



*Welcome to...*

# LAKE OF THE WOODS CAMP FOR GIRLS

Dear Camp Family,

We are so excited to welcome you into **OUR** camp family! We know that finding the right summer camp can be a tough decision, but we assure you that we will do everything possible to help your daughter have the most amazing experience at Lake of the Woods this summer. We hope you find information in this parent bulletin that will help prepare both you and your daughter for camp.

At Lake of the Woods, we pride ourselves on the communication and relationships we have with our camp families. Please do not hesitate to call or email us throughout the year if you have any questions or concerns.

We look forward to a fantastic summer!

*All our best,*

*Dana Keely*



## Be Your Best Self!

Our Camp Motto at Lake of the Woods is "Be Your Best Self".

We use this motto to encourage campers to try new things, treat others with respect and to strive to be the best version of themselves each day at camp.



To help encourage our campers to be their best selves, we emphasize our camp values in all we do. These values are: Friendship, Resilience, Creativity, Teamwork, Independence, Optimism, and Citizenship. We recognize campers throughout the summer for demonstrating these values.

## 2020 Camp Dates

### FIRST SESSION

Monday, June 22 – Friday, July 17

### SECOND SESSION

Monday, July 20 – Friday, August 14

### FAMILY CAMP

Saturday, August 15 – Wednesday, August 19

## Save the Date!!!

**Chicago Area New Camper Party  
& Parent Orientation**

**Wednesday, April 15**

**6:00pm - 7:30pm**

**at Glencoe Park District  
999 Green Bay Road, Glencoe, IL**

*Details will be e-mailed in the spring.*

# Meet the Directors and Key Staff at Lake of the Woods



Director, **DANA KITE**, has grown up at Lake of the Woods and Greenwood. She started as a camper at Lake of the Woods at age 10, and continued as a CIT, Junior Counselor, Counselor and Waterski Instructor, Program Director until becoming the Associate Director for 8 years. As the Director, Dana is involved in staff recruitment, staff training, program development, and has terrific relationships with campers, parents and staff. Dana graduated from Indiana University with a degree in Journalism and Political Science. Having been a camper, Dana understands the benefits of a summer camp experience. Dana is the co-founder of SCOPE Midwest (Summer Camp Opportunities Promote Education), a charity that provides camperships to underserved children throughout the Midwest at not-for-profit camps. Dana has been on the program planning team for the American Camp Association's national conference and is a speaker at conferences throughout the year. Dana served on the Board for Glencoe Junior Kindergarten. As a former waterski instructor, Dana's favorite camp activity remains waterskiing. Dana lives in Glencoe, Illinois with her husband David and their 4 children.



Associate Director, **KEELY FINNEGAN** has been part of our camp family since 2005. Having started as a counselor and tennis instructor she moved through the ranks as Event Coordinator, Health Center Liaison, and Operations Director before becoming the Associate Director in 2018. Keely graduated from Central Michigan University with a degree in Elementary Education. Before joining our full-time team in 2012, Keely taught 2nd and 3rd grade. Keely's role includes communicating with camp families, scheduling and facilitating summer tours, planning camper reunions and special events, as well as working with prospective families. Keely lives in Gurnee, Illinois with her husband Brenden, their daughter Matilda "Tilly" and their dog Franklin.



Our Lake of the Woods Campus Director, **KELSEY TREON**, is excited to be returning for her 6th summer. Kelsey graduated from Bowling Green University and is currently a High School Spanish teacher in Ohio. Kelsey's first summer with us, she was a counselor and drama instructor, then moved up the ranks to Trip Director, and most recently as the Older Division Leader.



Resident Life Director and Younger Division Leader, **LISA BENJAMIN**, returns to us for her 16th summer! When she is not at camp, Lisa is a Special Education Teacher at Hickory Point Elementary in Northbrook, Illinois, where she teaches kindergarten through second grade. She graduated from Illinois State University and is currently earning a master's degree. Lisa has been at Lake of the Woods since she was ten years old, as a camper, counselor, and for the last five years as the Younger Division Leader.



Operations Director and Office Manager, **TARA PATEK**, started with us in 2016. She works year-round helping with all the behind the scenes operation that help make camp run smoothly. Tara Graduated from the University of Central Florida with a degree in Early Childhood Education and then received her Master in Early Childhood Administration from National- Louis University. After being the Associate Director of a Temple-based preschool working with young children and families, she decided it was time for a change. Tara and her husband Mark live in Chicago with their 2 children Lillian and Evan, who spend their summers at Lake of the Woods and Greenwood. Over the summer you will find her in the Big House!

