



Camp Merrie-Woode

Parent Handbook

2011

Camp Merrie-Woode
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INTRODUCTION

We are excited that your daughter will be joining us at Camp Merrie-Woode! With summer right around the corner, we ask that you read through this parent handbook as you plan for your daughter's camp experience. Becoming familiar with our policies now will ensure that the summer will be a smooth one. We ask that you read carefully the **package policy, the technology policy, the visitation policy, the section on forms and their due dates, and the dates for the opening and closing** for your daughter's session. Please do not hesitate to call if you have questions.

Our website has additional information at www.merriewood.com. Navigate to Parent Resources.

PHILOSOPHY

In keeping with the vision of Camp Merrie-Woode's founder, Mrs. Jonathon Day, the camp's program is designed for girls and young women. It includes a broad array of activities and educational opportunities, encompassing culture and the arts, nature study and conservation, athletics and outdoor adventures. The growth and development of each individual is nurtured, not only physically and intellectually, but morally and spiritually as well. There is a healthy balance between community life and opportunities for quietness and solitude; and many lasting friendships are formed as the camp's focus is on personal growth rather than competition. Merrie-Woode is a community where each camper is valued for who she is and where the majestic beauty of the surrounding mountains makes her keenly aware of God's presence. The symbol of light pervades our camp tradition. It is our hope that each camper will carry that light with her, recognizing her talents and capacity for learning, possessing a sense of physical competence and well-being and the desire to serve the ever-widening world in which she will grow into adulthood. She will certainly leave this place of "rarest beauty" with many memories of evenings by the campfire, canoeing trips, hikes, horseback rides and friends for a lifetime.

HISTORY

Founded in 1919, Camp Merrie-Woode was directed for nearly thirty years by Dammie Day of Richmond, Virginia. Dammie sold the camp to Mr. and Mrs. Fritz Orr of Atlanta, who operated the camp until 1978 with their son Fritz, Jr. and his wife Dottie. After the Orrs retired from operating Merrie-Woode, Dr. Hugh Caldwell, with the help of a group of former campers and their families, created the Merrie-Woode Foundation. This Foundation was established as a nonprofit corporation to purchase the camp and operate it through a Board of Trustees composed of former campers, their husbands, and current and former parents. Hugh Caldwell served as the first camp director under the newly created Foundation.

With the leadership of the Board of Trustees and the Directors, Merrie-Woode has earned national recognition as one of the premier camps for girls. The camp facility is set on 400 acres and is the summer home for 200 campers and 80 counselors in each of three sessions.

THE SENIOR STAFF

The summer counselors are led by Senior Staff members who function in different capacities to support your daughter's camp experience:

Jim and Denise Dunn, Directors, live at camp with their sons, Tyler and Bradley. Prior to becoming the Director, Denise had served as the Associate Director since August 1999. Jim joined the staff in 2003. Before coming to Merrie-Woode, Jim was the Director of the Summit Charter School in Cashiers. If you have any concerns regarding your daughter and her camp experience feel free to call or e-mail Denise.

Betsy Reese Helms, Head Counselor, lives at camp in Pearly Gates with her husband Josh and dog Irma. Betsy is responsible for overseeing our staff.

Phyllis Stiwinter is the voice you hear when you first call. She fills a variety of roles as administrative assistant. She has many years of experience with CMW. A native of Cashiers, she lives with husband Roger and has two boys Jason and Kirk.

Debi Stewart is camp's bookkeeper, working part time at camp since 1996. She and husband C.W. juggle several businesses. They have a son named Townsend. All questions related to billing, tuition, and stock shop accounts should be directed to Debi on Monday or Thursday.

CAMP MERRIE-WOODE CALENDAR FOR SUMMER 2011

Sunday, May 1st	Camper forms due to the camp office
Sunday, May 29th	Staff orientation begins
Friday, June 3rd	June Session Opening Day *Camper arrival 9 – 11am (contact us if arrival is outside of these times)
Thursday, June 23rd	June Session Closing Day *Camper departure 8 – 10 am (contact us if departure is outside of these times)
Friday, June 24th	Staff orientation for Main Session begins at 1:00pm
Saturday, June 25th	Main Session Opening Day *Camper arrival 9 – 11am (contact us if arrival is later)
Sunday, July 17th	Main Session Visitation Day *Chapel 11am followed by picnic lunch *Showcase of Activities *Boat Meet, Crew Skits and Boat Race 3 – 5pm *Parents and guests depart at 5pm
Friday, July 29th	Main Session Closing Day *Camper departure 8 – 10 am (contact us if departure is outside of these times)
Saturday, July 30th	Staff orientation for August session begins 1:00pm
Sunday, July 31 st	August Session Opening Day *Camper arrival 9 – 11 am (contact us if arrival is later)
Wednesday, August 10th	August Session Closing Day *Camper departure 8 – 10 am (contact us if departure is outside of these times)
Monday, August 15th	Applications for 2012 mailed to families.
Friday, September 16th	Deadline for re-enrollment for returning campers.

CAMP POLICIES

Please read the camp policies carefully and share relevant information with family and friends. We rely on your support of these policies that are designed to maintain a positive camp community. As part of a community, it is critical for each individual to adhere to the policies. Failure to abide by these policies will result in disciplinary action and may result in immediate dismissal from camp. **Parents, family, and friends must comply with these policies as a condition of enrollment.**

CABIN REQUESTS

Two girls who are the same age may be placed in the same cabin if requests **are made in writing from both sets of parents at least one month prior to the opening of the session.** Please use the **Cabin Request Form.** Phone or fax requests will not be honored. It is our policy not to place more than two girls from the same city together. Often it is better for friends from home not to be in the same cabin so that each camper can make new friends and create her own camp experience. We will only honor one cabin request per camper. Final cabin placement is subject to the discretion of the camp director. Because of the small size of our cabins, all requests cannot be honored.

