



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**



2021 Resident Camp Patterson, Parent Handbook

Mankato Family YMCA

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Dear Patterson Campers & Parents,

Thank you for choosing Camp Patterson to be a part of your summer schedule! The camp staff members and I are very excited about the upcoming summer and for the new experiences we will share together.

Camp holds a very special place in my heart; my love for Y camp started in 1999 when I was hired at the MANKATO FAMILY YMCA as a summer camp counselor. Since then, I've been blessed to be the Camp Director and share the camp experience with thousands of children a year at camp. I believe camp can have a dramatic impact on the life of a child through the relationships built with other campers as well as the counselors. Your child(ren) will have the opportunity to make lifelong friends, acquire new skills, and have fun in our safe camp environment.

We strive to make sure that every camper and family has the most memorable time at camp. In this handbook, you will find important pieces of information to prepare yourself and your child(ren) for the week-long overnight camp experience. Any feedback is greatly appreciated so we can grow to be our best. Please bookmark our website (mankatoymca.org), like our Facebook page, and follow us on Instagram ([mankatoymcacamps](https://www.instagram.com/mankatoymcacamps)). We will post any updates about weather and fun daily activities on these sites.

We look forward to seeing you soon!

Stay healthy and Safe,

Karri Olmanson

NON-DISCRIMINATION STATEMENT

No person shall be denied the opportunity to participate in the YMCA as a participant, employee, or volunteer based on race, sex, or religious beliefs. In order to participate successfully in YMCA Youth Programs, a child must be able to function in a group setting, stay with their group at all times, and follow directions given by staff.

YMCA Mission

To put Christian principals into practice through programs that build healthy spirit, mind, body, and social well-being for all.

RESIDENT CAMP PHILOSOPHY

To ensure campers will be safe, have fun, make new friends, and gain confidence and self-assurance in a positive supervised environment.

CAMP SESSIONS

Patterson 1 Sunday June 13- Friday June 18, 2021
Patterson 2 Sunday June 20 - Friday June 25, 2021
Patterson 3 Sunday August 1 – Friday August 6, 2021

PAYMENTS

PAYMENTS: All camp balances must be paid in full before attending camp; June Pattersons must be paid by **May 15th**, and August Patterson by **July 15th**.
Mail payments to: Mankato Family YMCA 1401 S. Riverfront Dr. Mankato, MN 56001

If you have questions concerning your camp payment or registration, please contact myself or Susan Lyons in the business office.

Karri Olmanson
Youth Program Director
kolmanson@mankatoymca.org
507-345-9808

Susan Lyons (camp payments)
Administrative Assistant
slyons@mankatoymca.org
507-345-9800

RESIDENT CAMP PATTERSON ADDRESS:

Send letters to: YMCA Camp Patterson c/o: *(child's name)*
5050 Patterson Road Madison Lake, MN 56063

Driving Directions to Camp Patterson from Mankato: Est. Distance: 15 miles

- Take MN-22 North
- Turn RIGHT onto CR-2/490th St. Continue to follow 490th St.
- Turn LEFT onto CR-104/Ridge Top Rd.
- Turn LEFT onto N. Shore Dr.
- Stay STRAIGHT to go onto PATTERSON Rd./CR-103.

End at 5050 Patterson Rd. Madison Lake, MN. 56063

ARRIVALS AND DEPARTURES

Arrivals: Check-In between 3:00 p.m. - 4:00 p.m. on Sunday of your session.

Prior to 3:00 p.m. the entrance gate is closed while staff prepares for the week. At 3:00 p.m. we will have staff monitoring traffic flow so please be patient upon arrival. Safety is our first priority.

Parents and campers are required to check-in together. All forms must be turned in and complete to receive a cabin assignment. Cabin assignments will not be given out earlier than check in at camp.

