



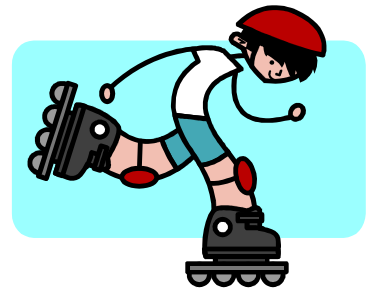
Island Lake

2010



Camper

Handbook



Dear Campers,

Welcome to our Island Lake family! Are you pumped up for summer to arrive? Are you counting down the days until camp begins? Are you ready to ditch the schoolbooks and hop on the camp bus? We cannot wait for June 26th to arrive and we are delighted that you are joining us this summer. Your Island Lake experience will be filled with fun and excitement, great activities, and wonderful friends. We hope you are as excited as we are!

Fondly,
The Stoltz Family

Dates of Sessions:

Session 1: Saturday, June 26 – Thursday, July 15
Session 2: Thursday, July 15 – Tuesday, August 3
Session 3: Tuesday, August 3 – Monday, August 16

Mailing Address:

Your Name
Sports and Arts Center at Island Lake
50 Island Lake Road
Starrucca, PA 18462



FIRST DAY

If you don't know anyone attending Island Lake this summer, don't worry. There are many other campers in the same position as you. From the moment you arrive at your bus stop, you will meet other Island Lakers. Upon arrival at camp, your counselors will greet you at the bus and show you to your bunk. Your luggage, which travels with you, will arrive at your bunk soon after. If you are flying to Newark airport, you will receive an Island Lake t-shirt in the mail. Please wear it when you travel to camp. Our staff members (wearing their camp shirts) will greet you as you come through security. You will then pick up your luggage and board the camp bus with our counselors.

Once you've met your counselors and received your luggage, you are free to unpack and settle in. You may pick the bed and cubbies of your choice. Sorry, but we do not reserve specific beds for campers ahead of time. If your cabin has bunk beds, the top ones are reserved for your counselors unless you would prefer one. Once you are unpacked, your counselors will give you a tour of camp and show you everything you need to know. By the time you begin your activities the next day, you'll feel like a veteran camper. We've enclosed a map so you can get a general idea of the layout of all the activities and buildings. For all of you first time campers, don't worry. Camp is smaller than it may appear on the map and you will know your way around by day one.

The buses all arrive at about the same time so you'll soon meet all of your bunkmates. Once the buses have arrived, dinner will be served. After dinner you will have time to finish unpacking, bring money to the office to put into your personal account, deliver airline tickets to the office, and get to know the kids and counselors in your bunk. Your group leaders and counselors will be there to help you out and answer any questions you may have.

After you tour the camp, your counselors will bring you to the canteen where you'll "make your own mess," which means create your own ice cream sundae. This is a time for you to get to know your bunkmates better and meet other kids. Canteen is held six nights a week. When the canteen is open, you can hang out in there or in the gym, where we will have basketballs out for recreational play, or play roller hockey in our hockey rink. You can also bring your rollerblades or skateboards to the hockey rink or skate park to skate around. The circus staff opens some activities in the circus building at night so you can juggle, unicycle, or even swing on the flying trapeze. The magic department is open certain nights. We also open six of our tennis courts which are lit for nighttime play. If you wish, you may use this time to go back to your bunk to write letters, take a shower, or spend time with your bunkmates and keep your counselor on duty company.

You can hang out in any of these places until your curfew. Your curfew is based on your age and your counselors will tell you when you have to be back at the bunk. Once you have returned to your bunk, you have half an hour to get ready for bed. On the first night of camp, your counselors, who are all on duty (O.D.), may hold a bunk meeting to discuss bunk rules, review general camp rules, and play fun "get to know you" games. This is a wonderful time to begin your bunk bonding and develop friendships with your bunkmates. Generally, half an hour after curfew, you should be ready for bed and the lights are turned off. At this point you may read or write with a flashlight or simply go to sleep. After the first night of camp, one counselor from your bunk will be on O.D. every night from the time evening activity ends until the morning.



THE PROGRAM

Six days a week, you will have the pleasure of waking up to Matt's music at 8 AM, otherwise known as wake-up call. Breakfast follows at 8:15 AM. You will choose your minors each morning at breakfast. When you get to your bunk's dining room table, there will be sheets of paper, one with the minor lists, one with your name and three blanks to fill in your choices, and a third with any news or special events for the day. The first day of each session, however, is a four minor day. We do not offer majors, only minors on this day. This way you can try four different activities and decide what you want as your majors. You also audition for classes like theatre, dance, rock shop, horseback riding, circus, and tennis. You will automatically be in the activity you choose. We simply need to determine your skill level or what role you will play. You'll know your level or what part you got by the time you sign up for your majors.

