Summer Camp 2015
Day Camp
Guidebook
Summer 2015

Dear Campers and Parents -

Welcome to Valley Forge Summer Camp! Located on our beautiful 100-acre campus in the famous Main Line section of suburban Philadelphia, our camp hosts a variety of playing fields, athletic facilities, and swimming pools for all campers to enjoy during these summer months. Campers are able to learn new skills, gain confidence and participate in leadership development activities that will greatly assist them in becoming successful in all they do. In every activity, our dedicated and hard-working staff help facilitate every camper’s growth and effort in a fun and safe environment.

Over the years, VFMA&C Summer Camp has impacted the lives of hundreds of children, all of who have gained valuable lessons from our camp structure and friendly atmosphere. We only hope to continue our success and provide your campers with the same level of satisfaction we see each year.

Preparing for camp is very important, which is why we try to make it easier for you with this 2015 Day Camp Guidebook. We also provide information on our Summer Camp website located at www.vfmac.edu/camp where you will find all of the forms and information needed to prepare for camp.

If you have any further questions about Valley Forge Military Academy’s Summer Camp that you may not find in this Guidebook, please email summercamp@vfmac.edu or call our camp office at 610-989-1262.

We look forward to meeting you and your child and thank you for allowing your camper to spend an amazing summer with us here at Valley Forge Summer Camp!

Sincerely,

Mr. Joseph Haughey

Camp Director
Important Camp Dates

Camp Dates:

- Our day camp runs for seven (7) weeks beginning on Monday June 22nd, ending on Friday August 7th
- You can register for one (1) week or for up to all seven (7) weeks
- The cost will decrease per week after four (4) weeks
  (1-4 weeks - $409 per week / 5 weeks - $405 per week / 6 weeks - $399 per week / 7 weeks - $390 per week)
- Weeks can also be added after registration is complete, just let our camp office know or arrive 30 minutes early on Monday morning for in-processing at the Athletic Field House. The walk up weekly rate is $450.

Forms Due:

- Please complete Appendixes A, B, and C found in the back of this guidebook
- All forms are due to the camp office by June 1st, 2015

Payment Due:

- Payments are accepted at anytime but final payments must be paid the Friday before your camp week begins.
- Additional weeks can be registered and paid in advance at any time. All you have to do is call or email the office and we can add them on for you.
- New arrivals to in-processing any Monday will be $450/week

Arrival and Departure Information

Arrival Information:

The regular camp day is from 9:00am – 4:00pm, if you are not taking part in the extended day program. On your first day at camp, please arrive 30 minutes early to camp for in-processing. Submitting all forms and payment in advance will expedite this process. Uniform t-shirts will be issued on your campers first camp day.

- Drop off is located behind The Athletic Field House, past our football field and track, off Radnor Street Road. The entrance is almost directly across the street from St. David's Golf Course. Follow the road next to the track leading you to the Athletic Field House where drop off and pick up will occur. Signs will be marking the route to camp drop off.
Departure Information:

The regular camp day ends at **4:00pm**, if you are not taking part in the extended day program.

- Pick up is located in the same location where you dropped off – behind the Athletic Field House.
- If you plan to pick up earlier the 4:00pm, please notify the camp office at 610-989-1262 or notify the camp director via email at summercamp@vfmac.edu.

Extended Care:

Valley Forge Summer Camp offers free extended day care as a benefit to our families. You may drop your camper off as early as **7:00am** and as late as **6:00pm**. The extended care program is located at the Athletic Field House, with pick-up at the same location as drop off. Please note that pick-up after 6:05pm will result in a charge of $1.00 per minute.

- To guarantee your place in the extended day program, please fill out Appendix C and return it to us with the other forms.
- Extended care activities include arts and crafts, board games, sporting activities, and group games as well as a special weekly science performer.

Special Event Days

- Monday Introduction Day- will start at 9:00am please try to be there 30 minutes ahead to meet and greet with the counselors.
- Field Day Friday – will be a day of competition when all the counselors and campers are on teams doing different sporting event and lots of crazy good fun.