- Please park in the lot adjacent to the Main Kiwanis Lodge.
- Report to the registration tables located behind the Kiwanis Lodge.
- Check in all medications with the Medical Coordinator; do not pack medication into child's luggage.
- Drop off any Camp Letters. A table will be available at check in to write your child a letter. Receiving positive and encouraging notes from you from home helps campers feel secure during their stay with us. Please indicate which day you would like your mail delivered. Care packages are a source of joy when a camper receives one and a source of great disappointment when they do not. We strongly advocate an environment of equality and inclusion with every camper and have found that care packages disrupt the delicate equilibrium at camp. We suggest writing a letter, no care packages please.

After your child has been checked into camp you can follow the signs to his or her cabin. Please do not unpack your child's belongings. The counselors will assist your child and use this time to get acquainted. We recommend a fairly quick drop off to help ease the separation. Goodbyes are the hardest (especially for parents) the first year. Give your child a cheerful send-off and know, it'll get easier in succeeding years. We welcome you to have a lengthier visit on Friday when picking up your child and they can show you around.

Departures: Pick-up between 1:00pm-2:00pm on Friday. All campers must be signed out by parents/guardians or authorized adults with a Picture I.D. If an additional person needs to be added, this must be communicated to the camp staff in writing no later than 48 hours prior to pick up.

PACKING FOR CAMP

We've found it's beneficial to have your camper help pack their items so they know what they've brought and where to locate it in their bag. The camp staff will do everything they can to help your camper keep track of his or her belongings, but they are NOT responsible for lost, stolen or damaged personal items. Please **LABEL ALL ITEMS** with your child's name.

Suggested gear list: We play and get dirty, don't send new clothing.

<p>CLOTHING:</p> <ul style="list-style-type: none"><input type="checkbox"/> Long sleeve shirt<input type="checkbox"/> Jacket with hood or Rain Coat<input type="checkbox"/> Sweatshirts (2)<input type="checkbox"/> Pants (3)<input type="checkbox"/> T-shirts (5)<input type="checkbox"/> Shorts (3-4)<input type="checkbox"/> Pajamas/ Sweats (3-4)<input type="checkbox"/> Socks (6 pairs)<input type="checkbox"/> Underwear (6 pairs)<input type="checkbox"/> Swim suit(s)<input type="checkbox"/> Tennis Shoes<input type="checkbox"/> Sandals <p>BEDDING:</p> <ul style="list-style-type: none"><input type="checkbox"/> Sleeping Bag<input type="checkbox"/> Pillow & Pillow case<input type="checkbox"/> Towels (2)<input type="checkbox"/> Stuffed Animal (<i>optional</i>)	<p>MISC:</p> <ul style="list-style-type: none"><input type="checkbox"/> Sun Screen & Lip balm<input type="checkbox"/> Insect Repellent<input type="checkbox"/> Toiletries (toothpaste, soap, toothbrush, shampoo, etc.)<input type="checkbox"/> White T-shirt for tie dying or \$10 for Resident camp shirt<input type="checkbox"/> Flashlight<input type="checkbox"/> Book/Reading material<input type="checkbox"/> Refillable Water bottle<input type="checkbox"/> Face Coverings <p>OPTIONAL:</p> <ul style="list-style-type: none"><input type="checkbox"/> Stationary/Envelopes/Stamps<input type="checkbox"/> Hawaiian Shirt<input type="checkbox"/> Fishing Gear<input type="checkbox"/> Camera<input type="checkbox"/> Hat<input type="checkbox"/> Dirty clothes bag
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Modest attire is expected at Camp Patterson. Camp Director will ask camper to change if attire is inappropriate or depict weapons, tobacco, alcohol or drugs. Campers should not bring: weapons of any kind, radios, electronic games, phones or devices with internet access, money, toys, or trading cards.

LOST AND FOUND

Articles of clothing or personal equipment not claimed from program will be disposed of in the following manner: Lost and found articles or equipment will be held at the YMCA for two weeks; articles/equipment not claimed within the two-week period will be donated to a local charity. If you believe your camper is missing an item or clothing, please contact camp director.

