



# WELCOME TO

# Lake of the Woods

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 daughter the most amazing experience at Lake of the Woods this summer.

We pride ourselves on the 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 Greenwoods. 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. Her favorite camp meal is sloppy joe.



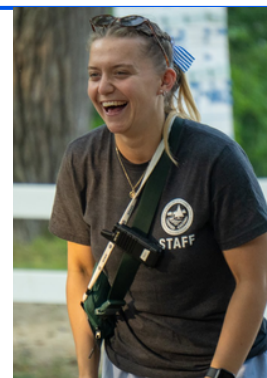
**KEELY FINNEGAN**, Director of The Glen and The Grove, has been a dedicated member of the Lake of the Woods and Greenwoods team since 2005. She started as a counselor and tennis instructor before moving into a variety of leadership positions. A graduate of Central Michigan University with a degree in 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 after 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.



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 Greenwoods. During the year she also teaches a parent/child class at Glencoe Junior Kindergarten.

**TILLY THOMPSON** is back for her fourth summer at Lake of the Woods! After spending her first year as our swim director, Tilly spent last year as the Lake of the Woods Program Director. When the opportunity opened, we knew without a doubt that Tilly would thrive as our Campus Director this summer! Tilly is from Wolverhampton in England, where she earned a degree in events management with high honors from Manchester Metropolitan University. Tilly swam competitively as a child, and to this day continues to work as a swim instructor back home.





# 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

Mark your calendars! Meet other new campers who live in the area and learn more to prepare for your first summer at Lake of the Woods. 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 Lake of the Woods gear and show off your camp pride! You can purchase Lake of the Woods camp gear at [www.THECAMPSPOT.com](http://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

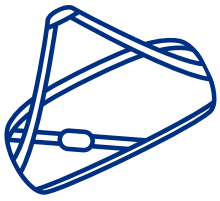
Full balance of all campers' tuition is due!

## May 1: Complete Your Camp Clothing Order

Order all logo'd camp clothing from [www.THECAMPSPOT.com](http://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 her 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



*Help your daughter practice personal responsibility. For example, picking out her own clothes in the morning, making her bed, or brushing her hair. 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 DAUGHTER IS RECEIVING ANY ADDITIONAL SUPPORT - WHETHER IT IS ACADEMIC, EMOTIONAL, OR SOCIAL. IT IS IMPORTANT WE PARTNER WITH YOU TO ENSURE SHE IS SUCCESSFUL AT CAMP.**

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

***Don't wait! Start your camp preparations now!***

# PARENT RESOURCES



## SOME GREAT READS:

- *The Anxious Generation* by Jonathan Haidt
- *How to Raise an Adult: Break Free of the Overparenting Trap* by Julie Lythcott-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
- *No More Mean Girls: The Secret to Raising Strong, Confident and Compassionate Girls* by Katie Hurley



## 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 provide more in-depth resources, community events, and camp updates.***

# NEW CAMPER ADVICE

**Every camper was new at some point! We asked some of our campers to weigh in on some common questions from new campers.**

*"I was nervous when I got there but it's okay to be nervous. I met some really nice friends and we all hung out the first night. Then we all got used to camp and I had the best time of my life."* - Avery H

## WHAT ARE SOME OF YOUR FAVORITE CAMP ACTIVITIES?

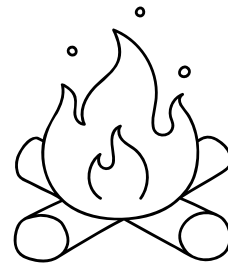
At camp we encourage you to try new things, so sign up for a few activities you may not be able to do at home! In the spring you will select 10 elective activities to take during your session. You will get a copy of your customized schedule at camp.

*"Horseback Riding and Fashion Design"* - Maddie V.

*"Archery and Waterskiing"* - Ellie K

*"Basketball and Gymnastics"* - Bella M

*"Pottery, swimming and painting"* - Sadie K



## IS IT HARD TO MAKE FRIENDS/MEET PEOPLE?

*"No, it's super easy to make friends and meet people. Everyone here is super nice."* - Avery G

*"Sometimes! I just asked the first people in my cabin if they wanted to be friends, and we became close for the entire camp, and are still keeping in touch writing letters through the fall!"* - Bella M

*"No! Everyone is kind and friendly and want to know you."* - Emma R



## WHAT SHOULD I EXPECT THE FIRST DAY OF CAMP?

*"When you arrive to camp you will find your cabin and see that the counselors already unpacked you and you will see your new counselors. Later on, you will walk the campus with your cabin mates to get an idea of where everything is."* - Priya N

*"They show you your cabin, you organize your stuff and say goodbye to your parents, and then you eat! If you miss your parents, don't worry, is normal, but you are going to have a lot of fun!"* - Emma R

***"The time goes really quickly even if you think it takes forever. Now I feel like it was just dream and I can't wait to go back!"* - Avery 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



**FRESH FRUIT  
IS AVAILABLE  
AT ALL MEALS**

## 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!

### **A NOTE ON ALLERGIES:**

IF YOUR CAMPER HAS ANY FOOD ALLERGIES OR DIETARY RESTRICTIONS PLEASE REACH OUT TO [KEELY@LWCGWC.COM](mailto: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 Dana would feel that 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!**