**General Camp Information**

Lunch:

Lunch is provided for all campers in the Dining Facility. Daily lunch consist of a salad bar, sandwiches, and at least one hot option daily. Cereal and peanut butter and jelly are always available. We can also accommodate most dietary needs. If your child requires a special diet or has a food allergy, please make sure you note this on the information forms so that we can make accommodation for your camper.

- Bagged Lunches are provided on all Thursdays for field trips. Bagged lunches are a turkey sandwich, cookies, apple, bag of chips, and water. If your child does not like these food choices, please send in a separate lunch.
Emergencies:

In the event of an emergency and you need to get in touch with your camper, please call the camp office at 610-989-1262 and we will assist you in contacting the camper. If there is an emergency with your camper, you will be notified immediately. Medical coverage is on site throughout the camp day for minor injuries and to administer first aid.

**Enrichment Activities**

Day campers have the option to select 1-2 enrichment activities for the morning elective periods. All enrichment activities run from **Monday, June 22nd to Friday, July 24th** and are co-mingled with our overnight campers. You can add them for the minimum of 2 weeks or all 5 weeks that they are offered.

<table>
<thead>
<tr>
<th>Course Name</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cooking</td>
<td>$375 (2 weeks - $190)</td>
</tr>
<tr>
<td>Horsemanship</td>
<td>$425 (2 weeks - $220)</td>
</tr>
<tr>
<td>Marksmanship</td>
<td>$375 (2 weeks - $190)</td>
</tr>
<tr>
<td><em>We will offer a Level II class for any campers who took the course last year</em></td>
<td></td>
</tr>
<tr>
<td>SAT Prep</td>
<td>$500 (2 weeks - $250)</td>
</tr>
<tr>
<td>Reading and Writing</td>
<td>$500 (2 weeks - $250)</td>
</tr>
<tr>
<td>Mathematics</td>
<td>$500 (2 weeks - $250)</td>
</tr>
<tr>
<td>Discover SCUBA</td>
<td>$275</td>
</tr>
<tr>
<td></td>
<td>(2 days weekly – 3 hours)</td>
</tr>
</tbody>
</table>

All enrichment activities are taught by trained instructors or certified teachers. For academic course, if you have work packets from your camper's school district or end of the year progress reports please provide the camp with information prior to arrival so the teacher can review it. We do not provide day to day progress reports but will provide one at the end of your child’s time at camp.

**Adventure Activities**

We have many great sports activities that are included in the camp price. During each camper’s time at camp, they will have the chance to try many of the activities from our sports program list. All the activities below will be mixed into each week of camp, so your camper will try everything at least once. Activities such as go-carts and ropes are also scheduled during the week in addition to the sports activities listed below. Sports activities will be a mix of small group instruction and group games.
Archery | Baseball | Basketball | Ropes Course
--- | --- | --- | ---
Football | Swimming | Paintball | Obstacle Course
Lacrosse | Rugby | Soccer | Indoor Student Center
Softball | Tennis | Volleyball | Movie Theater

**General Information**

**Weekly Trips:**
- Week 1 – **Thursday June 26th – Marsh Creek State Park** – 9am to 4pm
- Week 2 – **Thursday July 3rd – Sky Zone Trampoline Park** – 9am to 1pm – Afternoon swimming
- Week 3 – **Thursday July 10th – Marsh Creek State Park** – 9am to 4pm
- Week 4 – **Thursday July 17th – Sky Zone Trampoline Park** – 9am to 1pm – Afternoon
- Week 5 – **Thursday July 24th – Marsh Creek State Park** – 9am to 4pm swimming
- Week 6 – **Thursday July 31st – Sky Zone Trampoline Park** – 9am to 1pm – Afternoon swimming
- Week 7 - **Thursday August 6th – Trip to DORNEY PARK!!! – 9am to 6pm – ALL CAMPERS WELCOME!!!** (If you are not attending camp that week you may still attend the trip for just $20!!) – Advanced sign up is required.

Weekly trips are on Thursdays every week. In the case of prolonged inclement weather we will add in a trip to the local movie theater.