The next day you will go to the majors you wish to take. If you find you are not happy with a major you chose, you may come to the office and change it. The majors that you sign up for are instructional, and you will take them for the full session. They are activities you enjoy and you would like to enhance your skills in, whether it is basketball, ropes course, waterskiing, dance, ceramics, or anything else we offer. Your minors are chosen on a daily basis so you can experiment with different activities every day if you wish. These activities are less instructional and more for fun. For example, you may use these minors to hit a tennis ball with a friend, play a game of soccer, go for a casual swim, or work on a project in the arts and crafts building. If you wish, you may also use these minors for additional lessons. Certain activities, whether you take them as a major or a minor, are always instructional such as horseback riding, circus, climbing wall, theatre, magic, dance, etc. With all of these options at hand, you should be able to experience many new and exciting activities at camp.



INFIRMARY

We have one doctor and six registered nurses in camp. There is always a nurse on call and a doctor on grounds at all times in case of emergencies. If you take any medications, there is a specific table in the dining room where the nurses will distribute them depending on individual instructions (once, twice, or three times a day). If you are required to take an additional dosage, then you will need to go to the infirmary for your medicine. Additionally, the infirmary has 'sick call' twice a day: after breakfast and after dinner. This is the time when the doctor will check any ailments that do not need immediate attention. The doctor is always around during the day in the event that emergencies arise. No medication, not even Tylenol or vitamins, should be kept in the bunk.



MONEY

All activities (in and out of camp) are included in your tuition. You will need to bring money to camp if you plan on purchasing additional canteen items or want to buy souvenirs or extra food on out of camp trips (Cooperstown, movies, etc.). If you wish to bring money, we recommend no more than \$50 per session. Although we recommend that your parents mail us a check for additional spending money ahead of time, if you bring cash or a check with you, please bring your money to the office where we'll put it into your account. You can then withdraw or deposit money whenever you want. We recommend you do not keep money in your bunk. Many times it tends to "disappear" and then you are out of luck.

Airline tickets and passports should not be kept in your bunk. If you are flying home from camp, you must bring your tickets (and passport if you are not from the United States) to the office where we will hold them for you.



CANTEEN

The canteen is open six nights a week after evening activity. Any canteen item can be purchased with a plastic token. You already have an account with enough tokens to give you one snack per night. If you wish to take more than one per night, you may do so. Canteen tokens are distributed and sold on the canteen porch. Once you use up your tokens for the session, you may take money out of your bank account and exchange it for more tokens. Each token costs 75¢. With these tokens you can buy soda, burgers, nachos, hot dogs, chips, candy, popcorn, hot pretzels, or ice cream. Try not to salivate reading about all of this great food. At least wait until you get to camp and see it all!!!



MEALS

Meals are served cafeteria style in our dining room. Breakfast consists of a hot meal (pancakes, bagels, eggs, waffles, etc.) and approximately eight different hot and cold cereals. Drink machines include coffee, tea, hot chocolate, milk, and juices. Lunch and dinner consist of two hot entrees (one of which is always suitable for vegetarians), pasta, side dishes, and vegetables. We also have an extensive salad bar with all of the trimmings plus cottage cheese, special salads (egg salad, tuna salad, pasta salads), as well as peanut butter and jelly, bread and butter, fresh fruit, and homemade desserts. You can't go hungry at camp because there is too much good food to choose from!!!

After each meal, the head counselor will make announcements in the dining room to inform you about any special activities being offered that day, that night's evening activity, and anything else you need to know.



LAUNDRY

Your laundry will be done in camp once a week. Your bunk will separate all of the laundry into white clothing and dark clothing and then put it on your bunk porch. Our maintenance staff will pick it up and bring it to the laundry building where it will be washed, dried, folded, and returned to you later that day. All of your items should have your name stamped or sewn into them to avoid any confusion with other

campers' clothing. You should have received a "Suggested Items for Camp" list. If you do not have one, just print one off of our website (www.islandlake.com). (Or just give us a call and we'll be happy to send you a new one).

An important word of advice: if any of your clothing gets muddy, please rinse it out in your sink immediately. Do not place muddy clothing in the laundry as it can spread onto everyone else's clothing in the wash. Yuck! On that note, it's a great idea to make sure that all pockets are emptied so that no pens or markers end up in the wash, either.