## DIVISION LEADERS

Each age group has a Division Leader. Division Leaders help ensure that our campers have the best experience at camp. Prior to the first day of camp, you will receive a call from your child's Division Leader so they can introduce themselves and answer any questions you have. Your child's Division Leader will be responsible for helping your daughter adjust to camp life as well as communicating with you throughout their session.

## STAY CONNECTED...

*We are constantly sharing photos and posting exciting news throughout the year.*



Go to **[www.facebook.com/LWCGWC](https://www.facebook.com/LWCGWC)** and click "LIKE!"

Also follow us on Instagram: **@lakeofthewoodscamp**



# IMPORTANT DATES



## POP UP SOCIALS ACROSS THE MAP\*

**Michigan** (Royal Oak Area) .....December 8  
**Missouri** (St.Louis Area)..... January 24  
**California** (San Fran Area) ..... January 31  
**California** (LA Area).....February 1  
**Ohio** (Cleveland & Columbus Area).....February 7-8  
**Florida** (Boca Area) .....February 23



***These socials are for new & returning campers & families.***

*\* More details will be sent to our families in these areas.*

## DECEMBER 15

We hope you don't have to cancel, but if you do, unless you are enrolled in CAP (Camper Assurance Program), December 15th is the last day to cancel without losing your deposit.

## FEBRUARY: Camper Prep Packet

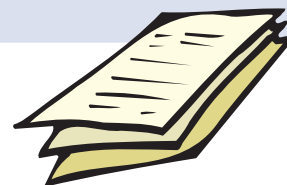
You will also receive the "Camper Prep Packet" which includes information on accessing online forms, information on our medication policies at camp, and our parent handbook which contains a lot of important information for parents. This is also when your daughter will select the activities she thinks she would like to take at camp and make requests for cabin mates, if she has any.

## APRIL 15: Chicago Area New Camper Party & Parent Orientation

SAVE THE DATE for our Chicago Area New Camper Party & Parent Orientation on Wednesday, April 15, 6:00pm - 7:30pm. We will send more information in the spring.

## APRIL 30: All Forms and Final Tuition Payment Due

- All forms are due.
- Final Tuition payment is due no later than April 30th. You will receive an email reminder to log into your CamplnTouch account and pay your bill.



## MAY 1: Camp Clothing Order

Order all logo'd camp clothing from [www.TheCampSpot.com](http://www.TheCampSpot.com)  
\*The only required clothing are 2 official camp t-shirts for your daughter to wear on picture day and on trips out of camp.





# HEALTH CARE AT CAMP



Our Health Center staff includes a charge nurse, 9 nurses, a medication charge nurse, and 2 nurse assistants, who are there to care for your child during their stay at camp. We often have a camp doctor living on-site as well as 24/7 access to Dr. Kimberlee Coleman, a licensed, Board Certified Pediatrician, and her licensed Physician Assistant through our partnership with My ePhysicians, PC. Our partnership with My ePhysicians allows our campers to see Dr. Kim through virtual visits when they need to - no waiting to schedule an appointment, no waiting rooms, no missing out on the camp fun!



## Camper Medication Policies

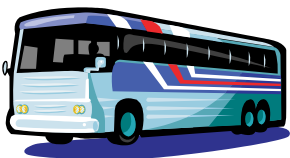
To improve the efficiency and accuracy of administering medication at camp, we have specific guidelines for how medications are handled. We require all of your child's prescription(s) and any over-the-counter oral medications, taken on a daily basis, to be pre-packaged. We work with a pre-packaging medication program, called CampMeds, and will provide more details in our Camper Prep Packet.



## GETTING TO CAMP

### Camper Luggage

- Campers taking the Chicago Area Bus must bring their luggage to our assigned luggage drop two days prior. First session Saturday, June 20. Second session Saturday, July 18.
- Campers may ship their bags to camp up to a week prior to their arrival.
- Children who are flying or driving can bring their luggage with them to camp.



### Transportation

- **Chicago Area Bus:** \$100 each way
- **Detroit Area Bus:** (to camp only) - \$100
- **Airplane:** We provide counselors to escort unaccompanied minors to and from camp via Chicago O'hare or Kalamazoo/Battle Creek airports. Campers are taken to camp via bus or car service.
- **Car:** Families are welcome to drive their children to camp. Please note that drop off is fairly quick to allow for an easier separation.

