



S.H.A.R.E.-The Camp Experience

Leader's Guide

2017

Guide Contents

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Welcome to the S.H.A.R.E. – the Camp Experience Program

Retreats are a great way to enhance your group's togetherness. We want our groups to be able to share a camp experience that both accomplishes your goals and brings participants together. Our S.H.A.R.E. – the Camp Experience program offers an opportunity for groups of all types to plan a customized retreat experience to fit their specific needs. We know that every group that comes through camp is unique; and we want our program to reflect those diverse characteristics of each of our groups.

Skills in the Outdoors – Campers will experience and explore the outdoors with our traditional camp activities.

High Adventure Opportunities – Campers will challenge themselves, expand their comfort zones, and build confidence during our high adventure activities.

Achieving Group Togetherness - Our teambuilding activities help groups achieve leadership, cooperative, and problem solving skills.

Recreational Group Fun - Camp provides many recreational games & team sports to enjoy with your group.

Exciting Electives – Camp offers a number of activities that will allow your group to experience specific interests including arts & crafts, nature, and recreational choices.

With the variety of experiences and activities we offer through the S.H.A.R.E. – the Camp Experience program, you can build your own schedule to achieve your group's team goals or to just have fun with some of our traditional camp activities-without the hassles of leading the activities yourself. As one group leader said, *"I can enjoy being with my girls instead of worrying about cooking, cleaning and programming. Your camp staff takes care of everything."*

The following pages contain information for group leaders. You are encouraged to duplicate and distribute any forms found within. Enjoy looking over the planning guide and if we may be of further assistance, please do not hesitate to contact us. We look forward to enjoying your group's presence at camp. Please take your time to look over the following information.

Sincerely,

Zach McMurray
Group Retreats Manager

YMCA Camping

Camp Copneconic has been serving youth and families since 1915. Our longevity and success are due to mission driven programs. This mission has remained unchanged over the years: to put Christian principles into practice through programs that build a healthy spirit, mind, and body for all.

As we strive to accomplish our goals, we are guided by the values of caring, honesty, respect, and responsibility. We recognize and support the YMCA of USA mission: "We build strong kids, strong families, and strong communities."

Our Promise

To ensure a safe, enjoyable weekend for all through our quality programming taught by friendly and professional staff-creating life long memories for kids, families, and communities.

S.H.A.R.E. – the Camp Experience Program Areas

To help you with selecting the right combination of activities for your group, we have created six program areas. You may choose activities from any combination of these areas.

Skills in the Outdoors – Campers will experience and explore the outdoors with our traditional camp activities.

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Leader's Checklist

Please use the following checklist to prepare for your visit to camp.

- Activity Selections** – Please fill out the activity selection form from this guide & fax it to Zach McMurray, or fill it out online from our website. This will be due **two weeks** prior to your visit. Activity requests are accommodated on a first-come, first-serve basis.
- Group Detail Forms** – Along with the activity selection forms, please return a completed group detail form. This will allow us to plan appropriately for any dietary concerns or allergies during your stay.
- Cabin Assignments** – If you have a large group and/or multiple cabins, please assign cabins based on what is listed on your contract. We strongly recommend assigning at least one adult to each cabin for supervision. Groups are required to fill 75% of their bed space. *Cabin layouts and a camp map are included in this guide to assist in this process.*
- Check In** – Regular check in lasts from 6pm-7pm on Friday Evening, with a mandatory camp orientation beginning at 7:15. Leaders will need to check in at the Welcome Center during that time to receive their weekend packets and any additional information that may need to be passed on. *If you are checking in at a different time or on Saturday, please contact Zach for an alternate location.*
- Outside Foods** – **NO OUTSIDE FOODS ARE PERMITTED ON SITE** (including inside the Dining Hall, individual cabins, and program spaces). We are a peanut-free facility and often have severe allergies to peanuts or other foods on camp. Meals and snacks will be provided by camp. Anything brought in from outside of camp, ***MUST*** be pre-approved by camp staff.
- Medications & First Aid** – **Each group is responsible for all the administration of medicine and first aid. We advise each group to bring first aid kits. Camp will not provide first aid or distribute medications.**
- Payment** – We will be asking for a final count on Saturday evening after dinner. This will be handled in the Welcome Center. Full payment is expected at this time and booking for next year is handled then too.
- Questions or Concerns** – If at any time you need help, please contact Zach McMurray and he will be more than happy to answer any questions.

S.H.A.R.E. – the Camp Experience Program

Sample Schedule

Friday

6 -7pm	Check In – Welcome Center
7:45	Camp Orientation – Main Lodge
8:00	Evening Activity
9:00	Snack
9:30	Head to Cabins
11:00	Lights Out / Quiet Hours

Saturday

8:15	Breakfast
9:15	Activity 1
10:15	Break
10:30	Activity 2
11:30	Lunch
12:30	Activity 3
1:30	Activity 4
2:30	Break
2:45	Activity 5
3:45	Break
4:00	Activity 6
5:00	Break
5:30	Dinner
6:30	Camp Store Open / Balances Due
7:30	Evening Activity
8:30	Snack
9:00	Head to Cabins
11:00	Lights Out / Quiet Hours

Sunday

8:00	Breakfast
9:00	Pack Up and Clean Cabins
11-11:30	Departure

Camp Copneconic Group Detail Form

Dates Attending:

Group :		Group Contact:
# of Kids:	# of Adults:	Phone Number:

Please fill out the following information, so that our food service staff can best accommodate any dietary restrictions or concerns your group may have. **This information is needed at least 2 weeks prior to your visit.** Please fax this form to Zach McMurray at 810-629-2128. Thank You!

Dietary Concerns/Restrictions

Allergy/Restriction	#	Please note any specific details here
Vegetarians		
Peanut Allergies		
Gluten Free		
Other		
Other		
Other		
Other		
Other		

If you or a parent would like to speak directly with the Food Service Director about a specific concern you may contact Karen at (810) 629-1206.

Celebrating a Birthday at Camp?

Name	Day	Age

Please Remember: No Outside Foods Permitted**

We are a peanut-free facility and often have **severe** allergies to peanuts and other foods on camp.

***Unless pre-approved by camp staff*

S.H.A.R.E. – the Camp Experience

Activity Selection Form

Dates Attending:

Group :		Group Contact:
# of Kids:	# of Adults:	Phone Number:
Camper Ages:		Email Address:

Please indicate the six-S.H.A.R.E. activities (in any combination) your group would like and one evening activity for each night your group is at camp. Please fax this form to Zach McMurray at 810-629-2128. Thank You!

Skills in the Outdoors

- | | | |
|---|--|---|
| <input type="checkbox"/> Firequest | <input type="checkbox"/> Canoeing | <input type="checkbox"/> Fishing |
| <input type="checkbox"/> Outdoor Cuisine | <input type="checkbox"/> Kayaking <i>(recommended 10+)</i> | <input type="checkbox"/> Orienteering <i>(recommended 8+)</i> |
| <input type="checkbox"/> Shelter Building | <input type="checkbox"/> Tandem Kayaking | |
| <input type="checkbox"/> Archery | <i>(recommended 10+ or w/adult)</i> | |

High Adventure Opportunities *Additional fees apply (per person)

- Tree Top Challenge High Ropes Course – 2 hr. activity *\$10.00 (ages 10+)
- Copneconic Summit Climbing Wall - 2 hr. activity *10.00
- Giant Swing *\$5.00 (ages 10+)
- Creek Freak Zip Line *\$5.00 (ages 8+)
- Zoom Toss Zip Line *\$5.00 (ages 8-15, maximum weight-175lbs.)
- Tower Zip Line *\$5.00 (ages 12+) – 1 hr activity for up to 10 participants

Achieving Group Togetherness

- | | | |
|--|---|---|
| <input type="checkbox"/> Group Ice Breakers | <input type="checkbox"/> Teambuilding Initiatives | <input type="checkbox"/> Eggbert |
| <input type="checkbox"/> Triple C Challenge Course
<i>(1 hr/2 hr options)</i> | <input type="checkbox"/> Creature | <input type="checkbox"/> Bridging the Gap |
| | <input type="checkbox"/> Treasure Hunters | |

Recreational Group Fun

- | | | |
|---|---|--|
| <input type="checkbox"/> Gaga | <input type="checkbox"/> Capture the Flag | <input type="checkbox"/> Broomball <i>(Winter only)</i> |
| <input type="checkbox"/> Dodgebee | <input type="checkbox"/> Games Galore | <input type="checkbox"/> Leisure Time – Basketball, Court Sports, Gaga, Tetherball |
| <input type="checkbox"/> Human Foosball | <input type="checkbox"/> Kickball | |
| <input type="checkbox"/> Ultimate Frisbee | | |

Exciting Electives

- | | | |
|---|--|---|
| <input type="checkbox"/> Mountain Biking | <input type="checkbox"/> Horse Sense | <input type="checkbox"/> Metal Embossing/Punching |
| <input type="checkbox"/> Disc Golf | <input type="checkbox"/> Dude Ranchers | <input type="checkbox"/> Candle Making |
| <input type="checkbox"/> Reptile House | <input type="checkbox"/> Corn Husk Dolls | <input type="checkbox"/> Tobogganing |
| <input type="checkbox"/> Nuts about Nature Hike | <input type="checkbox"/> Extreme Water Rockets | <input type="checkbox"/> Cross Country Skiing |
| <input type="checkbox"/> Dig It | <input type="checkbox"/> Tie-Dye & Shrinky Dinks | <input type="checkbox"/> Ice Skating |
| <input type="checkbox"/> Predator/Prey | <input type="checkbox"/> Dream catchers | <input type="checkbox"/> Ice Fishing |

Evening Activities (1 for each night)

Fri /Sat

- Native Skies
- Night Hike
- Minute to Win It

Fri /Sat

- Copneconic Disco Fever
- Dutch Auction
- Songfest

Fri /Sat

- Skit Night
- Campfire

S.H.A.R.E. – the Camp Experience Program

Activity Descriptions

Skills in the Outdoors

Archery

From Ancient Asia to Medieval Europe and Early America the bow was a vital part of life. Copneconic's version sees archers learn the basics of the sport, receive a brief lesson and then partake in some friendly competition.

