

## **2009 GENERAL INFORMATION**

This program is designed just for 11-15 year olds. Each activity is geared to this age group with the understanding that these kids need and deserve more activities that fit their interests and abilities. Our general goal is to provide a well balanced, wholesome, active summer for these early teens. We believe the program will be fun, challenging, and very rewarding for the kids, the staff, and the parents.

This program is located at Spring Park. The portion of the park we will use is just two blocks off of College Ave on Spring Park Road (almost directly across the street from Dairy Queen on College Avenue). Please drop off and pick-up from the south side of the Fire Station. The park is primarily just the place we start and end each day. The kids can arrive any time between 8:00 and 9:00. If you need to drop-off your child before 8:00, you can do so at our Plum St. Center and we will bus the teens to camp. We will generally start our day with a short meeting at 9:00 and then head out for the day's activities. We will generally return each day about 4:30, and the kids need to be picked up by 5:30. There is a late fee if your child is not picked up by 5:30.

On the Fridays when we are not doing a camping trip, we will have extended day trips to places like Elitches and Water World. We will stay later at our activity and then go out for dinner. These days we return to Spring Creek Park at 8:30. Similarly, on Thursdays, June 18 and Aug 13, when we go to the Rockies games, we will have an extended day and return at 7:30.

The camp is limited to 25 teens per day.

On the attached long sheet you can see our general plan for the summer. Each week we will provide you with an hour-by-hour detailed plan for the week. These will be emailed to you by Saturday the week before you are scheduled for camp.

We expect to return from each camping trip at 5:00 on Friday. If we ever expect to be more than 15 minutes late on any day, someone will meet you at the park and explain the delay. If we know earlier we will attempt to reach you by phone and email. Although we are pretty proud of our overall record, sometimes, because of weather, or traffic jams, etc., things can happen to delay us.

The teens bring their lunches and daytime snacks each day. We will provide the drinks - usually lemonade or kool-aid, and water. Each teen needs to provide their own cup for drinking each day. All meals and snacks will be provided by the camp as of dinner the first day for extended days and camping trips. Most extended day dinners are things like pizza and Subway. Meals while we are camping are balanced and include the fruits and veggies.

There are only two attendance restrictions. The first is you cannot register for just Fridays during non-camping trip weeks. The reason for this is our staff must have a good idea of who each camper is so we are comfortable with their judgment on those Fridays. The second is if you are going on a camping trip you must also attend the day before the trip to help prepare for it and to have all of the information you need for it. Otherwise you may register for any schedule you want. Space is limited and generally, a First Come - First Served system will be honored. However, priorities can be given to fulltime schedules.

**New this year:** You may *Register* for any days prior to our Roster being printed. They are printed on Thursdays for the following week. Any days attended and not *Registered* for will be considered Drop-in days and there will be an extra charge of \$3 per day for Drop-in days.

### **Discipline and Discharge from Camp**

Our summer programs are intended to provide safe, fun, structured programs for your child. We are not expecting to be baby-sitters for problem teens. As such, we have developed a TEEN CAMP CODE OF CONDUCT. It details our expectations and the remedies we will use in the event of most problems. It must be signed by each teen and any parent or guardian responsible for signing them up. Please call us if there is any question regarding interpretation of this form. Although it rarely happens, in the event that a child is discharged from camp, the parent or guardian is responsible for payment for that week and the next scheduled week of attendance. This form is included with your confirmation.

## **2009 PROGRAM SPECIFICS**

**All instructional programs are done only through qualified, experienced providers**

**Target Shooting** is done at *Pawnee Sportsman Center*. This facility is about 35 miles east of Fort Collins on Highway 14. We will be shooting .22 caliber rifles, and be under the guidance of the Range Master at all times.

**Water World and Elich Gardens** are super activities which we enjoy best by staying there later to maximize our enjoyment. We usually leave those places around 6:00 and go out to dinner while traffic is very busy. We then return to Spring Creek Park at 8:30.

**1st Run Movies** are new releases which usually will have no higher than a PG-13 rating. However, every movie that is scheduled will have passed a consensus vote of the parents. This is done by giving parents a list of all the movies we are considering watching, and getting your “yea” or “nay” on each. If any parent does not approve of the movie chosen, based on their written disapproval, we will not attend that movie, and will find one suitable for all the teens. This used to be a less scheduled activity and we offered “Teen Choice” activities. Since every single Teen Choice for the last 3 years was a movie, we simply made it a regularly scheduled activity.

**Internet Gaming will be done** at *Academy Gaming* on College Avenue and Laurel Street. The facilities have a wide array of sophisticated computer games where the kids can play against each other or with people all around the world. Although we will monitor for what we feel is appropriate, if parents have any issues with the type of games to be played, please have that conversation with your child prior to coming that day.

On the Mondays we will be going to a reservoir or lake for an easy day with friends, please make sure there is sunscreen, a swim suit, and towel.

