

Hollymont Activity Overview

Hollymont girls are on the go! They walk, run, jump, skip, tumble, twirl, twist, and so much more! In addition to the Skill Information Sheet (downloadable from the website), here is a summary of activities that occur during an average Hollymont summer. New activities may be added at any time at the discretion of the camp directors.							
Our intent is to provide you with a broad view of the variety of fun activities we offer while acquainting you with the inherent risks.							
General activities	Off-Site Activity	Site	Activity Level	Transportation	Safety Equipment/ Procedures	Additional Outside Supervision	Challenges
Horseback Riding (Daily Skill)	No	on-campus Equestrian Center	mildly strenuous	camp vehicle	helmet, long pants, and closed toe shoes with a heel, safety orientation by riding staff	no	hazards associated with horses (falling off, getting stepped on), hazards of walking on uneven terrain, contact with plants, animals, and insects with or without intent to do harm
Outside Medical Care (As required)	Yes	Asheville, NC	N/A	camp vehicle or ambulance (if required)	N/A	outside medical provider	N/A
Rockmont Waterfront (Once a session)	Yes -approx 16 miles away	Black Mountain, NC	mildly strenuous	chartered bus	Lifejacket, one-piece swimsuit, lifejacket, zipline safety equipment (harnesses, helmets, etc.), increased staff supervision, activity specific trip orientation for both campers and staff	Camp Rockmont for Boys waterfront personnel	hazards of walking on uneven terrain, water hazards with regard to swimming, boating, and use of zip line, waterslide, etc., contact with plants, animals, insects, and other people with or without intent to do harm
Rockmont Dance (As invited by Rockmont, no more than 2 times a summer)	Yes -approx 16 miles away	Black Mountain, NC	easy	chartered bus	Increased staff supervision, activity specific trip orientation for both campers and staff	Defined areas in and around Camp Rockmont gym	Fireworks, hazards of walking on uneven terrain
A.M. / P.M. Activities In Between Session Activities							
Recreational, Cultural, and Natural Scenic Attractions	Within 1.5 hour drive	Western North Carolina	easy to mildly strenuous	12-passenger van or chartered bus	Sunscreen, adequate staff supervision, activity specific trip orientation for both campers and staff	To be determined by activity. Sliding Rock has its own lifeguards	exposure to inclement weather, hazards of walking on uneven, slick, and/or slippery terrain, contact with plants, animals, insects, and other people with or without intent to do harm
Examples include but are not limited to: Chimney Rock, Sliding Rock, Cherokee Indian Reservation, Pack Museum, hiking Forest Service/Private Lands, Bowling, Rollerskating							

Hollymont Activity Overview

Trips (offered each session)	Off-Site Activity	Site	Activity Level	Transportation	Safety Equipment/ Procedures	Additional Outside Supervision	Challenges
Whitewater Rafting	Yes -approx 70 miles away	Nantahala River	moderately strenuous	chartered bus	sunscreen, lifejackets, helmets, old tennis shoes, activity specific trip orientation for both campers and staff	Rafting Outfitter	See whitewater rafting waiver
Nantahala Zipline Adventure	Yes -approx 70 miles away	Nantahala Gorge	moderately strenuous	chartered bus	sunscreen,helmets, tennis shoes, gloves, harnesses, activity specific trip orientation for both campers and staff	Zipline Outfitter	See zipline waiver
Ski Trip	Yes -approx 45 miles away	Lake James	strenuous	12-passenger van	sunscreen, one-piece swimsuit, lifejackets, activity specific trip orientation for both campers and staff	no (Camp staff certified/trained for WaterSkiing)	hazards of walking on uneven terrain, water hazards with regard to swimming and boating, contact with plants, animals, insects, and other people with or without intent to do harm
Biltmore House & Gardens	Yes -approx 10 miles away	Asheville, NC	easy - walking	12-passenger van or chartered bus	Sunscreen, increased staff supervision, activity specific trip orientation for both campers and staff	no	hazards of walking on uneven terrain, contact with plants, animals, insects, and other people with or without intent to do harm
Overnight Campout w/ hike	Yes- approx 30 miles away	Davidson River Campground / Pisgah Natl Forest	moderately strenuous	12-passenger van	Sunscreen, adequate staff supervision, activity specific trip orientation for both campers and staff	no	hazards of walking on uneven terrain, contact with plants, animals, insects, and other people with or without intent to do harm
Access to the emergency medical system is 20 minutes or less for most activities. Since unforeseen delays on the whitewater rafting, ziplining, and waterskiing trips may extend accessing the EMS to between 20-60 minutes, at least one supervising adult will have a minimum of second-level first-aid training.							



Stay in touch this summer with



Online Photos, News, & Camper Email!

We are excited to tell you about our partnership with Bunk1.com! Bunk1's secure, easy to use, summer website services let you stay in touch with your camper all summer!

RETURNING PARENTS: Due to an update in security protocol, please set up a new user name and password for the 2011 camp season.

GET STARTED TODAY

To set up an account and visit our Online Community:

1. Go to our website at **www.hollymont.com/parents**
2. Click the "Camp Photos & More" button at the bottom of the page*
3. Click the "Register Now" button
4. Enter your Pre-Approved Registration Code: ***Code found in letter we mailed to you along with the health forms & billing statement***
5. Fill out all the required information
6. To purchase Bunk Note credits (you will need a credit card)
7. View camper pictures and send an email to your camper!

