



Hand in Hand

May 2023

Meet the Program Team

I would like to introduce you all to Hunter Jackson, the new year-round Program Assistant at Camp Mack. Here are a few words from Hunter.



"I've been working in the camp world since 2016. I earned my Christian studies degree with an emphasis in youth ministry at Grand Canyon University in 2017. I have a passion for the outdoors, specifically working with outdoor education groups. I also enjoy getting out on the ropes course and facilitating the challenge course on the ground and up on the high ropes elements. I look forward to learning more about how Camp Mack does things and I hope I can share the experiences and things I've learned so far with you all!"

Hunter started with us this past March and jumped straight into planning and running homeschool days, helping with retreats, and updating curriculum. He is also our newest LGI (Lifeguard Instructor). I have already learned a lot from him. Hunter and I look forward to serving you together this summer and beyond.

-Jessie K, Program Director

Groups we have hosted recently or are hosting this week

- **Homeschool Field and Flowers Day**
- **Shawnanigans Staff Training** for teambuilding, high ropes, and zipline
- **Jimtown Early College** students for teambuilding, climbing tower, zipline, and high ropes
- **New Paris Elementary 5th grade** for outdoor education
- **Eisenhower Elementary 6th grade** for outdoor education
- **Madison Elementary 6th grade** for outdoor education



Preventing Homesickness at Camp



Homesickness is something that can cause a lot of anxiety as a week of camp approaches. In reality, homesickness is extremely common for both kids and adults. Below I will list some things you can do before camp, coping strategies for while at camp, and a few things to avoid. See the next page for a day in the life of a camper.

Before Camp:

- Schedule a tour of camp if it is the camper's first time
- Discuss coping strategies
- Prepare for camp by letting your child bring a favorite item or book. Involve them in packing and talk with them about what they are looking forward to.
- Send preaddressed, stamped envelopes and stationary to camp so they can write home
- Bring a journal, a favorite stuffed animal, or photos of family or pets to camp
- Send a prewritten card or letter to camp. If you bring them to registration, you can even write on the envelope the day you would like them given out.
- Invite a friend to come to camp too.

During Camp:

- Encourage them to talk about it with a friend or leader
- Leaders use debriefing tools with campers each day. One example is Rose, Thorn, and Rosebud. What is something you enjoyed today? What wasn't your favorite thing today? What are you looking forward to doing tomorrow?
- Eat well, hydrate, get adequate rest, wear sunscreen and bug spray, try new things

Don'ts:

- Pick up promise. This may look like..."If you get homesick, just give me a call and I'll pick you up".
- Send a phone to camp with your child
- Call your child because you are homesick for them. Allow them to have this week at camp to grow in confidence, try new things, and make new friends.

*In the case of severe homesickness, you may be contacted by the Program Director to discuss coping strategies, whether a shortened time at camp may be advised, or other solutions. The Program Director will make this call away from your child, so we can have a plan before we have you talk to them. We are here to create the best experience for you and your camper.

<https://www.acacamps.org/parents-families/planning-camp/coping-homesickness-camp>
<https://www.acacamps.org/press-room/how-to-choose-camp/homesickness>

A Day in the Life at Camp



Early Morning
Wake Up
Morning Dip (Swim)
Morning Watch



Morning
Breakfast
Family Time
(2 cabins for a family to do activities together)
Nature
Crafts
Low Ropes
Climbing Tower
Cookouts



Afternoon
Lunch
Rest Hour
Swimming
Boating
Family Time



T.A.G. (Time Alone with God)



Evening
Supper
Recreation
Vespers (Bible Study)
Campfires
Night Hikes



**Activities will vary by the day*

Camp Mack uses a progression of activities that build upon the skills campers have built in past year and allow them to try and experience new things each year.

Packing List for Camp

Clothing

Shorts/T-Shirts
 Underwear (Daily Change)
 Socks (Daily Change)
 Swimsuit (Modest)
 Long Sleeve Shirt
 Long Pants (1 pair)
 Rain Jacket or Poncho
 Pajamas

Hygiene

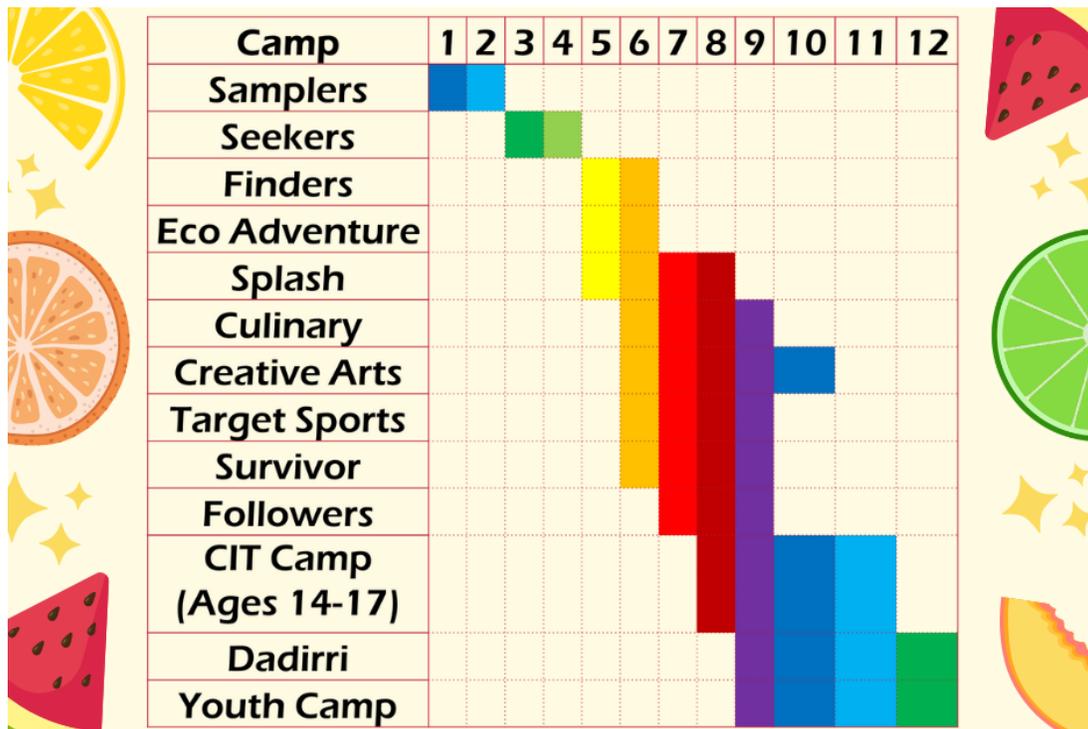
Soap
 Shampoo
 Toothbrush
 Toothpaste
 Deodorant
 Washcloth
 Towel

Other

Sleeping bag or twin sheets/blanket
 Pillow/ Pillowcase
 Sunscreen
 Insect Repellant
 Bible
 Flashlight or Headlamp
 Aqua shoes or Sandals to wear in the lake
 Close Toed Shoes for the Climbing Wall
 INVITE A FRIEND!

Optional

Stuffed Animals
 Journal
 Sunshirt/ Rashguard as a swimsuit cover



Sign up for camp today at www.campmack.org .
 Camperships are available for up to half the price of camp.