In February, as part of the Camper Prep packet, you will receive directions on how to fill out and select your campers transportation to and from camp. **Need any help coordinating travel to camp? Please email Tara at tara@lwcgwc.com.**

## FOOD AT CAMP

Our chefs work hard to provide delicious and nutritious meals. We eat family style at meals and campers sit with cabin groups. A wide range of choices ensures that even picky eaters will find something. Campers can also choose items from our fresh salad bar, pasta bar, breakfast bar or sandwich station to complement the main dish.



### Sample Menu:

- Breakfast:** French Toast, Eggs, Pancakes
- Lunch:** Tacos, Chicken Fingers
- Dinner:** BBQ Chicken, Pasta, Hamburgers & Hot Dogs

### Healthy Options!

- Our breakfast bar options include:
- cereal • yogurt • bagels • oatmeal
- Our make your own salad bar includes:
- a variety of vegetables and fruit
  - eggs • cheeses • tofu
  - quinoa
  - hummus
  - edamame





# HELPING YOUR CHILD SUCCEED AT CAMP

Over the years we have helped many parents and campers succeed at their first home away from home experience. Here are some simple tips on the "do's & don'ts" to help your daughter's experience be a successful one:



**DO** have realistic expectations. While we can promise your camper will have the opportunity to have an amazing time you should not set the expectation that your camper will be 100% happy all day every day. Our job is to help each girl have a great experience and help them work through any adjustment issues. We strive to get as close to 100% happy as possible! ☺

**DO** talk about homesickness! It is so important to talk with your daughter about how normal it is to feel homesick at camp. You can share with her that 99 out of 100 campers experience homesickness at some point during their stay. It is good to talk about what she should do if she does experience homesickness at camp. We will work with her and with you to come up with a plan to help her cope with these feelings. It is important for her to know that they can be homesick AND still have a great time at camp! Some of our most homesick campers continue to return year after year.

**DO** set some summer goals with your daughter. In addition to making friends and having fun, camp is about trying new things and learning new skills. We pride ourselves on the individual attention we give to each and every camper and helping each girl accomplish a goal. We encourage all of our campers to set some personal goals each summer, whether it is learning how to water-ski or shooting a bulls eye in archery...we strive to help our campers achieve these goals during their stay at camp.

**DO** try to hide your own personal concerns. Of course it is okay for her to know you will miss her, but we want to avoid her worrying about her family while she is at camp. Try saying, "I am going to miss you so much, but I know you are going to have the best time!"

**DON'T** make the "pick-up deal" by telling your daughter that you will come pick her up from camp if she does not like it, or is homesick. Children typically lose any motivation to try and succeed at camp if they think a parent is coming. We promise that she will hold you to this deal and it will make it much harder for us to help her adjust to life at camp. Part of camp is learning how to work through situations that may not always be easy. Please know that the directors and counselors are taking great care of your daughter; we are committed to helping her throughout the summer so that she can have a positive and successful camp experience.



**Parenting is not easy! It takes a village... We recommend:**

- Homesick and Happy - Michael Thompson
- Emotional Intelligence - Daniel Goleman
- Best Friends/Worst Enemies: Understanding the Social Lives of Children - Michael Thompson
- Giving the Love That Heals, A Guide for Parents - Harville Hendrix
- Not Much Just Chillin': The Hidden Lives of Middle Schoolers - Linda Perlstein
- The Blessing of a Skinned Knee - Wendy Mogel
- Perfect Madness, Motherhood in the Age of Anxiety - Judith Warner
- Odd Girl Out, The Hidden Culture of Aggression in Girls - Rachel Simmons
- Queen Bees and Wannabes: Helping Your Daughter Survive Cliques, Gossip, Boyfriends, and Other Realities of Adolescence - Rosalind Wiseman
- Cliques - Charlene Giannetti and Margaret Sagarese
- Bullyproof Your Child for Life - Protect Your Child from Teasing - Joel Haber
- Confronting the Epidemic of Stress and Anxiety in Girls - Lisa Damour, PhD

# *Camp is a screen-free zone!*

## **ELECTRONICS POLICY AT CAMP**

Please reinforce the following rules with your child before camp begins.