*If you cannot find this button, go to <http://www.camphollymontforgirls.bunk1.com> instead and continue on to the next step.

** For your camper's safety, please do not share the Pre-Approved Registration code above.

FREQUENTLY ASKED QUESTIONS

How do I view pictures?

Follow the instructions above except, after registering, simply sign in and click on the Photo Gallery button. Photos are kept in folders found on the left side of the page below the words "Image Folders". Click on any folder to see the pictures within that folder. You can even purchase prints or other photo gifts (e.g., t-shirts, mugs) of your favorite pictures! **There is no cost to view pictures.**

How do I send a Bunk Note (one-way email) to my camper?

Follow the instructions above except, after registering, simply sign in and click on the Bunk Notes button. Enter your camper's name, select the correct cabin, type your message, and hit the "Send" button.

Can other relatives use these services?

Certainly. Once you have set up your account, you will be able to invite other people to access these services.

Why do I have to pay to send Bunk Notes (one-way email)?

Each morning, the Bunk Notes system bundles and sorts the messages for us to print out and distribute to campers. It also protects us from computer viruses and allows us to easily manage these emails. Your payment helps us cover the cost of the system, paper, ink, and labor and, more importantly, frees us to do what we do best – be with your kids! Bunk Note credits cost \$1.25 each and are purchased in packs of various sizes.

What do I do if I lose my username and password?

You can get it online by going to www.Bunk1.com and clicking on the link "Lost Your Password?" (to the left of the page below the sign in button). You will receive an e-mail with your username and password within a few minutes.

QUESTIONS OR PROBLEMS?

Please call Bunk1 at 1-800-216-9472 or go to www.bunk1.com/contact.asp



2011 Camp Life General Information

Camp Hollymont for Girls

Camp E-mail: 4info@hollymont.com

Telephones: Winter Office: (828) 686-5343

Summer Office: (828) 252-2123

Address: 475 Lake Eden Road
Black Mountain, North Carolina 28711
(Business Mailing Address)

360 Asheville School Road
Asheville, North Carolina 28806
(Summer Address—camp session dates, June-Aug)

2011 Camp Dates:

13 Day Sessions

A June 19 – July 1
B1 July 3 - 15
B2 July 17 - 29
C July 31 – August 12

27 Day Sessions

AB1 June 19 – July 15
B July 3 – 29
B2C July 17 – August 12

7 Day Sessions

A (7 Day) June 19 - 25
B1 (7 Day) July 3 – 9
B2 (7 Day) July 17 - 23
C (7 Day) July 31 – Aug 6

1. Opening Day:

It is best to **arrive between 9 a.m. and noon** of the appropriate opening Sunday.

When you arrive at Hollymont, you and your camper will be greeted by counselors at the unloading/loading zone in front of Laurel Lodge. To allow for safe and smooth traffic flow, please allow the utility crew to unload your camper's luggage. Then move your vehicle around the circle to the opposite side. Your camper will need to come up on the front porch to receive her hall/cluster assignment, check in with the business office, meet the camp nurses, and pick up her clothing order from the clothing room.

Late arrivals - Please give us advance notice if your camper will be arriving later than 12:30 p.m. of her opening Sunday. Camp directors will begin calling parents of any unexplained absentee camper after 2 p.m. of the camper's opening day.

2. Closing Day:

7 Day Sessions - Please plan your daughter's **departure between 9:30 a.m. and 11:00 a.m.**

13 and 27 Day Sessions - Please plan your daughter's **departure between 10 a.m. and noon.**

There will be no formal closing ceremonies for parents. 13 and 27-day campers will participate in a night activity/awards ceremony the evening prior to their Friday departure.

When you arrive at camp, please come directly to the front porch and sign your child out.

We will give you a camper packet with camper medications, cluster names/addresses, a camp picture, etc.

We must have advance, written permission to release your camper if someone other than the parent/legal guardian is leaving camp with your daughter(s).

Late Departures - Please give us advance notice if your camper will be departing later than 1:00 p.m. of her closing day. After lunch, a director will begin calling parents of any remaining campers to verify travel plans. Please be aware that after 1 p.m. counselors will be cleaning and re-configuring the camper rooms for the next session before departing for their time off. Campers who are staying over for the next session will go on an off-campus activity. Arrangements must be made for adequate supervision of late departures.

3. Visiting: We recognize that frequent visiting can cause homesickness, particularly to children away from home for the first time. Most parents do not visit during a 13-day session. If you wish to do so, Sunday is the best day. (Visitors for 27-day campers may come on Sunday or on the between session weekend as activities permit.)

We are ever mindful of the responsibility to keep your daughter safe; and we train our staff to be vigilant regarding visitors on campus. Fathers/brothers/male visitors should not go on the camper halls once camp begins (Sunday afternoon opening day – 9 a.m. closing day). We would appreciate advance notice if you plan to visit during the session.

If persons other than parents will be visiting, we request advance notice and written parental permission before allowing your daughter to spend time with or leave camp with these visitors.

Guest Meals: We regret that our dining hall facilities do not permit having guests at meals. However, you may take your daughter(s) out to eat.

