**Camp Information**

**Purpose and Goals:** The former Counselor-in-Training camp has been revamped into Leader-In-Training Camp starting in the summer of 2016. The goal of LIT camp is to provide 8th and 9th grade campers with the opportunity to develop the skills and knowledge to be more confident in a variety of leadership settings. Campers who participate in LIT camp will be trained and taught a core set of skills including effective communication, conflict resolution, collaboration with their peers, project management, and program implementation.

**Staff:** The Leader-in-Training camp will be led by two veteran Summer Camp staff members. Campers will also interact with the Camp Director, Recreation Program Manager, and Club Director, who will all be leading group activities throughout the week. All camp staff are trained in CPR/AED and First Aid and attend a pre-camp training which includes information on effective communication tools, age appropriate activities, disciplinary expectations, conflict resolution, motivational techniques, children with special needs, and on-site emergency procedures.

**Registration:** Three one-week sessions are offered in June and July 2016. A registration form and 50% deposit must be turned in to the main office for each camper to secure a spot. **Full balance for all enrolled sessions is due by June 6, 2016.** An additional $100 late fee will be added to any remaining balance after this date. Any new registrations received after June 6 will require full payment to secure a spot. Please refer to the registration form for prices, payment schedules, and deadlines.

**Cancellation and Refunds:** All Summer Camp cancelations must be made through email with the DFC Camp Director, Madi Evans (madi.evans@duke.edu). Cancelations or transfers must be made no later than one week prior to the enrolled session to allow for a partial refund or transfer to another week, space permitting.

Any requests to transfer between DFC camps are subject to a $25.00 transfer fee. All cancelations are subject to a $50.00 cancelation fee. Transfers within one week of the enrolled session will not be permitted. Refunds will not be given for any cancelations made within one week of the enrolled session.

**What Campers Should Bring:** Campers should come to camp dressed for a full day of fun, games, and pool time. To ensure your child’s items return home with him/her, please label items with your camper’s name. Every day, campers should bring:

- Play clothes and closed-toed or athletic shoes *(no sandals, crocs, flip-flops, or dress shoes)*
- Sunscreen, bathing suit, and towel
- Bagged lunch (unless enrolled in the lunch option)

Snacks such as fresh fruit, crackers, and granola bars are provided at mid-morning and mid-afternoon. **Please note:** The snack bar is not open to campers during camp hours.

**What Not to Bring:** All campers’ backpacks, lunches, and personal belongings are stored in the LIT activity space. We ask that you not allow your child to bring anything of value to camp, including:

- Cell phones
- Tablets or Kindles
- Hand held video games
- Sporting equipment

If your camper has a cell phone, they may store it in their bag but will not be allowed to use it during camp hours.
Camp Newsletter: On the Monday two weeks prior to each session, you will be e-mailed a Camp Newsletter explaining the session’s theme, field trips, special activities, and other pertinent information. Though most activity will take place at the DFC grounds, campers may also utilize outdoor and public spaces on the Duke University campus. Activity schedules will vary by day and time.

Morning Meeting and Check-in: Leader-in-Training campers will store their bags and lunches in the activities building downstairs and will begin their day there at 8:30am with a morning meeting.

Afternoon Check-out: Check-out time is 3:30pm for LIT campers. Extended camp is not available for this age group, as they are able to be at the club by themselves (if they are a member or guest of a member). Campers who cannot be picked up by 3:30pm should bring their DFC membership card and are welcome to spend time at the pool or in the game room until a parent/guardian can pick them up. Please sign the release statement on the registration form if you would prefer this option for your camper.

Camp T-shirts: All campers will receive one camp t-shirt which will be distributed on the first Monday of their first session at camp. We ask that campers wear their camp t-shirt on Friday, which is our group picture day.

Weekly/Daily Lunch Option: Parents have the option to pre-order bagged lunches for the weeks their child attends camp. All bagged lunches will have the following options:

- Choice of sandwich (ham/turkey and cheese or peanut butter and jelly)
- Choice of snacks and fruit (chips, apple slices, granola, etc)
- Choice of drink (bottled water, juice, or Gatorade)

There are three ways to register:

- Pre-register by choosing the bagged lunch option with camp registration ($30/week)
- Register for the bagged lunch option the week before camp or first Monday of camp via e-mail with the camp director ($35/week)
- Register at daily check-in ($8/day)

The week before each enrolled session, all parents will receive an e-mail with the weekly lunch menu. If you do not pre-register on your camp registration, you’ll have the option of registering for lunches at this time ($35/week).
Inclement Weather: On days of inclement weather, all activities will be moved indoors. Camp staff are trained on where to take the campers in cases of inclement weather and are responsible for indoor activities.

Illness: Please do not bring your child to camp if he/she has a fever or communicable disease. If your child develops the above symptoms while at camp, we will notify you or (if necessary) your emergency contact immediately for pick up. Your child will remain in a designated quiet area with a DFC staff member until he/she is picked up.

