

Lake Champion

Scoop Sheet

You're about to have an incredible week with your incredible leaders and about 600 other high school folks at one of the premier summer resorts in the country! Hopefully this will answer all your questions

Transportation:

We'll travel by way of a charter bus to and back from camp. We'll leave at 6:00 am on Saturday morning, June 23rd from the side parking lot of Rivermont Evan. Presbyterian church (2424 Rivermont Ave) and return to Lynchburg (same place) by 8:00pm on Friday night the 29th.

Contact Information for Lake Champion:

YoungLife's Lake Champion
247 Mohican Lake Road
Glen Spen, NY 12737
845-856-6871
www.LakeChampion.younglife.org

Health Forms and Camping Form:

You must have a health form filled out before you get on the bus. You can do this on line by going to healthform.younglife.org. At this site you will be able to create an account with YoungLife and fill out a form that can be used again next summer by just updating a little information. Or if you have already used the online form you just need to sign in.

There is an additional form required by the state of New York that will also be available on the Facebook group page for your school.

Clothes:

- Bring one set of clothes that can get trashed. You may not even want to bring these home. This includes an old pair of sneakers. Although you can "wash" these clothes in the lake later in the week.
- One set of nice clothes for a special event
- Got to wear sneakers for any of the climbing events (ropes course, climbing tower, etc)
- Plenty of shorts and t shirts for during the week. There are no clothes washing facilities. You might want to take a trash bag to put your dirty stuff in during the week.

Money:

There is a fantastic camp store that sells all kinds of clothes, hats, books, t-shirts, etc. There is also a great snack bar that is open each afternoon that sells ice cream, cokes, great junk food.

Once you've arrived at camp, you should give your cash to your leader. He/she will put it in an envelope and put it in the safe that is in the office. He/she can go with you to get your money whenever you want some, just find your leader and ask.

IPODS, Phones, electronic gadgets:

All electronic gadgets will be collected on the bus prior to entering camp. They will be stored safely in the camp office and you'll get them back on the way home. You won't need them this week. Enjoy the break. There is a huge chance that if you keep electronics in the room they can get stepped on. It's just not worth it.

Cell phones won't get service out where you're gonna be, but there are pay phones on camp. Advice: get a phone card at WalMart to use if you're gonna be calling home during the week.



Towels:

The camp provides you with one towel, nice clean sheets, and a pillow case. If you want your own pillow feel free to bring it. You might want to bring one towel so you can always have a dry one

Personal Stuff:

Bring your own washcloth if you want one. Bring soap (they'll give you a little one, but you might want to bring your own), shampoo, toothbrush, shaving stuff

Suntan lotion: You might want to bring some, you'll be outside all day every day!

Food and Meals:

If you have a food allergy of any kind tell your leaders before you leave for camp.

We will all sit together at each meal at tables that your leaders will be standing at when you are let into the dining hall. Look for your leaders and join them. Lots of announcements are made at meal times, so always go to the meals even if you're not eating.

You will be served by waiters and waitresses. Please thank them, they work about 16 hours a day putting together about 2000 meals a day! They are serving you for free – they volunteer to work at the camp for a month, just so you can have a terrific time!



You can get seconds on anything you want, just ask the servers (politely).

You can take any of your favorite snacks to camp that you want. You can even take enough to share with your cabin if you want!

Please tell you leader well before the trip if you have food allergies. You should note allergies on the health form too.

Curfew:

There is a nighttime curfew. You'll hear a train whistle at night (usually around 11pm) that means you need to get back to your room – the camp is shut down for the night. We ask you to respect your leaders and get back to your room pretty quickly at night. The night isn't necessarily over, but we have to account for everyone, so head on back to your room at the bell.

Club:

You're going to experience the greatest YoungLife clubs you've ever seen this week. Everyone from our area will meet together before club and go in and sit together. Please find your leader and make sure you know when and where you're all gonna meet to go into club. Kids start lining up outside the club room about 15 minutes before each club. Make sure you're there and find your group. Go into club expecting to sing your heart out, laugh, then listen to the speaker who will be sharing from the heart directly to you. Please respect this time and don't talk. Thanks!

“Cabins”:

We usually refer to your room as your “cabin”. You'll be sharing a sweet bunkroom with the others of the same gender from our area. If we have a particularly small group, you might be sharing a bunkroom with another small group from another area. If so, have fun getting to know them!



Memorize your room name as soon as you get there. The name is on a plaque over the door. You'll need to know it later in the week. Try to keep your stuff together and fairly neat. Keep your clean clothes in your luggage, and your dirty clothes in your trash bag. If your stuff gets too spread out, you can wind up losing things.

Surprises:

YL camp is FULL of surprises. Your leaders will not tell you what to expect, so don't bug em. Just hang loose and trust them!

Your Leaders:

Your leaders are taking a week off from work so they can go to camp with you. That means they aren't making any money – that's how bad they want to be with you during this week. They know that this week is going to be awesome. Respect them, trust them, and hang with them as much as you possibly can, cause they are there for you!

Health Issues:

There will be a doctor on camp and EMT's at all times. If you have ANY kind of health concern, find your leader and tell them. An EMT can get to you in a matter of minutes. If you need to go to a hospital for any reason, you'll be taken to the hospital in Lexington by camp staff and your leader.

All prescription drugs are kept safely in the infirmary and you'll always have access to them.

If you are highly allergic to anything like bee stings and have an epi-pen, tell your leader before camp starts. If you are diabetic, please tell your leader as well. this information should be on your health forms, but it's always good to remind your leader.

Drugs, alcohol, etc:

You won't need any kind of “recreational” drugs or any alcohol. If you sneak some to camp, you'll be sent home on a bus if you're caught. That would be such a bummer, but trust me, it has happened.

Questions? Ask your leader or email me at Ylamill@gmail.com