CAMP ACCOUNTS, BILLING INFORMATION, REFUND POLICY

Tuition must be paid before a camper arrives for her session unless prior arrangements have been made. All accounts must be cleared before a camper may re-enroll for the following summer. Unless arrangements are made with the camp directors, a camper's spot will be released if tuition is not paid by the annual due dates:

Deposit – \$400 due with the application for re-enrollment;
February 1st – half of tuition balance due;
April 1st – remaining tuition balance due.

*All but \$100 is refundable through February 1st.

*No refund of tuition will be made for withdrawals after March 15th.

*No reduction in fees is made for campers arriving late or leaving early.

Parents are responsible for all medical bills and must provide proof of medical insurance coverage.

DRUGS, ALCOHOL, SMOKING

Possession or use of illegal drugs, alcohol, and cigarettes by campers is not allowed in camp. All prescription and nonprescription medication must be checked into the camp infirmary on opening day and dispensed to campers by the nurse.

EARLY DEPARTURE/LATE ARRIVALS TO CAMP

For individual campers and for the camp community as a whole, it is important for campers to arrive on opening day and depart on closing day. Late arrivals to camp are disruptive for cabin groups and impede the adjustment to camp life for the individual and the group. Early departures from camp are a “let down” for the individual and for the cabin group who benefit from the closure provided by the ceremonies and the activities of the last few days of camp. In order to keep the sense of community and to be fair to all the campers, **it is our policy not to allow late arrivals or early departures of campers.**

FOOD AND CANDY

Please do not bring food, candy, or gum to camp. Food and candy (including gum) are distinct health hazards by attracting mice and other rodents to cabins as well as a significant source of litter. Likewise, when some campers follow the guidelines and some do not, honesty issues can occur.

Campers have three filling meals per day and plenty of opportunity for sweets and candy bars after meals and on trips. We ask that you support our policy by not sending your daughter to camp with candy, and not bringing candy into camp during the summer.

FORMS AND RECORDS

Signed health forms, travel information, and permission forms must be up to date and in the camp office by May 1st. All fees must be paid before the session starts unless prior arrangements have been made with the directors (See Forms and Details).

MAIL AND EMAIL

We encourage the use of mail for communicating with your daughter at camp. Even veteran campers appreciate old-fashioned letters from their parents. Letters should be addressed as follows: (*Camper Name*), *Camp Merrie-Woode, 100 Merrie-Woode Road, Sapphire, NC 28774*. E-mails may be sent only through the link on our website. ***We do not accept e-mails through camp e-mail accounts for delivery to your daughter.***

Telephone, fax, and camp e-mail accounts are used for camp business and in the event of an emergency only. Campers may not make or receive phone calls or faxes unless cleared by the camp directors.

PACKAGE POLICY

Camp Merrie-Woode has a no package policy. Only flat letters may be sent to campers. Packages to campers or to counselors (for campers) can be rejected and returned to sender unopened. This policy includes books, magazines, and oversized envelopes. Please spread the word to family and friends so that you do not

incur unnecessary shipping costs. This policy was implemented to keep with Merrie-Woode's noncompetitive focus and emphasis on simple living. Please do not send packages to counselors, as they are not permitted to receive packages from camp families.

If your daughter is having her birthday at camp, please mark package "hold for "camper's name" birthday" and drop off at the office on the opening day of camp. Please do not send food or candy.

TECHNOLOGY

It is our goal at Camp Merrie-Woode to foster a close camp community. Our campers create friendships at camp that last a lifetime. As the use of technology isolates and distracts our young campers in the outside world, we find it increasingly important to protect what has been cultivated at camp for close to 100 years. Camp is a time to connect with friends, experience a variety of activities, and enjoy the natural setting of this beautiful place. With technological distractions, our sense of community is quickly lost and campers lose focus on why they are here.

Camp Merrie-Woode is proud to be "UNPLUGGED." **Please do not bring electronic items to camp.** This includes, but is not limited to the following: cell phones/smart phones, iPods/MP3 players, laptops, electronic games, DVD players, electronic readers, cameras with internet-uploading capability.

We realize music at camp is important and is very much a part of our camp culture. Cabins and activity areas do have iPods with appropriate music for everyone's enjoyment. We ask that you support our policy by not sending your daughter to camp with the electronic items listed above. When some campers follow the guidelines and some do not, honesty issues can occur.

VISITATION

As more families and friends vacation in the Cashiers area, visitation has become a distraction to the close camp community. With open visitation, our sense of community is quickly lost and girls can focus on the opportunity to leave camp. Those who do not have visitors often feel left out when their cabin-mates have visitors throughout the session.

Due to the short length of the sessions, we do not allow visitation during the June and August sessions. Main session campers may have visitors only on Sunday July 17th. There will be no exceptions to this policy.

On the 17th, visitors may arrive at 10:30 am for our 11:00 chapel service and are invited to stay for a picnic lunch. Our Showcase of Activities and Boat Meet will be that afternoon and visitors are invited to stay for this event until 5:00 pm. **Campers will not be allowed to leave camp with visitors in any session.** Please make a special effort to adhere to camp's food and candy policy by not bringing packages into camp when visiting.

Please note that end of session events including final shows, hat day, drill team, and the play are closed events. Parents are invited to the musical production the second night. Thank you for your support as we strive to focus on our campers.

WEAPONS, CARS, or PETS

In keeping with the American Camp Association standards (and common sense) campers are not allowed to bring weapons, cars, or pets to Camp Merrie-Woode.

