



# 2024 Family Handbook

# Camp Cory Family Handbook!

HELLO THERE!

We're absolutely thrilled you've decided to have your child join our camps! Every program and activity we offer is spearheaded by our team of "Professional Role Models," whose exemplary qualities shine brightly, setting an inspiring example for all our campers. Our commitment lies in fostering a secure environment where children feel free to express themselves, explore new perspectives, and acquire valuable skills.

At YMCA Camp Cory, we provide a vibrant platform for your child to form lasting friendships, dive into novel experiences, learn about diverse cultures from around the globe, and develop abilities that promote greater independence.

What excites us most about the summer are the endless opportunities for campers to connect with others, boost their self-esteem, and enhance their personal growth.

The Family Handbook serves as an essential guide for navigating our summer camps, offering answers to many common questions and concerns. Should you or your family have any further inquiries or need assistance, please don't hesitate to reach out to us.

Thanks again, and we eagerly anticipate welcoming you to Camp!

## CAMP CONTACTS

Main Contact

[campcory@rochesterymca.org](mailto:campcory@rochesterymca.org)

585-325-2889

Patrick Foster

Executive Director

[patrickf@rochesterymca.org](mailto:patrickf@rochesterymca.org)

(O) 585-263-4241 (C) 585-506-5430



Blake Van Horn

Camp Director

[blake.vanhorn@rochesterymca.org](mailto:blake.vanhorn@rochesterymca.org)

(O) 585-341-3080



Mikenna Donze

Day Camp Director

[mikenna.donze@rochesterymca.org](mailto:mikenna.donze@rochesterymca.org)

(O) 585-263-4240 (C) 585-313-3876



Sydney Barrette

Director of Administration

[sydney.barrette@rochesterymca.org](mailto:sydney.barrette@rochesterymca.org)

(O) 585-263-4242



Freddy Stein-Hernon

Camp Ranger

[freddy.stein@rochesterymca.org](mailto:freddy.stein@rochesterymca.org)

(C) 585-510-9478



Camp Infirmary

[campcoryhealthteam@rochesterymca.org](mailto:campcoryhealthteam@rochesterymca.org)

(O) 585-784-3843 (F) 585-325-1602



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# REGISTRATION & FEES

## **REQUIRED FORMS**

All of the necessary forms for summer camp can be found in your online parent account. Please make sure all forms are completed and uploaded to your account prior to your camper's arrival! If we do not have the required medical paperwork for your camper, they may not be able to attend until it is received. All medications, including over-the-counter medications not listed on our form, require a doctor's note.

## **PRICING & FEES**

A 10% deposit is due at the time of registration. Families can choose to pay in full at the time of registration, utilize a monthly payment plan, or defer the remaining payment until June 15. If you need to set up an alternative payment plan, please email [sydney.barrette@rochesterymca.org](mailto:sydney.barrette@rochesterymca.org). All payments are due in full by June 15. Lack of payment by June 15 may result in your child being unenrolled for their camp sessions. There is a fee for any non- YMCA members. Families have the option to apply for an experience scholarship during the registration process.

## **CANCELLATION AND SESSION CHANGE POLICY**

All payments are fully refundable until June 15. After June 15, you will be refunded all but the deposit with two weeks notice. Cancellations within two weeks from the start of the session will not be refunded. If a camper's time at camp ends early due to homesickness, dismissal, illness or voluntary withdrawal, there are no refunds. Refunds will be given for medical purposes (with a doctor's note) prior to the start of camp. If final payment is not received by the due date, your registration may be canceled, and your deposit forfeited. All cancellations must be made in writing to [campcory@rochesterymca.org](mailto:campcory@rochesterymca.org).

Session changes will be made based on session availability until June 15. All session changes must be made in writing to [campcory@rochesterymca.org](mailto:campcory@rochesterymca.org).

## **HOLDOVER AND LAUNDRY**

Camp offers a holdover weekend in between sessions\* for an additional fee. There is a \$175 charge for each camper staying over the weekend between separate sessions of Camp. This fee covers the cost of meals, camp activities and staff supervision. Camp offers laundry service through a third party for \$25. Laundry is picked up Friday before lunch and dropped off Monday morning. Laundry service is non-refundable due to missed or unused service and campers need to have clothes to cover the weekend. Laundry bags are provided.

\*If your camper is registered for a 2-week sailing session, the weekend during the 2-week session is included in tuition and not considered a holdover.



# VISITORS ON CAMP

## **PRIOR ARRANGEMENTS FOR VISITOR ACCESS:**

At Camp Cory, we value the safety and security of all our campers. To ensure a smooth and organized experience for both campers and visitors, we have established a visitor policy that requires prior arrangements for access to the camp premises. To schedule a visit at Camp Cory, please contact us at [campcory@rochesterymca.org](mailto:campcory@rochesterymca.org).

## **CAMPER RELEASE PROTOCOLS:**

For the safety of our campers, we strictly adhere to the information provided in the Camp Brain profile. Campers will only be released to individuals listed as parents, authorized pickups, or emergency contacts in their Camp Brain profile. This policy is in place to guarantee the well-being and security of every child in our care.

## **OUTSIDE VISITORS (ALUMNI, FORMER STAFF, AND VOLUNTEERS)**

Any outside visitors, (including alumni, former staff, or volunteers,) who wish to visit Camp Cory are required to make an appointment with the camp office before their arrival. This enables us to coordinate their visit, provide necessary information, and maintain a secure environment for our current campers.

## **VISITOR CHECK IN PROCEDURES:**

Upon arrival, all visitors are expected to check in at the camp office. This ensures that we are aware of the presence of any guests on the camp premises and allows us to provide them with any essential information or updates.