- X Absolutely **NO CELL PHONES** are permitted at camp
- X **NO Kindles or other E-readers**
- X **NO electronic device capable of internet access**
- X **NO walkie-talkies**
- X **NO iPads, iPod Touches, tablets or laptops**
- X **NO Apple Watches / Smart Watches**
- X **NO PSPs, Nintendo Switches, Gameboys or other electronic video game systems**
- X **NO scooters, Hoverboards, etc.**



- Music is an important part of our camp culture. Campers are allowed to bring a basic MP3 player with NO video or game capabilities and NO wifi capabilities. We recommend the Mighty by Spotify.
- Again, this means that iTouches or iPhones (even without a calling plan or SIM card) will NOT be allowed at camp. Any of these prohibited items will be confiscated.
- Campers may bring an iPod nano or shuffle as long as it does not have games or wifi capabilities. Please keep in mind that camp is not responsible for items that may be lost or damaged.
- Fitbit and personal fitness tracking devices are permitted as long as they are not capable of internet access.

## **NO PACKAGE POLICY**

Packages can create an unhealthy competition among campers and parents. In an effort to promote a non-materialistic camp environment and in fairness to all campers and parents, our camp has implemented a **NO package policy**. This policy extends to all parents, relatives and friends. In order to ensure fairness, this policy will be strictly enforced.

- **You MAY send flat envelopes up to 9x12 in size.** *If you can bend it, you can send it.*

Please inform family and friends and remind them not to send food, candy or gum in letters. If your child forgets to pack an essential item, please contact us at the camp office and we will arrange for your child to receive these items.



### **BIRTHDAY PACKAGES:**

If your child has a birthday while at camp, they are allowed to receive **ONE** birthday package. Please **DO NOT** send food.



## FREQUENTLY ASKED QUESTIONS

### *How and when do you make cabin assignments?*

We do not finalize cabin placements until right before your daughter's arrival at camp, and hope you trust our judgment when doing so. If you have any requests you can note them on the camper profile form that you fill out online later in the Spring. If we are unable to meet one of your requests, we will call you before camp so there will be NO surprises for you or your daughter. We spend a great deal of time putting each cabin group together to ensure a fun dynamic for your child.

You and your daughter will find out her cabin assignment once she arrives at camp! We carefully review each child's profile form at the beginning of the summer and try our best to accommodate friend requests when it is a mutual request.

### *When and how does my daughter pick her camp activities and schedule?*

Campers create their own activity schedules prior to arriving at camp by filling out an Activity Selection Form that you will receive at the end of February. This is a great way for you to review the camp activities as a family and discuss different options with your daughter. There are over 50 different activities to choose from. All campers are guaranteed their activity choices. Your daughter will receive a copy of her schedule on the first day of camp. We encourage all of our campers to try their schedule at least once and then we are happy to make any schedule changes throughout the first week.

Each day consists of five, 55-minute activity periods. Your daughter may leave one activity period open three days a week as a "free choice" period. During "free choice", activities that are not taught as a class will be available. These include ping-pong tournaments, free swim, sporting events, GaGa, crafts projects, Trampball, and more.

In addition to the instructional activities, we offer private lessons in golf, tennis and basketball which are scheduled during down times like rest hour. Private lessons do not count as an elective activity.

## Sample Camper Schedule

Period	A DAY	B DAY
1	Western Riding - Beginner	Gymnastics
2	Arts & Crafts	Climbing
3	Swimming	Hip-Hop Dance
4	Water-skiing	Sailing
5	Free Choice	Fashion Design

## Daily Camp Schedule

7:30 am	<b>OPTIONAL EARLY RISER ACTIVITIES</b>
8:00 am	<b>RISE AND SHINE</b> ...it's wake up time!
8:30 am	<b>BREAKFAST</b>
9:00 am	<b>CABIN CLEAN-UP:</b> Everyone makes their bed, straightens their dressers, and helps out with a cabin chore, like sweeping or emptying the garbage.
9:40 am	<b>FLAG RAISING</b>
10:00 - 10:55 am	<b>ELECTIVE 1</b>
11:05 - 12:00 pm	<b>ELECTIVE 2</b>
12:30 pm	<b>LUNCH</b>
1:15 pm	<b>REST HOUR:</b> Campers get canteen (a daily snack) and then go to their cabins to relax, write letters and hang out with their friends.
2:25 - 3:20 pm	<b>ELECTIVE 3</b>
3:30 - 4:25 pm	<b>ELECTIVE 4</b>
4:35 - 5:30 pm	<b>ELECTIVE 5</b>
5:30 pm	<b>FREE TIME</b>
6:15 pm	<b>DINNER</b>
7:15 pm	<b>FLAG LOWERING AND EVENING PROGRAM:</b> Every night at camp we get together either as a whole camp or in cabin groups to do various fun programs. Evening programs are everything from theme nights, sports nights, and scavenger hunts, to crazy silly games and activities! After evening program everyone has a healthy snack (we call a "nite bite") before bed. Campers then go back to their cabins to shower, play games with their counselors and friends, and get rest for another fun-filled day at camp!