VISITORS

Parents are encouraged to meet the staff and see camp on the last day of their camper's session. Mid-week visits can be very distracting and are not recommended. If a visit is necessary please contact the Camp Director to arrange a date and time.

Mail items early to ensure campers receive them. Do not send candy or food. These items attract bugs and rodents. Packages and letters received after a camper's session has ended will be forwarded to the camper. **Please note:** We ask that the telephone be used for business and emergencies only. Campers will not make phone calls without the camp director's permission. Of course, in an emergency or to help with the camper's social adjustment, the camp staff will contact you. In general, we find that calls from mom and dad can actually make "homesickness" worse. Cell phones should be kept at home. If discovered, they will be confiscated. We know it is difficult as a parent to not be in touch directly with your camper while they are here with us. We also know that the camp experience is enhanced when children can unplug from their devices and truly enjoy every moment of their time at camp.

EMERGENCY PROCEDURES

In the event of severe weather or emergency, staff will stay alert for advisories and find the nearest shelter until it is safe to return to the scheduled camp activity. The Camp Director will contact you if an emergency situation arises. Minnesota weather can change quickly so our camp programs will not be cancelled because of inclement weather; we will continue rain or shine. Counselors are trained in emergency procedures and have a protocol to follow. They will adjust our group schedule to keep all participants safe and entertained.

INJURIES

All staff members are trained in CPR and first aid. If a child has a minor injury they will be treated and cared for until they feel ready to return to the activities. If the injury needs further treatment, the camp director will contact the parent. All steps will be taken to assure the safety and welfare of your child.

In the case of a more severe injury we will:

- Contact you (or your emergency contacts if you're unavailable)
- If necessary, contact professional emergency care providers.

ILLNESS

For the well-being of our campers and staff, we ask that any child with a contagious illness be kept home. If a child becomes ill at camp, we will notify you. Depending on the illness, you can make the decision of whether you would like your child to stay until the end of the camp session or come to get him/her.

Please notify us immediately if your child has contracted or been exposed to any of the following illnesses or diseases; such as COVID -19, chicken pox, lice, impetigo, and strep. We will notify those with close contact in writing so they may be alerted to the incubation period and symptoms.

MEDICATIONS

If your camper brings medication to camp, including over the counter medications, it must be in the original container with the original label and their name on it. Do not pack it in their luggage; it must be turned into the Medical Coordinator (MC) upon arrival to camp. The MC will dispense meds as per the camper's medication schedule. Parents must sign off that information given is accurate. The MC will document the camper's medication schedule.

FOOD ALLERGIES

If your child has a food allergy, notify the Camp Director to discuss the allergy so we can better prepare to meet your child's needs. Some food allergies are exceptionally difficult to accommodate at camp so we will do our best. In some situations, you may be asked to send your camper with their own allergen-free foods.

HOMESICKNESS

Camp is a growth place where children will develop a sense of independence and self-confidence. Feeling a little anxiety and homesickness is a normal and healthy part of this camp experience.

We understand that not every child is meant to be a camper just like every child may not be an athlete or musician. However, campers who are healthy and well rested when they come to camp are less likely to be missing home. Homesickness is most common during “down time” at camp such as BOB (Body on Bunk) rest time and before bed. Most campers who experience this are fine during the day and are truly enjoying their time at camp.

Camp staff is trained to help your child if he/she becomes homesick and will make every effort to help ease their fears. If necessary, we will call for your input in handling the situation. As a last resort if your child is so miserable and upset that he/she is virtually unable to participate in activities, then it’s time to pick him/her up. If you do pick your child up, try focusing on the success of how long they lasted. Let them know how proud you are of them and make it a baseline from which the camper can grow in the future. Please note: Campers who leave early due to homesickness will not receive a refund.

