



WELCOME TO

Greenwoods Camp

We are so excited to welcome you to our camp family! We know that finding the right summer camp can be a tough decision, but we are confident that you chose the right one. Rest assured that we will do everything possible to give your son the most amazing experience at Greenwoods this summer.

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 there is anything we can do for your family.

Counting down the days to a fantastic summer!

Dana



OUR PHILOSOPHY:



LIVE HERE.

Camp provides a home away from home. A place to feel comfortable growing and developing an independent sense of self that will carry through to all aspects of your child's life.

LEARN HERE.

With over 50 activities, camp is a place to learn fun new skills and important life lessons.



LEAVE HERE BETTER.

Whether it is your first summer or your fifth, we believe in the power of camp to create a more well-rounded, conscious, and empathetic person. Our team is thrilled to welcome you to our community where we can learn, live, and grow together.

ABOUT US

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, Waterski Instructor, and Program Director until becoming the Associate Director. Now, as the Director, Dana is involved in all aspects of camp life. Dana graduated from Indiana University with a degree in Journalism and Political Science. 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's favorite camp activities are tennis and waterskiing. Dana lives in Glencoe, Illinois with her husband David and their 4 children.



KEELY FINNEGAN, Director of The Glen and The Grove, has been a dedicated member of the Lake of the Woods and Greenwood team since 2005. She started as a counselor and tennis instructor before moving into a variety of leadership positions. A graduate of Central Michigan University with a degree in Elementary Education, Keely taught 2nd and 3rd grade before joining the year-round camp team in 2012. Since then, she has served as Operations Director, Assistant Director, Associate Director and now Director of The Glen and The Grove. Keely's favorite activities are tennis and cooking. She lives in Gurnee, IL with her husband, Brenden, their two daughters Matilda "Tilly" and Josephine "Joey," and their dog Rustin.

Assistant Director, **BEN JEREZ**, joined our team in 2020. He was working year-round for Camp Akeela, a co-ed overnight camp for campers with autism in Vermont. Camp Akeela was not able to operate in 2020, and we were fortunate to have Ben spend that summer helping us in Decatur. Ben made such a positive impact on our campers, staff, and program that we knew that he would be the best person to become part of our year-round team! Ben graduated with a degree in education from Curtin University in Western Australia and taught high school English before moving to the states. Ben grew up playing Australian rules football and surfing. In his free time, he enjoys traveling with his wife Nicole. The two of them live together in Evanston, IL with their dog, Juniper.



Campus Director **NOAH FRIEDLAND's** Greenwood journey started as a camper back in 2007. Noah eventually became a counselor, division leader, and is now the Greenwood Campus Director. Noah graduated from the University of Denver in June of 2021 with degrees in Geography and Psychology, and joined the Lake of the Woods and Greenwood year-round team in October of 2022. Before joining the year-round team, Noah spent time traveling the country and worked for The CampSpot in New Jersey. The CampSpot is the official outfitter for Lake of the Woods & Greenwood Camps, along with many camps across the country. Like the rest of us, Noah is a die-hard camp person and looks forward to showing all our campers, old and new, what makes this place so special!

Operations Director, **TARA PATEK**, started with us in 2016. She works year-round helping with all of the behind the scenes operations that help make camp run smoothly. Tara graduated from the University of Central Florida with a degree in Early Childhood Education and received her Masters 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. During the year she also teaches a parent/child class at Glencoe Junior Kindergarten.





IMPORTANT DATES



December 1: Cancellation Deadline

We hope you don't have to cancel, but if you do, unless you are enrolled in CAP (Camper Assurance Program), December 1st is the last day to cancel without losing your deposit. There is a \$200 non-refundable application fee included in the deposit for all programs.

February 1: Tuition Installment Due

An additional payment in the amount of \$1,000 is due on February 1. Parents will receive an email in the New Year with instructions on how to make this payment online through CampInTouch.

Early March: Chicago–Area New Camper Party

Save the date! Meet other new campers who live in the area and learn more to prepare for your first summer at Greenwoods. If you are unable to make it or do not live in the Chicagoland–area, don't worry, we will be hosting virtual events as well. More information to come after the New Year.

March 6: Global Camp Apparel Day

Wear any of your Greenwoods gear and show off your camp pride! You can purchase camp gear at www.THECAMPSPOT.com.

April 15: Camp Forms Due

All camp forms, with the exception of Medial Forms, are due! Most forms will be filled out online on your CampInTouch account. More information about all your forms will be sent to you in the spring.

April 30: Final Balance Due

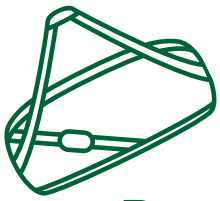
Full balance of all campers' tuition is due!