- Bagged Lunches are provided by our Mess Hall for each camper. The bagged lunch consists of a sandwich, fruit, chips, and dessert. Bottle water is provided for each camper.
- Swimming and canoeing are available for campers to participate in at Marsh Creek.
- Campers may bring spending money for snack bar purchases.

**What to Wear:**

Campers should wear a t-shirt, gym shorts, and sneakers to camp every day. Campers will be provided with summer camp T-shirts that they are asked to wear at camp.

Each day camper is asked to bring a backpack to include the following items:

- Bathing Suit (campers will swim almost every day)
- Towel
- Sandals or flip flops for the pool
- **Sunscreen**
- Bug Spray
- **Water bottle**
- Hat to provide shade

* Please make sure you label ALL belongs that are sent to camp

What NOT to bring:

Please help us ensure that the following items are kept at home every day and not brought to camp:

- Electronic equipment of any kind
- Cell Phones
- Valuable jewelry/watches
- Knives or weapons of any kind

Any camper caught with drugs or drug paraphernalia, tobacco products, or alcohol of any kind will be removed from camp without a refund. Anyone who brings weapons of any kind (air-soft guns, paintball guns, pen knives etc.) will be removed from camp without refund.

Lost Items:

Items do get misplaced easily; please make sure all items are labeled with the camper name to help us in returning the item to your camper. Valley Forge Summer Camp does not take any responsibility for lost or misplaced items.

**Important Camp Forms**

Please complete, sign, and return **forms A, B, and C** to our camp office by **June 1st, 2015**.

Appendix A – Emergency Contact/Pick-up Form

Appendix B – Health Information Form

Appendix C – Extended Care Form

(even if you don’t need this service please fills out and write N/A and your campers name on the form)

**Forms can be mailed, emailed, or faxed:**

Mail – VF Summer Camp - 1001 Eagle Rd. - Wayne PA 19087

Email – summerscamp@vfmac.edu

Fax – 610-989-1485
Appendix A - Emergency Contact/Pick-up Form - Day Camp

**Please complete and submit prior to June 1st, 2015**

Camper: _____________________________  ID #: ____________

*Please list three (3) people to contact in case of an emergency and those who will be authorized to pick up the camper. Please note that for the first pick-up at camp, ID will be required as proof of identification.

Primary Contact Name: _____________________________
Relationship to Camper: _____________________________
Day Phone: ______________ Night Phone_____________
Email Address________________
Primary Address: _________________________________
City/State/ZIP _____________________________

Secondary Contact Name: _____________________________
Relationship to Camper: _____________________________
Day Phone: ______________ Night Phone_____________
Email Address________________
Secondary Address: _________________________________
City/State/ZIP _____________________________

Tertiary Contact Name: _____________________________
Relationship to Camper: _____________________________
Day Phone: ______________ Night Phone_____________
Email Address________________
Secondary Address: _________________________________
City/State/ZIP _____________________________

Allergies: _____________________________
Appendix B - Health Information Form - Day Camp

Camper Name: ________________________________

Age: ________  Date of Birth: ________________

I give permission for my child to receive:

☐ Tylenol
☐ Benadryl (for allergic reaction)
☐ Emergency treatment (must be checked for child to attend camp)

My child is allergic to:

☐ Medication __________________________________________ (list)
   How treated: ______________________________________

☐ Food _______________________________________________ (list)
   How treated: ______________________________________

☐ Bee Stings/Insect Bites _____________________________ (list)
   How treated: ______________________________________

☐ Other ______________________________________________ (explain)
   How treated: ______________________________________

Please list any other medical problem/issues that you think our staff should be aware of:

____________________________________________________________________________

____________________________________________________________________________

Parent/Guardian Signature: __________________________  Date: ________________________
Appendix - C - Extended Care Form

Name of Camper: ________________________________

Extended Care Request:

☐ None
☐ AM Requested - drop off time: _____________
☐ PM Requested - pick-up time: _______________

(*times listed can be approximate)

Signature of Parent/Guardian ________________________________