## **RESPECTING CAMP ACTIVITIES:**

While we appreciate the enthusiasm of our visitors, we kindly ask that they respect the camp's daily schedule and ongoing activities. Visitors are encouraged to coordinate their visits during appropriate times to minimize disruptions to camp routines. While on property, visitors are welcome to observe, but should avoid distracting the staff team from their ongoing duties.

## **THANK YOU FOR YOUR COOPERATION:**

We appreciate your understanding and cooperation in adhering to our visitor policy. The safety and well-being of our campers are our top priorities, and these measures are in place to create a secure and enjoyable experience for everyone at Camp Cory. If you have any questions or need further clarification regarding our visitor policy, please feel free to contact the camp office. We look forward to creating positive and memorable experiences for both campers and their guests at Camp Cory.



# HEALTHCARE AT CAMP

Camp Infirmary:

[campcoryhealthteam@rochesterymca.org](mailto:campcoryhealthteam@rochesterymca.org)

585-784-3843

## **ON-SITE MEDICAL SUPPORT**

The health and well-being of your child are of the utmost importance to us at Camp Cory. We want to assure you that your child will be in good hands with our experienced medical team. During our overnight sessions, we are fortunate to have two dedicated and experienced nurses living on site to provide immediate medical attention and support when needed.

## **PHYSICAL EXAMINATIONS:**

All campers are required to have an updated physical examination within 12 months of their arrival at camp. This helps us maintain a comprehensive understanding of each child's overall health and address any potential concerns proactively. Please ensure that your child's physical is current before they attend camp.

## **TIMELY MEDICAL UPDATES:**

We ask parents to update their camper's medical profile as soon as possible. This allows our medical team to thoroughly evaluate the information provided and ensure that all necessary paperwork is in order. Your prompt attention to this matter greatly contributes to the overall well-being and safety of your child while at camp.

## **UNSCHEDULED INFIRMARY VISITS:**

In the event that your camper requires an unscheduled visit to the infirmary beyond regular first aid, we will promptly contact you to discuss the situation and keep you informed. Open communication is a priority, and we value your trust in our ability to care for your child.

## **MEDICATION MANAGEMENT**

If your child requires medication while at camp, it is essential that all medications are provided by an adult and, brought in their original containers. Whether it's prescriptions medication or an over-the-counter remedy like Melatonin, we require a doctor's signature on file indicating the appropriate dosage and administration instructions. Medications are typically administered after meals and before bedtime, ensuring a consistent and routine schedule.



# MEDICATION & CAMPER HEALTH CARE FORM

This form will be auto-filled based on your online form. Provide this filled out form to your child's doctor to complete. Once you receive the form back from the doctor, please upload it your parent account

The following non-prescription medications are commonly stocked in camp Health Centers and are used on an as needed basis to manage illness and injury. **Medical personnel: Cross out those items the camper should not be given**

Acetaminophen (Tylenol)  
Ibuprofen (Advil, Motrin)  
Phenylephrine (Sudafed PE)  
Claritin/Loratadine  
Guaifensin  
Dextromethorphan  
Diphenhydramine (Benadryl)  
Generic cough drops  
Chloraseptic (Sore throat spray)  
Lice shampoo or scabies cream (Nix or Elimite)  
Calamine lotion  
Bismuth subsalicylate (Peppermint)  
Laxatives for constipation  
Hydrocortisone 1% cream  
Topical antibiotic cream  
Calamine lotion  
Aloe

**Doctor fills  
this out**

## MEDICATIONS

### **\*\*Bring to camp in original container\*\***

I authorize this camper to take the following medications at camp  
List all medication (including vitamins and over the counter) bringing

Medication	Reason For taking	Dosage	Route	Time of Day
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**\*\*FOR MORE MEDS, ATTACH ADDITIONAL SHEET**

**you fill  
this out**

**This portion must include anything that your camper takes regularly, that you would like them to also take while at camp. This includes anything OTC, vitamins and melatonin, that the doctor must sign off on**

**Medical Personnel: Please review the CAMPER HEALTH HISTORY FORM and complete all remaining sections of this. Attach additional information if needed.**

Physical exam done today: ☐ Yes ☐ No (If "No," date of last physical: \_\_\_\_\_)  
Month/Day/Year

ACA accreditation standards specify physical exam within last 12 months.

Weight: \_\_\_\_\_ lbs Height: \_\_\_\_\_ ft \_\_\_\_\_ in Blood Pressure: \_\_\_\_\_/\_\_\_\_

Do you feel that the camper will require limitations or restrictions to activity while at camp? ☐ No ☐ Yes

"I have reviewed the CAMPER HEALTH HISTORY FORM, and have discussed the camp program with the camper's parent(s)/guardian(s). It is my opinion that the camper is physically and emotionally fit to participate in an active camp program (except as noted above.)"

Name of licensed provider (please print): \_\_\_\_\_ Signature: \_\_\_\_\_ Title: \_\_\_\_\_

Office Address: \_\_\_\_\_  
Street City State Zip Code

Telephone: ( ) \_\_\_\_\_ Date: \_\_\_\_\_

**Doctor fills  
this out**

## IMPORTANCE OF MEDICAL INFORMATION

To ensure the best possible care for your child, we request that you complete and update the medical information on your child's Camp Brain account. This information is crucial for our medical team to be well-informed and prepared to address any specific needs your child may have during their time at camp. Please provide accurate and up-to-date details about your child's health, allergies, medications, and any other pertinent medical information.



# KEEPING IN TOUCH

## MAIL & CAREPACKAGES

We encourage you to write cheerful, positive letters from home. Consider writing a letter a couple days ahead of check-in day so your child has a letter during the beginning of the session. Please do not panic if you don't hear from your camper immediately after arrival, as many campers are too busy having fun at camp to write home. We recommend sending your camper to camp with pre-addressed, stamped envelopes or postcards, but also sell these supplies in the Camp Store. You are welcome to send care packages to your camper. We have many campers with food allergies and ask that if you send food, please avoid common allergens. As a reminder, we are a nut free camp, so anything containing nuts is strictly prohibited. If a child in your camper's cabin has a severe allergy, certain foods may need to be removed and returned to the camper at the end of the session.

