon as possible. If you would like to send the staff member a letter, please send it in care of YMCA Camp Grady Spruce.

K. Description of the Camp Sites

Boys Camp Cabins

- Boys ages 7 - 16
- The cabins have waterfront locations with air conditioning and individual bathrooms and showers
- Climate-controlled dining hall that has a friendly and welcoming feel.



Girls Camp Cabins

- Girls ages 7 - 16

The cabins have waterfront locations with air conditioning and individual bathrooms and showers

Climate—controlled dining hall that has a friendly and welcoming feel.

H. Writing Letters to Campers

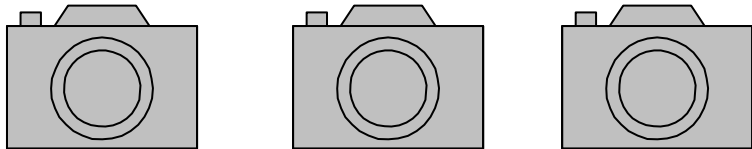
Did you forget to write a letter to your camper?

- Include the camper's full name and the camp they are attending. Incomplete names cannot be delivered.

I. Photos and E-mail on Bunk1.com

You may register to email your camper by visiting our website: www.campgradyspruce.org. Click on the "BUNK1" link on our home page. All emails to campers should go through this Bunk One link. E-mails are purchased in a minimum packet of five.

Pictures may be viewed at no charge by using the access code found on the Bunk One insert of the Parent Packet. We make every effort to include each child at least once a week in our pictures! If you have questions or haven't seen photos of your child, for best service, contact cgs@ymcadallas.org



J. Birthdays at Camp?

Camp is an excellent place to celebrate a birthday! We will make it unforgettable! You may send a birthday "party in a box" to your child's site director upon check in. (Do not give to cabin counselor) You may include food items for this occasion. Please make sure to include enough for all cabin/tent mates. We will do our best to make it a special day!!

III. Packing List & Suggested Items

BE SURE TO MARK ALL ITEMS WITH CAMPER NAME!

Clothes:

- Sandals with secure backs or Water Shoes (Required)**
- Tennis/ Closed toe shoes
- Pajamas
- Socks
- 2 Bathing Suits
- T Shirts *
- Jeans and closed-toe shoes: required for horses
- Underwear/socks
- Windbreaker/ light jacket
- Hat/ Cap *
- Shorts *
- White T-shirt for tie-dye

Canoeing and Sailing Activities Require shoes

Bedding:

- 1 set of twin sheets
- Blanket
- Sleeping bag (required)
- Pillow

Toiletries:

- Sunscreen*
- Lip Balm
- 2 Towels
- Shampoo/ Soap
- Toothbrush*/ toothpaste
- Comb/ Brush

Other:

- Durable Water bottle*
- Flashlight*/ batteries*
- Sunglasses*
- Stationary*/ stamps*
- Disposable Camera*
- Rubbermaid tubs with clothes packed in Ziploc bags are the safest option.
- Paperbacks/ playing cards*

Items to Leave at Home:

- Food or Candy
- Electronics: Cell Phones, Video Games, Digital & Video Cameras, IPODS, CDs/ Tapes/DVD's/
- Jewelry/ Valuables
- Anything that you or the camper would be upset if it became: scratched, stained, battered, broken, lost or became unrecognizable.

If a camper brings the following items, the camper may be sent home and no refund will be given:

- Tobacco products
- Alcohol and Drugs
- Knives
- Fireworks
- Firearms/Weapons
- Pets

*Sold in Camp Store-See page for other items sold in store.

IV. Transportation

A. Traveling by Bus

- If you will be needing bus transportation, Please call in advance through our Dallas Business Office. 214-319-9944.
- Location: Daniel Ave located at the NORTH side of Burleson Park on the SMU Campus. Location is for pick-up and drop-off.

Parent Packet for a Map & Directions.

- Departure (drop-off): Sunday, the buses leave promptly at 1:00 PM. Please make sure that your child and all of his/her camp gear are at the bus-loading site by 11:45 AM. Check in will begin at noon.
- Arrival (pick-up): Saturday, bus returns approx. 11:00AM
- Bus: Chartered and air-conditioned
- Please stay with your camper until the buses leave. This helps provide support to your child when he/she might be feeling anxious about a new experience.

TIP: Provide a lunch prior to your camper's departure.