HELPING YOUR CHILD SUCCEED AT CAMP

The following information will help with anticipating ‘missing home’.

Before Camp

Talk with your child about the likelihood that they will miss home before he/she goes off to camp. Remind them that they may not enjoy every single moment of camp and that it is ok and normal to miss home, mom/dad, siblings or pets. Let them tell you how they think they might feel while away. Offer reassurance and support. Communicate confidence in them and their coping skills to get through these times. Keep in mind that if your child perceives you as doubtful or anxious, it will only heighten their concerns. Reassure and prepare yourself for the separation.

Discuss with your child how you plan to keep in touch, keeping in mind and respecting camp policies regarding phone calls and communications. You can

send a letter the week ahead of time so it is waiting for your camper when they arrive. In your letters use words such as "love" instead of "miss." Keep in mind if your child is having a hard time adjusting, to receive a letter that only talks about how much you are missing them and how quiet the house is without them will only make them feel worse. Instead, try to ask questions about camp, keep your words supportive and enthusiastic such as, "I can't wait for you to tell me all about the awesome things you're doing at camp this week." Campers will have time to write you during BOB (Body on Bunk) time. Refrain from telling your child "If you don't like camp just call me and I'll come pick you up." This may set your child up to fail, as the first time something does not go exactly as planned he or she will want to go home and lose any motivation to try to succeed at camp. If you do get a call from your child or the camp staff try to resist the urge to "rescue them." Instead, acknowledge their feelings and support their efforts. Remind them of the commitment they made to camp and that this is a growing experience. Suggesting promises to come home can increase and worsen feelings of homesickness and cause problems for your campers.

BEDWETTING

We want you and your child to be at ease while at camp. Bedwetting can be very embarrassing even if he/she commonly wets the bed or if it happens only once in a while. We pledge to discreetly and modestly help children through this process. Notify staff if your camper has a history of bedwetting so we can be proactive with placement and bedtime routine. Please assure your child that the staff is there for their needs and will help them through these types of challenges.

CABIN ASSIGNMENTS

Camp is a great place to make new friends and share new adventures. Cabin assignments are based on camper age, sex and cabin mate request; keep in mind as you request cabin buddies when registering your child. Cabin mate requests (2 only) must be within 1 year of age of your camper and reciprocated by your camper's choice of cabin mate.

We do not guarantee placement of multiple cabin mate requests, but will make every effort to honor them. Please submit requests in writing at time of registration.

DAILY SCHEDULE *Example

7:00	Fitness Fun Challenge (optional)
7:30	Wakeup call
7:50	Flag Raising & Waiter Call
8:00	Breakfast
8:40	Morning Message pertaining to YMCA Core Values
9:10	First rotation
10:25	Second rotation
11:35	Waiter Call
11:45	Lunch
12:45	BOB time (Body on Bunk rest period)
1:45	Free choice program areas, open swim, and snack
4:15	Cabin Time
5:00	Water call
5:10	Dinner
5:55	Cabin Time
6:50	Flag lowering
7:00	Evening Program Activity
8:15	Snack/Campfire/Evening Reflection pertaining to Core Value
9:15	Restrooms/Get ready for bed
9:30	Cabin bed time routine with Daily Debrief/Lights Out

CAMP ACTIVITIES

Fitness Fun Challenge: Instead of making exercise a chore, we make it fun. Campers are offered the opportunity to participate in the Running/Walking Club, Yoga class, Boot Camp, and Polar Bear Plunge.

Morning Rotations: Campers will rotate with their cabin unit between 4 specialized program areas: Canoeing, Arts and Crafts, Archery, and Outdoor Adventure. Each area will enhance a camper's confidence, promote life skills, and offer opportunity to develop friendships and memories.

Afternoon Programming: Campers choose a program area to attend. Activities may include: arts and crafts, archery games, field and court sports, board games, GAGA ball, swimming, water craft sports, and fishing.