4. Telephone Calls and Use: We ask that telephone communication to or from home be limited to emergencies. Otherwise, important lessons of independence and self-reliance beyond the home situation can be short-circuited by a quick call to or from home.

We request that your daughter leave her cell phone at home. If your child is traveling alone and has a cell phone, please instruct her to give the phone to her counselor when she arrives at camp. It will be returned when your daughter leaves camp.

Please feel free to call the office and leave a detailed message for your child's counselors and/or the directors. Since staff and campers are busy in activities and are rarely immediately accessible by phone, the counselor, head counselor, or director will return your call.

5. Hotel Accommodations: Make your reservations early. This is the heart of the tourist area. Additional visitor information may be found at: www.ashevillechamber.org

Name	Address	Telephone
Ramada -Biltmore West	I-40, Exit 44, Asheville	828-667-4501 - 1 mile
Sleep Inn **	I-40, Exit 44, Asheville	828-670-7600 – 1 mile
Holiday Inn-Biltmore West	I-40, Exit 44, Asheville	800-678-2161 – 2 miles
Double Tree-Biltmore	I-40, Exit 50, Asheville	828-274-1800 – 8 miles
The Inn on Biltmore Estate	I-40, Exit 50, Asheville	800-858-4130 – 9 miles
Grand Bohemian Hotel	I-40, Exit 50, Asheville	828-505-2949 - 8 miles
Grove Park Inn	Grove Park, Asheville	800-438-5800 – 11 miles
Comfort Suites	I-26, Exit 33	800-622-4005 – 5 miles
Clarion Inn - Airport	I-26, Exit 40	828-684-1213 – 12 miles
Cheshire Cabins	I-40, Exit 64, Black Mountain	828-669-6657 – 22 miles

6. Directions:

From the South & the Asheville Regional Airport: I-26 West to I-40 West (toward Knoxville), Exit #44

From the North: US 19-23 South / I-26 East to I-240 West to I-40 West, Exit #44.

From the East and West: I-40 to Exit #44

At Exit 44 (Enka-Candler): Turn left at red light (at end of exit ramp) and proceed one mile (past Pizza Hut and Lowes).

Near the base of the hill, turn right onto Asheville School Road.

Follow the road (1/2 mile) to the last lodge on the right. Watch for Asheville School signs to Lawrence Hall. On opening and closing day, watch for Camp Hollymont signs to Laurel Lodge.

7. Airline Arrangements: If you anticipate flying your daughter to camp, we suggest that you make reservations as soon as possible. The Asheville Regional Airport (www.flyavl.com) is served by AirTran, Continental, Delta, Northwest, United, and US Airways.

Please read carefully the enclosed transportation form and the trunk shipping form for the information regarding air passenger escort services and baggage procedures.

We strongly recommend morning flights for camp arrivals and departures.

Campers traveling without parents/adults will be greeted at the Asheville Airport and returned to the airport by camp personnel in accordance with the parent's arrangements (transportation form) and as airport security procedures allow.

8. Health Form: Enclosed you will find our camp health form. This is to be filled out, signed by YOU AND YOUR PHYSICIAN, and **returned to the camp office by June 1st**. Be sure to read and sign the Parent's Authorization statement. Those who require glasses for constant wear should bring an extra pair or a copy of their prescription. Please be sure to include your own medical insurance name and number. **The camp does not provide medical coverage for doctor or hospital visits.**

9. Spending Money: Charges for camp store and canteen, cluster and hall activities, and personal items/medical expenses will be deducted from the camper's account. We suggest a deposit of \$100 per 13-day session (\$50 per week). The campers rarely need cash at camp. Any unused spending money is refunded at the end of the session. Any spending overage can be settled on closing day at the camp office, or you will be billed. (New campers will receive a tribe shirt once they are placed in a tribe and the cost will be deducted from their spending money.)

10. Camp Store: The camp store is open on opening day and daily during canteen time. Stamps, cards, stationery, disposable cameras, toothbrushes, and clothing are sold in the camp store.

For best selection, we suggest that you pre-order camp store items (except for the tribe shirt). You will pick up your order on opening day and may exchange items if necessary.

11. Mail: Your daughter's counselor will write you once during the session. All campers are also encouraged to write home!

Campers enjoy getting mail, so please write happy letters of encouragement and interest.

Summer mailing address is:

Camp Hollymont, Camper Name, 360 Asheville School Rd, Asheville, NC 28806.

Camper mail is usually distributed during the mid-afternoon rest hour. You may access the Bunk1 website to purchase and send e-mails to your camper. These e-mails are downloaded each morning and distributed with the regular afternoon mail. (See enclosed information letter.)

12. Laundry Service: No laundry service is provided for 7-day and 13-day campers. 27-day camper laundry will be done between the 13-day sessions. We have limited laundry facilities available at Hollymont for staff use. We will monitor each cluster and wash a load of wet towels and/or tribe shirts as needed. Please remind your camper that if she runs out of clothes, she needs to tell her counselor so an extra load of laundry can be washed.

13. Camper Rooms: In addition to beds, camper rooms usually have a desk with three drawers, a chest of drawers with five drawers, and a closet. This space will be shared by all roommates. Suitcases, duffel bags, and/or trunks may be stored under or at the end of the bed as space permits. Most rooms have loft space above the closet for suitcase / trunk shipping box storage.