Seasonal Availability: Fall and Spring
Activity Length: Single

Canoeing

Like the early Americans of the past, Campers embark on a journey around Lake Copneconic. After a short lesson on paddling and canoe safety, campers will head out for a canoeing expedition. *Severe weather restrictions may apply.*

Seasonal Availability: Fall and Spring (Water-Temperature Dependent)
Activity Length: Single

Firequest

Fundamentals of fire building, fire use and fire safety are taught in this enjoyable class. Campers will learn the basics of fire building and then will be put to the test. Split into small teams, each group must gather wood, build and light a fire large enough to cook s'mores.

Seasonal Availability: All seasons
Activity Length: Single

Fishing

This exciting class gives campers an opportunity to try their hand at some great fishing at Lake Copneconic. Campers will head out on our fishing dock with a life jacket, a fishing pole, and some worms in search of "Big Charlie" the Large Mouth Bass!

Seasonal Availability: Late Spring and Fall
Activity Length: Single

Kayaking

Campers will leave Camp Copneconic and experience a "Kayak Attack" wanting to experience more and more kayaking. The kayak is a lot of fun and each camper will paddle their own watercraft giving them a great sense of accomplishment. *Severe weather restrictions may apply.*

Seasonal Availability: Fall and Spring (Water-Temperature Dependent)
Activity Length: Single
Age Recommendation: 10+

Kayaking (Tandem)

Campers can paddle with a partner in our tandem kayaks! Kayakers will gear up with life jackets, receive a lesson on technique and safety, and paddle out to explore Lake Copneconic under the supervision of a lifeguard certified instructor. *Severe weather restrictions may apply.*

Seasonal Availability: Fall and Spring (Water-Temperature Dependent)

Activity Length: Single

Age Recommendation: 10+ or with an adult

Outdoor Cuisine

Participants learn tried and true outdoor cooking techniques by learning first-hand how to prepare and cook over an open fire. Groups will cook grilled cheese sandwiches over the fire and finish class with a fruit desert cooked in a Dutch Oven.

Seasonal Availability: All seasons

Activity Length: Single

Relic Hunters

Orienteering is the skill and searching for ancient relics is the thrill! Campers experience an action packed approach to navigating outdoors by learning the basics of compass use. After going through the compass course, Campers are put to the test and set out to put their new skills into action as they hike around camp to find the lost relic.

Seasonal Availability: All seasons

Activity Length: Single

Age Recommendation: 5th Grade

Shelter Building

Campers will learn about the importance of a good shelter, the characteristics that all quality shelters have, and how to build a shelter with the materials they would find in the woods. In smaller groups, the campers will have the opportunity to build their own shelter and put it to the "rain test."

Seasonal Availability: All seasons

Activity Length: Single

Age Recommendation: 3rd Grade

High Adventure Opportunities

Copneconic Summit

Camp Copneconic's 55ft. climbing tower requires participants to step outside of their comfort zone. Reaching one's goal can either be five feet or fifty-five feet above the ground. Both are achievements that will expand the camper's comfort zone while building self-confidence and self esteem.

Seasonal Availability: Fall and Spring

Activity Length: Double

Age Limitation: All ages (as long as the harness can be appropriately fastened)

Extra Charge: \$10.00 per camper

Giant Swing

The Giant Swing will see participants pulled up to 35 feet in the air, once suspended, you are in control. With a self release rip cord, the individual chooses the right moment to release and enjoys the adrenaline pumping experience of swinging through the air. As with all of Copneconic's high adventure activities, trained staff will be on hand to insure safety and encourage participation.

Seasonal Availability: Spring and Fall

Activity Length: Single

Age Limitation: 10 and over

Extra Charge: \$5.00

Tree Tops Challenge

The Swing, Hour Glass and Postman's Walk are just a few of the fun and challenging high ropes elements constructed within the trees. The high ropes course is a two-story course built with all types of challenges. Participants will step outside of their comfort zone and choose a challenge right for them. Self-confidence and embracing challenges are just a couple of the lessons that will come out of this amazing experience.

Seasonal Availability: Fall and Spring

Activity Length: Double

Age Limitation: 10 and over

Extra Charge: \$10.00 per camper

Zip Line – Creek Freak

Safely harnessed, participants will take an exhilarating zip line ride across camp's Swartz Creek ravine! Participants will then come to a stop on the other side of the creek and make the hike back to the top of the hill. *Participants must be at least 8 years old. There is a 215lb weight limit.*

Seasonal Availability: Fall and Spring

Activity Length: Single

Age Limitation: 8 and over

Weight Limit: 215lbs

Extra Charge: \$5.00

Zip Line – Tower

Safely harnessed, Campers will climb a ladder up the inside of our 55ft climbing tower leading them to a 75 yard cable. Facilitators will then help the participants to step off the tower to an adventurous zip line ride! Participants must be at least 12 years old.

Seasonal Availability: Fall and Spring

Activity Length: Single (Averages 10-12 people in one hour)

Age Limitation: 12 and over

Extra Charge: \$5.00

Zip Line – Zoom Toss

Participants will gear up with safety equipment, climb a staircase, connect to a zip line and be handed two Zoom Toss Balls. Armed and ready, campers then jump from a 15 foot platform and zip 150 yards. While zipping, participants try to aim and throw the balls into targets placed underneath the zip line to achieve points for their team! *Participants must be at least 8 years old. There is a 175 lb weight limit.*

Seasonal Availability: Fall and Spring

Activity Length: Single

Age Limitation: 8- 15 years of age

Weight Limit: 175lbs

Extra Charge: \$5.00

Achieving Groups Togetherness

Bridging The Gap

Campers join forces to develop a prototype of a bridge using only a few materials. Split into small teams, each group must find a way to build a bridge that will support weight that will increase with each test. Group problem solving, planning and teamwork are emphasized.

Seasonal Availability: All seasons

Activity Length: Single

Creature

A unique communication game, campers are broken into teams and are given a task to build a robotic like creature from a prototype model. With only one team member who actually has access to the secret plans, other team members must relay design features to the camper who must try and re-create the original creature. Communication, teamwork and listening skills are key to this activity.

Seasonal Availability: All seasons

Activity Length: Single

Eggbert

Campers work in small teams to develop a prototype landing craft for Eggbert (a raw egg). The group then markets their idea and design to a NASA official and the model is built and tested. Group problem solving and creative thinking are emphasized.

Seasonal Availability: All seasons

Activity Length: Single

Teambuilding Initiatives

Utilizing our portable initiatives, students will solve tough challenges such as 'Electric Maze', 'Tanks & Commanders', and 'Human Jump Rope' through communication and teamwork. This is a great alternative to the Copneconic Challenge Course on rainy, cold days or if you are looking for a shorter experience.

Seasonal Availability: All Seasons

Activity Length: Single

Treasure Hunters

This is a great alternative to the Triple C Challenge Course on rainy, cold days or if you would just like a shorter version. Utilizing our portable initiatives Campers will need to communicate and work as a team in order to discover the treasure waiting for them.

Seasonal Availability: All seasons

Activity Length: Single

Triple C Challenge Course

Courage, Character and Cooperation are the three keys to conquering the Triple C Challenge Course. Groups are placed into imaginative and challenging situations that involve a series of ground level initiatives. Campers must focus on creative problem solving and goal achievement if they plan on overcoming group challenges.

Seasonal Availability: All Seasons

Activity Length: Double

Recreational Group Fun

Broomball

Broomball is a classic camp game, played on our 'Pink's Rink' Ice Arena. Essentially a game of hockey, the twist is that campers are given brooms instead of hockey sticks, and must play on the ice, without skates! After a brief introduction and helmet-fitting, campers will be unleashed upon the rink and compete for glory in this friendly competition.

Seasonal Availability: Winter

Activity Length: Single

Capture the Flag

A great activity to burn some energy! Capture the Flag is a traditional camp game that is great for getting kids together for some friendly competition. Strategy, utilization of talents and determination are the key to this fun activity.

Season Availability: All seasons

Activity Length: Single

Dodgebee

A variation of the old-school dodgeball game that uses soft foam frisbees rather than playground balls. The campers will learn the rules associated with this new game and play on teams on our athletic field. This can be played outdoors or indoors.

Seasonal Availability: All seasons

Activity Length: Single

Gaga

Campers will learn about the history of the Hebrew dodgeball game. They will learn the rules and play the game of Gaga in one of our indoor or outdoor Gaga "pits".