Medications: All prescription and non-prescription medication shall be administered to your child by the camp staff. Campers are not allowed to keep medication in their personal packs/bags or lunch bags. All medication is to be checked in with the camp director each morning and checked out each afternoon, unless you want to leave it at camp for the week. Listed below are the medication guidelines:

- All medication shall be in the original container with the prescription label or direction label attached.
- All medication shall be accompanied by written note containing the permission for the staff to administer the medication, dosage information, and times and dates to be given to the child.

Emergencies: In the case of an emergency or accident involving your child, you or (if necessary) your emergency contact will be notified immediately by a DFC staff member. All members of the camp staff are trained in CPR/AED and First Aid. On your camp registration form, you will list medical conditions that the camp or emergency services personnel may need to know. Please notify us if there are any changes or additions to this information.

Sun Protection: To help beat the heat, DFC camps have built in sunscreen times, frequent water breaks, indoor and shaded activities, and pool time daily. In certain weather conditions, sometimes these efforts are not enough. Some suggestions for helping us keep your child safe in the high temperatures include:

- Applying sunscreen before coming to camp (we re-apply at morning snack time, but it helps to have it on all day)
- Have your child drink water in the evening to rehydrate and in the morning to prepare for the camp day
- Send a hat with your camper to help keep the sun off their face
- Send a rash guard or swim shirt for pool time to help with sun protection

Contact Information:

Duke Faculty Club Main Office
919-684-6672
Summer Camp Director, Madi Evans
919-684-6672
madi.evans@duke.edu
LIT camp days will feature a mixture of facilitated discussions, hands-on activities, and teamwork building sessions.

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>8:30-9:00am</td>
<td>Morning meeting</td>
</tr>
<tr>
<td>9:00-10:00am</td>
<td>Facilitated Activity: Effective Communication</td>
</tr>
<tr>
<td>10:00-10:30am</td>
<td>Teambuilding activity</td>
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<tr>
<td>10:30-11:00am</td>
<td>Snack/get ready for pool time</td>
</tr>
<tr>
<td>11:00am-12:00pm</td>
<td>Pool time—free swim and learning pool games/safety</td>
</tr>
<tr>
<td>12:00-12:30pm</td>
<td>Lunch</td>
</tr>
<tr>
<td>12:30-1:30pm</td>
<td>Facilitated Activity: Project Management Skills</td>
</tr>
<tr>
<td>1:30-2:30pm</td>
<td>Group games</td>
</tr>
<tr>
<td>2:30-3:00pm</td>
<td>Shadow Summer Camp counselors or lead activities</td>
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<tr>
<td>3:00-3:30pm</td>
<td>Reflections on the day, preparations for next day</td>
</tr>
<tr>
<td>3:30pm</td>
<td>Check-out (on the patio)</td>
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</tbody>
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**Topics Covered:** Throughout the sessions, LIT campers will cover and develop the following leadership skills:

- Effective communication
- Creative problem solving and conflict resolution
- Coordinated planning and execution
- Building trust and comradery between group members
- Confidence
- Identifying group strengths and weaknesses
- Shared responsibility
- Efficient and effective decision-making
- Persistence and patience
- Overcoming setbacks and learning from mistakes

**Off-site trips:** During Sessions 2 and 3 of LIT camp, campers will be off-site on either Wednesday or Thursday for the entire camp day. On these days, parents will be responsible for arranging transport to and from a site that is within 15 minutes of the DFC. The specific drop-off address and day will be communicated in the camp newsletter that is sent out two weeks prior to the registered camp week.
Session 1: Youth Programming

June 13-17, 2016

If you’re interested in working with kids, then this is the week for you! LIT campers in Youth Programming week will learn all about leading, communicating, and working with kids. All campers who attend will go through the American Red Cross Babysitters Training Course led by the DFC professional staff. At the end of the session, LIT campers will have the opportunity to shadow counselors and lead summer camp activities for a variety of ages.

Special Feature: American Red Cross Babysitter Certification (includes Child CPR/AED and Child First Aid)

Session 2: Leadership Fundamentals

June 20-24, 2016

Looking to learn and improve your leadership skills? This camp will have a strong focus on communication and teamwork as campers participate in ropes courses, team challenges, and facilitated discussions. Each day, LIT campers will build upon skills learned in previous discussions. At the end of the week, campers will have the opportunity to demonstrate all that they have learned by hosting the DFC Summer Camp Wacky Water carnival.

Special Feature: Off-site ropes course

Session 3: Community Service

June 27-July 1, 2016

LIT campers in this session will have the opportunity to grow their leadership skills through on– and off-site outreach projects. This session will combine skill development, fun, and community service. The projects completed will be dedicated to improving the communities and places we visit. Opportunities and trainings provided in this session of LIT camp will foster personal growth, confidence, and teamwork. By partnering with local organizations, campers will also learn about other Durham area service opportunities.

Special Feature: Off-site community service outreach project