

BDC CAMPERS' GUIDE

Tips for Life on the Hills for K-8th Graders



Courage, Hope,
Good Spirit, Peace!

Brewster Day Camp
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The BDC Campers' Guide is a handbook for campers new and old. Find answers to our most commonly asked questions, words to the BDC Welcome Song, and lots more! Family and camper input for future Handbooks is welcome at anytime...ready?

"Where do I go on my 1st day of camp?" Stroll the Welcome Walk with your family then sign in at your hill board. Your Hill Head and Tent counselor will be there to: greet you, show you to your tent, help you meet some friends, say good bye to your folks, and go play!

☺ **Remember to introduce yourself to the directors! You can always find us on the Welcome Walk every day from 8-9AM and 4-5PM.**

"How do I use the Hello and Go path?" Located on the outgoing driveway, just behind the BDC Office is our Hello and Go path. A counselor will greet you and help you out of your car. Any pertinent information from your parents will be passed on to your tent counselor by the BDC Staff person greeting you.

"Are there camp rules?" Yes. BDC Camper Expectations are printed in WAVES each week. Please take a moment to read them with your family. Always remember to share your: Courage, Hope, Good Spirit, and Peace.

"What is WAVES?" WAVES is our camp newsletter. Published every Monday, WAVES is one way we keep our families involved so please take a copy home to share!

"Where are the bathrooms?" The bathhouse is near the pool. The portable toilets are located outside the pool, on Mariners Hill, and near the basketball area. The Nurse also has a bathroom for emergencies.

"What do I do if I feel sick?" If you feel ill, tell your Tent Counselor. He or she will take you to our

Nurse, Ginny or Emily. The Nurse's station is located in the back of the Salt Box Building just passed the Art Tent.

"What do we do on rainy days?" On Rainy Days, we play games and have fun in dry locations such as the Yurt, the lower level of the Bible Alliance Church (next door) and the "Karate Studio" in Orleans. The oldest campers may go ice skating or bowling. **On Rainy Days...always bring warm clothes, long pants, socks, your rain coat, and a smile! (Leave umbrellas at home!)**

"Where do I keep my stuff?" You may store your backpack and lunch in your own labeled "cubbie" in your tent. Cubbies are cleaned out at the end of each day.

"Do I have to do every activity?" We encourage all campers to challenge themselves and have fun in each activity. Let your counselor know if you are feeling uncomfortable. He/she will help you feel safe and successful in all of our activities.

"Can I call home?" Yes, of course you may. Please ask your counselor to take you to your Hill Head. A staff person will then accompany you to the BDC Office to make the call. **Please leave your cell phone at home.** While we are on the subject of cell phones...please leave all technology and "toys" at home, including but not limited to Game Boys, iPods, Barbies, Pokemon, etc.. Talk to your Hill Head if you are unclear about this.

"May I bring a camera to camp?" Yes, if you really want to...but only with permission from your parents and your Hill Head. We discourage camera use at BDC.

“What should I wear to camp?” Wear comfortable clothes, sunscreen, and if your swim lesson is 1st, wear your bathing suit. Girls, please wear tankinis or a one piece bathing suit – save your string bikinis for the weekends. Flip flops are fine, but bring sneakers for Archery, MUGS, Field Sports, and WOW. Please wear long hair tied back at all times and especially in the pool. Feet must be covered except when going to and from the pool.

“Can I sign up for EXTRAS and/or add time to my schedule after camp starts?” Yes! Your parent or guardian may add a Trip, Lesson, or add days to your schedule by going to the BDC Office. If space is available, you may sign up for an EXTRA on that day. Lessons require a bit more planning. See Amy in the BDC Office for details.

“Do I need money at camp?” Please save your spending \$\$\$ for the weekends. Leave your money at home when on a BDC Trip or Lesson.

“What if I want to go home with a friend?” If you wish to go home with a friend, your parent or guardian **MUST** come to the BDC Office and provide written permission and contact information.

“Can I chew gum at camp?” Please leave your gum at home. Gum gets stuck in our hair, on our shoes, and in our pool filters, to name just a few pesky places!

“Do I have to swim?” Every camper has a daily Red Cross swim lesson. We encourage all campers to wear a

suit to the pool and take part in the lesson to the best of his/her ability. If you feel uncomfortable, tell your Tent Counselor! If you are physically unable to participate, please bring a note from your parent/guardian to the nurse. ☺ **BDC Water Safety Instructors are awesome! They all help kids feel safe and comfortable around water. They train great swimmers and have lots of fun, too. Our special pool water will not sting your eyes, either! Ask us how...**

“My cousin is in a different tent group...when will I see him?” Your Tent Counselor can help you find a good time to visit and/or eat lunch together.

“What happens if I am really, really hungry and it’s not snack time or lunch time?” Please tell your Tent Counselor if you are hungry. He or she will let you know how long until lunch or snack time, and help you get some food if it seems like too long to wait. Please let us know what you need – we are always here to help you!

“What are the necklaces and beads all about?” Every camper receives a necklace/key chain on his or her 1st day of camp. At the activities, campers earn different colored beads to put on the necklace/key chain.

THE FOLLOWING INFORMATION (AND MORE) IS ON THE BDC WEBSITE www.brewsterdaycamp.com IN THE BDC PROGRAMS SECTION UNDER BDC LINGO!

BDC’s Commonly Used Acronyms and Abbreviations:

AHAA = Admirals Hill Activity Achievement; *individual activity challenges for kids 5-8th Grade.*

BDOC = Brewster Day Camp Outdoor Challenge; *our 10*

element low ropes course activity.

CL = Camper Leader; *special program for campers 14-16yrs.*

EXPLORE = *An activity which allows campers to explore interpersonal relations through age appropriate games as well as off campus trips and community service.*

LEAP = Learning Everything And Playing; *an activity for young campers to understand the inner workings of BDC.*

MUGS = Mixed Up Games and Stuff; *an activity where campers learn that creativity can enter the world of sports and playing the game with good spirit is #1 goal.*

OCR = Older Camper Responsibility; *7-8th graders visit younger tent groups and help out for 1 hour at a time.*

STAR = Song Theater And Rhythm; *Where plays and songs entertain the entire camp on Friday afternoons.*

YCP = Young Children’s Program; *summer fun for kids under 5 years old taught by the wonderful TFS teachers.*

WOW = Wonders of the Wilderness; *our nature program which takes advantage of Nickerson State Park.*

The BDC Welcome Song:

*We welcome you to BDC, We’re mighty glad you’re here!
We’ll send the air reverberating with a mighty cheer.*

RAH! RAH!

We’ll sing you in, We’ll dance you out.

We will raise a mighty SHOUT!

Hail, hail, the gangs all here, At BDC this year!

Hills & Tent Groups:

Mariners Hill: K-1st Grade

Girls: Dolphins, White Sharks

Boys: Blue Fish, Green Seahorses

Sailors Hill: 2-4th Grade

Girls: Windjammers, Beetle Cats, Lasers

Boys: Sprites, Hobie Cats, Javelins

Admirals Hill: 5-8th Grade

Girls: Bay Birds, Wiannos

Boys: Lightnings, Flying Dutchmen