Seasonal Availability: All seasons

Activity Length: Single

Games Galore

One of our favorite recreational activities immerses Campers in an hour-long session of non-stop fun and games. Campers experience some of Camp Copneconic's best kid-tested games!

Seasonal Availability: All seasons

Activity Length: Single

Human Foosball

Introduced to the guide due to high demand, Human Foosball is an indoor or outdoor game where campers take the role of a Foosball Table, and remain in seated positions while playing a traditional game of soccer, with a few fun camp rules and twists! This activity is also a great indoor alternative for poor weather.

Seasonal Availability: All Seasons

Activity Length: Single

Kick Ball

Nothing beats a good old fashioned game of kickball! Your group can just have some plain ol' fun, or you can choose to make a competition out of it!

Seasonal Availability: All seasons

Activity Length: Single

Leisure Time

This activity block is a free-time activity. Your group will have the opportunity to hang out at our large athletic field; basketball courts, a playground, Gaga, tetherball, and large field space can be used at your group's leisure under chaperone supervision. This is not a staff-led activity.

Seasonal Availability: All seasons

Activity Length: Single

Ultimate Frisbee

Ultimate Frisbee is a fast paced team game for campers of all ages and skill levels. Each team will work together passing the Frisbee down the field to score points.

Seasonal Availability: All Seasons

Activity Length: Single

Exciting Electives

Candle Making

Using colored melted wax, campers create candles in many shapes and color schemes. They're limited only by their imagination, which leads to a huge variety in keepsake candles.

Seasonal Availability: All seasons

Activity Length: Single

Corn Husk Dolls

An old tradition, corn husk dolls are given a modern touch at Camp Copneconic. Campers use the husks from corn to create their own doll/action figure to take home with them.

Seasonal Availability: All seasons

Activity Length: Single

Cross Country Skiing

Students are fitted with boots, skis and poles and then given a short lesson on the basics of cross-country skiing. After the lesson the group will ski along the trails that cover Camp Copneconic.

Season Availability: Winter

Activity Length: Single or Double

Disc Golf

Campers will head out to the course featuring disc throwing instruction followed up by nine holes of friendly Frisbee-throwing fun! Kids will throw past obstacles such as the spaghetti trap or pumpkins at the Sleepy Hollow Hole.

Seasonal Availability: Spring and Fall

Activity Length: Single

Dig It

Campers will experience an archeological dig in our "Dig It Pit". Kids will enjoy finding lost treasures, and learning the basics of Archeology as they sift through their sandy quadrant. Each camper will discover a special arrow head which they will use to create a necklace they can take home!

Seasonal Availability: Fall and Spring

Activity Length: Single

Dreamcatchers

A beautiful Native American tradition, Campers will learn the history of the dreamcatcher. After the short story, Campers will create their own to take home.

Seasonal Availability: All seasons

Activity Length: Single

Dude Ranchers

Learn how to care for your very own horse! Campers will be introduced to one of the Circle C Ranch's horses or ponies to find out about safety and behavior before they learn how to groom, tack and feed. Campers will then learn how to safely lead their horse and even how to mount and dismount. ASTM/SEI helmets will be provided. *(Campers will not ride horses in this activity.)*

Seasonal Availability: Fall and Spring

Activity Length: Single

Extreme Water Rockets

Campers will create a water rocket out of a used two-liter bottle brought from home. After a simple introduction to rocket science and time to decorate their creation each group gets to launch their rockets. *(Please bring your own 2-liters for this activity.)*

Seasonal Availability: All seasons

Activity Length: Single

Horse Sense

This interactive ranch class introduces horses and their behavior to participants. Campers will study a horse as it demonstrates its unique 6 senses and learn why and how domestic horses derived these instincts from those in the wild. Campers will then get to meet and hang out with some of the Circle C Ranch's horses and ponies! *(Campers will not ride horses in this activity.)*

Seasonal Availability: Fall and Spring

Activity Length: Single

Ice Fishing

This activity gives campers an opportunity to try their hand at ice fishing on Lake Copneconic. Campers will head out to ice holes created by our staff with an ice fishing pole, some wax worms and patience in search of the perfect catch!

Seasonal Availability: Winter

Activity Length: Single

Ice Skating

Campers will first gear up with skates and will then head out to our very own "Pink's Rink" for a lesson on ice skating. Once comfortable, participants will have the opportunity to skate around and try out their new skills.

Seasonal Availability: Winter

Activity Length: Single

Metal Embossing & Punching

Campers will explore the world of metal work by making pictures and designs on metal foils. They will learn about two techniques of metal design; embossing and punching. Campers will be able to use prepared molds and patterns or create their own designs.

Seasonal Availability: All seasons

Activity Length: Single

Mountain Biking

Campers will gear up with a mountain bike and helmet and then receive a short instruction on the gears and brakes of their bikes. Next, the group will head out and explore the mountain biking trails through beautiful Camp Copneconic! Campers must be at least 10 years old.

Seasonal Availability: Fall and Spring

Activity Length: Single

Age Limitation: 10 and over

Nuts About Nature Hikes

Campers head out on a hike to find animal signs, tracks, scat and habitats. Along the way fascinating plants, trees, vines and more will be discovered in the beautiful natural areas at Camp Copneconic. Campers will learn about the oldest tree on camp, edible plants, habitats as well as visit the bird blind and horse ranch.

Seasonal Availability: Spring and Fall

Activity Length: Single

Predator & Prey

Campers learn about predator and prey relationship through the eyes of an animal. The activity involves an exciting and challenging "Game of Life" where campers transform into animals and learn first-hand about survival in the wild!

Seasonal Availability: All seasons

Activity Length: Single

Reptile House

Reptiles, Amphibians and Fish! Campers will get a hands-on experience with the live creatures. Instructors will discuss characteristics of toads, frogs, snakes, turtles and a variety of lizards. Campers will discuss what makes them similar and what makes them different.

Seasonal Availability: All seasons

Activity Length: Single

Tie-Dye & Shrinky Dinks

This activity combines two of our most popular modern crafts. Campers bring their own white shirt, socks or any other piece of clothing to create dazzling patterns using tie-dye techniques. Afterwards, shrinking plastic is decorated to create key chains, pins, or anything else the imaginative camper can think of.

Seasonal Availability: All seasons

Activity Length: Single

Tobogganing

Students hike out to the Toboggan Run where they will receive helmets and a short safety lesson. They will then grab a sled and head down the wooden run. Students will compete for best wipe out, longest slide and more.

Seasonal Availability: Winter

Activity Length: Single

Evening Activity Choices

Campfire

This is the highlight of the camp experience! Campers will experience more than just a fire. Instructors will lead fun and crazy camp songs, stories, cheers, skits and more around the campfire. A night around the campfire will not soon be forgotten.

Seasonal Availability: All seasons

Activity Length: Single

Copneconic Disco Fever

This is a chance for campers to burn off energy. A mix of popular school appropriate songs, combined with classics such as the chicken dance and YMCA, allow the students to relax and interact as they dance the night away.

Seasonal Availability: All seasons

Activity Length: Single

Dutch Auction

It's not Dutch or an auction, but kids love it. Chaperons play the roles of judges as kids are split into small teams. Campers are asked to creatively show the judges items that range from the world's longest shoelace to a bad hair day. Laughs are abundant during this favorite evening activity.

Seasonal Availability: All seasons

Activity Length: Single

Minute to Win It

Campers will race to complete the fun and famous challenges of Minute to Win It Game show. They'll earn points for the team by competing, not against other campers, but against the clock!

Seasonal Availability: All seasons

Activity Length: Single

Native Skies

Shhh! As we move out to a secluded field we'll practice moving stealthily like the Chippewa in order to fool any would be trackers. Once there our instructors will tell tales of how we got the moon and stars. We'll also use our high powered laser pointer to show some common constellations and tell their tales of how they came to be.

Seasonal Availability: All seasons (May depend on time of sundown)

Activity Length: Single

Night Hike

This redesigned activity is now specific to exploring your senses at night. Campers will enjoy some of the favorites like the Disappearing Head Trick and Creating a Spark with mints. They'll also test their night hearing and vision with games like Deer Ears and Can You See Color!

Seasonal Availability: All seasons (May depend on time of sundown)

Activity Length: Single

Skit Night

Campers will take center stage in an evening entertainment activity that is a wonderful camp tradition. Since 1930 kids have hopped up on the stage at Allen Lodge and have put on fantastically funny performances. Campers prepare skits at school or with some guidance at camp.

Seasonal Availability: All seasons

Activity Length: Single

Songfest

Campers take center stage in this musical activity. Kids are broken into teams and then given a word by the camp instructor. One by one each group then has the opportunity to perform a few lines of a song with that word in it. Points are only given if the whole team participates. Extra points will be given for creativity and choreography.