CAMPER HEALTH AND WELL-BEING

Merrie-Woode's health center, Cloud Nine, is staffed by our licensed registered nurse(s) and visiting camp physicians. They screen minor complaints, provide first aid, administer medications, and monitor the well-being of the campers and safety of the camp's facilities. Advanced medical care is available at the nearby Cashiers Medical Center and Highlands-Cashiers Hospital. **A camp nurse or director will notify you by telephone if**

your daughter spends the night in the infirmary, is placed on prescription medication, or in case of injury which requires medical attention.

For the safety of everyone in camp, both prescription and over-the-counter medications are turned in on opening day and stored in the infirmary. Only medications prescribed by a physician will be administered at camp.

Be sure that all medications are clearly labeled and in their original pharmacy container with the correct name, date and instructions on the bottle. Please provide only the amount of medication needed for the session (June: 21 days, Main: 35 days and August: 11 days.) No extra medications will be returned to the campers, parents must retrieve medications from the infirmary at the end of the session.

No medication will be given to a camper unless labeled with her name, dosage directions, and accompanied by the prescribing physician's name and telephone number. A medication chart will be kept for each camper taking medication. **Please do not send over -the -counter medications or vitamins with your daughter unless accompanied by your physician's written instructions.**

HOMESICKNESS AND ADJUSTING TO CAMP

While camp offers a whole new world of wonderful opportunities for fun, new friends, growth in self-confidence, and greater self-esteem, leaving home can fill some campers and parents with anxiety. This experience of homesickness does not have to be a negative one. Often, homesickness is an opportunity for great growth in independence, and parents can help to prepare the way for this to be a positive experience for both themselves and their daughters.

Homesickness is a common feeling for campers adjusting to being away at camp. For some children, it is a mild feeling that goes away in an afternoon. For others, it may linger during the first few days of camp and can result in stomachaches and headaches, often occurring at night, before bedtime, or at rest hour and other quiet times. We schedule the first few days of camp to keep the girls especially active. Campers are involved in choosing classes with the help of their counselor right away, and the counselors are especially prepared for this adjustment time. While many new and returning campers experience waves of homesickness or anxiety as they adjust to a new setting and being away from home, only a few campers experience an on-going difficulty with homesickness.

As parents, there are some ways that you can assist with this adjustment before camp starts. Help your daughter to focus on the activities and new friends that she will meet. Introduce her to other Merrie-Woode campers from your area. Reassure her that you are excited about the opportunities for fun that she will have at camp. Let her know that she may experience feelings of homesickness, but that you are confident that she can adjust and that her counselor and the camp director will be there to take care of her.

Please do not tell a child that she can come home if she doesn't like camp. That will only impede her adjustment to camp making her focus on home rather than on remaining at camp. If you feel anxious about camp, please try not to share that with your daughter. We are happy for you to call us, a camp parent, or the representative in your area. If your child knows that you feel anxious about her leaving, she may feel guilty about going away to camp.

During the first few days of camp, some campers may write some dramatic letters home. We even have a collection of letters that longtime campers wrote to their parents during their first week at camp. Don't be shocked if you get a letter like this:

Dear *Mommy and Daddy*,

I hate it here! My counselor doesn't like me and the rest of the girls in my cabin won't talk to me. The food stinks and last night I threw up and went to the infirmary. Please come get me! There's nothing to do here. I hate all the activities. All I do is sit on my bed and cry. If you love me, you'll come and get me soon!

With Tears, *Ann*

How do you respond to a letter like that? Hopefully, like Ann's parents responded, by giving their daughter confidence in her own ability to deal with the situation. An email or letter like this can be a real encouragement to a struggling camper:

Dear *Ann*,

We got your letter yesterday and were impressed with your ability to say how you were feeling so clearly. We know that it is not easy for you. You miss us a lot and wish you were home. We love you too, and have confidence in your ability to make this a good summer for yourself.

Love, *Mommy and Daddy*

Children need parents to show that they understand their feelings and predicament, and who can help them feel like they can do something about their own situation. It is not helpful to argue or make promises. It does not make a child feel better to be told: "We miss you too. The house sure is empty without you. If you stay one more week, we'll come get you before the session ends." Although sincere, these words reinforce a child's attempt to manipulate her parents. Likewise, it only makes a child feel unsettled to read that a parent is lonely too. She needs a show of parental strength.

We can also help you by talking with you over the phone. If you receive a discouraging letter, call the camp office, and we can let you know more about how your daughter is doing. Many times the situation has turned around by the time the letter has actually reached home. We have found that phone calls are not helpful to a homesick child. **Phone calls to campers are allowed only in the event of an emergency.**

FORMS AND DETAILS

You can help us to prepare for your daughter's arrival and camp experience by looking over all of the forms and information. **Please email all completed computer forms, which include the camper information, permission, travel, cabin request, and incidental/rental form, to the camp office by May 1st. Please mail the medical form by May 1st. We cannot guarantee camp transportation for girls flying into camp if travel forms arrive after the May 1st deadline.** Know that we treat all information with respect and confidentiality. Do not hesitate to call Denice at the camp office if you have any questions or concerns that you would feel more comfortable discussing over the phone.