May 1: Complete Your Camp Clothing Order

Order all logo'd camp clothing from www.THECAMPSPOT.com by May 1st so it can arrive by summer. As a reminder, we **require** two official camp t-shirts for trips and picture day.

June 1: Medical Forms Due

Each camper is REQUIRED to have a completed physical examination within 12 months of his 2026 camp arrival date. The form must indicate clearance from a physician/PA/NP for Physical Education/sports and include immunization history. Additionally the Health History form can be found online and is required to be submitted by a parent/guardian.



PARENT PREPARATION



Don't wait! Start your camp preparations now!

Help your son practice personal responsibility. For example, picking out his own clothes in the morning, making his bed, or brushing his teeth. It seems easier and quicker to do things for our children instead of allowing them to do it themselves at home. However, when you give children the opportunity to perform tasks themselves, they begin to develop a sense of responsibility and accomplishment, and it helps them tackle new situations with ease.

REVIEW LAST YEAR'S PACKING LIST. THE HOLIDAYS ARE A GREAT TIME TO START YOUR CAMP SHOPPING!

ORDER LABELS! FOR LABEL DADDY, USE PROMO CODE LOTW FOR A 10% DISCOUNT!

SCHEDULE A PHYSICAL. DON'T FORGET TO BRING THE REQUIRED PHYSICIAN EXAMINATION FORM FOR YOUR DOCTOR TO SIGN (YOU MAY ALSO USE YOUR STATE'S STANDARD PHYSICAL FORM).

KEEP YOUR EYE OUT FOR ANY EMAILS OR MAILINGS FROM CAMP THROUGHOUT THE YEAR.

CONTACT US IF YOUR SON IS RECEIVING ANY ADDITIONAL SUPPORT - WHETHER IT IS ACADEMIC, EMOTIONAL, OR SOCIAL. IT IS IMPORTANT WE PARTNER WITH YOU TO ENSURE HE IS SUCCESSFUL AT CAMP.

TALK TO YOUR SON ABOUT WHAT GOALS HE HAS FOR CAMP! ASK IF THERE ARE NEW SKILLS HE HOPES TO LEARN, OR HOW HE HOPES TO GROW THIS SUMMER.

PARENT RESOURCES

SOME GREAT READS:

- *The Anxious Generation* by Jonathan Haidt
- *How to Raise an Adult: Break Free of the Overparenting Trap* by Julie Lythott-Haims
- *Best Friends/Worst Enemies: Understanding the Social Lives of Children* by Michael Thompson
- *Not Much Just Chillin': The Hidden Lives of Middle Schoolers* by Linda Perlstein
- *Perfect Madness, Motherhood in the Age of Anxiety* by Judith Warner



SOME GREAT SITES WE RECOMMEND:



- [parenting blogs & articles](#)
- [yourteenmag.com](#)
- [parentteenconnect.org](#)
- [digitalparenthood.com](#)



In addition to these resources, we also send out "Between Sessions" newsletters which provides more in-depth resources, community events, and camp updates.

NEW CAMPER ADVICE

We know there is a lot of excitement for you upcoming summer. With that excitement is often questions and nerves. We've listed common questions new campers have and we also asked campers who were new last summer to weigh in.



WHAT ARE SOME OF YOUR FAVORITE CAMP ACTIVITIES?

At camp we encourage you to try new things, so sign up for a few activities you may not be able to do at home! In the spring you will select 10 elective activities to take during your session. You will get a copy of your customized schedule at camp.



"My favorite activity is football because the coaches are very kind and they make you feel like you're playing with family. My other favorite activity is tennis because they helped me improve a lot." - Solomon S



WHAT SHOULD I EXPECT THE FIRST DAY OF CAMP?



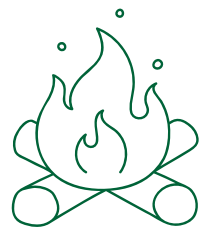
"Signs to show you what cabin you're in and who your counselors are. Then you drop your stuff off, go eat pasta and have fun." - Jack G

"When I arrived at camp I met my counselors, cabin mates and set up my bunk. Then we played football and games and got to know each other." - Solomon S

Your counselors will be there to greet you and show you to your cabin. They will lead games and help you get to know each other as you tour camp. Once we finish touring camp, we head to dinner! After dinner, we have our opening campfire. You'll get to meet boys from other cabins as well as the other counselors.



Following the campfire we head back to our cabins for get to know you games before lights out. Within the first 2 days of camp, all campers do a quick swim check to make sure everyone feels comfortable in the water. We work with campers to help them feel more comfortable, and anyone can retake the test as many times as necessary and opt to take it privately if they are more comfortable.



