



parent guide student camp 2018

camp location:

Ocoee Retreat Center & Camps
186 Hawkins Drive
Ocoee, Tennessee 37361
423-338-9575 (office)

connect @ camp

instagram: @rhccstudents | twitter: @rhccstudents | camp hashtag: #rhcamp18

6.4.18 – Departure

Registration: 7:00–8:00am
Departure: 8:30am

6.8.18 – Return

Estimated Return Time: 11:30am–12:30pm

who's who? #rhcamp18

Camp Leadership & Contact Information:

Chase Baker	Family Pastor	615.347.6882
Brandon Billups	Student Pastor & Camp Director	940.367.7946
Jenn Hendrich	Student Minister & Program Director	863.669.5538
Wes Cecil	Camp Medic	615.478.4414
Kyndal Kearns	Student Worship Director	
Sarah Fehl	Student Ministry Intern	
Lauren Brewer	Student Ministry Intern	
David Hanson	Camp Speaker	
David Curtis	Worship Leader	
Jennifer Akers	Worship Production Leader	
Andrew Piland	Tech Director	

Girl Small Group Leaders:

Anna Berry
Lauren Brewer
Caree Clark
Karen Dasow
Sam Evangelista
Sarah Fehl
Amie Hassler
Rhonda Hunter
Charlotte Keeney
Melissa McDonald
Lisa Orrick
Kristen Schaedel
Sarah Schaedel
Molly Westmoreland

Guy Small Group Leaders:

Jake Berry
Darin Clark
Vinny Falcone
Matthew Griggs
Brain Hassler
Craig Hendrich
Josh Hollandsworth
Zac Hunter
Zach Teige
Ben Vance

important info

electronics @ camp:

Campers are encouraged to leave all electronic devices at home. In the event that campers bring electronic devices, these will be collected by their Small Group leader upon arrival and returned Friday morning before departure. This includes mobile phones, gaming devices, iPods, iPads, etc. First, it's a safety and security issue. Second, it can be a big distraction. Third, these are typically expensive devices. We'd like to help you minimize the possibility of lost or damaged items.

Campers have permission to call home using a leader cell phone at ANY time.

money @ camp:

There is a small retail shop on-site where campers will have the option to buy snacks, drinks, and Ocoee-branded items. Your student will spend whatever you send—please plan accordingly.

missions:

On Thursday evening, Students will have the opportunity to give to a missions offering for our Student Mission trip to Brazil this summer through JMI.

medicine @ camp:

Please follow these instructions when sending over-the-counter and prescription medications to camp for your kids.

1. PRESCRIPTION MEDICATION should be put in a daily pill organizer and should be separated into the appropriate days. The organizer must be clearly labeled with your child's name.
2. Bring any OVER-THE-COUNTER MEDICATIONS in their sealed container. Clearly label the outside of the container with your camper's name.
3. Bring an index card with your child's name and a list of the medication[s] they need to take at camp along with administration instructions [i.e.: time of day, with food, etc.]. If applicable, put prescription instructions and over-the-counter instructions on opposite sides of the card
4. Place any prescription medication, over-the-counter medication, and the applicable index card into one ziploc bag clearly labeled with your child's name.
5. Do not pack your ziplock bag. Instead, turn in ALL medications at check-in on the morning of drop off.
6. Contact our camp medic Wes Cecil at 615.478.4414 with any specific medication needs or questions prior to camp departure.

Please note: We will have Tylenol and Ibuprofen on hand, if needed. We are carrying a fully stocked First Aid kit as well. Do not pack your ziplock bag but keep it out and prepared to turn in on the morning of departure. There will be a table specifically for medicine drop off. Thanks for helping us keep kids and students safe while at camp!

allergies @ camp:

Campers with food allergies at camp are encouraged to bring appropriate snacks along to camp. Please let us know the morning of registration if your child has any specific allergies that we/their small group leader should be aware of.

*Parents whose student needs an EpiPen at camp should provide that information on an index card turned in along with other medicines at registration. The card should contain the child's name and reason for the EpiPen. Specific details about carrying and administering the pen should be discussed prior to leaving for camp.

three strike rule @ camp:

We want everyone to have the best week possible. If we are having trouble with any student's behavior, they have three chances. Their 1st strike is a warning. On the 2nd strike, parents will get a phone call explaining the situation. On the 3rd strike, parents must come pick up the student from camp. We obviously don't expect this to be an issue for anyone! However, we want to make sure every person comes to camp knowing what is expected of them.