14. Horseback Riding: To maintain a quality riding program, enrollment will be limited. Campers must pre-register for riding. **Appropriate gear is a necessity.** To resolve health and safety concerns, please bring your own riding helmet. Jeans or riding pants are required. We recommend wearing shoes with heels and smooth surfaced soles.

15. Costumes and Musical Instruments: Please feel free to bring your costumes, musical instrument(s), and accompaniment music/CDs to camp. The opportunities to use your instruments and costumes are many.

If your daughter would like to use music from an iPod for the talent show, she may bring the iPod to camp, however it will be kept safely in a locked storage unit until the appropriate time.

16. Please – No Animals, Valuables, Vehicles, or Harmful Items

We ask that cash be brought to the business office on opening day. We will deposit the money in a local bank and credit your daughter's spending account.

Animals, expensive jewelry (watches, rings, necklaces, etc.), and electronics (cell phones, iPods/iPads, MP3 players, CD/ DVD players, hand-held gaming devices, Palm Pilots, laptop computers, etc.) **should be left at home.** While items of value are brought to camp to enhance the experience (tennis racquets, musical instruments, riding gear, etc.), we reserve the right to collect any possession for the purpose of monitoring or restricting its use during camp (athletic equipment, electronics, etc.). Such items will be returned for supervised use and/or prior to the camper's departure from Hollymont. **WE CANNOT BE RESPONSIBLE FOR THESE OR SIMILAR ITEMS kept in the cluster (camper's or counselor's room).**

Possession and/or use of tobacco products, alcoholic beverages, illegal drugs, knives, firearms, explosives, and any other weapons are prohibited. We reserve the right to search camper possessions at the discretion of the directors.

Campers and staff (under age 18) are prohibited from bringing motorized vehicles (cars, scooters, etc.), skates, skateboards, and bicycles to camp.

17. Sunday Services: Sundays at Hollymont are carefully planned to be inspirational for all age groups. We encourage campers and staff to wear dresses for Sunday morning worship in the Chapel.

18. Care Packages: NO FOOD OR GUM, PLEASE! The problems (sanitation, hurt feelings, poor eating habits) created by "food" packages far outweigh the joys of receiving them. We encourage packages of books, games, and clothing. Please understand that this policy is for the good of your camper and her fellow campers. **Remember: Campers really enjoy receiving cards and letters every day!**

19. Camper Birthdays: If your daughter's birthday occurs while she is at camp, she will receive a birthday cake after lunch or dinner and everyone in the dining hall will sing happy birthday to her. Her counselor and cluster mates will decorate her door. If you wish to give her counselor special birthday decorations/treats, you may do so. If you wish to send flowers and/or balloons, you may do so. Becky's Florist (828-253-2975) is near camp and delivers.

Dear Camp Hollymont Parent,

Would you like to see what your child is experiencing at Hollymont?

We are pleased to once again team up with Bunk1 to offer a wonderful online photo and email program. Throughout your child's session, you will be able to view photos of your camper playing, learning, and smiling. You can save your favorite pictures, share them with your relatives, and even purchase high-quality prints. For a fee, you may send your camper one-way email using "Bunk Notes". **Bunk Notes are delivered to us via one large e-mail at approximately 4 a.m. each morning.** Each morning when we arrive in the office, we print the Bunk Notes, sort them, and send them to the mail room for distribution in the cluster during rest hour.

We strongly recommend that you continue to send your daughter cards and letters. Handwritten communications are very personal and are more likely to be carried around and cherished for years to come. Please keep "thinking of you" thoughts upbeat and supportive. It can be very difficult for a child if she senses the folks back home are (a) desperately missing her or (b) having a wonderful time without her. To encourage communication from the campers, **we strongly suggest that parents of younger campers sit down with their child before camp to address and stamp the envelopes** for letters to parents, family, and friends. We do not have the facilities and/or manpower for campers to send e-mails.

During the summer at Camp Hollymont we live in a self-contained world peopled by campers and counselors. To minimize homesickness Hollymont campers are fully immersed in activities from breakfast until bedtime. Calls to and from home are very disruptive because the camper must physically pull away from camp activities to use the phone and she must also emotionally shift between "home mode" and "camp mode". **We ask that telephone communications to or from home be limited to emergencies or time sensitive issues.** Otherwise, important lessons of independence and self-reliance will be short-circuited. Please encourage your child to seek her counselor's help when she needs something.

You are always welcome to call the directors or your child's counselor with a question, a concern, or a suggestion. Since camp days are action-packed and staff members are often leading camper activities, the office staff may need to take a detailed message and have the appropriate staff member return your call when the camp schedule permits (generally rest hour or when the campers are in bed).

Parents and staff must work together to make each day at Hollymont a successful one for their campers. Your assistance with phone communications and letter and e-mail correspondence is greatly appreciated.

Sincerely,

Lauren Glass
Director

Amy Lewallen
Director

Camper Health Information

We want your camper to be happy and healthy during her time at Hollymont. Our camp nurses do a great job of providing both "mother" and medical care but your input is essential.

We need the:

green CAMPER HEALTH HISTORY (FORM 1) - completed by parent or guardian

pink CAMPER HEALTH-CARE RECOMMENDATIONS (FORM 2) - completed by licensed medical personnel (also referred to as the health exam form 2).