**Vedeawoo** (pronounced Veedavoo) is a terrific “bouldering” (Rock Climbing without the ropes) area just outside of Laramie. If you want some more information about it look up “Veedavoo” on the internet.

**Arrow Dynamics** is an indoor, professional archery range. All of our teens are provided excellent instruction and appropriate instruction in order to properly learn how to use and have fun with this equipment.

**Making Music** is being done at the Guitar Academy. We will be having a private concert with a local accomplished band and then have an opportunity to interact with them and their equipment.

**Bike Trail Day** will be done on the Fort Collins Bike Trail. It was a big hit last year. We will stop along the day to have lunch at a local restaurant. Please bring your own bike that day, or let us know a couple of days ahead of time if we need to provide one for you.

Although parental involvement in Teen Camp has been minimal in the past, it is sometimes asked if our two staff are enough to assure the quality standards we espouse. Although we are confident our staff can handle the camp, our policy is that any parent that wishes to accompany us may do so for any trip or extended day activity. If you do come along you will need to pay your way into the activities.

## 2009 Camping Trips

*Usually the types of places we camp will be in KOA-type campgrounds. These are sites with showers, a small general store, often a pool and game room, and in a very secure setting. This will be true of all trips this year except for the first day of the Pikes Peak Trip. Please see the description below.*

*Hiking is a more significant part of our schedule this year. Although hiking is a fun and beneficial activity, this increase number of hikes is primarily in preparation for our Colorado Springs Camping Trip where we will climb Pike's Peak! Derek has done this hike and knows it is well within the capability of our group to accomplish - with preparation. It is challenging and rewarding. Our approach is to take a very traveled trail to a place called Barr Camp. There we will spend the night indoors prior to embarking the next day to the top of the trail. We have planned it this way so we will not have to take full backpacks to accomplish this task. Day packs should be sufficient. Given that this total trip is about 12.5 miles and an increase in elevation of about 7500 feet, we will need to prepare for it and that is the idea behind the larger number of hikes. In order for us to know each teen can accomplish the Pikes Peak hike she/he will need to earn at least 11 points AND have gone on at least one of the Medicine Bow or Steamboat Springs trips. Points are listed next to each hike on the long sheet. If someone has demonstrated their ability to do this task to Derek's satisfaction, the point requirement may be waived.*

*If we have placed a (W) next to a item that means we think you may want to check it out on the internet.*

Our first trip is a three day trip to The **Medicine Bow** Wilderness area. We will be staying at the Laramie KOA both nights of this trip. They offer fishing at the campground, and we can even stop by the Wyoming Territorial Prison to see where Butch Cassidy did some time. This is just our base of operations where we will do some lake canoeing and a significant day hike in the Snowy Range area. We will also enjoy the Hot Springs in Saratoga.

Our second trip will be to **Steamboat Springs**. There we will be staying at the Steamboat Springs KOA. WE will be doing another day hike on this trip as well as enjoying the Steamboat Gondola, touring the downtown area, and having dinner out. The Hot Springs there will be our reward after completing the hike. Fishing will again be available to us.

Our third trip will be to **Mount Rushmore**. Usually this week long trip would have been our final trip but if we did then it would have been during the same time as the Sturgis Motorcycle Rally in the same area - not a good idea. We will start with a stop off at Jewel Cave (W) on our way to the Mount Rushmore KOA. This cave is one of the longest in the country and although we will only be on an hour and a half tour, you will find out why it is a spelunker's dream. We will get to the KOA a little late so we can enjoy the campground the next day. This is the largest KOA we have ever been to and very central to all of our activities. It is a very busy place with ample activities for us to enjoy. That night we will go to the Lighting Ceremony at Mt. Rushmore - very impressive. The next day it is off to the Badlands and Wall Drug, where we will have dinner. On Thursday we will go to Evans Plunge and Crazy Horse, which is the largest mountain sculpture in the world! That is, it will be when it is finished, which isn't likely to be done in any of our lifetimes. The entire Mt. Rushmore sculpture fits in the nostril of Crazy Horse's horse! We will take a bus tour out to the site to try to get the full effect of the size of this undertaking.

Our last trip will be the **Pikes Peak Trip**. Our first night will be spent on the trail to the top of Pikes Peak. The standard route to Barr Camp is a 6.8 mile hike up Barr trail. The total Trail to the summit is 12.6 miles, and is non-technical. It begins at 6,600 feet, and summits at 14,110 feet at the Top of Pikes Peak. Barr Camp is staffed year-round. Obviously a serious trek but very doable with our practice hikes and preparation. We will not be packing heavy tents and water. We will be able to restock our water at Barr Camp. In the event of any issues, Dennis will be along for this trip in order to help and bring the whole crew down from the mountain after they have summited. Our next night will be spent at the Lone Duck Campground. We stayed here last year and it was a hit with the kids really enjoyed it. We will top off our trip with a stop off at Garden of the Gods prior to returning. If we find that not enough teens have "qualified", we will restructure the trip so as not to include the hike and do other fun stuff.