Seasonal Availability: All seasons

Activity Length: Single

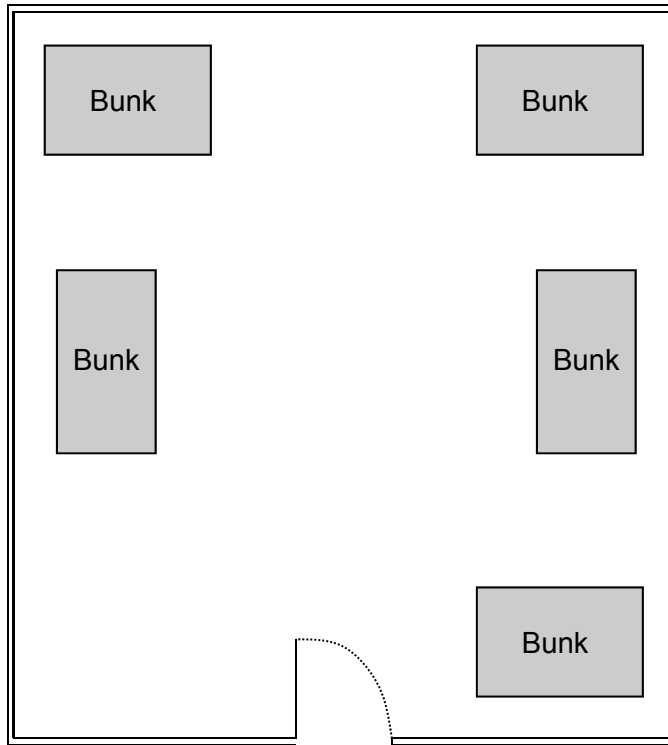
West Center Singles (Heated)

Seminole, Ottawa, Wyandotte, Winnebago

(All single cabins use either Auker or Iroquois Lodge for bathrooms.)

Seminole

1. _____
2. _____
3. _____
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10. _____



Wyandotte

1. _____
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Ottawa

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4. _____
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6. _____
7. _____
8. _____
9. _____
10. _____

NOTES:

Empty rectangular box for notes.

Winnebago

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

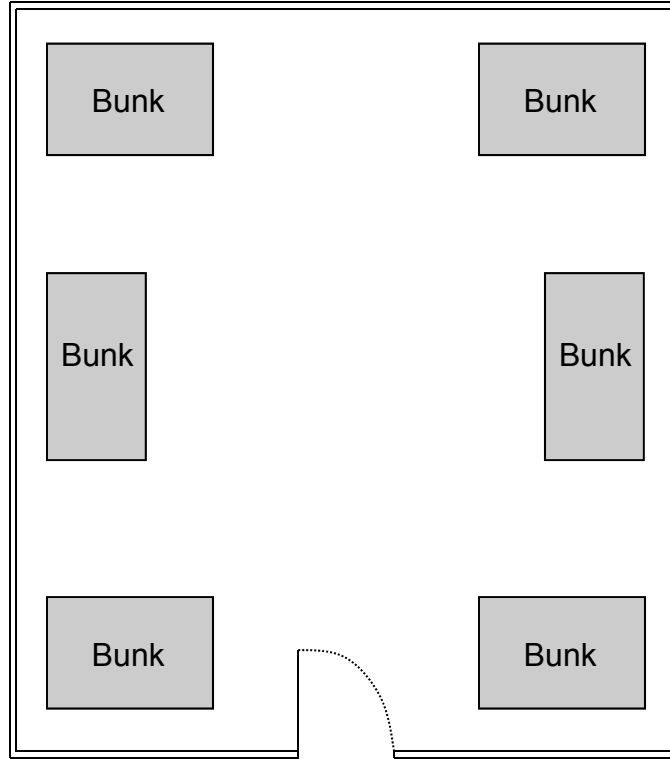
Frontier Center Singles (Heated)

Starr, Jane, Oakley, Lewis, Clark

(All Frontier cabins use either Aufer or Iroquois Lodge for bathrooms.)

Starr

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
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11. _____
12. _____



Clark

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

Jane

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

Oakley

1. _____
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10. _____
11. _____
12. _____

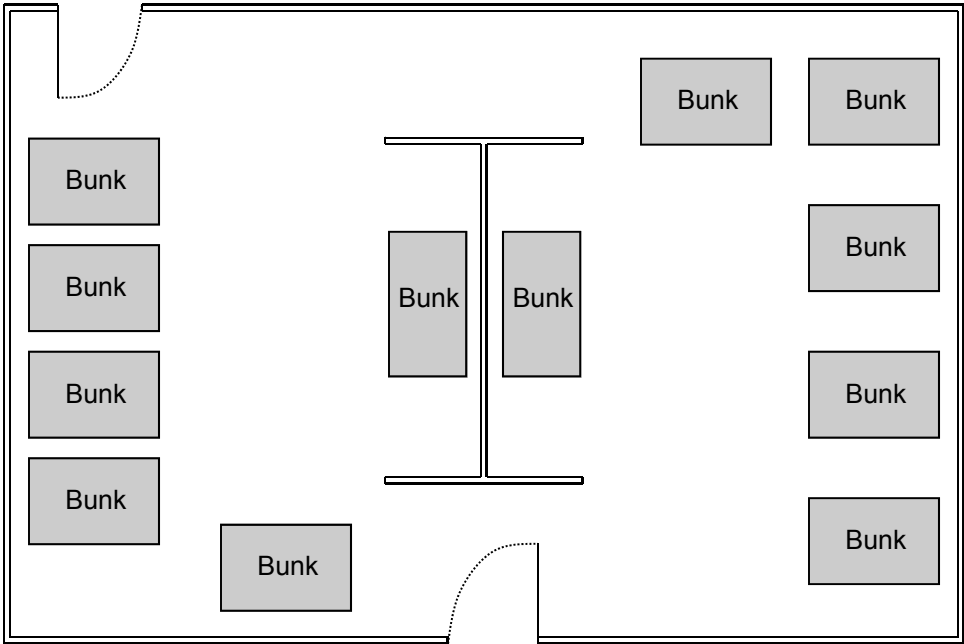
Lewis

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

NOTES:

Frontier Lodge (Heated)

(All Frontier cabins use either Auker or Iroquois Lodge for bathrooms.)



Boone

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____
- 8. _____
- 9. _____
- 10. _____
- 11. _____
- 12. _____

Crockett

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____
- 8. _____
- 9. _____
- 10. _____
- 11. _____
- 12. _____

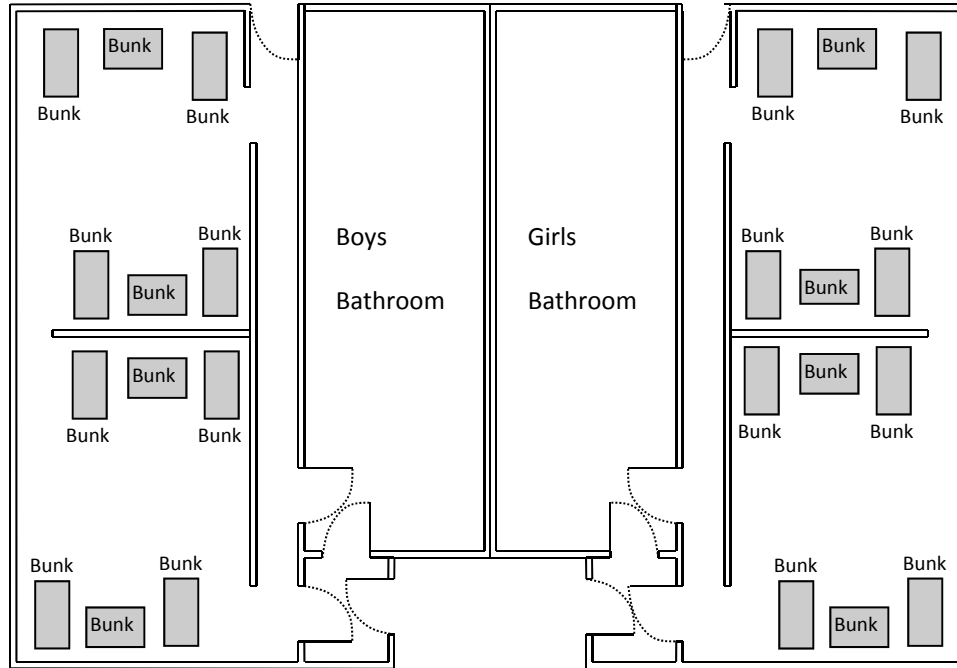
Iroquois Lodge

Oneida

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

Tuscarora

1. _____
2. _____
3. _____
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6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____



Cayuga

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

Mohawk

1. _____
2. _____
3. _____
4. _____
5. _____
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7. _____
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9. _____
10. _____
11. _____
12. _____

NOTES:

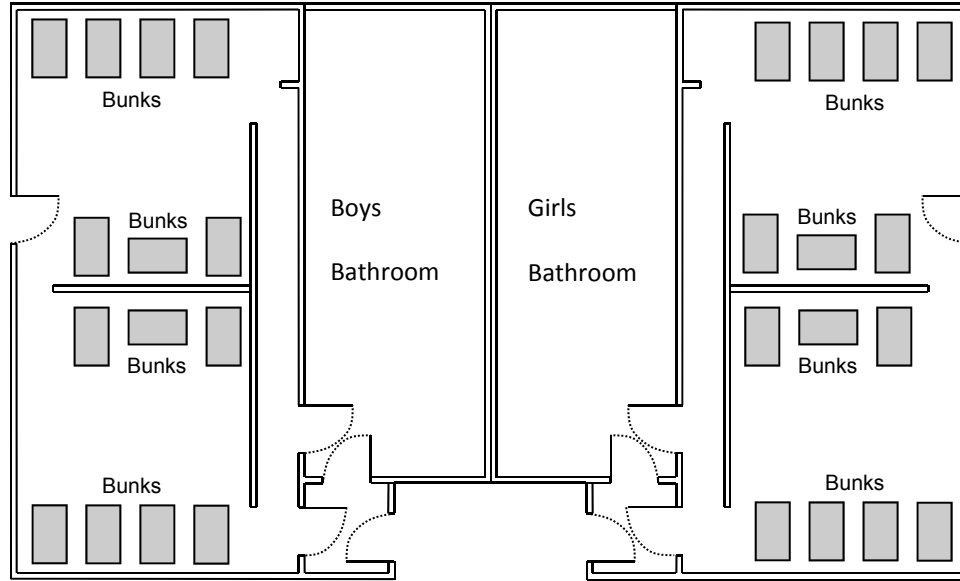
Auker Lodge

Wolf

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____

Elk

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____



NOTES:

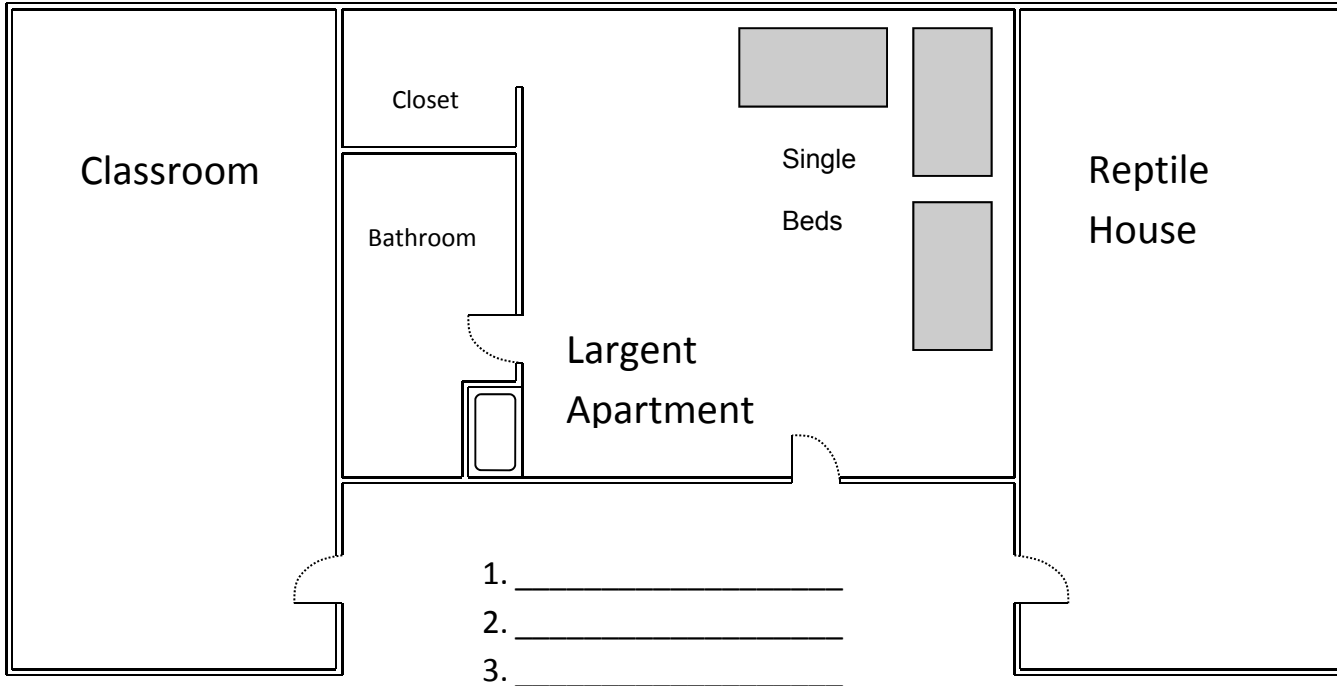
Coyote

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____

Bear

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____

Largent Apartment



NOTES:

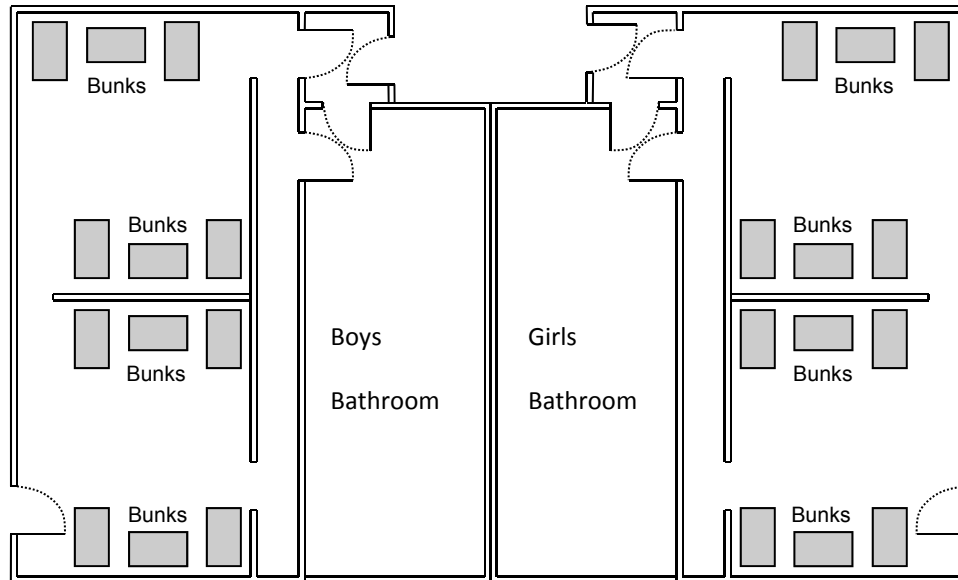
Arapahoe Lodge

Chickasaw

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

Shoshone

1. _____
2. _____
3. _____
4. _____
5. _____
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7. _____
8. _____
9. _____
10. _____
11. _____
12. _____



Quapaw

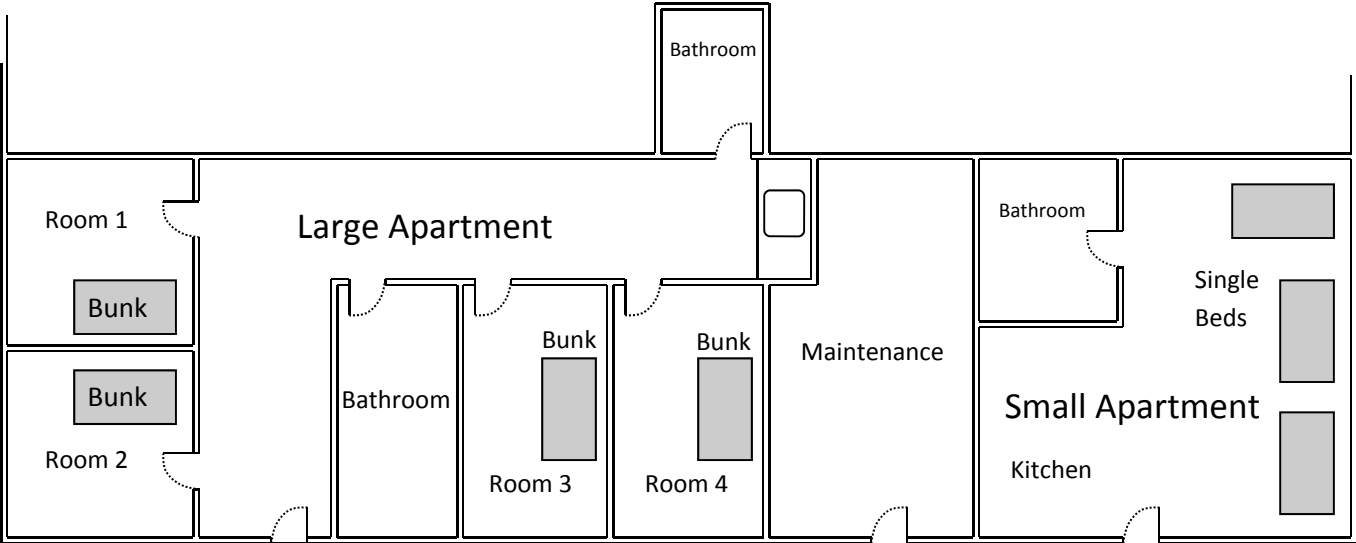
1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

Cheyenne

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

NOTES:

Arapahoe Apartments



Room 1

1. _____
2. _____

Room 2

1. _____
2. _____

Room 3

1. _____
2. _____

Room 4

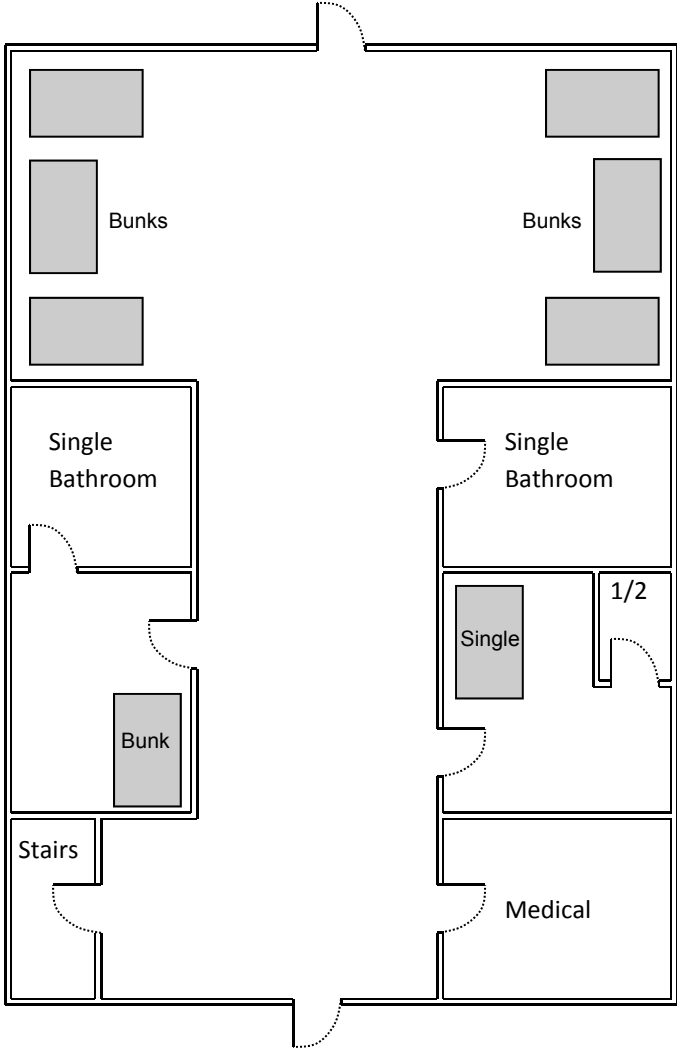
1. _____
2. _____

Small Apartment

1. _____
2. _____
3. _____

NOTES:

Lakeview Lodge



Back Cabin

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____
- 8. _____
- 9. _____
- 10. _____
- 11. _____
- 12. _____

Bunk Room

- 1. _____
- 2. _____

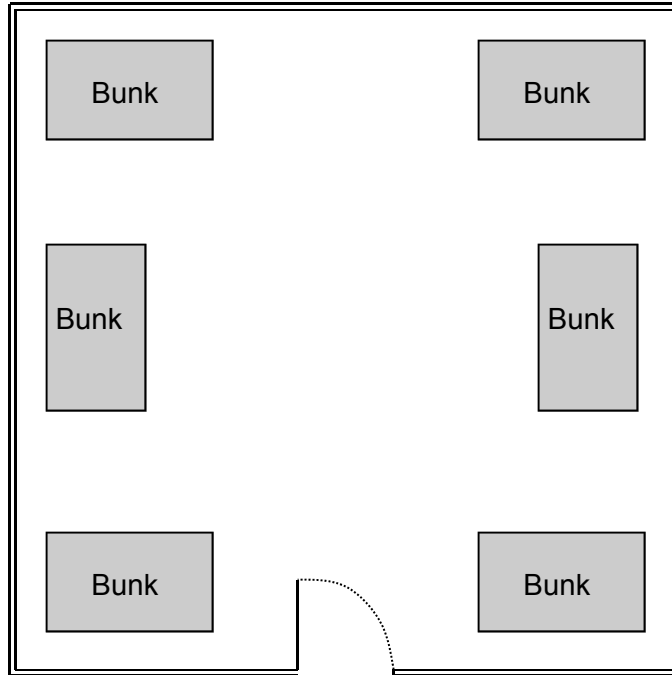
Single Room

- 1. _____

NOTES:

Choctaw Cabin (Heated)

(Choctaw cabin use Arapahoe Lodge for bathrooms.)



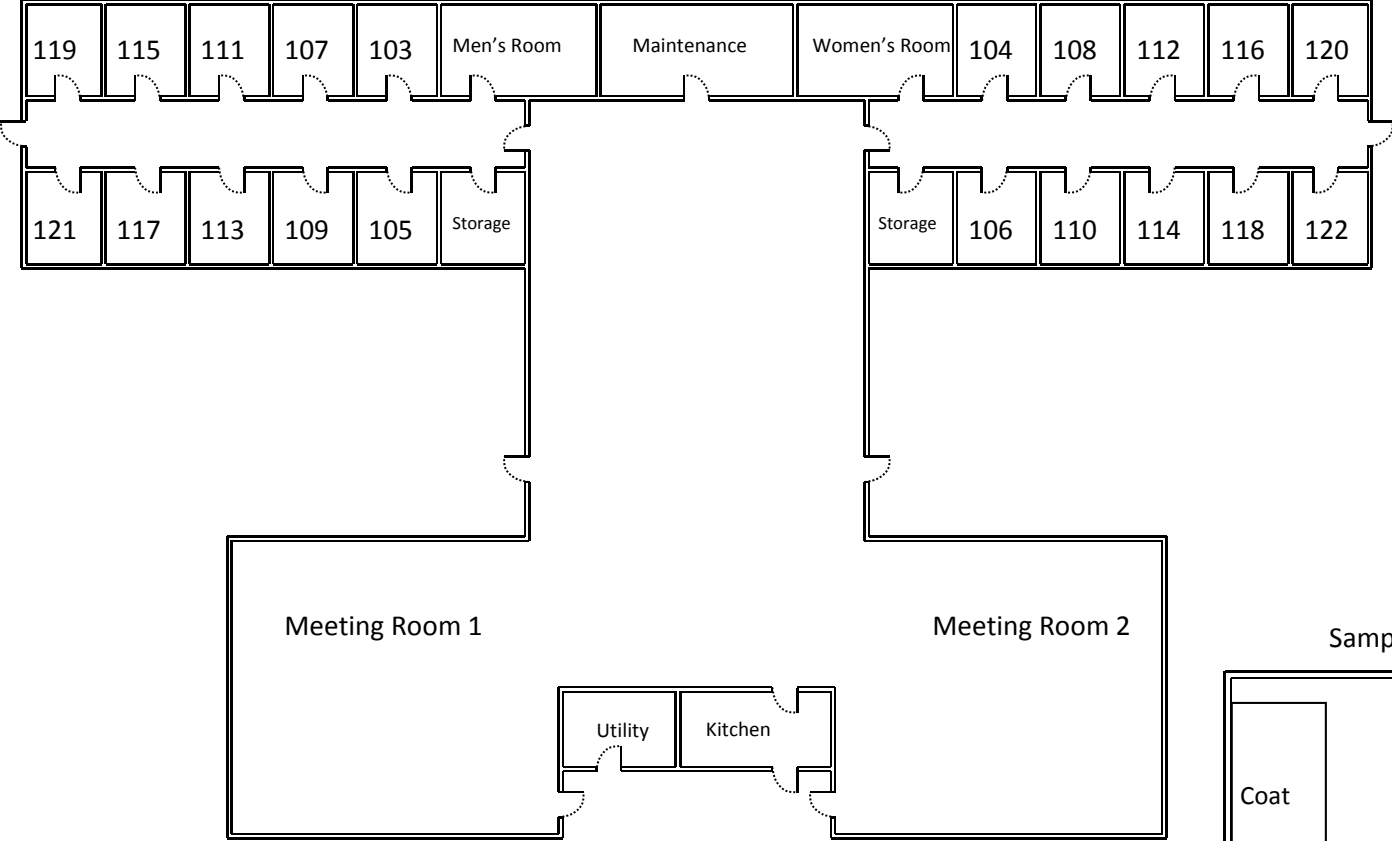
Choctaw

1. _____
2. _____
3. _____
4. _____
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10. _____
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12. _____

NOTES:

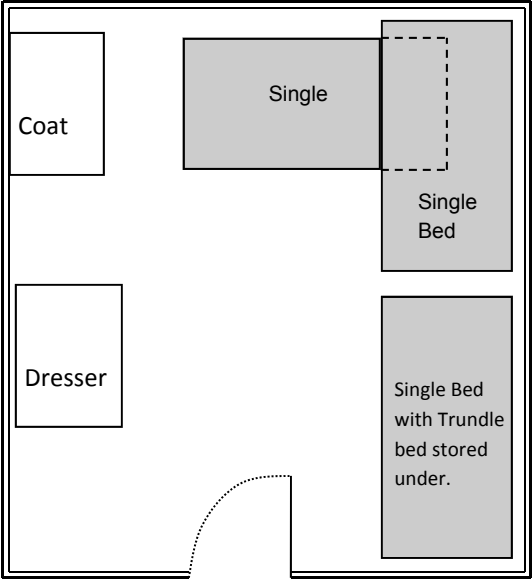
Empty rectangular box for notes.