B. Traveling by Car

- Arrival Time (drop-off): The gates to camp will open Sunday (or first day of camp) by 3:00 PM sharp. Unfortunately campers may not be dropped off prior to 3:00pm.
- Departure Time (pick-up): Please join us for a celebration of the week including: a talk from the director, an honoring of your child's achievements at camp and more! Ceremony begins at 9:15 AM in the camp dining hall, feel free to arrive any time prior.
- Please leave pets at home.
- By car, camp is about 2 hours west of Dallas, 1-1/2 hours east of Abilene, or 1-1/2 hours south of Wichita Falls. Please refer to the directions on the next page, or on the website.

C. Commercial Flights

- Sunday Arrival Time: Flights should arrive in Dallas between 9:00 am and 11:00am
- Saturday Departure Time: flights should be scheduled between 2:00 and 5:00 pm. These procedures should be followed in order for us to provide this service. Plan well in advance & fill out the transportation form and return it to the Camp Office. If you need assistance please contact us at 214-319-9944. Please advise us of your camper's flight plans no later than the Monday prior to the start of your camper's session.

G. Mail to a campers

Whether it is your child's first or tenth summer at camp, mail is an important part of every camper's day! Here are some hints to make corresponding with your child more successful. Please see page 5 for how to address you letter to ensure it is received by your child.

Mail Do's:

Send frequent letters; they don't have to be long. Postcards are great, but not if you are going on vacation without them.

- Be creative
- Allow a 4 to 5 day delivery time from Dallas.
- Send favorite comic strips, stickers, jokes, etc...
- Send a letter before your camper leaves for camp to make sure it arrives for the first day.
- Provide your child with self addressed, pre-stamped envelopes for sending letters home.

You may also leave a packet of letters with the camp staff to be given out in the mail every day of camp.

Mail Don'ts

- Do not send any overnight or Fed-Ex packages to arrive on a Friday during a one week or at the end of a 2 week session.
- Do not mail liquids (water, soda) or food. These usually get destroyed during shipment and it ruins the entire package.
- Sad news or items that may cause homesickness should not be included in mail campers.

Care Packages:

Camp Grady Spruce has a policy that food/candy care packages will not be allowed due to health and cleanliness considerations. Food in the cabins and tents invite ants, skunks and raccoons. Any food or candy will be confiscated and disposed of at the discretion of the Camp Director. Non-food care packages are welcomed and encouraged. The SUMMER CAMP PAGE on our website posts a list of companies that provide non-food care packages.

Please use the following style to send mail to your children:

Style:

Example

Child's Name	<i>Jane Doe</i>
Camp Name & Theme	<i>Ray Bean—Theme Wk</i>
3000 Park Road 36	<i>3000 Park Road 36</i>
Graford, Texas 76449	<i>Graford, Texas 76449</i>

E. Swim Check

Camp Grady Spruce has many activities that occur in the lake in addition to swimming. Campers who do not want to wear a life-jacket in the swim area are required to pass the swim test. The swim check consists of treading water for 2 minutes followed by swimming 4 lengths (25 feet) of the swim area. If a camper does not pass their swim test they will be given an additional opportunity to pass. All swimming takes place under the constant supervision of certified YMCA lifeguards. Lifejackets are available for all, and required for all water activities outside of the swim area.

** If you are concerned about your child's swimming abilities, you may want to enroll them in swim lessons prior to your camper attending camp. Campers who don't pass the swim check can still do water activities but will be required to wear a lifejacket in the swim area. Please inform your child about the difference between swimming in a lake and pool.

F. Camper Behavior Policy

Admission as a Camp Grady Spruce camper carries many privileges and responsibilities. We expect campers to participate in the total life of camp and to co-exist in a cooperative spirit. Camp Grady Spruce reserves the right to warn, suspend or dismiss any program participant from our programs and facilities without a refund upon the following conditions:

- Campers found with tobacco, alcohol, illegal drugs, or weapons will be immediately dismissed without a refund.
- Should a behavior or discipline problem affect our work with other campers, or their enjoyment of Camp Grady Spruce, we reserve the right to dismiss those campers responsible without a refund.
- If a camper's behavior poses a threat to his/herself or others.
- If their behavior is determined to be inappropriate within the scope and spirit of YMCA values and mission statement.
- Part of the resident camp experience is adjusting to new situations and people. Some children make the transition quickly; others more slowly. If home- sickness continues, we will call parents to discuss the situation. However, most homesick cases occur during "down" time such as meals and rest hour and they usually adjust within the first two days.

V. Directions to Camp

Camp street addresses:

Main/Ray Bean:
3000 Park Road 36 Graford, TX 76449

GPS Coordinates

Main/Ray Bean: 32.862178, -98.480802

Please follow these directions: Most mapping programs are not 100% accurate.