Evening Programming: After dinner, campers will participate in an all camp wide evening program activity to come together as a large group and have fun. Activities may include: Capture the Flag, Sand Castle Building, Skit Night, Patterson Party, and Camp Olympics.

THEME DAYS

Traditions and rituals grow as campers come back year after year. Each of our camp sessions will include special theme days where campers can dress up for: Capture the Flag, and the Patterson Party.

Capture the Flag color teams include red, blue, yellow and orange. Campers will receive their team color at the time of check in. Don't worry about packing the right color shirt for your child, they will receive a team bandana and many have enjoyed tie-dying their camp shirt or a pair of socks to match their team color. The Patterson Party is filled with carnival games and music. We encourage campers to wear bright colors or Hawaiian shirts on Thursday.

The Camp Olympic competition is not only athletic. At Camp Patterson, we want each child to shine and have his or her moment in the sun. – There will be points awarded for camp participation, drama, singing, nature, arts and crafts, spelling, geography, and carrying out the core values.

PROGRESSIVE PROGRAMMING

Our archery program utilizes various distances and goals to challenge the youth through their levels of accomplishment. Year after year this is one of our most popular activity areas where children work towards being the next Master Archer.

JOBS AT CAMP

Waiter Call: Meals are served in the dining hall three times a day. Cabin units will eat in family style formation. Cabins assigned to Waiter Call will assist with meal set up/clean up, dishes, taking out trash, and cleaning the floors.

RELIGIOUS ACTIVITIES

The Mankato Family YMCA is a Christian Organization that is non-denominational and we welcome campers from all backgrounds. Our programming promotes the YMCA core values of Caring, Honesty, Respect, Responsibility, and Faith. It supports the long standing tradition at camp of offering prayers of thanksgiving before meals. Campers are not required to participate in any religious activities; however, they must be respectful during that time to those that are.

SWIM EVALUATIONS

Camp Patterson is located on the shores of Lake Washington. On Monday, campers wishing to partake in swimming activities throughout the week will take part in a swim test. Campers will report to the waterfront; each will swim 1-2 lengths of the lane line and tread water to determine their ability. We will not force anyone to take the swim test however it is highly recommended. If a camper chooses not to take the swim test they can still enjoy swimming and water activities while wearing a life jacket. Campers are separated into beginner/non-swimmer, intermediate, or advanced swim levels and will be restricted to how deep they may swim based on the level received.

All boating activities require the use of life jackets.

Red Band: Indicates campers who demonstrate a limited ability to swim. Other considerations include:

1. Fear associated with open water, seaweed, or drowning.
2. Inability to float on the back and/or stomach for 10 seconds.
3. Refusal to take the swim test.

Yellow Band: Indicates campers who demonstrate a limited ability to swim.

Other considerations include:

1. Ability to go underwater without plugging the nose.
2. Having no fears associated with open water, seaweed, or drowning.
3. Ability to tread water and maintain an identifiable swimming stroke for short distance.

Yellow Band Test: In order to obtain a yellow band, campers must complete the following.

1. Enter the water from the end of the dock and swim the entire width of the swimming area with the front crawl, breast stroke, or side stroke.
Tread water for 1 minute.

If these skills are demonstrated, camper is assigned a yellow swim band.

Blue Band: Indicates campers who demonstrate the ability to swim efficiently and reliably. Other considerations for assessment include demonstrations of Yellow Band along with:

1. Ability to tread water and swim 2 lengths of the short distance test.

Blue Band Test: In order to obtain a blue band, campers must complete the following.

1. Enter the water from the end of the dock and swim one lap around the floating dock in the blue section using the front crawl, breast stroke, or side stroke. Tread water for 1 minute.

If these skills are demonstrated, camper is assigned a blue swim band.