Conference Center



NOTES:

Sample of Individual Room



Conference Center Room Assignments

NORTH WING ROOM ASSIGNMENTS *(Boys Side)*

119	115	111	107	103
1. _____	1. _____	1. _____	1. _____	1. _____
2. _____	2. _____	2. _____	2. _____	2. _____
3. _____	3. _____	3. _____	3. _____	3. _____
4. _____	4. _____	4. _____	4. _____	4. _____
121	117	113	109	105
1. _____	1. _____	1. _____	1. _____	1. _____
2. _____	2. _____	2. _____	2. _____	2. _____
3. _____	3. _____	3. _____	3. _____	3. _____
4. _____	4. _____	4. _____	4. _____	4. _____

SOUTH WING ROOM ASSIGNMENTS *(Girls Side)*

104	108	112	116	120
1. _____	1. _____	1. _____	1. _____	1. _____
2. _____	2. _____	2. _____	2. _____	2. _____
3. _____	3. _____	3. _____	3. _____	3. _____
4. _____	4. _____	4. _____	4. _____	4. _____
106	110	114	118	122
1. _____	1. _____	1. _____	1. _____	1. _____
2. _____	2. _____	2. _____	2. _____	2. _____
3. _____	3. _____	3. _____	3. _____	3. _____
4. _____	4. _____	4. _____	4. _____	4. _____

Circle C Lodge

Pony

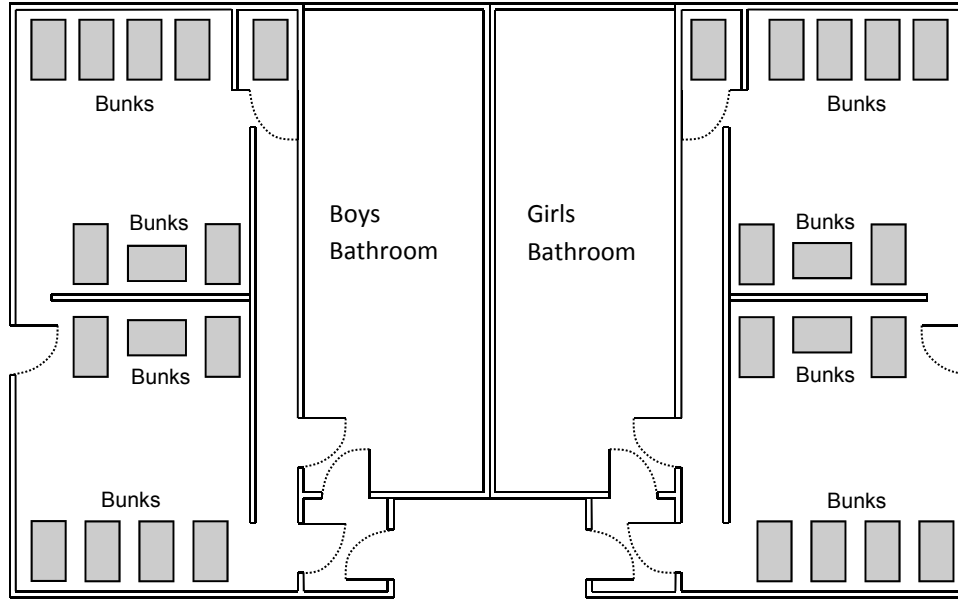
1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____

Private Bunk

1. _____
2. _____

Smokey

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____



NOTES:

Doll

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____

Private Bunk

1. _____
2. _____

Olivia

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____

Health & Safety Guidelines

THE GROUP IS RESPONSIBLE FOR ALL ADMINISTRATION OF FIRST AID AND DISTRIBUTION OF MEDICATION. EACH GROUP MUST BRING FIRST AID SUPPLIES.

- Choose one or two adults to administer all medication and first aid. S/he should keep a log, noting times, symptoms, action taken and dosages. It is Camp's recommendation that this person is First Aid/CPR Certified by a nationally recognized organization.
- Camp suggests packing a small first aid kit with band-aids and gloves for each chaperone or group to carry with them.
- No medication may be kept in cabins with students. This includes adults as well as campers.
- Collect all medication before your departure for camp. Medication includes prescriptions, over-the-counter medications, cough drops, aspirin, Tylenol, ibuprofen, cold medicine, medicated lotions, vitamins, etc.
- Group Leaders should ask all parents ahead of time to find out if there is any necessary information that should be passed along to cabin chaperones. (i.e. Sleepwalking, bed wetting, etc.)
- Many camp staff members are certified in CPR and Standard First Aid. They will assist in case of **EMERGENCY only**. Camp staff will not provide first aid or dispense medication.
- **EMERGENCY CARE**: Dial 9 to get a line out on all Welcome Center phones, 911 to reach central dispatch. Response time is excellent, as long as a specific location at camp is given to dispatch.
- Genesys Hospital is located just 5 minutes away, entrance off Baldwin Road.
- A camp staff member will be on call beginning at 7:00pm each night. Program Instructors are available at all evening activities and during Snack. If there are any problems after evening activities, please call the director on call. **Their phone number will be in the window of the Welcome Center.**

Chaperone Guidelines

Your Role as a Chaperone

Congratulations! By agreeing to become a chaperone, you have agreed to an exciting yet challenging experience. The information here is designed to help you prepare for your role as a chaperone. If at any time you are unsure of your role, please ask your Camp Host. We thank you for taking time to attend camp, and hope you have an enjoyable experience!

- You will be the cabin supervisor at night. This means that you are responsible for maintaining a safe environment and ensuring that participants get an adequate amount of sleep. Camp quiet hours begin at 10:00pm.
- As part of your cabin supervisor responsibilities, you will be responsible for the hygiene of campers as well as the cleanliness of the cabin.
- During the day you will travel with an Activity Group. The camp staff will look to you to help manage behavior concerns, or contact teachers if necessary. During some activities it will be completely appropriate for you to participate, however some activities are meant only for the students.
- You are responsible for making sure campers are on time for activities and meals.
- Please set good examples of appropriate behavior, language and attitude.
- **All chaperones at camp are expected to follow certain policies. These include:**
 - Smoke only in designated areas, and never in front of campers.
 - Maintain a positive, enthusiastic attitude during programs and activities.
 - Do not allow your behavior to interfere with the campers' learning experience. This includes allowing students to figure out challenges without adult help.
 - Alcohol and drugs are not permitted at Camp Copneconic.
 - For your own protection and the protection of all campers, always use the buddy system when accompanying campers around camp. Always insure the ratio is 2:1, and never be alone with a camper.
 - Physical punishment of any kind (calisthenics, exercise, hitting, kicking, pushing, hazing or deprivation of sleep or food) is strictly prohibited by State Law and Camp Policy.

Chaperone Guidelines (Continued)

Cabin Supervision

It is very important that chaperones be in the cabin anytime there are students in the cabin.

Please ensure that campers keep the living area clean and tidy. At the end of each evening's program, campers will return to cabins accompanied by chaperones. Once back in the cabins, it is the chaperones responsibility to make sure all cabin rules are followed for everyone's safety. Including but not limited to: no running, only one person on a bed, bunks are to be used for nothing other than sleeping and any other posted rules. Please help ensure that quiet hours are observed. You'll want your rest!

Program Supervision

Copneconic Program Instructors will lead each activity. **Chaperones are asked to be directly involved in the supervision of students during these activities.** This will insure that behavior issues do not take away from the experience or the safety of the students. Instructors may often offer chaperones the opportunity to join the activity, but this will not always be the case, especially during classes where time and proper supervision are critical to providing campers with a positive experience, such as High Adventure programs.

Dining Hall Supervision

The main role of a chaperone in the Dining Hall is to help ensure a relaxed, clean and organized environment. This includes reinforcing manners, proper indoor behavior, and clean-up procedures.

What to Bring List

Proper clothing is vitally important to a comfortable stay at camp. We run activities rain or shine. Please make sure to mark everything with the camper's name. This is a multi-season list – please edit accordingly.

Bedding

- Sleeping bag or blanket
- Bottom sheet
- Pillow and pillowcase

Clothing

- Pajamas
- Daily changes of socks and underwear – Extra socks in the cold and wet months
- Light t-shirts
- Shorts
- Jeans or pants
- Sweaters / Sweatshirts
- Warm or light jacket depending on time of year
- Rain Gear (VERY IMPORTANT)
- Waterproof boots
- Hat and mittens (REQUIRED FOR WINTER)
- Two pairs of shoes (Bring an old pair of shoes that can get wet and dirty)

Personal Articles

- Toothpaste and toothbrush
- Bath towel(s) and washcloth
- Comb and brush
- Soap and shampoo
- Chapstick
- Sunscreen

General Equipment

- Flashlight
- Large plastic bag for dirty or wet clothing
- Insect repellent (no sprays please)
- Water Bottle with name on it

Optional Equipment

- Pencil, journal or notebook
- Camera and film (If disposable, please make sure camper's name is on it)
- Book
- Hat
- Money For Camp Store

Please Do Not Bring: Pets/animals, money, cell phones, radios, CD players, iPods/MP3 players, knives, food, candy, gum, matches, cigarettes, firearms & archery equipment, blow dryers, electrical equipment, electronic games, or weapons of any sort. **We are a drug & alcohol free environment.** If alcohol or drugs are found or suspected, authorities may be notified. We cannot guarantee the safety of electronics and are not responsible for lost or damaged items. Thank you for your cooperation in helping us maintain a fun and safe environment!

Business Practices

Camp Dates

With the demand for specific dates, it is our practice to try and retain your relative dates from the previous year. Sometimes, however, dates need to remain flexible due to holiday fluctuations, calendar changes or adjustments in camp accommodations. In this case, we will always attempt to find similar dates as the previous year. In order to secure your dates for the upcoming year, please book them before your group's departure.