First time campers:

You will need to complete the green **CAMPER HEALTH HISTORY (FORM 1)**.

You will need to complete the pink **HEALTH-CARE RECOMMENDATIONS (FORM 2)**.

If your daughter has had an exam recently, her physician may elect to complete the pink health (form 2) without a new exam. The health exam upon which the pink health form 2 is based must have been conducted after August 13, 2009 (within 24 months of the 2011 summer).

Returning campers:

You will need to complete the green **CAMPER HEALTH HISTORY (FORM 1)**.

The pink 2010 Hollymont health form 2 was based on an exam conducted _____.

____ You will need to complete the pink **HEALTH-CARE RECOMMENDATIONS (FORM 2)**.

____ You will not need to complete the **HEALTH-CARE RECOMMENDATIONS (FORM 2)** for 2011 **if your daughter's health has not substantially changed since her last exam.**

Your daughter's most recent health exam form 2 was based on an exam conducted after August 13, 2009 (within 24 months of the 2011 summer).

A Word Regarding ADHD Medications:

Sometimes doctors recommend that children not take their medications during the summer since they are out of school.

Camp is TWICE as intense as school.

There is constant stimulation from 8 am – 9/10 p.m.

Based on years of experience, it is our recommendation that campers take their ADHD medications while at camp.

Camp Hollymont

Packing List and Packing Hints for 13 and 27-day Session Campers

Sheets will be furnished. Pillows, pillow cases, and blankets are available upon request.

Basically, bring play clothes - shorts and shirts. Late evenings and early mornings can be cool. Make sure all clothing and shoes are well marked with a laundry pen or name labels.

No laundry service is provided for 13-day campers. 27-day campers will be have their dirty clothes washed once (between the 13-day sessions). We have limited laundry facilities available at Hollymont for staff use. We will monitor each cluster and wash a load of wet towels or dirty horseback riding clothes, and/or tribe shirts as needed.

Hollymont camp colors are green and blue. We offer specially designed Hollymont T-shirts, shorts, etc. in the camp store. Please look for and read the camp store materials and order form.

Clothing:

- 1 dress (for Sunday morning chapel)
- Plenty of shorts and shirts
- Jeans
- 2 Sweatshirts
- Socks and underwear for your daughter's entire stay plus 2 extra sets
- Pajamas
- 2 One-Piece Swimsuits (If arriving via airlines, PACK SWIMSUIT in carry-on bag for Sunday swim test.)
- 1 Raincoat and/or a light jacket
- 1 pair of Hiking shoes (any old, comfortable, walking shoe)
- At least 1 pair of tennis shoes
- 1 pair of dress shoes or dress sandals

Additional items:

- Pillow and blanket or bedspread (Linens available upon request but most campers prefer to bring their own linens.)
- Washcloths and Towels
- Beach Towels for the Pool
- Clip-on fan
- Bible
- Stationery, Pens, Pencils (Pencils and stamps are sold in the camp store)
- Clothes hangers
- Toiletry articles and a basket, bag, or container to carry toiletry items to/from the bathroom
- Flashlight and water bottle (available at camp store)
- Laundry Bag (available at camp store)
- Shower Shoes
- Sunscreen
- Sleeping bag (Needed if you sign up for the overnight campout. Minimum age - 10 years)
- Non-perishable food item and/or school supplies for Swannanoa Valley Christian Ministry / The Hope House
- Command Poster Strips (for items camper wants to hang on her walls)

Horseback riders - Riding helmet, long pants (riding pants or jeans), and shoes with heels and smooth surfaced soles.

Optional items:

Tennis Racquet Books to read Disposable Camera Music / Instruments for talent show

Dressing Up 2011

A

Mission Moment¹
Talent Show²
Wacky Wednesday³
Sunday Afternoon Tea Party⁴
Extravaganza⁶

B2

Mission Moment¹
Talent Show²
Wacky Wednesday³
Sunday Afternoon Tea Party⁴
Extravaganza⁶

B1

Mission Moment¹
Talent Show²
Wacky Wednesday³
Sunday Afternoon Tea Party⁴
Hollymont 4th of July⁵
Extravaganza⁶

C

Mission Moment¹
Talent Show²
Wacky Wednesday³
Sunday Afternoon Tea Party⁴
Extravaganza⁶

¹Ministry opportunities are right outside our front door. This summer Hollymont's ministry project will focus on local needs. We would like to encourage every camper to **bring either non-perishable food items or school supplies** to donate to the Swannanoa Valley Christian Ministry and The Hope House. These ministries reach out to men, women, boys and girls of all ages and meet their physical, emotional, and spiritual needs. Let's help make a difference in western North Carolina!

² Are you ready to show off? Do you sing? Do you dance? Do you play an instrument? Quote poetry? Act? Bring your music, instrument, costume, and/or props!

³Bring your wackiest accessories and bust out in your grooviest, most outlandish garb for days full of laughs and fun.

⁴Keeping the hat tradition! From fashionable to frightful - search your closet, your mom's closet, your grandmother's closet, and Goodwill for your uniquely perfect (awesome or awful) tea party hat.

⁵Excitement will be high on July 4th because its also the first day of skills. We encourage you to wear your colors (red, white, and blue) proudly.