ARE THE COUNSELORS NICE?

"Yes they really help you" - Jack G



"The counselors are very nice. They made me feel comfortable and safe. I had fun with them." - Solomon S

FOOD, GLORIOUS FOOD



Meal time is family time at camp! Meals are served family style, and campers sit with their cabin group and counselors at each meal. In addition to the main course, we have an "options" room featuring breakfast bars, salad bars at lunch and dinner, and a pasta bar at dinner. Our wide range of choices ensure that even picky eaters will find something they like. Examples of some meals we offer are:

BREAKFAST

FRENCH TOAST STICKS
PANCAKES
EGGS AND HASH BROWNS
OMELETS
BACON AND EGGS

LUNCH

MAC & CHEESE
CHICKEN PATTY SANDWICHES
GRILLED CHEESE & TOMATO SOUP
CREATE YOUR OWN SANDWICH
CHICKEN TENDERS & FRIES

DINNER

PIZZA PEPSI FRIDAY
TACOS
SPAGHETTI & MEATBALLS
CHICKEN PARMESAN
CHICKEN & STEAK FAJITAS
NIGHTLY PASTA BAR

BREAKFAST BAR

(AVAILABLE EVERY BREAKFAST)

CEREAL
YOGURT
BAGELS
CREAM CHEESE
GRANOLA BARS
BREAKFAST CEREAL BARS
MILK
OAT & SOY MILK
APPLE & ORANGE JUICE

SALAD BAR

(AVAILABLE EVERY LUNCH & DINNER)

DAILY SALAD BAR ITEMS

ICEBERG & ROMAINE LETTUCE
BLACK BEANS
BABY CARROTS
GARBANZO BEANS
CHERRY TOMATOES
CUCUMBER SLICES
CROUTONS
TOFU
QUINOA
HUMMUS & PITA BREAD
EDAMAME
SHREDDED CHEDDAR CHEESE

ROTATING SALAD BAR ITEMS

SPINACH
KALE/CHARD MIX
RED ONIONS
CAULIFLOWER
GREEN PEPPER
BROCCOLI FLORETS
CELERY STICKS
ARTICHOKE HEARTS
BLACK & GREEN OLIVES
SLICED MUSHROOMS
GRILLED CHICKEN
PEPPERONI SLICES
BACON BITS
HARD BOILED EGGS
CHICKEN SALAD
3 BEAN SALAD
PASTA SALAD
COTTAGE CHEESE
FETA CHEESE
SHREDDED MOZZARELLA
MANDARIN ORANGES
RAISINS
SLICED APPLES
MINI BAGELS
PINEAPPLE CHUNKS
SLICED PEACHES
MIXED BERRIES
AND MORE!



**FRESH FRUIT
IS AVAILABLE
AT ALL MEALS**



A NOTE ON ALLERGIES:

IF YOUR CAMPER HAS ANY FOOD ALLERGIES OR DIETARY RESTRICTIONS PLEASE REACH OUT TO KEELY@LWCGWC.COM

Be Kind Online



YOU ARE NOW PART OF A SPECIAL COMMUNITY.

OUR CAMP COMMUNITY TREATS EVERYONE WITH KINDNESS AND RESPECT ALL YEAR LONG.

BE SMART, SAFE, AND RESPONSIBLE ONLINE BY FOLLOWING THESE RULES.

RULE 1 *Never post or send anything on social media that you wouldn't want the whole world to see. Nothing online is private. Nothing. People can take screenshots or photos of the screen. They can pass their phone around and show your message to others. They can simply talk about what you sent.*

RULE 2 *Never talk negatively about others in text messages or on social media. If you wouldn't say it to their face, do not say it on social media or in a text message. Remember that once something is posted online, it cannot be taken back completely, even if you delete it.*

RULE 3 *If you are part of a conversation where someone breaks rule #2, leave the conversation. Do not let yourself become guilty by association, even if you are not the one saying the negative things.*

RULE 4 *Never have an argument over text or social media—work out your differences in person. It is much easier to be misunderstood online. Your words can be twisted and shared with others, causing a simple disagreement to blow up into something much bigger and involving more people. If you have an issue with someone, work it out face to face.*

RULE 5 *Don't post gatherings or get-togethers if you have left someone out!*
You don't need to be best friends with everyone in your cabin, but if you are hosting a get-together where more than half of the cabin is invited, you should include everyone. If you are getting together with just a few camp friends, it is OK to post as long as you stop and ask yourself if anyone would be hurt that they were not invited.