Billing

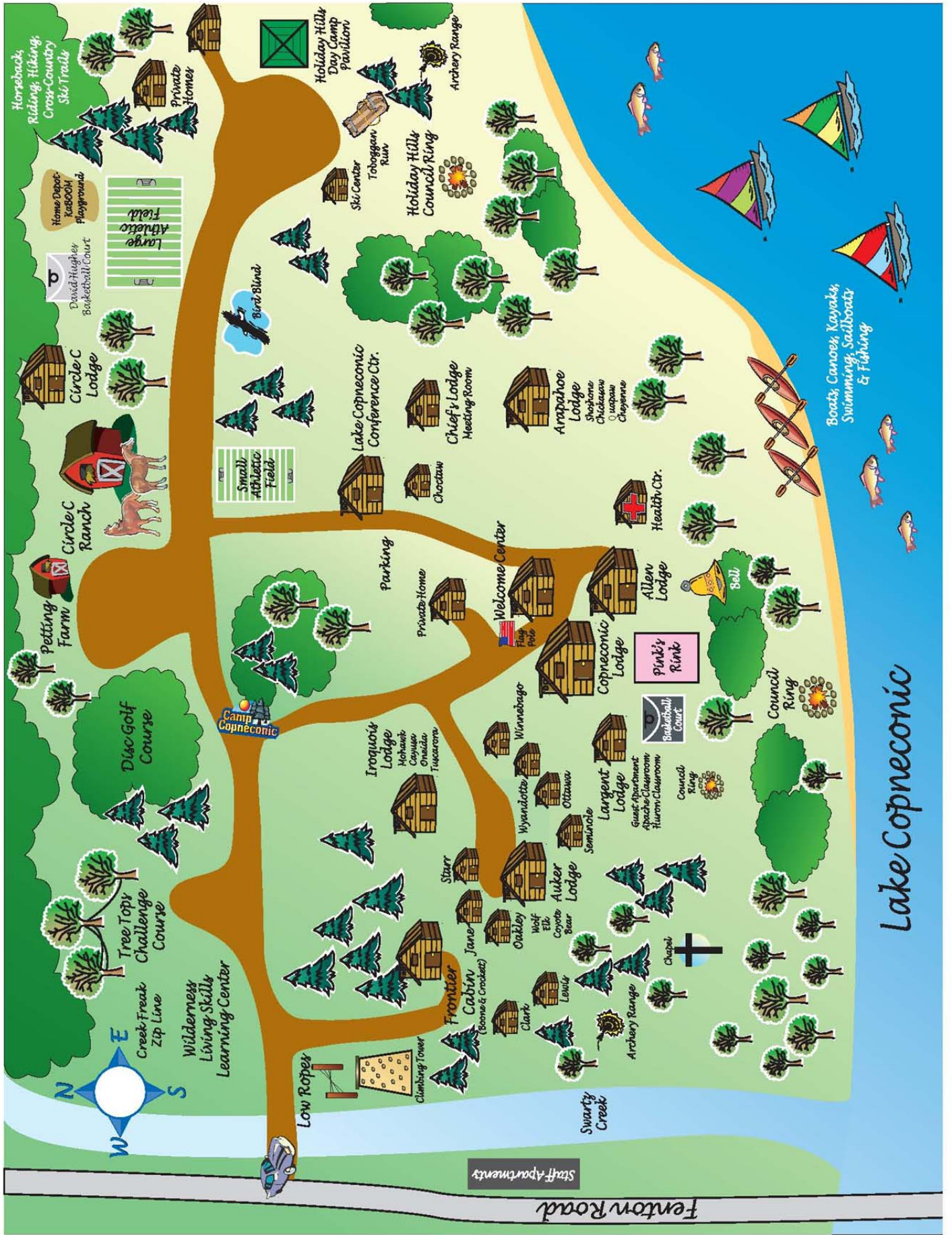
A 20% non-refundable deposit is required when reserving a camp date. The balance is expected on Saturday night of your visit.

Pricing

Our priority at Flint YMCA Camp Copneconic is to serve our mission. As a not for-profit organization, our rates are established based on a balance between serving our mission and managing our financial responsibilities. In doing this, Camp Copneconic will continually improve the program and facilities. Our pricing practice is simple. We want to continue making the program affordable and charge a fee that keeps us on par with other camping programs as well as the cost of living increases.

Behavior

Our program is designed to function as a partnership between the group and camp staff. As adults, we all share in handling difficult behaviors. The camp staff will intervene in any minor situation that arises. The group is responsible for behavior situations that are deemed detrimental to the activities or the safety of the participants.



Lake Copneconic

Homeback, Riding, Hiking, Cross-Country Ski Trails, Private Homes, Home Depot, KarBOOM! Playground, David Hughes Basketball Court, Large Athletic Field, Small Athletic Field

Circle C Ranch, Petting Farm, Circle C Lodge

Disc Golf Course, Tree Top Challenge Course, Creek Freak Zip Line, Wilderness Living Skills Learning Center, Low Ropes, Climbing Tower

Holiday Hills Day Camp Pavilion, Archery Range, Holiday Hills Council Ring, Ski Center, Toboggan Run, Bird Blind, Lake Copneconic Conference Ctr., Chief's Lodge Meeting Room, Chickasaw

Parking, Private Home, Welcome Center, Iroquois Lodge (Mohawk, Cayuga, Oneida, Tuscarora), Wyandot Lodge, Ottawa Lodge, Seminoles, Starr, Frontier Cabin (Bones & Crockett), Clark, Wolf, Elk, Coyote, Bear, Auker Lodge, Lowly, Archery Range, Chapel

Arnpahoe Lodge (Shoshone, Chickasaw, Ojibwa, Chippewa), Health Ctr., Bell, Council Ring, Copneconic Lodge, Pinky's Rink, Basketball Court

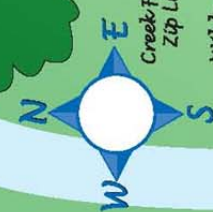
Winnabago, Copneconic Lodge, Pinky's Rink, Basketball Court, Council Ring, Guest Apartment, Apache Classroom, Huron Classroom, Council Ring, Council Ring, Council Ring

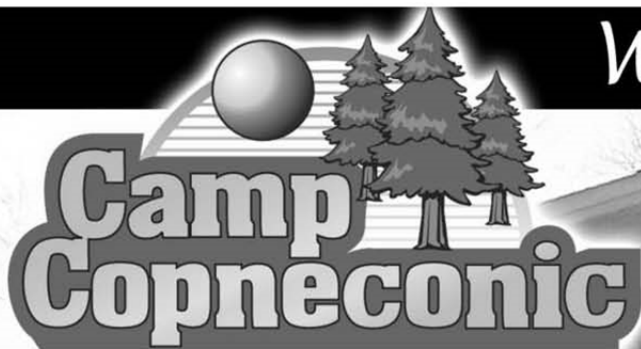
Boats, Canoes, Kayaks, Swimming, Sailboats & Fishing

Fenton Road

Staff Apartments

Swarty Creek





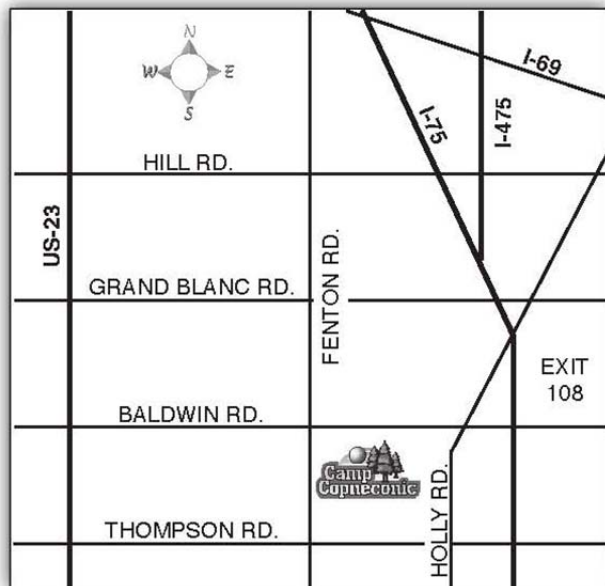
Welcome to



10407 N. Fenton Rd. Fenton, Michigan 48430
(810) 629-9622

Fax (810) 629-2128 • www.campcopneconic.org

YMCA Camp Copneconic Access Map



FROM THE NORTH:

Follow I-75, US-10, US-23 south until they split. Follow US-23 (not I-75) south until you come to the Grand Blanc exit. Exit, turn left (east) and follow to Fenton Road. Turn right (south) and follow Fenton Rd. to the camp entrance (on the left).

FROM THE EAST:

Follow I-69 west to I-475 south. (This intersection is in Flint). Follow I-475 south to the Hill Road exit. Turn right (west) off of exit and go to the next traffic light, which is Fenton Road. Turn left (south) on Fenton Rd. until the camp entrance (about 5.5 miles on the left.)

US-23 FROM THE SOUTH:

Follow US-23 north to the Thompson Rd. exit. Exit, turn right on Thompson and follow until you come to the second stop light, which is Fenton Road. Turn left (north) onto Fenton Road. The camp entrance is about one mile on the right.

I-75 FROM THE SOUTH:

Take I-75 north and exit at Holly Rd., which is **#108. DO NOT EXIT AT EAST HOLLY RD., WHICH IS EXIT #98.** Turn left and go about 1/2 mile to the light. This is Baldwin Road. Turn right (west) on Baldwin and go a few miles to the traffic light. This is Fenton Road. Turn left (south) onto Fenton Road. The camp entrance is on the left.