⁶Get your game face on because we're gonna twist and shout, jump and jive and like totally have a good time at Extravaganza. To get "in the groove" for all the fun and games, find your poodle skirts, peace shirts, tie dye, bell bottoms, leg warmers, scrunchies, etc.

Suggested attire: Campers ages 6-10.....60s outfits
Campers ages 11 and 12.....70s outfits
Campers ages 13 - 15.....80s outfits

Camp Hollymont

Packing List and Packing Hints for 7-day Session Campers

If you think that your daughter may extend her stay for the full 13-day session, then you should use the 13-day packing list.

Sheets will be furnished. Pillows, pillow cases, and blankets are available upon request.

Basically, bring play clothes - shorts and shirts. Late evenings and early mornings can be cool. Make sure all clothing and shoes are well marked with a laundry pen or name labels.

No laundry service is provided for 7-day campers. We have limited laundry facilities available at Hollymont for staff use. We will monitor each cluster and wash a load of wet towels or dirty horseback riding clothes as needed.

Hollymont camp colors are green and blue. We offer specially designed Hollymont T-shirts, shorts, etc. in the camp store. Please look for and read the camp store materials and order form.

Clothing:

- Plenty of shorts and shirts
- Jeans
- 1 Sweatshirt
- Socks and underwear for your daughter's entire stay plus 2 extra sets
- Pajamas
- 2 One-Piece Swimsuits (If arriving via airlines, PACK SWIMSUIT in carry-on bag for Sunday swim test.)
- 1 Raincoat and/or a light jacket
- At least 2 pair of tennis shoes

Additional items:

- Pillow and blanket or bedspread (Linens available upon request but most campers prefer to bring their own linens.)
- Washcloths and Towels
- Beach Towels for the Pool
- Clip-on fan
- Bible
- Stationery, Pens, Pencils (Pencils, and stamps are sold in the camp store)
- Clothes hangers
- Toiletry articles and a basket, bag, or container to carry toiletry items to/from the bathroom
- Flashlight and water bottle (available at camp store)
- Laundry Bag (available at camp store)
- Shower Shoes
- Sunscreen
- Sleeping bag (Needed if you sign up for the overnight campout. Minimum age - 10 years)
- Non-perishable food item and/or school supplies for ABCCM / The Hope House
- Command Poster Strips (for items camper wants to hang on her walls)

Horseback riders - Riding helmet, long pants (riding pants or jeans), and shoes with heels and smooth surfaced soles.

Optional items:

Tennis Racquet Books to read Disposable camera Music / Instruments for talent show

Dressing Up 2011

A

Mission Moment¹
Talent Show²
Wacky Wednesday³
Extravaganza⁶

B1

Mission Moment¹
Talent Show²
Wacky Wednesday³
Hollymont 4th of July⁵
Extravaganza⁶

B2

Mission Moment¹
Talent Show²
Wacky Wednesday³
Extravaganza⁶

C

Mission Moment¹
Talent Show²
Wacky Wednesday³
Extravaganza⁶

¹Ministry opportunities are right outside our front door. This summer Hollymont's ministry project will focus on local needs. We would like to encourage every camper to **bring either non-perishable food items or school supplies** to donate to the Swannanoa Valley Christian Ministry and The Hope House. These ministries reach out to men, women, boys and girls of all ages and meet their physical, emotional, and spiritual needs. Let's help make a difference in western North Carolina!

² Are you ready to show off? Do you sing? Do you dance? Do you play an instrument? Quote poetry? Act? Bring your music, instrument, costume, and/or props!

³Bring your wackiest accessories and bust out in your grooviest, most outlandish garb for days full of laughs and fun.

⁵Excitement will be high on July 4th because its also the first day of skills. We encourage you to wear your colors (red, white, and blue) proudly.

⁶Get your game face on because we are gonna twist and shout, jump and jive and like totally have a good time at Extravaganza. To get "in the groove" for all the fun and games, find your poodle skirts, peace shirts, tie dye, bell bottoms, leg warmers, scrunchies, etc.

Suggested attire: Campers ages 6-10.....60s outfits
Campers ages 11 and 12.....70s outfits
Campers 13 - 15.....80s outfits

Dear Parents,

Thank you for sharing your daughter with us this summer. Her successful camp experience is the result of a team effort. As part of the team we want you to understand our parent notification policies and procedures.

The notification guidelines have been reviewed by Hollymont's nurses, camp directors, and the board of directors. The notification guidelines will be reviewed periodically by the aforementioned group.

Please refer to the attached sheet for parent notification guidelines and implementation policies.

Please be aware that in the camp community the camp nurses serve a dual purpose. They are the providers of health care and they are surrogate mothers. It is not uncommon to see homesick campers visit the health care center and approach the camp nurse outside the health care center whenever they feel the need for that "added mother's touch". During the first few days of camp when the camp nurses see such a behavior in a child they will notify the head counselors and camp directors at the morning central staff breakfast meeting. The staff team and the camper's counselor will work together to help the camper adjust to camp life. The situation will usually resolve itself within the first 72 hours of camp and the camp nurses will not see the child thereafter. Occasionally a child will resolve her homesickness by making daily contact with the camp nurses. Once the "mother's touch" is given, the camper is off and running again. If there are no substantial symptoms and the child is not in emotional distress after her daily dose of camp nurse TLC, there will be no parent notification.