## BUNKNOTES (ADDITIONAL COST):

Bunknotes is a third party service that allows family to send notes to campers via email. Bunknotes are printed daily at 6am and delivered to campers with the general mail delivery. Bunknotes received after 6am will be delivered the following day. Families can choose to supply their camper with a reply note which allows them to write back. Reply notes get scanned and delivered to the sender's email as soon as the camper turns them in. Visit [www.Bunk1.com](http://www.Bunk1.com) to get started.

## PHONE CALLS:

We understand it is a difficult transition for parents and campers to not have instant access to each other, but we believe the unplugged opportunities at camp far outweigh the need for a phone. Phone calls often result in camper homesickness rather than being a helpful tool. Parents may call the office to talk with the Camp Leadership Team for an update or with any concerns at any time. In some instances, we can have campers use the office phone if there is a need to talk with parents/guardians for a concern or emergency. Arrangements can be made by calling the main office. Additionally, the office or infirmary will reach out if there are any issues or concerns.

**Mail should addressed follows:**

**Camper's Name – Cabin/Village  
YMCA Camp Cory  
140 Rt 54 E Lake Rd  
Penn Yan, NY 14527**

**To avoid mail delays and shipping costs, feel free to bring all mail and deliveries on check-in day to leave with the camp store for delivery on whatever day you designate.**



# KEEPING IN TOUCH

## VISITS:

Parents, relatives and friends are invited to visit camp on check-in and check-out days, during designated times. There are no scheduled days when camp is in session. Visits can be disruptive, as campers are very involved with their activities and new friends. If you are concerned about your child, please call the camp office to speak with a member of our leadership team. This is for the well-being and safety of all campers on property.

## PHOTOS:

Camp employs a photographer who takes a variety of photos of campers and activities each session. While we want to give parents the instant joy of seeing their camper having the time of their lives at camp, we also want to encourage campers to share their experience at camp from their own perspective. It is important for us to respect each camper's experience and acknowledge that some campers are uncomfortable with a consistent camera presence. If a camper does not want their photo taken, camp will respect that boundary. We keep camp an electronics free zone for many reasons and know the value and importance of offering an unplugged experience for today's youth. We teach our staff to be present in each moment and engaged with the campers. We want to make sure to protect this type of community and environment by finding a balance between keeping camp electronic-free and providing families with a variety of pictures daily.

## SOCIAL MEDIA:

Camp Cory maintains a Facebook & Instagram page throughout the year. During the summer, these are used primarily to update our friends and parents about daily events at Camp. We strive to post updates daily and these posts typically also include a photo or video from that day at camp.

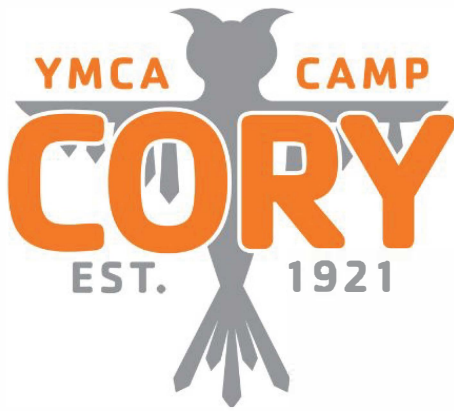
**Follow us on Facebook and Instagram:**

**Facebook:**

**YMCA Camp Cory**

**Instagram:**

**YMCA\_Camp\_Cory**



## GROUP MATE & BUNK MATE REQUESTS

Campers can request to share their group or cabin with friends. In Day Camp, these requests are not restricted by gender. However, in Overnight Camp, cabins are assigned based on gender identity. We accommodate friend requests for campers within a one-year age difference to maintain a balanced experience. Additionally, we can fulfill requests for up to three campers in a single group or cabin. If the request involves more than three campers, they will be placed in adjacent cabins, ensuring each camper is still with at least one chosen friend. This policy helps prevent any single group of friends from dominating the cabin dynamics, thereby fostering inclusivity and encouraging new friendships.





# YMCA CAMP CORY INCLUSION POLICY

## GENDER INCLUSION

Equal access, inclusion, engagement, and affirmation based on sex, gender expression, and/or gender identity is essential to the camp experience. The Camp administration will insist that programs and activities are conducted accordingly. This policy provides staff guidance for ensuring a safe and inclusive environment for all campers and equal access to all programs and activities.

Camp Cory's living spaces are gender specific, which means:

- **Girls** includes girls, trans and non-binary campers who feel most comfortable living with girls
- **Boys** includes boys, trans and non-binary campers who feel most comfortable living with boys

## CAMPERS WITH DIVERSE ABILITIES

We are committed to ensuring that every camper, regardless of their abilities, has a fulfilling and enjoyable experience. We understand that each camper may have unique needs, and we are dedicated to making any reasonable accommodation necessary to facilitate their participation and enjoyment of camp activities. Our program operates within ratios set by the New York State Department of Health. Many of our daily activities revolve around group interaction. If your child has special needs, please let us know during enrollment. We want to provide the best environment for everyone and will make reasonable accommodation to fully include every child in activities.

## CAMPER SCHOLARSHIPS

We believe that every child deserves the opportunity to experience the joys of camp, regardless of their socioeconomic background. We understand that financial constraints can be a barrier to participation, which is why we are committed to providing camper scholarships for those who may not be able to afford the full cost of attendance.

Our scholarship program aims to make camp accessible to all families by offering financial assistance based on individual need. Through the generosity of donors and supporters, we are able to allocate funds to help cover camp fees, ensuring that no child is left behind due to financial limitations. Families can apply for financial assistance during the enrollment process.