MEDICAL FORM/HEALTH HISTORY

So that we can take care of your daughter, **we require a current Medical Form for each camper.** Both you and your daughter's physician should fill out the Medical form within **six months of camp.** We cannot use the health form from the previous summer. It is a good idea to make your appointment with your doctor in the early spring and to check immunization records. If your daughter's exam is scheduled after May 1st, please make sure we receive her Medical form before she begins her session. Please notify camp with any health changes or medication instructions if there are changes to the health information prior to your daughter's arrival to camp. You are also required to sign the HIPPA statement on the form. This statement is to ensure confidentiality. ***Please note that all medications must arrive in original containers with the child's name, dosage, and prescribing physician. We cannot alter dosages unless we have a note from the physician. Campers may not begin their camp session until we have signed consent forms in our office.***

CAMPER INFORMATION & CABIN REQUEST

Please fill out the camper information form thoroughly. This information is a valuable source in helping your daughter have the best camp experience possible. Your daughter's counselor will read this form before your

daughter arrives, so it's important to have as much information as possible. **Please do not put cabin request information on the camper information form.** Use the cabin request form when making a request for a specific camper in your daughter's cabin.

PERMISSION

Complete and return your daughter's permission form. This provides permission for her to participate in camp activities, with special permission for riding, boating, and climbing activities. Your daughter will not be able to participate in these activities without permission.

PLEDGE (Camper & Parent)

Complete and return your daughter's pledge form. In an effort to maintain our camp philosophy and continue to foster this close camp community, we ask that all campers adhere to the policies contained in our Camp Merrie-Woode Camper Pledge.

TRAVEL

Please return the travel form, even if your daughter will be driven to camp. We account for each camper's travel plans and must call every camper who has not returned a form. Include any special instructions regarding how your daughter's luggage (and which pieces) will leave camp – either by car, plane, or FedEx. Please call camp if there is a change. Your child will be released to the person on the form.

TRAVEL BY PLANE

All airline reservations should be made to and from the **Asheville, North Carolina** airport, as our camp staff will assist campers and provide transportation to and from the Asheville airport on opening and closing days at no extra charge. Flights into Asheville, NC are limited; therefore, make airline reservations early. So we can get campers to camp in time for opening activities, we request that you reserve flights that arrive at the airport before 12:00pm. Please mail or bring all return tickets to the camp office; we hold all tickets in the office until the departure date.

Be sure to check with the airlines about "Unaccompanied Minor" forms (girls under 15 years of age) and pay all associated fees when you book your tickets, for both arrivals and departures. Attach these forms to the return portion of the tickets as the airlines do not accept minors without them. **Do not assume that the airline does not require a fee because the booking agent does not mention it.** Campers have missed flights in the past because parents have tried to avoid unaccompanied minor charges. **Use Denice Dunn as the name of the person meeting your minor camper on the unaccompanied minor form.**

Camp will assume responsibility for your daughter when a Merrie-Woode staff member meets her at the Asheville airport. Campers usually get to camp 2-3 hours after arrival. The camp office will call you to let you know when your daughter has arrived at camp.

On closing day, camp staff will supervise transportation to the airport and escort campers onto their flights. They will be on hand at the airport all day in case of delayed or rescheduled flights.

BAGGAGE

Your daughter may send luggage to camp up to two weeks in advance of her session. Mark all duffels and trunks clearly with your **daughter's name, Camp Merrie-Woode** and **session**. Trunks traveling by air should be sent as checked luggage on your daughter's tickets. Because luggage will arrive at camp after your daughter, she should have a small carry-on bag with a camp uniform, bathing suit, towel, and toiletries so that

she can participate in activities upon her arrival at camp. Luggage will return home with your daughter unless specified otherwise on the travel form.

OPENING DAY

Arrival time for families traveling by automobile is between 9:00 and 11:00 am on opening day. Because of orientation and staff training, it is inconvenient for any campers to arrive before 9:00 am on opening day. Please be patient upon your arrival and drive slowly in and out of the camp road. We will greet you at the Welcome Lodge and will direct you to your daughter's cabin. We encourage you to help your daughter settle into her cabin on opening day, but not to linger in camp too long. The good-bye process can be difficult for new and old campers alike, and we've found it best not to prolong it.

CLOSING DAY

Pickup for campers traveling by private automobile is between 8:00 and 10:00 am on closing day. If you arrive in the area prior to closing day, please do not visit camp. The last few days are special camp community times and parent visits disrupt the camp atmosphere (See Visitation Policy). Feel free to spend time touring camp with your daughter on closing day. A continental breakfast will be available in the dining hall. Drop in for a cup of coffee. Please drive slowly in and out of the camp road.

STOCK SHOP

The Merrie-Woode Stock Shop sells articles to campers, including toiletries, stationery, stamps, film, flashlights, batteries, and Merrie-Woode clothing (i.e. sweatshirts, t-shirts, and hats). It is open on opening day and most days after lunch. The Incidental/Rental form offers further explanation about the camp store and any incidental expenses. **Please talk to your daughter about being fiscally responsible when shopping at the Stock Shop. It is difficult for our counselors to monitor your daughter's spending habits.**

FEES

The only expenses not included in the camp tuition are uniform rental or purchase, stock shop account funds, and occasional minimal charges for special activity projects. Any bills for medical care due to illness or accident will be forwarded to you for submission to your insurance company.

UNIFORMS

All Merrie-Woode girls wear the camp uniform. The June and Main session uniform is the gray middie blouse, green tie, and dark green shorts. These can be purchased from Everything Summer Camp, Inc. or rented from Camp Merrie-Woode. The August session uniform is the gray Camp Merrie-Woode t-shirt (which must be purchased through *Everything Summer Camp, Inc.*) and dark green shorts. Because camp uniforms are made to order, **we emphasize the need to place your uniform order with *Everything Summer Camp, Inc.* (800-535-2057 or www.EverythingSummerCamp.com) promptly** if you plan to purchase uniforms. You may order by phone or online. **Campers often wear a t-shirt under their uniform; these are limited to Merrie-Woode t-shirts or white t-shirts.**

WHAT TO BRING

As you pack your daughter's trunk, please remember to mark **everything** with her name and list all personal items on a piece of paper attached to the inside of her trunk. Campers wear their uniforms almost all of the time; therefore, we discourage parents from sending their daughters to camp with nice new clothes. They will

return “dingy” after many days of hard playing! **Leave valuables at home and only send durable items.** As in the past, we welcome items for the costume room or the library, so bring along any costumes you’ve outgrown or books you’ve finished.