Behaviors that will not be tolerated:

1. Physical Altercation
2. Disrespect
3. Inappropriate Language
4. Choosing not to follow Camp Rules

white water rafting

High school Students (completed 9th-12th grade) can go white water rafting on the Ocoee River on Thursday afternoon! To participate, they must register for this activity BEFORE CAMP. This does cost an extra \$20, and you can register on our website. High school students who do not go white water rafting will go tubing on a different stretch of the Ocoee river with the middle school students. Students participating in white water rafting MUST wear shoes with a back (ie: Chacos, Teva, tennis shoes). Flip flops are not allowed for this activity.

tubing

Middle school students do not get to go rafting yet, but they do get to experience a different stretch of the Ocoee River on inner tubes. Thursday afternoon, the middle school student activity will be inner tubing down the Ocoee river. High school students who elect not to go rafting will also be able to go tubing.

There is no additional cost for tubing.

packing information

what to pack

- Reusable Water Bottle
- Bible and pen
- Clothes (please don't forget underwear and socks)
- Rain jacket or poncho is suggested
- Clothes that will get messy—this could be an every day occurrence at Rec
- Clothes in your team color (see next page)
- Swimsuit—modest one-pieces for girls, no speedos for guys. Please note: if it is deemed the swimsuit is not modest enough, camper will be required to wear a t-shirt or tank top over the swimsuit
- A variety of footwear:
 - Closed-toe shoes for Rec—again, these can and will get messy!
 - Water shoes are strongly encouraged
 - Flip-flops for shower
 - Students participating in white water rafting **MUST** wear shoes with a back (ie: Chacos, Teva, tennis shoes). Flip flops are not allowed for this activity.
- Toiletries—soap, deodorant, shampoo, toothbrush, etc.
- Beach and bath towels
- Bedding - Twin size fitted and flat sheet (or sleeping bag), blanket, and pillow
- Flashlight
- Sunscreen
- Bug spray
- Medicine - see MEDICINE @ CAMP section for specific instructions
- Snacks - no nuts
- Money for camp store
- Money for Missions Offering (Brazil)
- Backpack
- Sunglasses

what NOT to pack

- Phones, iPods, iPads, Apple Watches & other texting-enabled watches, any electronics
- Fireworks
- Weapons of any kind
- Snacks with nuts

dress code

We ask that students and adults dress modestly. For females, shorts need to be longer than your fingertips when your arm is extended down the side of your leg. We do not allow spaghetti strap tank tops or any tops where undergarments can be seen. Swimsuits must be one piece, no exceptions. When not swimming, both males and females must wear shirts at all times (including when walking to/from the lake or pool).

teams

6th grade girls

hunter green hurricanes

6th grade guys

pink blizzards

7th grade girls

gold avalanches

7th grade guys

yellow mudslides

8th grade girls

red heat waves

8th grade guys

white lightning

9th grade girls

orange volcanoes

9th grade guys

lime green earthquakes

10th grade girls

teal tsunamis

10th & 11th grade guys

purple tornados

11th grade girls

blue fire

12th grade girls

gray thunder

12th grade guys

black ice

For parents

Sending your student to Camp and welcoming them home:

We love RH Camp! We believe summer camp can have a deep impact on your child's life in the friendships they create and taking next steps in their faith journey. Knowing the impact RH Camp can have on your child, we believe you can help set up their camp experience and continue the conversation when they get back. Here are a few tips that can help guide you as you prepare to send your child away.

sending

Pray. This seems self explanatory, but this is one of the absolute best ways to prepare your child for their camp experience. Specific things to pray for: Travel, adult leaders, deep friendships, Bible Study time, connect during recreation, worship experience, deeper understanding of God's grace and love, etc.

Another great idea is to gather as a family on the morning of camp to pray over your child.

Talk it up. We want you to be just excited about the experience they will have at camp as they are. This is a week that could have a deep impact not only on your child, but your family. We pray that what they experience at camp will be expressed in how they live for Christ in the context of your family as well. By Talking it Up, you could also alleviate some stress or anxiety going into camp.

Be Prepared. Comb through the packing list, go over rules, complete medical release forms, and complete payments (if you haven't already done so). The day you drop them off to leave for camp needs to be as stress free as possible.

Encourage. One idea is to take some time to write a letter to your child. Slip a note in their bag before they leave or hand it to them right before they get on the bus.

receiving

Continue the conversation. After camp, the easy thing to do is move on to your other summer activities without revisiting the things they learned at camp. This is understandable because you weren't there to experience it with them, but this is a great opportunity to ask questions about their experience and how you can help them continue spiritual growth throughout the year. By the way, it's totally normal for some kids to immediately regurgitate every detail, but others may need a day to process and decompress before they talk with you.

Next Steps. Something that may come from your child's camp experience are ideas about how your family can then take next steps of faith together. Use their experience to be a catalyst for your entire family. Strike when the iron is hot.

We love you all and are honored to have your children at camp with us this year!

Blessings,

Brandon Billups & Jenn Hendrich

Student Ministry Team