## INCLUSION STATEMENT:

At YMCA Camp Cory we strive to ensure that everyone- regardless of ability, age, cultural background, ethnicity, faith, gender, gender expression, gender identity, ideology, income, national origin, race, or sexual orientation - has the opportunity to reach their full potential with dignity. Our core values are caring, honesty, respect, responsibility, and inclusion; they guide everything we do. While Camp is welcome to all, we recognize our own limitations in meeting the needs of some of our potential campers in both resources and facilities. We will work with partners to identify and remove the barriers that historically have prevented camp from being accessible to marginalized communities. By doing so, we will work to ensure that everyone can access the unique support they need within our ability. We will make decisions alongside individual families regarding each situation and camper on a case-by-case basis.



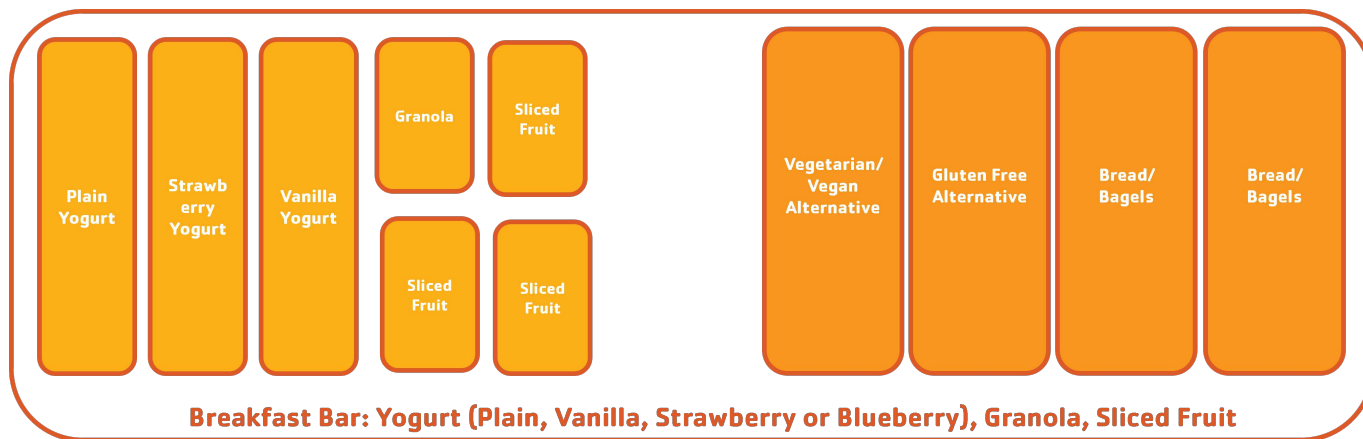
# MEALS AT CAMP

## MEALTIMES:

At Camp Cory, we understand the importance of nourishing our campers with wholesome and delicious meals. Our mealtimes are designed to provide a balanced and satisfying dining experience for our campers. Overnight campers eat meals family-style with their cabin in our Dining Hall.

Fresh fruit, and salad are always available, in addition to alternative dietary options for those that require it. We are very used to having campers that are 'picky eaters', we will work with them to try, but we will also make sure everyone gets something to eat! Our Food Service Staff are able to accommodate vegetarian, vegan, gluten free, and dairy free substitution in our meals. We do not prepare any meals with peanuts or tree-nuts. If your child has specific needs, please contact us ahead of time. The schedule for meals is as follows:

- Overnight Camp Breakfast: 8:00am
- Day Camp Breakfast: 7-8 am
- Lunch: 11:45am for Aviators, 12:45pm for Cosmos, Conifers, and Overnight Camp
- Overnight Camp Dinner: 6:00pm



## SPECIAL DIETARY RESTRICTIONS:

We understand the importance of accommodating various dietary needs. Therefore, a dietary alternative is available at every meal, ensuring that all campers can enjoy their dining experience at Camp Cory. Our goal is to create an inclusive environment where everyone can partake in the communal joy of sharing a meal together. If your child has additional dietary needs, please contact us prior to the summer so we can provide your child with whatever they need.



# MEALS AT CAMP

## Breakfast

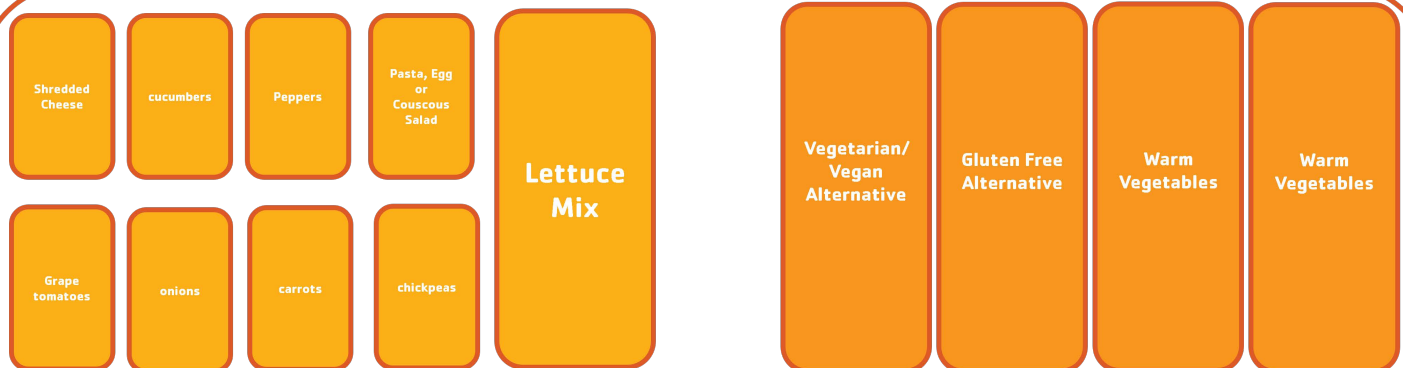
Start the day right with a hearty breakfast! Campers can expect a variety of options, including a hot entree,,fresh cut fruit, yogurt, and both hot and cold cereals. Our aim is to offer a nutritious and energizing start to the day, ensuring each camper has the fuel they need for a day filled with adventure. Day campers have the option for breakfast when they arrive each day.