If homesickness persists for longer than 60 hours with persistent emotional distress leading to an inability for the child to function in particular and a disruption of camp life in general, then a camp director will contact the parent.

We look forward to a healthy, happy summer. Please let us know if we can be of any assistance to you and your camper.

Sincerely,

Lauren Glass
Director

Amy Lewallen
Director

Parent Notification Guidelines

- PNG1** When a child stays overnight in the infirmary one of three things will occur in the morning.
- The child will go to breakfast and return to her normal routine. A health care provider will contact a parent/guardian by phone or e-mail and let them know that their child stayed overnight and has now returned to her normal camp activities.
 - The child will not be able to return to her normal camp routine and the health care providers will follow **PNG2**.
 - The child will remain in the health care center and the health care providers in consultation with the camp physician will continue to provide care and supervision in the health care center. The health care providers will contact a parent/guardian.
- PNG2** In the event of a non life-threatening injury or illness that requires outside medical attention (physician's office, urgent care, emergency room), a camp health care provider will contact a parent/guardian to advise them of the upcoming visit to the doctor. Upon returning to camp, a camp health care provider will call the parent/guardian with a diagnosis and treatment plan.
- If there are major options to be considered in the treatment plan, then a parent/guardian will be contacted from the outside medical location.
- PNG3** In the event of a life-threatening injury or illness that requires medical attention at the emergency room, appropriate camp personnel will proceed to the emergency room with the child. A camp director and/or a camp health care provider will contact a parent/guardian parents with the request to stand-by for further communication from the emergency room.
- PNG4** In the event a child loses consciousness, the Camp Health Care provider and/or a camp director will notify a parent/guardian.

NOTIFICATION IMPLEMENTATION POLICIES

In the event of an emergency or an immediate health concern, a camp director and/or a health care provider will contact a parent/guardian by phone. Each camper's health form contains contact information as well as designates alternate contacts if the parents/guardians cannot be reached. Also parents who will not be available at the numbers listed on their health form may leave their itinerary with the business office.

If no responsible party can be contacted directly, the camp personnel will leave voice messages on answering machines that communicate the need for a given parent to call the camp. We will also attempt to contact the parents via e-mail. All contact – successful and unsuccessful – is documented.

Skill Information

Campers receive their skill schedule after morning watch on Monday morning. The six skills listed on the schedule remain the same for the entire session unless changes are made on Skill Change Day (Wednesday).

May I select Arts & Crafts, Babysitting, Cooking, Digital Photography, Sewing, or Horseback Riding if I did not pre-register when I mailed in my application?

Yes, but class sizes are limited to maintain quality instruction. Therefore, it is possible that a waiting list has already formed. If so, you will be placed on the waiting list. **Added note: If you are signing up late for these skills, please indicate this on both the “charges & options” and the “skills selection” sheets.**

We reserve a limited number of spaces in the paid skills for one week campers. Once those spaces are filled, we will begin a waiting list.

What if I need to change a skill after the first day?

Campers who wish to change a skill may do so on Skill Change Morning. The skill coordinator will be in Dove's Den **before breakfast** on the first Wednesday. New schedules will be issued after morning watch.

Campers may not add or drop paid skills (arts & crafts, babysitting, cooking, digital photography, sewing, or horseback riding) on skill change day.

*****Specific Skill Information*****

Aerobics... This is a skill **for campers ages 10-15**. Ready to get in shape, girls? The aerobics class at Hollymont provides rhythmic exercise with stretching and strength training routines. The goal of this skill is to improve the all around fitness level and is performed to music and workout videos.

Arts and Crafts... This is a very popular skill and one that's fun for all ages! Campers get to exercise their creativity as they work to complete 2-4 art projects using a variety of media and methods. Activities will vary from session to session and may include clay, jewelry, and fine art projects.

Archery... Campers will learn the proper ways to effectively and safely shoot a bow and arrow. They will learn to hit a stationery target.

Athletic Conditioning... This skill is designed **for campers ages 12-15** who are very serious about maintaining or improving their overall fitness level. Activities will include running, agility and sprint drills, aerobics, etc.

Babysitting... This is a skill **for campers ages 11-15**. Girls learn how to care for children on behalf of their parents and how to care for them in emergency situations. This skill is certified by the American Red Cross. **The content of this skill requires campers to devote two skill periods to learning the materials.** *(You will only have a total of 5 skill activities.)*

Basketball... This skill is held indoors in our state-of-the art gymnasium. Campers will learn rules, regulations, positions, plays, how to properly dribble, pass and shoot a basketball. This is such a fun sport and it's a great opportunity to build on team sportsmanship.

Cheerleading... Two, four, six, eight... Learn new routines, chants, and cheers so you can help your favorite team gain a victory!

Choir... If you like to sing, join our Hollymont choir! Your group will have the opportunity to sing in chapel, the skill show, etc...

Cooking... Girls get hands on experience in the fine art of cooking. We try to cook a variety of items - casseroles, salads, desserts, etc. We discuss the importance of cleanliness during food preparation, good nutrition, kitchen safety, etc...

Creative Writing... Express yourself! Learn the power of the written word. Campers will learn several approaches to writing to come up with original and unique pieces of work. (Participants must know how to read and write.)

Dance... We teach contemporary dance. Occasionally, we will have enough interest to study a specialized dance topic (tap, jazz, ballet, and ballroom dancing).