BEHAVIOR POLICY and MANAGEMENT

The staff of The Mankato Family YMCA works proactively with your camper to instill the YMCA principles of Caring, Honesty, Respect, Responsibility and Faith. We expect all campers to treat others with these principles in mind and ask that they maintain appropriate behavior. If a camper makes a poor decision, we will respond with those same principles in mind. Most issues can be resolved with a few respectful words and guidance. Discipline and guidance will be consistent and based upon an understanding of the individual needs and development of a child. We strive to maximize the growth and development of children while protecting the group and individuals within it. We prohibit corporal punishment, cruel or severe punishment, humiliation, or verbal abuse.

The Mankato Family YMCA recognizes differences in children and will use a variety of discipline methods to deal with situations that may arise. The camp staff spends a significant portion of their training sessions learning about "Positive Reinforcement" but even in a place as wonderful as camp, we do encounter behavioral problems. Parents will be notified if their camper has been in a situation involving inappropriate language and/or touch, disruptive behavior, profanity, blatant disrespect or violation of rules, or other behavior deemed unsuitable for camp. The Camp Director will intervene to determine the level of participation in camp activities.

The Mankato Family YMCA does not tolerate physical fighting or illegal activity. If this should occur, parents will be notified and may be asked to pick up their child, dependent on the circumstances. Refunds will not be given if a child is sent home because of a behavioral problem.

We want every camper's experience to be as safe, wonderful, and as much fun as possible.

LEADERSHIP PROGRAMS

A Leader-In-Training (LIT) camper is one who is still a camper, but desires to learn leadership and group work skills in a supportive, fun, outdoor environment conducive to self-discovery. A LIT is excited to help create an unforgettable camp experience for other campers. He/she is inclined to make new friends and learn new skills to facilitate his/her new adventure. Most importantly, however, LIT's are ready and willing to give back to camp. In return, camp will provide an unforgettable experience that will continue to benefit them for years to come. (Entering grades 8-10)

A Counselor-In-Training (CIT) camper is one who is transitioning from a leading camper to a CIT. He/she will participate in designing and leading some camp activities. He/she will often participate in a leadership capacity; however, a CIT will not be responsible for supervising campers alone. A CIT looks forward to the day when s/he can give a child the golden camp experience along with incredible memories, friendships, and skills that can be carried beyond summer and into the "outside world." (Entering grades 11, 12)

A Junior Counselor (JC) is in pursuit to be a YMCA counselor in the upcoming years. While leading others, a JC wishes to learn a little more about leading his/herself and becoming the person s/he desires to be. A JC wants to give back to camp in the form of program design and management with creativity. A JC wants a unique volunteer experience and is willing to work a little to get it.

Because of the intimate social and educational nature of our leadership programs; LIT, CIT and JC campers who consistently exhibit behaviors that are disruptive to the learning of the other campers may be removed from the program, even if their behaviors would be tolerated in traditional camp programs. Furthermore, because our teen leadership programs are co-ed, maintaining camp-appropriate social relationships is paramount for success in the program and is taken extremely seriously by camp staff. There is no refund if a camper is expelled from the program due to such issue.

PROPERTY and EQUIPMENT DAMAGE

Parents are financially responsible for intentional damage to equipment and facilities caused by their camper. This includes graffiti on cabin walls as well as elsewhere on the grounds, malicious destruction of property, intentional misuse of equipment, etc.

NOTES FROM "EXPERIENCED" CAMP PARENTS:

"Send self-addressed stamped envelopes if you want to hear from your camper. Don't be surprised if you do not receive a letter. They are out being kids and having fun."

"Send old clothes. Camp is not a fashion show and your camper's stuff will get dirty."

"Label everything" "Send two suits since campers are in and out of the water. Helps prevent chaffing."

"Have realistic expectations. Camp, like the rest of life, has high and low points. Not every moment will be filled with wonder and excitement. Encourage your child to have a reasonable and realistic view of camp. Discuss both the ups and downs your child may experience. Your child should not feel pressured to succeed at all areas of camp. The main purposes of camp are to relax and have fun."