## Cereal and Snacks

Hand fruit is available throughout the day at camp, as well as during meals. In addition to this, cereal is offered and breakfast as well as during select meals during the week.

## Lunch and Dinner

For both lunch and dinner, campers will be treated to a diverse menu that features a hot entree accompanied by a full salad bar. The salad bar includes a selection of fresh vegetables to encourage healthy choices.



**Lunch & Dinner Salad Bar:** Lettuce Mix, Chopped Veggies (peppers, broccoli, carrots, cucumbers, onions), Salad Dressing (ranch, Italian, balsamic), chickpeas, Diced chicken, shredded cheese, grape tomatoes, Pasta, Egg or Couscous Salad

## OPEN DINING HALL

Our dining hall is more than just a place to eat; it's a gathering space for campers to enjoy and share moments together. The dining hall is always open for kids to grab a piece of fruit or fill their water bottles between meals. We encourage campers to embrace the freedom of choice and maintain healthy hydration and snacking habits throughout the day.

At Camp Cory, we believe that meals are not just about sustenance, they are an integral part of the camp experience. We are committed to providing delicious, nutritious, and inclusive meals that contribute to the overall well-being and enjoyment of our campers.



# OVERNIGHT CHECK-IN & CHECK-OUT AND LEAVING CAMP EARLY

## OVERNIGHT CAMP CHECK IN AND CHECK OUT:

### Sunday Check-In:

Keuka Village and Craig Village: 3-3:45pm

Wells Village and Maijgren Village: 3:45-4:30pm

Walmsley Village and Counselors In Training: 4:30-5pm

If you have multiple campers, please arrive at your earlier assigned time. Village placement is emailed 5 days prior to campers' arrival. General check-in is at the central pavilion. Once checked in, campers can move their belongings to their cabin. In order to meet everyone's needs, bunks will be chosen once all campers in their cabin have arrived, or at the end of your villages check-in time (whichever comes first). Names will be pulled from a hat to pick bunks to make it as fair as possible. Please email [blake.vanhorn@rochesterymca.org](mailto:blake.vanhorn@rochesterymca.org) for any concerns. Families can choose to wait to help move their camper in, or their counselors will be available to assist. Medication check-in is in the dining hall with our Camp Nurses. Medications need to be in original packaging and match exactly what the completed medical paperwork says.

### Saturday Check-Out:

Families can arrive anytime between 9-11 am and head right to your camper's cabin. Photo ID is required. Medication pick-up is at the infirmary. Don't forget to check the pavilion for lost and found!

**\*PLEASE NO DOGS\***

## LEAVING CAMP EARLY:

If you need to pick your child up early, please contact camp ahead of time to make arrangements. Additionally, please call the camp office when you are on your way so we can make sure your camper is ready to go when you arrive. If your camper gets sick while at camp, we ask that you pick up as quickly as possible to help avoid the spread of illness as much as possible. Campers may return to camp when they are fever-free for 24 hours and show no other signs or symptoms of illness.



# OVERNIGHT CAMP PACKING LIST

## CLOTHING

- T-Shirts (8)
- Long-Sleeved Shirts (3)
- Shorts (5-6)
- Pants (2)
- Sweatshirts (2)
- Undergarments (10)
- Socks (9)
- Pajamas (2)
- Swimsuits (3)
- Towels (1 bath, 2 beach)

## ESSENTIALS

- Water Bottle
- Rain Jacket
- Flashlight
- Sunscreen
- Prescription Medications (to be checked in with the Camp Nurse)

## CABIN GEAR

- Sleeping bag/sheets and warm blanket
- Pillow
- Personal Items: play cards, book, friendship bracelet string, etc.

## SAILING CAMP EXTRAS

- 3 sets of clothing that can get wet
- Extra swimsuits
- Sleeping bag for outdoor use

## TOILETRIES

- Toothbrush
- Toothpaste
- Deodorant
- Soap
- Shampoo and Conditioner
- Bug Spray (optional but recommended)
- Hair ties, hairbrush, etc.