Digital Photography and Editing... **Campers will use digital cameras provided** in class to complete digital photography assignments. Campers will learn picture-taking techniques, computer photo printing, and complete a photograph display project.

Drama... Campers will learn how to perform on stage. They will create their own scenarios and ideas to form plays. Campers in this skill enjoy performing in front of the entire camp in the skill show, talent show, etc.

Guitar... Campers will use praise and worship choruses to learn basic chords and strumming patterns. You will get a chance to play in the skill show. You must bring your own acoustic guitar (and extra strings and a pick wouldn't hurt).

Gymnastics... After understanding the importance of stretching and safety, we focus primarily on tumbling and floor exercises.

Horseback Riding... We teach English style of riding. You will need long pants (riding pants, jeans, or slacks). We recommend bringing a horseback riding helmet and shoes with heels and a smooth-surfaced soles. We do have riding helmets that you can borrow but to resolve health and safety concerns, we strongly encourage that you bring your own. (Bike helmets must have manufacturer's dual use certification if used for horseback riding.)

Land Sports / Group Games ... Let's bring back recess! Campers have the opportunity to play a variety of games over the course of the session. Games include jump rope, Frisbee, tag, hopscotch, four square, badminton, dodgeball, softball, golf, etc. Every day is different!

LIFE (Living in Faith Everyday)... This is an extra opportunity for girls ages 13-15 to talk with peers and camp counselors about the real life issues that concern you. Learn how to apply Biblical truths to your life 365 days a year. HOPE INSTILLING... SOUL ENCOURAGING... LIFE CHANGING **Bring your Bible.**

Modeling and Manners... This is your chance to learn how to present yourself with grace. Modeling helps improve the way you walk, stand, etc. Manners encourages poise and politeness (table manners, phone manners, tea party etiquette, etc.).

Outdoor Living... We have a lovely campus and this is your opportunity to enjoy it. We'll take walks, hike through the woods, set up a tent, learn to build a fire, and learn about plants and animals living in our own backyard. We will also cover first aid procedures for animal bites, bee stings, sunburns, heat exhaustion, hypothermia, etc.

Pilates... Offered B2 and C sessions only. This skill is designed for girls ages 11-15. Campers will learn pilates exercises to strengthen their core muscles and increase their flexibility.

Hand Sewing...(ages 6–15) We like to give campers the opportunity to develop their “hand-sewing” skills. We select projects that will allow campers to learn both practical (sew on a button, hem a pair of pants, etc.) and pretty (embroidery, cross-stitching, etc.) sewing techniques. Sewing project examples: Ribbon belts, hats, purses, etc.

Machine Sewing...(ages 12–15) Older, more experienced campers will have the opportunity to learn basic sewing machine skills, how to use a pattern, etc. Project examples: garment bags, tote bags, aprons, patchwork pillows, and more.

Sign Language... Our most popular activity in Sign Language is the sign interpretation of contemporary music. You will also work on finger spelling and learn basic signs and phrases.

Soccer... Campers will learn the rules of the game and how to be a team player. They will drill and learn to kick, pass, dribble, and SCORE!!!

Swimming... Our goal is to teach campers to swim or improve their swimming techniques. If you don't sign up for swimming, will you get to swim? If you want to swim everyday, we suggest you sign up for swimming or water aerobics skills. Night and hall activities *may* include pool time.

Tennis... Game, Set, Match! Singles, doubles, keeping score, forehands, backhands, and much, much more! Serves, volleys, and overheads too - in this fun skill, there's much to do!

Volleyball... Campers will learn the basic principles of the game. Serve, pass, set, attack – this is a great skill and you'll want to come back!

Water Aerobics... Pool time with a purpose! Campers must be 4'6" tall in order to stand at 4 foot pool depth with chin out of the water.

DAILY SCHEDULE

8:15	BREAKFAST
9:00	Morning Watch
9:25	Cluster Clean-up
9:45 - 10:35	1 st skill
10:45 - 11:35	2 nd skill
11:45 - 12:20	LUNCH
12:30 - 1:15	3 rd skill
1:25 - 2:10	4 th skill
2:15 - 2:45	Canteen
2:45 - 3:40	Rest Hour
3:50 - 4:35	5 th skill
4:45 - 5:30	6 th skill
5:40	DINNER
7:30	Night Activity
9:00	Devotions
9:30	Lights out (Hummingbirds)
9:45	Lights out (Cardinals)
10:15	Lights out (Eagles)

2011 Summer Skill Schedules

13 Day Session Skill Schedule

Mon	Tue	Wed	Thurs	Fri	Sat
FULL SKILL DAY	FULL SKILL DAY	FULL SKILL DAY	FULL SKILL DAY	FULL SKILL DAY	morning hall activity, afternoon pic-a-skill activities
FULL SKILL DAY	FULL SKILL DAY	FULL SKILL DAY	Horse show / Afternoon wrap-up	CLOSING DAY	

7 Day Session Skill Schedule

Mon	Tue	Wed	Thurs	Fri	Sat
FULL SKILL DAY	FULL SKILL DAY	FULL SKILL DAY	FULL SKILL DAY	FULL SKILL DAY	Closing day, depart between 9:30 a.m. and 11:00 a.m.

27 Day Session = Two 13-Day Skill Schedules