From Dallas—Approximately 120 Miles

1. Take I-30 West
2. Merge onto I-20 West
3. Take (Exit 414) US-180 W toward Weatherford/ Mineral Wells. Follow for 28 miles. *Mineral wells is the last stop for food until the lake.
4. Turn RIGHT onto Hwy 337. Follow for 11 miles.
5. Turn LEFT onto Hwy 254. Follow for 8 miles.
6. Veer LEFT onto Hwy 16 South. Follow for 2 miles.
7. Turn RIGHT Park Road 36. Straight through the 4-way stop.
8. Park Road 36 splits after approximately 4 miles:
Veer left for Main and Ray Bean which will be to your left at the end of Park Road 36.

See you at camp!

Please call us with any questions: 214-628-9055

VI. Camp Schedules

A. Opening Day (Sunday)* except Week 4, July 6

Gates open by 3:00 PM. Check-in at Dining Hall.

- Please have completed forms/ credit cards for store
- Mail (for your camper)
- Lice check
- Temperature taken and turn in medications
- Cabin/tent assignment
- Meet counselor
- Campers move into their tent/cabin.
- Thanks Mom and Dad, we'll take it from here!

4:30 pm	Swim Check Meet your bunk-mates Camp Tours
6:00pm	Dinner
7:30pm	Evening Program
9:00pm	To cabins/tents for showers & evening devotion

B. Closing Day (Saturday) * except week 3, July 1

9:00am	Arrive at Camp
9:15am	Parent Show/Closing Ceremony

*Please take the opportunity after the ceremony to meet staff, counselors, and have your camper give you a tour of camp, stay for camp activities and lunch!

10:00 am - 1:00pm Session Ends

** Sign-up for next summer **

Reserve your spot for Summer 2017 (at our EARLY BIRD rate!).

VIII. Parent Information

A. Phone Calls



In our camp community, we believe that campers need an opportunity to gain independence under the supervision of our counselors. In addition, because of the nature of camp and activities, it is not possible for phones to be available for campers. In the event of an emergency at camp, staff will call the persons identified on the camper application. If there is an emergency at home or special circumstances, please contact the camp director to work out the best way to communicate with the camper.

B. Visits

We encourage parents to visit camp only on the closing day of the session. A visit during the session can awaken homesickness in your child or in one of his/her bunk mates. Unscheduled visits also disrupt the carefully planned activity schedule. All visitors must be cleared in advance & go directly to the office.

C. Closing Day

If you choose to pick up your camper at camp, please plan to arrive at Camp at 9:00 am. Parent Show starts promptly at 9:15 AM in the dining hall. Camp Staff will be there to meet you. Please join us for a celebration of the week including: a talk from the director, video of the week and an honoring of your child's achievements at camp. Coffee and light refreshments, & lunch provided. Please be prompt.

While at camp, please check to insure all personal belongings are packed to go home. Campers riding the bus home from camp will depart camp at approximately 9:00 am arriving back in Dallas at SMU at approximately 11:00 am.

D. Safety

Camp Grady Spruce is accredited by the American Camp Association. We have an overall staff-to-camper ratio of 1 to 8. Through a 2 week pre-camp training, we emphasize managing risk and practice safety/emergency procedures. YMCA lifeguards supervise all waterfront activities. The clinic at each camp is staffed 24 hours a day by trained emergency medical personnel. A qualified EMS team is minutes away from each campsite. Palo Pinto General Hospital is in Mineral Wells, 30 mins. from camp.

E. Year-Round Programs

More than just a summer camp! Camp goes all year long! Camp Grady Spruce also offers Weekend Family/Group Camping opportunities and has an amazing Outdoor Education program!

Weekend Family/Group Cabin Rentals:

Anyone is welcome to rent a lodge-style cabin. Cabins are available from the 2nd week of August through the end of May. Plan to hike, canoe, fish, barge, etc. We provide custom camping/conference opportunities for Church Retreats, Family Campouts, Reunions, Youth Groups and Field Trips. Bring the whole family, each cabin sleeps at least 10. Call us to reserve your cabin today!

Outdoor Education:

Tell me, and I may remember.
Show me, and I may forget.
But, involve me, and I will understand.

Bring your school to camp! See science in action! The OE Program operates during the school year and is available to fifth and sixth grade students. The natural world is our classroom! Students have the opportunity to learn while exploring trails, hiking Johnson's Peak, canoeing, fishing, orienteering and boating to Devil's Island. The OE program at Camp Grady Spruce is devoted to helping teachers educate students about the interrelationship and interdependence between man and the environment.