## SHOES

- Sneakers
- Sandals with a back strap
- Shower Shoes

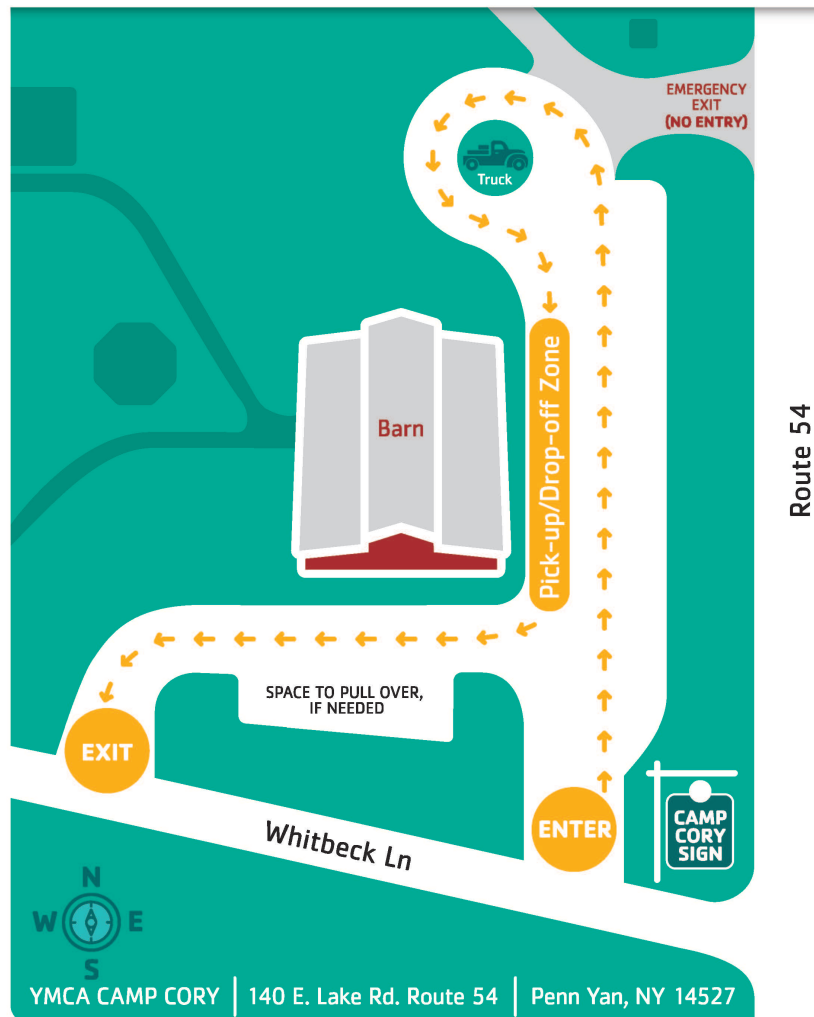
## EXTRA SUGGESTIONS

- White item to tie-dye
- Battery powered clip on fan
- Hat

## ITEMS THAT SHOULD BE LEFT AT HOME

- Cell Phones
- Money
- Things that you do not want to get dirty
- Items of high monetary value (Camp Cory is not responsible for lost or stolen items)
- Electronics
- Pets
- Weapons (real or fake)
- Illegal Substances
- Gum and snacks with peanuts (please bring a reasonable amount of snacks, if any)

## YMCA CAMP CORY DAY CAMP PICK-UP/DROP-OFF



**Check-in** runs between 7am and 8:30am. All groups will be dispersed around camp after 9am, so please text us if you plan to drop off late, so we can plan accordingly with getting them connected with their group. Drop off consists of signing your child in and checking in with the staff with any questions or additional information.

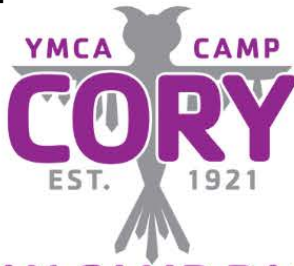
**Check-out** runs between 4:45 and 6pm. All groups will be at the barn (or close to it) by that time. If you need to pick up before that time, please text us with at least a 20 minute window so we can have them where they need to be when you arrive. Please bring a photo ID to pick-up. Only authorized individuals are allowed to pick up, which includes those listed as parents, emergency contacts, and authorized pickups on the parent dashboard. You can add, update or remove your emergency contacts and authorized pick ups at anytime by logging into your account, clicking "view details" and selecting "Update Household Information."

Please pull in to the front loop of the barn and remain in your car for both check-in and check-out. If you need to pull to the side for ease of car seats, we have a space for that.

We also expect Monday mornings at drop off to take a little longer than the rest of the week. Additionally, we anticipate Friday pick-up will take longer, as they are wrapping up and saying goodbye to their new friends.

**Please bring your photo id every day! Day Camp cell # below to let us know about any late drop offs or early pick-ups.**

**(585)-313-3876**



# DAY CAMP PACKING LIST & LOST AND FOUND

## DAY CAMP PACKING LIST

Your camper should bring:

- A backpack
- A water bottle
- Bathing suit
- Towel
- Lunch (unless you purchase the healthy lunch option)
- Sunscreen and/or hat
- Sneakers/close-toed shoes
- Extra pair of clothing
- Sweatshirt or raincoat (weather pending)

**\*lunches are not refrigerated nor microwavable\***

## LOST & FOUND

Lost and Found is collected and presented to camp daily during messages (every morning for Day Camp). It is also kept in a central area for campers to check on their own if they'd prefer. On Saturdays, any remaining lost and found items are laid out at our central pavilion for families to check.

Day Camp families can check Lost & Found at Friday pick-up, but are also welcome to come back Saturday morning if necessary. Lost and Found is kept on site for 1-2 weeks, then donated. If you wish to come pick up an item outside of those times, please let us know at the email below. We can ship items on a case to case basis.

**Labeling all items is highly encouraged!**

If you discover something missing after returning home, please email [campcory@rochesterymca.org](mailto:campcory@rochesterymca.org) ASAP.



## SWIM PROCEDURES & HOMESICKNESS

### **SWIM PROCEDURES:**

On Monday all campers go to Dip N' Dash, where they do a brief swim assessment and are given a red, blue, or white wristband. This wristband corresponds to the swim section they are allowed to swim in without a lifejacket. It also corresponds with the chip color with the campers name and cabin on it for the week. Anytime campers do any water activity, they are checked in and out of the buddy board with this chip. If a camper does not want to participate in Dip N' Dash for any reason, they can opt out and receive a red band.

- The RED section is a small shallow section that all campers are able to be in without a lifejacket.
- The BLUE section is anywhere from 3-5 feet deep depending on the area and the overall lake water levels. Campers with a blue band have demonstrated basic strokes and a level of endurance necessary for their safety in the blue section.
- The WHITE section is the deepest and is anywhere from 4-8 feet deep depending on the area and overall lake water levels. Campers with a white band have demonstrated high level stroke proficiency and a level of endurance necessary for their safety in the white section.

Campers doing any water activity outside of swimming (sailing, paddleboarding, kayaking, etc) must wear a lifejacket at all times.