GIRLS SWIMSUITS

This year we will continue to enforce a policy of one-piece swimsuits for girls at the waterfront and around camp. Please understand that this policy is in your best interest, and will be strictly enforced. You will not be allowed to lay out on girls campus, go down to the waterfront, or go on out of camp trips in 2-piece swimsuits. So please do not even pack them for camp. Keep in mind that some one-piece swimsuits may be deemed inappropriate by the directors.



LAZY DAY

Lazy day falls on Thursday, twice a session. (There is one lazy day during session 3). On this day we usually sleep late. We offer an optional breakfast for those who are awake from 8-8:30 AM. Brunch is served for everyone at 10:30 AM. After brunch we will have a special activity. It could be a trip out of camp to see a movie, go bowling, go to a roller rink, or go to an amusement park. This day serves as a break from regular activities as you have the opportunity to sleep in, relax, and do something special.



MAIL

Mail call is during rest hour, after dinner. Your mail, email, phone messages, and package slips will be delivered to your bunk each day after dinner. If you receive a package slip, you may go to the mail/package window at the side of the office to pick it up. We **DO NOT** allow food in any packages. We inform your parents of this rule as well. We will open your packages in front of you and throw out any food we find. We do this for your own protection to keep unwanted visitors (mice, raccoons, etc.) out of your bunk.



PHONE CALLS

We encourage you to use letter writing as your main form of communication home. However, we understand that you like to share your camp experiences with your parents by phone and for that reason we allow you to call home. The phones are closed the first week of each session. This allows you the opportunity to adjust to your new camp environment. After the first week, you are allowed one phone call home per session at a prearranged time. If you have a sibling in camp, you may combine your phone calls and call home together. A busy signal, answering machine, or no answer does not count as a call. The phones are open after dinner (during rest hour) as well as after evening activity (during canteen) until your curfew. We allow each camper approximately ten minutes to speak with their family so that everyone has a chance to call home. In case of divorce you may call your mom and your dad each session.

Please do not bring your cell phone (including iPhones) to camp, as they are forbidden and will just be confiscated. We do not want to take responsibility for your expensive electronics, so leave them at home to avoid an uncomfortable situation for everyone.



VISITING DAY

Visiting day is Saturday July 25th, 9:30 AM to 3:30 PM. It's a wonderful day for you to share your new skills with your parents. Visiting day information is in the folder we sent you this past winter. There will be performances throughout the day as well as a chance for you and your family to take advantage of many activities together. You may wish to show off your skills on the climbing tower, play baseball or basketball together, play a set of tennis, fly on the trapeze, etc. Your parents can also register you for next summer on Visiting Day. If you enroll, you will receive a special edition ILC t-shirt. It is a great day for all.

TIME SCHEDULE

8:00 AM	Camp wake up; non-bunk staff breakfast
8:15	Breakfast for camp
8:45	Return to cabins; clean up bunk and areas
9:30	FIRST MAJOR
10:30	Break; prepare for and travel to next area
10:45	FIRST MINOR
11:45	Break; prepare for lunch; non-bunk staff lunch
12:00 PM	Lunch; Bunks 1-12
12:15	Lunch; Bunks 13-24
1:00	SECOND MAJOR
2:00	Break; prepare for and travel to next area
2:15	SECOND MINOR
3:15	Snack Break
3:45	THIRD MAJOR
4:45	Break; prepare for and travel to next area
5:00	THIRD MINOR
6:00	Prepare for dinner; non-bunk staff dinner
6:15	Dinner; Bunks 1-12
6:30	Dinner; Bunks 13-24
7:00	Rest hour
8:00	Begin travel to evening activity
8:30	Canteen opens; free time; youngest campers served first at canteen; OD's begin
9:30	Camper curfews begin, staggered according to age; lights out 1/2 hour after curfew

WHAT NOT TO BRING TO CAMP

Please, Please, Please leave **all** valuables (expensive cameras, jewelry, cell phones, PDA's, computers, DVD players, video cameras, etc.), potentially dangerous items (fireworks, knives, etc.), and Ripstiks at home. These things do **not** belong in camp.

No wireless communication devices are permitted. Cell phones, PDAs, iPhones, and iPads are **PROHIBITED** at camp. They will be confiscated if brought to camp. There is no cell service in the area.

Possession and/or use of a cell phone or other communication devices in camp will result in harsh punishment including, but not limited to, suspension and/or isolation from the camp community.

**We're looking forward to our best summer yet!!!
We hope you are too!!!**