RULE 6 *Before you text something unkind or post something on social media, stop and ask yourself... Do you think it aligns with our camp values? If there is any doubt- don't do it! Is this something I would say or share if my parents were in the room?*



PARENT PARTNERSHIP EXPECTATIONS:

At Lake of the Woods & Greenwoods Camps, we believe positive and collaborative relationships with our camp families are essential for each camper's experience and success.

In an effort to create and sustain a partnership between parents and the Camp, parents are expected to support all policies outlined below.

Camp Parents/Guardians Agree to:

- Communicate respectfully with all camp staff.
- Support Lake of the Woods & Greenwoods Code of Conduct policies by reinforcing our standards and expectations for behavior with your child.
- Instill in your camper respect for all camp staff and all other campers.
- Recognize Lake of the Woods & Greenwoods' responsibility to balance the needs of the entire camp community with those of individual campers.
- Read and review all communication from camp.
- Respect due dates for required camp forms so that camp staff can prepare for your child's arrival.
- Refrain from complaining to staff about the online photo gallery. This is a bonus service that is not reflective of your child's safety, growth, or joy while at camp.
- Listen to the detailed voicemail from camp before calling back. This helps our staff direct your call to the appropriate person.
- Respect what information you share with other camp families. Every camper has their own unique experience, and families should not rely on communication with other families for camp updates, or for information about their camper.
- Wait to share information in a letter or email that might be upsetting to your camper without notifying a division leader or member of the year-round team. This allows us to properly support your child.
- Refrain from initiating communication with any directors, camp staff, or CITS through their personal devices unless it is an emergency. Camp staff are not allowed to communicate with camp families from their cell phones or through social media, and doing so is a violation of their employment agreement.
- Families should always call the main office, and we will direct your call to the appropriate person. Please understand that during the summer, the year-round team is out and about running camp. When we receive texts or calls on our personal phones it can be disruptive and impact our ability to focus on our campers and staff. Please always call our main office, and we will get back to you when we are available, typically in the evening after dinner.

Violation of these policies, and/or disrespectful behavior towards any member of the community (determined at the discretion of the camp directors), may result in non-renewal or termination of the Camper's enrollment.

Camper Code of Conduct

Lake of the Woods and Greenwoods is a special community, and being a camper or staff member here is incredibly fun and rewarding. To maintain an emotionally and physically safe environment where everyone can experience camp life to its fullest, we train our staff to recognize and effectively deal with inappropriate behaviors. We quickly and directly address any incidents to reinforce that these behaviors are not tolerated at camp.

We know that at camp, just like at home and school, bullies can impair the experience for others. We consider bullying or harassment to be repeated conduct that disrupts another camper's ability to have a successful summer in a safe environment. One of life's lessons is to learn how to live and get along with people who may be different from oneself.

To provide a healthy, safe and respectful environment, all campers and staff must agree to follow the Code of Conduct outlined below:

- Will demonstrate the highest degree of respect for other people and their belongings. Respect the rights, privacy, and property at camp - no stealing, damaging property, or vandalizing others' property.
- Will not participate in or threaten to participate in any hazing, vandalism, or other act of physical, sexual, or verbal abuse toward campers or staff.
- Will respect camp property - including all equipment, living space, and facilities.
- Will refrain from being physical with another camper or deliberately causing bodily harm or discomfort, including pushing, kicking, hitting, or fighting.
- Will not use insensitive or offensive language including things like another's race, color, national origin, religion, physical or mental ability, age, gender identity or sexual orientation.
- Will follow the "Golden Rule" and treat others with courtesy and consideration.
- Will not have fun at someone else's expense.
- If someone or something at camp is bothering me - I commit to letting an adult at camp know as soon as possible.
- Let an adult know if someone is bullying me. Let an adult know if I witness someone else being bullied (reporting is confidential).
- The Code of Conduct applies to behavior online, including social media, text messaging, etc.
- I will abide by the Code of Conduct ALL year-long, not just while at camp. When I see members of the Lake of the Woods and Greenwoods Camp community. I will smile, be kind, welcoming, and inclusive.
- Know and abide by the Official Camp Rules and Policies.

DISCIPLINARY PROCEDURES

When a member of our camp community violates the Code of Conduct, it will result in a conversation with the Camp Director(s). It may also result in missing out on camp programs or events, suspension, or dismissal from the camp program.

Any behavior not explicitly outlined above but deemed inappropriate or disruptive by the Camp Director may result in dismissal from the camp program. No refunds or credits will be issued if a camper is suspended or dismissed.

The Code of Conduct will be available in the Spring online in your CampInTouch account and must be signed by every camper and parent/guardian before attending camp. All families must review the Code of Conduct with their camper before signing to understand expectations.

THANK YOU AND WE LOOK FORWARD TO AN AMAZING SUMMER!