Lifeguard ratios are 1:15 with another staff member in the water and 1:10 without another staff member.

### **HOMESICKNESS:**

Homesickness is common when attending camp for the first time. Here are some things to know and do, to prepare you and your child before arriving at camp:

- Our staff are trained in multiple ways to prevent, but also handle homesickness as it comes.
- Talk with your children about what to expect; they will be having so much fun, learning new things, making new friends, and creating memories and experiences for themselves.
- Let them know that you'll only be apart for a few days and encourage them to jot down their experiences to share with you at the end of the week.
- Mail, bunk-notes and care packages are always beneficial in communication and comfort throughout their stay at camp, so you both can keep up-to-date with what is happening in each others lives. See pages 5 and 6 on how to keep in touch.



# HOW TO HELP YOU AND YOUR CHILD PREPARE FOR SLEEPAWAY CAMP

To prepare for the adventure of sleepaway camp, the most helpful strategies depend on two main factors: your child's mindset, and yours.

## Strategies:

- Discuss the child's expectations without projecting your own. Review all the information provided in the handbook and on our website, so they know what to expect.
- Based on what they bring up, target worries with information and planning when possible. For many common worries, information gathering and planning can help a child know better what to expect to help them feel less nervous.
- It's natural to feel nervous about new experiences, and while no amount of preparation can entirely eliminate those feelings, it offers a valuable opportunity to practice an important life lesson: learning how to manage discomfort.
- Hype it up! Focus on the the cool and exciting parts of the experience! Talk about the fun and memories they are going to make!

Feel free to join us at one of our Open Houses before the camp season begins! This is always a good way to warm up to camp; get a tour, ask questions, and try an activity! Visit our website for those dates in May or June!





# BEHAVIOR MANAGEMENT AT CAMP

Our first step in managing behavior is prevention. We provide clear, reasonable limits for children's behavior and maintain them. We reinforce positive behaviors and redirect negative behaviors. We help children recognize and identify their feelings as valid and acceptable. You will be contacted if we have serious concerns about your child's behavior so we can discuss the best way to help them course correct. If you have concerns about your child's behavior at camp, we encourage you to put the information on the camper information form and to speak with your child's counselor on check in day to clarify any information. You are also welcome to call camp ahead of time to discuss best practices with the Camp Director.

Possible discipline or consequences for poor behavior at camp include (but not limited to) redirection, discussion of behavior with a staff, taking a break from activities to reset, restriction from activities or privileges, conference with Camp Director, and or a conference with Director and home.

We make every effort to communicate and solve individual behavior challenges; however, if a problem persists, we may need to send a camper home for their behavior. While every child is different and we assess every situation on a case by case basis, a few reasons for being sent home from camp include:

- Theft or Destruction of property
- Physical harm to self or others
- Bullying, bigotry, or other mental/emotional/social harm to others
- Repeated insubordination, disregard for the rules, and/or disrespect of staff team
- Possession of cell phone, weapons, alcohol, drugs, tobacco products, or undocumented medication



Please note that Camp Policy dictates that discipline NEVER includes depriving a camper of sleep, food, or restroom privileges, placing a camper alone without supervision, or subjecting a camper to ridicule, shaming, threat, corporal punishment (striking, biting, kicking, squeezing), washing out the mouth, or physical exercise or restraint.



# PROGRAM OFFERINGS

- Arts & Crafts
- Aqua Fun
- Athletics
- Canoeing & Kayaking
- Dance
- Drama
- Fishing
- Guitar
- High Ropes
- Low Ropes
- Outdoor Activities
- Outdoor Cooking
- Sailing
- Stand-Up Paddle Boarding
- STEM
- Target Sports

Our Overnight campers as well as our Day Campers in the Conifer Village, will have a schedule designed for them, based on their choices in the "Activity Area Request Form" on your registration portal on CampBrain. Overnight campers choose their top 10 choices (Conifer's 5), and are then placed in 4 (Conifer's 2) of those choices with their #1 choice being a top priority.

We ask that this form be filled out at least a week before they arrive at camp, so we can have their schedules done and ready to give to them when they arrive at camp. If the form is not filled out in that time frame, they will still get activities, but will be limited to what space is available. Certain classes also have "advanced" options available for kids ages 12/13 (depending on the activity) and older. For a little more in depth description of the options on the left, visit our website under the overnight camp page.

Preschool-Kindergarten:  
age based programming with  
"campy" activities as well.

1st-4th grade:  
rotating schedule to try a  
little bit of everything

5th grade+:  
elective based choices (fill  
out the "activity request  
form")

## DAY CAMP PROGRESSION:

Activity	Preschool-PreK	Kindergarten	1st	2nd	3rd	4th	5th+
Highropes				X	X	X	X
Target sports		X*	X*	X	X	X	X
Arts&Crafts	X	X	X	X	X	X	X
Outdoor Cooking		X	X	X	X	X	X
Aqua Fun	X	X	X	X	X	X	X
Canoeing& Kayaking				X	X	X	X
Sailing				X	X	X	X

\*Modified to be age appropriate



# Counselor in Training Program

Camp Cory's Counselor in Training (CIT) Program is where young individuals embark on an enriching journey of personal growth, leadership development, and mentorship. Typically CITs are 16 or turning 16 during the summer. Designed as a comprehensive two 3-week sessions over the summer. After their completion of the program, CITs are invited to apply for an internship to work as a counselor that same summer.

## Program Overview:

The Counselor in Training Program is tailored to empower participants with essential leadership skills while honing their abilities to work effectively with children in a camp environment. Through a blend of hands-on training, classroom sessions, and practical experiences, CITs emerge equipped to make a positive impact both within the camp community and beyond.