There is the tendency to want to pack additional items; however, we ask that you bring only what is listed below, as space is limited in the cabin. Also remember, children who are less than age 8 and less than 80 pounds must bring a weight appropriate child restraint or booster seat certified to meet federal motor vehicle safety standards.

JUNE AND MAIN

4-5 Grey Merrie-Woode Middies
2 Merrie-Woode Ties
4-5 Green Merrie-Woode Shorts
*1- 2 white Sunday shirts and shorts
2 sweatshirts, wool sweaters, or fleece jackets/pullovers
2-3 pairs of jeans
2 pairs of sturdy shorts
2/2 Short/long sleeved shirts (Merrie-Woode or White)
10 pairs of underwear
10 pairs of socks
3 pajamas or gowns
1 heavy bathrobe
2 swimsuits (one-piece preferred, **no string bikinis**)
2 pairs of sturdy tennis shoes
1 old pair of tennis shoes for wading
1 pair of shower shoes or “Texas”
Sunscreen
Footlocker or large duffle
1 pillow
2 pillowcases
4 towels and washcloths
2 sets of twin sheets, 1 mattress pad
2 blankets (one can be a comforter- no shocking motif, please)
1 laundry bag
1 20⁰ synthetic sleeping bag (not cotton-filled)
Flashlight
Raincoat or rain poncho
Toiletries
Water bottle
Crazy Creek Chair (optional but popular with campers)
(May be purchased from an outdoor store or our camp stock shop)
Booster Seat (children less than 8 years old and less than 80 pounds)
*** Sunday white shirts should have a collar – please, no tank tops or sleeveless shirts.**

AUGUST

4 Gray Merrie-Woode T-shirts
1 Merrie-Woode Tie
4 Green Merrie-Woode Shorts
*1 white Sunday shirt and shorts
2 sweatshirts, wool sweaters, or fleece jackets/pullovers
2 pairs of jeans
2 pairs of sturdy shorts
2/2 Short/ long sleeved shirts (Merrie-Woode or White)

10 pairs of underwear
 8 pairs of socks
 2 pajamas
 1 heavy bathrobe
 2 swimsuits (one-piece preferred, **no string bikinis**)
 2 pairs of sturdy tennis shoes
 1 old pair of tennis shoes for wading
 1 pair of shower shoes or "Tevas"
 Sunscreen
 Footlocker or large duffle
 1 pillow
 2 pillowcases
 4 towels and washcloths
 2 sets of twin sheets, 1 mattress pad
 2 blankets (one can be a comforter - no shocking motif, please)
 1 laundry bag
 1 20^o synthetic sleeping bag (not cotton-filled)
 Flashlight
 Raincoat or rain poncho
 Toiletries
 Water bottle
 Crazy Creek Chair (optional but popular with the campers)
 (May be purchased from an outdoor store or the camp stock shop)
 Booster Seat (children less than 8 years old and less than 80 pounds)
*** Sunday white shirts should have a collar – please, no tank tops or sleeveless shirts.**

Also useful during all sessions are the following:

Costumes, writing materials, camera/film, tennis racquet, musical instrument, sketching materials, summer reading, sunglasses, hiking boots, riding helmet and boots (also provided by camp).

Please do not bring the following:

Food, candy, gum, valuables such as jewelry, money, and other expensive equipment. Please do not bring electronic items to camp. This includes, but is not limited to the following: cell phones/smart phones, iPods/MP3 players, laptops, electronic games, DVD players, electronic readers, cameras with internet-uploading capability. Merrie-Woode cannot replace items such as these that may be misplaced. We ask that campers not bring aerosol sprays.

Merrie-Woode supplies almost all of the necessary equipment for our activities. Some programs require more specialized personal gear such as the activities offered by our mountaineering program. This program is described in the Activities section of the handbook and a list of those items that campers may want to bring is included.

SCHEDULE AND ACTIVITIES

ACTIVITY SIGN-UPS AND OPENING DAY

The first day of each session is spent helping campers settle into their cabins to begin adjusting to the camp life-style. Classifications are held prior to lunch for riding, swimming, and tennis. Every camper must check in at the swim dock for the swimming classifications and campers interested in taking riding and tennis will attend those classifications so that they can be placed in the correct class when they sign up for their activities. During the afternoon, the campers sign up for their activities, pick up rental uniforms (if applicable), and go through a health screening at the Infirmary. The campers' daily activities begin the second day of camp.

DAILY SCHEDULE

June/Main Session

8:00 Wake-Up
8:30 Breakfast
9:00 Cabin Cleanup
9:45 Castle (Morning meeting)
10:15 – 12:30 Activities (1 & 2)
1:00 Lunch
2:00 Rest Hour
3:15 – 5:30 Activities (3 & 4)
5:30 Free Time & Free Swim
6:30 Dinner
7:00 Free Time & Free Boats
8:15 Evening Program
9:30 Taps

August Session

7:45 Wake-Up
8:15 Breakfast
8:45 Cabin Cleanup
9:15 Castle (Morning meeting)
9:45 – 12:30 Activities (1, 2, & 3)
1:00 Lunch
2:00 Rest Hour
3:15 – 5:00 Activities (4 & 5)
5:00 Free Time & Free Swim
6:00 Dinner
6:30 Free Time & Free Boats
8:00 Evening Program
9:00 Taps

SUNDAYS

Sundays are structured differently from the normal camp day. The worship service is held at 11:00 am in the Chapel area. After the Chapel service, campers will sign-up for special afternoon activities, led by staff members. These activities start after rest hour. This afternoon schedule provides campers the opportunity to pursue a special interest or to try something new. Campfires, generally held Sunday evenings, are a special reflective time for the entire camp community.