# Lake of the Woods



## 4 & 8 Week Girls' Packing List

Do not send delicate clothing that cannot safely be washed in a commercial laundry. Every item of clothing and equipment must be clearly labeled with your camper's first and last name.

### REQUIRED

- ☐ 2 Reusable Water Bottles  
\*Do not bring or send bottled water
- ☐ 2 Laundry Bags with name
- ☐ 2 Official LWC Camp T-Shirts  
\*Grey with navy logo

### APPAREL & ACCESSORIES

- ☐ 14 T-Shirts/Tank Tops
- ☐ 2 Long Sleeve Tees
- ☐ 4-5 Pairs of Pants (Jeans, Sweats, etc.)
- ☐ 8 Pairs of Shorts
- ☐ 4 Sweatshirts
- ☐ 1 Nice Outfit for Socials
- ☐ 1-2 White T-shirts/Tanks for Tye-Dye
- ☐ 14 Pairs of Underpants
- ☐ 6 Undershirts or Bras
- ☐ 18 Pairs of Socks
- ☐ 2-3 Sets of Sleepwear
- ☐ 3-4 Swimsuits

### BEDDING & BATH

**Linens may be rented from camp if arranged in advance.**

- ☐ 1 Warm Blanket
- ☐ 2 Fitted Twin Sheets
- ☐ 2 Flat Twin Sheets
- ☐ 2 Pillowcases
- ☐ 1 Standard Pillow
- ☐ 1 Egg Crate (Optional)
- ☐ 1 Bathrobe (Optional)
- ☐ 4 Bath Towels
- ☐ 2-4 Washcloths or 1 Luffa
- ☐ 2 Beach Towels

### TOILETRIES

- ☐ 1 Shower Organizer/Caddy
- ☐ 1 Filler Kit - Toothbrush, Toothpaste, Hairbrush, Soap, Shampoo, Conditioner
- ☐ 1 Box of Tissues
- ☐ 1 Sunscreen
- ☐ 1 Bug Spray - Deep Woods Off Recommended
- ☐ Afterbite

### SHOES

- ☐ 1-2 Flip-Flops/Beach Sandals
- ☐ 1 Pair of Shower Sandals/Flip Flops
- ☐ 1 Pair of Rain Boots
- ☐ 2 Pairs of Athletic Shoes

### CAMPING GEAR/OUTERWEAR

- ☐ Warm Jacket or Fleece
- ☐ Rain Jacket or Poncho
- ☐ 1 Sleeping Bag (Per Family)  
\*For campers entering 6th grade & older
- ☐ Backpack or Drawstring Bag
- ☐ Flashlight
- ☐ Battery Operated Fan

### MISCELLANEOUS

- ☐ Extra Batteries
- ☐ Disposable or Inexpensive Camera
- ☐ Books & Magazines
- ☐ Games, Hobbies (No electronic games with Wi-Fi capabilities)
- ☐ iPod Nano/Shuffle - We do **NOT** allow models with Wi-Fi.
- ☐ Set of Extra Eyeglasses
- ☐ Pair of Sunglasses
- ☐ Stuffed Animal
- ☐ Camp Anywhere Chair - "Crazy Creek"
- ☐ Stationary & Stamps

### SPECIAL EVENTS - OPTIONAL

- ☐ Red, white, and blue clothing to wear on the 4th of July
- ☐ 1st Session: 1 Item of clothing in both purple and gold
- ☐ 2nd Session: 1 Item of clothing in both blue and white
- ☐ Hawaiian Shirt- for "Hawaiian Shirt" Friday

### HORSEBACK RIDING

- ☐ Riding Boots or Heeled Shoes
- ☐ Riding Jodhpurs, Tights, or Extra Blue Jeans

**\*REQUIRED IF  
TAKING RIDING**

### PACK & SHIP

- ☐ Cargo-Sized Duffel Bags (NO LARGER THAN 44") with Name
- ☐ Name Tapes OR Name Stamp
- \*Required to label all clothing and equipment