## Highlights of the Program:

- *Lifeguard Training:* CITs undergo rigorous training, including lifeguard certification by the American Red Cross. This certification not only equips them with valuable lifesaving skills but also instills a sense of responsibility and confidence.
- *Mentorship in Cabin Setting:* In the final week of the program, CITs are assigned to cabins where they serve as mentors to campers. This immersive experience allows them to apply their newly acquired leadership skills while fostering meaningful connections with younger campers.
- *Daily Leadership Classes:* Led by our experienced Leadership Director, CITs engage in daily leadership classes. These sessions cover a wide range of topics, including various leadership styles, problem-solving strategies, and team-building activities. Through interactive discussions and practical exercises, CITs develop the insights and skills necessary to excel as leaders.



## CIT Furtherance Ceremony:

On the last night of their program, CITs are recognized by the campers and staff at our All Camp Campfire. This ceremony symbolizes their journey from camper to leader and is one of Camp Cory's most sacred traditions.



# COUNSELOR IN TRAINING PROGRAM

## Progression toward becoming a leader at camp

At Camp Cory, we believe that the Counselor in Training Program is not just a stepping stone towards becoming a camp counselor but a transformative experience that prepares young individuals for leadership roles in various aspects of their lives.

### Year 1 – CIT and Intern

CITs can apply for internships during their CIT session. If selected, these internships allow CITs to apply their newfound skills in real-world settings while continuing their learning journey. As paid interns, CITs contribute to the smooth operation of the camp while continuing to learn and grow alongside seasoned staff members. Please note that CITs who are not offered an internship can still apply to be a junior counselor the following summer.

### Year 2– Junior Counselor

The following year, CITs are eligible to apply for positions as Junior Counselors. In this role, they take on increased responsibilities and leadership opportunities, working closely with campers and staff members to create memorable experiences for all.

### Year 3 – Senior Counselor

After completing a successful season as Junior Counselors, individuals may advance to the role of Senior Counselors. As Senior Counselors, they serve as mentors to the rest of the staff, drawing upon their experiences and expertise to support the next generation of camp leaders. Senior Counselors play a vital role in maintaining the camp's values, traditions, and standards of excellence.

## CIT Program Goals:

**Leadership Development:** Empower CITs to discover and cultivate their unique leadership abilities. Teamwork and

**Collaboration:** Foster a collaborative spirit among participants, emphasizing the importance of teamwork in achieving common goals.

**Communication Skills:** Enhance verbal and nonverbal communication skills, vital for effective leadership and mentorship.

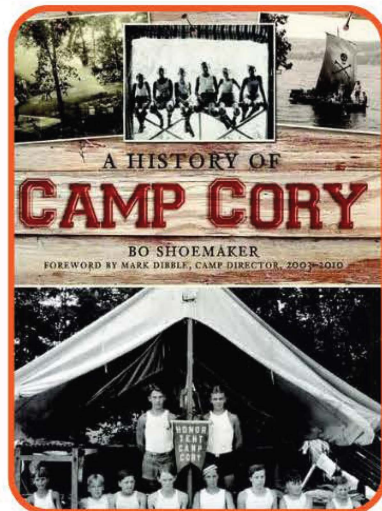
**Confidence Building:** Provide opportunities for CITs to step out of their comfort zones, building confidence and resilience in the process.

**Community Engagement:** Cultivate a sense of responsibility towards the camp community, encouraging active participation and contribution.



# CAMP STORE

The Camp Store is open to families on check-in and check-out days and once daily for campers during the session. Campers can purchase souvenir clothing items, stickers, postcards/envelopes with stamps, water bottles, keychains, etc. We also sell food items in the store such as slushies, popcorn, ice-cream, and Gatorade. The items in our store tend to range between \$2-\$45. The store does not sell toiletries, sunscreen, bugspray, etc. The Camp Store is completely optional, but if you would like your campers to be able to make purchases, please open their store account through your online parent account before check-in day. Please do not send your camper with cash! While we accept cash and cards on check-in and check-out day in the store, we utilize the online account during the week and do not allow campers. Each day, camper's food purchases are limited to one Gatorade and one additional snack. You are able to monitor your campers' store fund throughout the week in the online account and add more if you so wish. Products in the store vary from year to year; pictures below give examples of some of the items we have sold in the past. At the end of the summer, any unspent Camp Store money is donated to Camp Cory's Experience Scholarship Fund.





YMCA OF GREATER ROCHESTER

# YMCA CAMP CORY

## 2024 THEME CALENDAR

SESSION	CAMP THEMES
<b>1</b> June 30 – July 6	 <b>THE TIME TRAVELER'S APPRENTICE</b> 
<b>2</b> July 7 – 13	 <b>CAMP CORY MUSIC FESTIVAL</b> 
<b>3</b> July 14 – 20	<b>AROUND THE WORLD IN 6 DAYS</b>   
<b>4</b> July 21 – 27	 <b>A "KNIGHT" AT THE RENAISSANCE</b> 
<b>5</b> July 28 – Aug 3	<b>CAPTAIN CORY AND THE LOST TREASURE</b>  
<b>6</b> August 4 – 10	 <b>THE MYSTERIOUS CASE OF THE LOST UNDERGROUND CAMP</b> 
<b>7</b> August 11 – 17	 <b>DR. LAWRENCE AND THE BUG JUICE EXPERIMENT</b> 
<b>8</b> August 18 – 24	 <b>ACROSS THE UNIVERSE AND BACK</b> 
<b>9</b> August 26 – 30	 <b>THE GREAT CORY REEF</b> (DAY CAMP ONLY) 



**LEADERSHIP VILLAGE**  
each cabin sleeps 12

**KEUKA LODGE**  
sleeps 32

**CRAIG VILLAGE**

**WALMSLEY VILLAGE**  
each cabin sleeps 11

**WELLS VILLAGE**  
each cabin sleeps 11

**MAIGREN VILLAGE**  
each cabin sleeps 11