ACTIVITIES

Camp Merrie-Woode offers a variety of activities to all campers. June and Main session campers choose eight activities which meet every other day (four on Monday, Wednesday, and Friday and four on Tuesday, Thursday, and Saturday) and the August session campers take a total of five activities that meet every day from Monday – Saturday.

Some programs offer out of camp trips in addition to the normal meeting times. Trip eligibility requirements differ from activity to activity and are specifically outlined under each activity. All counselors leading camp trips are qualified in the areas they teach. Camp vehicles transport campers to and from locations. Counselors are equipped with satellite or mobile phones for emergency assistance. Each trip that leaves camp follows a trip requirement protocol that states: trip itinerary, designated camp vehicle number, list of campers participating, health form copies (applicable for trips that meet/exceed 3 days), the nature of specific activities to be engaged in, the degree of difficulty or physical challenge of these activities on trip, risks known to be associated with these activities, emergency procedures and contacts, and the availability and accessibility of emergency assistance closest to the trip destination.

Campers sign up for their activities on opening day. If there are any activities you feel strongly about your daughter taking, we ask that you submit that request in writing so that we will have it in your daughter's file.

Archery

The archery program is based on levels set up by the National Archery Association, which inspires campers to set goals. The instructors use target-sport games to develop campers' archery skills prior to scored shooting.

The Arts Program

Campers have the opportunity to experience a variety of artistic mediums and artistic skills. The campers will improve their drawing, painting, and creative talents. They will be introduced to the novice levels of many of our more challenging art programs too.

Canoeing and Kayaking

Canoeing and kayaking are favorite activities for many campers. This program offers challenges and adventures for all levels of boaters. Classes are divided into skill levels, with an instructor working with a small group of campers, to enable them to receive close attention and guidance from experienced paddlers.

As campers gain experience, develop their skills, and demonstrate proficiency on the lake, they become qualified for rivers. River trips provide campers with opportunities to develop their paddling skills and to see how these techniques can be used to chart a course and successfully maneuver down a river.

A long-standing tradition with older campers during the Main session is Merrie-Woode's "Captains Program", which incorporates canoeing, kayaking, sailing, swimming, and first-aid skills and allows interested campers to build their boating skills over several summers in order to reach the highest level of Captain.

Ceramics

The ceramics program teaches campers basic skills in both hand-building and wheel-thrown projects. Projects are designed, built, glazed and fired in time to take home after the session.

Chorus

Music has long held a special place at Merrie-Woode. Chorus is generally offered during the June and August sessions. Activity time is spent rehearsing songs for a final performance and for the Chapel services. Campers are encouraged to bring their own musical instruments to pursue music lessons or to participate in instrumental ensembles. Visiting performers often highlight evening programs.

Dance

Ballet, jazz, tap, and creative movement, as well as step aerobics, are all part of the dance program. Instructors teach campers basic techniques and choreograph dances, which are performed at the end of camp. The dance offerings vary each year, depending on the experience of the instructors.

Drama

The drama department familiarizes campers with many facets of drama and drama productions and encourages campers to become creative thinkers. Classes have included a one-act play, improvisation, musical choreography, costume design, fundamentals of directing, and the June and Main session musicals.

Jewelry

The jewelry program teaches campers basic skills in both silversmithing and bead-working. Projects range from earrings to necklaces to rings. Because of the use of tools, this activity is limited to campers 12 and over.

Landsports

Merrie-Woode's landsports program incorporates a variety of sports and games, in which teamwork, sportsmanship, and fitness are promoted through play. Sports include soccer, softball, volleyball, and basketball. If there is a large interest in a particular sport, then that activity is offered as a class.

Mountaineering

Merrie-Woode's mountaineering program is available to campers of all ages and provides opportunities for rock-climbing, hiking, backpacking, first aid, caving, orienteering and the ropes course. The ropes course is limited to campers 12 and over. Half-day and full-day hikes are taken to area trails, mountains, and waterfalls. Overnight backpacking excursions to local areas of interest are from 2 days to 5 days in length. Through these adventures, campers develop a respect for the wilderness, self-confidence, and skills in low-impact camping.

A calendar of each session's mountaineering trips and activities is posted in the Dining Hall so that each camper may see what is planned. Instructors announce trips and activities at Castle and at meals; afterwards, campers have the opportunity to sign-up for the designated trips or activities. These trips or activities take place outside of campers' regular schedule and cause campers to miss their regularly scheduled activities. Merrie-Woode's climbing program begins on the indoor wall where campers learn to tie their knots and fit their harnesses and helmets. After demonstrating this basic knowledge, campers are eligible to climb on a series of bolted routes on Old Bald (the rock face behind Merrie-Woode).