Local YMCA Branches

Want to stay active and engage in community year-round? Check out a YMCA of Metropolitan Dallas branch near you! www.dallasymca.org

C. Daily Schedule

7:00 am Wake Up/Unit Duties

7:20 am Chapel

7:50 am Flag

8:00 am Breakfast

9:00 am - 12:15 pm Activities

12 pm Lunch

12:30 pm Rest Period

1:30-3:30 pm Free Swim/
Store

3:45 pm-4:45 pm Activities

D. Summer 2016 Themes

Sun, June 12 - Sat, June 18

Sun, June 19 - Sat, June 25

Sun, June 26 - Fri, July 1

Wed, July 6 - Sat, July 9

Sun, July 10 - Sat, July 16

Sun, July 17 - Sat, July 23

Sun, July 24- Sat, July 30

Sun, July 31 - Sat, August 6

5:00 pm Dinner

5:30-6:30 pm Free Choice

6:30-7:30 pm Evening
Program

7:30-8:30 pm Teen Store/
Younger Kids Snack

8:45 pm Green Trees/Flag

9:00 Showers

10:00 pm Devotions

10:30 pm Lights Out

*Daily schedule varies.

Zombie Camp/BRT

Color Wars/ Palo Duro

Island Paradise /BRT

Co-ed

Holiday Party/No Mad

Co-ed

Wild West No Mad

Olympic Games/BRT

Undercover Agent /Palo
Duro

Co-ed

Camp Homecoming /BRT

Co-ed

VII. Programs

A. Activities

Under the careful supervision of trained instructors, each activity provides a safe and fun experience designed to increase physical skills and give campers a feeling of accomplishment. Activities may be experienced as a cabin group or during individual choice time. Campers will select 2 activities in which to develop skills for the week.

Our activities may include but are not limited to the following:

- | | |
|---|--|
| <input type="checkbox"/> Waterskiing/Wakeboarding | <input type="checkbox"/> Swimming & Blobbing |
| <input type="checkbox"/> Horseback Riding | <input type="checkbox"/> Challenge Course |
| <input type="checkbox"/> Sailing | <input type="checkbox"/> Archery / Riflery |
| <input type="checkbox"/> Canoeing | <input type="checkbox"/> Arts and Crafts |
| <input type="checkbox"/> Hiking | <input type="checkbox"/> Overnight Campouts |
| <input type="checkbox"/> Campfires | |

*All campers have the opportunity to sample these activities, and choose 2 as their focus for the week.

B. CIT

Counselor-in-training (CIT): This is a job training program for campers who are 15-16 yrs old or entering 10th & 11th grade. Take the first step in becoming a counselor! This three week program helps to develop activity skills, leadership training as well as supervised work with younger campers. CIT's will shadow counselors and staff at Boys or Girls Camps. Working at camp has often been recognized by alumni and their employers as the reason for CIT/JC/Senior Staff Success in future "real world" jobs.

Junior Counselor (JC): A program for teens who are at least 16-17 by June 1st and/or have been through the CIT program. JCs receive on-the-job training for future camp leadership positions. This is a PAID staff position. An application and an interview are required.

C. Spiritual Programs

Development of healthy spirit, mind, and body: As stated in the YMCA mission statement (see Page 4), an experience at camp supports the development of the total person. We provide a simple framework for spiritual growth that includes daily non-denominational chapel, grace at meals, and daily opportunities for quiet personal reflection. Topics for devotionals may include reflections on values of the YMCA values, the events of the day and goal setting for the following adventures.

YMCA Leather, Journey Beads and Ragger Programs:

These programs provide optional opportunities for boys and girls, age nine and older to explore values and beliefs, set personal goals, and strengthen their personal faith. Campers identify personal goals with a counselor, and work on meeting those goals through positive personal growth and change.

D. Specialties: Additional time & focused instruction

Equestrian: \$225/wk

Offered each week for boys & girls ages 10 -16 yr olds. Campers should bring several pair of long pants and boots!

Watersports: \$225/wk

Offered every week for boys & girls ages 10-16 yr olds. Campers will set goals for the week in skiing, knee-boarding, or wake-boarding or barefoot.

Sailing: \$225/wk

Offered every week for boys & girls ages 10-16 yr olds. Working toward ability to independently sail a day sailor and ultimately the catamaran!

Palo Duro Trip: \$225/wk

Offered ONLY for Teens during Color Wars and Undercover Agent

NoMads: Free

Offered ONLY for Teens during Holiday Party and Wild West

Brazos River Trip: Free

Offered for teens ONLY. An overnight canoe trip down the Brazos River from point to point for a sleep-over out under the stars (as weather & water level permits). It is offered during Zombie Camp, Island Paradise, Olympic Games, and Camp Homecoming.