If your daughter plans to go on overnight hikes with the mountaineering staff, please bring the following items, (which are also useful in camp):

- Sturdy hiking boots or shoes
- Warm hiking socks (made of wool, Thorlo, or smart wool; NOT cotton)
- Sock liners
- Rain jacket (waterproof/breathable)
- Warm hat and wool sweater or fleece
- Non-cotton pants (i.e. nylon running pants)
- Mid-weight polypropylene/capilene long underwear (top and bottom)
- Lightweight capilene t-shirts

Nature

There are numerous hands-on opportunities for learning about our environment at Camp Merrie-Woode. The nature program incorporates environmental awareness and an appreciation for the natural setting in the North Carolina mountains. Campers work on projects and learn about the camp wilderness; reduce, reuse, and recycle; gardening and composting; and exploration.

Photography

The photography program introduces campers to basic photography skills and techniques through picture taking and the development of black and white film in the darkroom. Because of the use of chemicals in the darkroom, this activity is limited to campers age 11 and over.

Riding

Merrie-Woode's hunt-seat riding program offers campers a general riding experience by teaching basic horsemanship skills and by enabling riders to develop and improve their riding skills. Classes are divided by skill level. The riding level requirements provide a structured outline that enable campers to continue building their skills from one year to the next. All campers are required to wear jeans or jodhpurs, and "schooling helmets" with chin straps and boots. We do have a number of helmets, and camp provides rubber boots. If

your daughter has her own helmet, riding boots, or jodhpurs, she should bring them to camp. Horseback riding is provided in the August session on a “space available” basis, with preference given to the oldest campers.

Sailing

Sunfish and Lasers are used in Merrie-Woode’s program. Campers begin with lessons involving safety protocols, nomenclature, and basic wind positions. Sailing takes place on Lake Fairfield with occasional trips to Lake Glenville. While on the water, much attention is paid to the practical application of sailing terms, knots, and principles.

Swimming

Merrie-Woode’s swimming program adheres to the standards of the American Red Cross program. While swimming in the lake is challenging for some campers, our staff works with the campers to help them overcome their apprehensions. **Campers must demonstrate proficiency through Red Cross Level 5 to become exempt from swimming classes.** Classification into Levels 3-5 means campers must take swimming during camp, while classification into Level 6 or higher means campers have the option to take one of the swimming courses or none at all.

We use classifications to determine campers’ swimming levels. They are held on the opening day of each session for every camper. Campers’ swimming accomplishments from the previous summer are held on file and referenced. Campers will be placed in the appropriate class and if the camper wants to try the classification again in an attempt to place out they are permitted.

Each classification consists of a dive and two swimming passes: freestyle and a different stroke of the camper’s choice. In both cases, the campers should swim smoothly without pausing and with their faces in the water, breathing to one or both sides. **Placement into Level 5** occurs when campers can dive and successfully demonstrate another stroke, but are unable to swim all the way with their faces in the water and/or breathe by lifting their faces straight up. **Placement into Level 4** occurs when campers do not know how to dive, are unable to swim all the way with their faces in the water, and/or breathe by lifting their faces straight up, and may or may not be able to demonstrate another stroke. **Placement into Level 3** occurs when campers must use a ladder to enter the water, have an ineffective or inadequate freestyle, and may or may not be able to demonstrate another stroke.

Tennis

Tennis classes are divided by skill level and experience allowing campers to develop their techniques. Experienced instructors lead a variety of games and drills designed for overall play. Camp does supply racquets for campers to use, but campers may want to bring their own racquets and appropriate footwear.

Tumbling

Merrie-Woode’s tumbling program offers campers a general tumbling experience and is limited to floor routines. Instructors teach basic skills and techniques to create a routine for performance at the tumbling show. Classes are divided by skill level.

Weaving

The weaving program provides campers, age 11 and over, the opportunity to experience a variety of techniques through the completion of projects. Progression begins with the lap loom, moves to the inkle loom, and finishes with stools and chairs. First year weavers begin on the lap loom where they make projects: pillows, hot pads, and purses. Second year weavers work on the inkle loom where many belts are made. Third and fourth year campers have the opportunity to purchase stools or chairs, sand and paint the item and then weave the seat. Advanced weavers often have the opportunity to weave on the floor looms.

Woodworking/Stained Glass

Campers enjoy the opportunity to make projects such as mirrors, picture frames and jewelry boxes. They learn basic woodworking or stained glass techniques in a supervised setting. Woodworking and stained glass are offered to campers age 11 and over.

JUNIOR COUNSELORS

Merrie-Woode has a junior counselor program during the June and Main sessions for returning campers who are rising seniors in high school. The Junior Counselors (JC's) live together in a cabin with their counselor working closely with them and the senior staff to get an introduction to the life of a counselor. They assist in activity areas and organize some evening programs as a group. In addition, each JC is assigned to be a "buddy counselor" to one of the youngest cabins providing support to that counselor and friendship to the campers. The JC's also go on chaperoned days off during the session and can take part in camp trips. This program incorporates basic staff training components and helps JC's to develop their leadership skills. JC's pay a reduced camp tuition and are subject to guidelines and policies set for campers. JC's wear blue shirts (provided by camp) and khaki shorts. JC's should arrive at camp the same date/time as other campers in their session.

COUNSELOR ASSISTANTS

Merrie-Woode offers a small number of places in each session to Counselor Assistants. Former campers who have graduated from high school and have been leaders in camp are eligible to apply as CA's by filling out the staff application. CA's are paid a stipend and live in a cabin as a co-counselor with an experienced staff member. They teach in activity areas and work closely with the senior staff receiving guidance and training during their session. With parent permission, CA's may take non-chaperoned, scheduled days off. Counselor Assistants follow policies and guidelines set for staff members.

COUNSELORS

Merrie-Woode counselors must have at least a year of college and a strong interest in working with children. They bring enthusiasm and activity experience to the camp community. Many staff members are former campers or friends of counselors and camp family members. We welcome from you any names of individuals whom you might recommend to us as counselor applicants.

DIRECTIONS

From Knoxville, TN

Take I-40 East toward Asheville. Take exit 27 to Hwy 74 west, follow 74 West to exit 85 to Sylva (following signs to Western Carolina University), at second stoplight turn left on to Hwy 107 South approximately 25 miles to Cashiers. At the stoplight in Cashiers, turn left onto US-64 East. Travel 4.0 miles. The camp road is on the left directly across from a restaurant/gas station.

From Asheville, NC

Take Exit 40 (old exit #9 airport exit) off of I-26. Follow Highway 280 to Brevard, picking up US-64 West in Brevard. Stay on US-64 West through Brevard and continue for approximately 25 miles toward Sapphire. The camp road is on the right directly across from a restaurant/gas station.

From Greenville/Spartanburg, SC

Take I-85 South to I 385. Continue to Hwy. 183 Follow Hwy. 183 to Hwy. 178. Turn left on Hwy. 11. Continue on Hwy. 11 to Hwy. 130 (Whitewater Falls Road). Go 9.5 miles, take a left turn (Hwy. 413 or Wigington Road)-follow signs to Cashiers, and travel for 2 miles. Turn right onto Hwy. 107. Travel 9 miles to Cashiers and at the stoplight in Cashiers, turn right onto US-64 East. Travel 4.0 miles. The camp road is on the left directly across from a restaurant/gas station.

From Charlotte, NC

Take I-40 west to Asheville. Take I-26 south to Exit 40 (airport exit) off of I-26. Follow Highway 280 to Brevard, picking up US-64 West in Brevard. Stay on US-64 West through Brevard and continue for approximately 25 miles toward Sapphire. The camp road is on the right directly across from a restaurant/gas station.

From Atlanta, GA

Take I-85 to Exit 1 in SC. Turn left onto SC-11 and continue for 33 miles. Turn left on Highway 130. Go 9.5 miles, take a left turn (Hwy. 413 or Wigington Road)-follow signs to Cashiers, and travel for 2 miles. Turn right onto Hwy. 107. Travel 9 miles to Cashiers and at the stoplight in Cashiers, turn right onto US-64 East. Travel 4.0 miles. The camp road is on the left directly across from a restaurant/gas station.

From Chattanooga, TN

Take I 75 North; Exit US-64 Bypass toward Cleveland, TN. Follow US-64 Bypass to US-64 East (follow signs toward the Ocoee River). Stay on US-64 East through Murphy, Franklin, Highlands, and Cashiers. Once in Cashiers go straight through the traffic light for 4 miles. The camp road is on the left directly across from a restaurant/gas station.

AREA ACCOMMODATIONS

High Hampton Inn – Located in Cashiers and owned by a Merrie-Woode family. Highway 107-S. This historic Inn is open April through October and Thanksgiving. Rooms, cottages and homes are available. Wonderful, rustic family resort; American Plan (Includes 3 meals per day) and Modified American Plan (Dinner and breakfast), golf and other activities available. \$100-110 (price per person). 800-334-2551 or 828-743-2411 www.highhamptoninn.com. **A camper gathering will be hosted at High Hampton Inn on the night before each Merrie-Woode opening day. Join our families from 5-7pm.**

Laurelwood Mountain Inn - Located in Cashiers. Hwy 107-N. Rooms, efficiency apartments, and one and two bedroom suites available. \$67 - \$137

Fairfield Sapphire Valley - Located in Sapphire (within minutes from camp). Hwy 64. Provides condominium accommodations. Will rent on nightly basis or by the week. Two-night minimum. \$90 - \$265. 828-743-3441 www.fairfieldsapphirevalley.com

Pebble Creek Village - Located in Cashiers. Hwy 64-E. Vacation rental homes. Two-night minimum. \$165 per night. 828-743-0623, www.pebble-creek.com

Hampton Inn (national chain) - Located in Sapphire. Hwy 64-E. Two night minimum weekends. \$119 - \$149 (double occupancy). 828-743-4545.

Hampton Inn (national chain) - Located in Highlands. Hwy. 106, one half block south of Main Street. \$120 per night (double occupancy). 828-526-5899 www.hampton-inn.com

AREA RESTAURANTS

Ashby's, Hwy 64 W – reasonably priced breakfast and lunch 828-743-7889

Carolina Smokehouse, Hwy. 64 W – Reasonably priced, southern BBQ. 828-743-3200

Cornucopia, Hwy. 107 S – Great sandwiches for lunch, serves dinner. 828- 743-3750

Gamekeeper's Tavern, Hwy 64 (across from camp) Excellent food, dinner (by reservation) 828-743-4263

Horacio's, Hwy 64 W – Excellent European traditional cuisine, dinner only (by reservation). 828-743-2792

The Grill at Jimmy Mac's, Hwy. 64 W – Ingles Plaza center. 828-743-1180

Sapphire Mountain Brewing Company – Hwy 64 (Slicers Ave) at the Mountain Golf Course 828-743-0220

Subway, Hwy. 64 W – Sandwiches. 828-743-3100

Sweet Treats, Hwy. 107 S – Made to order ice-cream and frozen yogurt. In Cashiers 828-743-5452 & in Highlands 828-526-9822

Café 107, Hwy. 107 S- Charming cafe, indoor and outdoor seating. Full service catering. 828-743-1065

Orchard Restaurant, Hwy. 107 S-Fresh Mountain fare. Dinner only. Proper dress casual. Reservations recommended 828-743-7614

4 Seasons Grill -Hwy. 64 W- By ski hill at Fairfield Sapphire Valley Resort.

Wendy's (national chain) - Hwy. 64-W. in Cashiers.