



Camp Illahee

Excellence in Camping for Girls since 1921

BREVARD, NORTH CAROLINA



THE *flicker* of the
CAMPFIRE

THE WIND IN THE PINES





The MOON in the HEAVENS
the STARS that shine







A place WHERE PEOPLE gather
TO MAKE *f*riends OF ALL KINDS





“Heavenly World”

Illahee girls have a great time at camp. They sparkle with enthusiasm and are filled with energy. They run to their activities because they can't wait to begin their new adventures each day. They love to sing camp songs and look forward to theme days, carnivals, and costumes. Illahee girls have spirit and they love being at camp!

Illahee means “Heavenly World” in the Cherokee language. Those who visit Camp Illahee experience the full meaning of the word and the special feeling of love and friendship that comes from being part of the Illahee family.

Located in the mountains of Western North Carolina, Illahee abounds with natural beauty. The individual care given to each camper, and the quality of leadership and support represented by our entire staff make Illahee unique. Together they contribute to the overall excellence of the camp and create an

ideal atmosphere for growth, learning and FUN! Our campers, ages 6 – 16, come from all parts of the United States as well as several foreign countries. Girls feel at home in the Illahee family from their very first day at camp.

Many lifelong friendships begin at Camp Illahee. Girls return year after year – some are following in the traditions established by their mothers and grandmothers. Illahee is indeed an extraordinary place, and we invite you to share the camp experience with us.





Directors Gordon and Laurie Strayhorn, with children Turner and Gardner, and Newton the dog.

"It is our hope that each child will grow in confidence and independence through participation in fun activities, by building skills and working with warm and loving counselors."

LAURIE STRAYHORN, DIRECTOR



Excellence in Camping for Girls since 1921

Founded by the McLeod family, Illahee was established in 1921 as a traditional girls' summer camp offering a variety of activities in a non-competitive environment. Throughout its history, five generations of Illahee directors have worked to provide an excellent camp experience and one that nurtures girls and young women.

Laurie and Gordon Strayhorn have over 20 years of experience as teachers and camp directors in an all-girls' environment. They taught English and coached athletics at a girls' boarding school prior to becoming camp directors in 1990. Directing camp had always been a dream of the Strayhorns. "Through the camping experience, we have the opportunity to watch a camper grow and mature over several years. The family atmosphere of camp and the unique challenges offered through the activities

provide a great setting for growth and education," notes Gordon. "We value the all-girls' community at Illahee. The campers seem more comfortable being themselves," adds Laurie. The Strayhorns enjoy getting to know the campers and their families and are fully involved in every aspect of camp life.

Laurie grew up in Fairhope, Alabama and was a history major at Rhodes College. Gordon is from Nashville, Tennessee. He attended the University of the South at Sewanee and Indiana University. They live year round at Camp Illahee with their two children, Gardner and Turner. The Strayhorns enjoy maintaining the wonderful traditions of Camp Illahee as well as developing new activities for camp. They are dedicated to excellence in programming and to the preservation of a top-notch facility.



Activities

Throughout camp and in daily activities, Illahee girls are given individual attention. Our safe and nurturing environment encourages individual growth. A small camper-to-counselor ratio (3:1), varied activities, and warm leadership by a year-round team of directors help to foster a community where each camper can excel.

With so many demands and pressures during the school year, Illahee campers value the non-competitive atmosphere at camp. Girls are able to choose activities based on their own interests and to try new areas which they may not be exposed to at home. With the help of her counselor, each camper sets goals to build skills and to grow in strength while at camp.

A broad selection of activities is offered to Illahee girls. Campers choose six to ten activities before arriving at camp and follow their daily schedule throughout the session. The instructors give each camper the encouragement she needs to try new activities. A positive, loving atmosphere brings out the best in each camper as she learns new skills.





"This is my first year at camp and I have had so much fun. Right when my mom and I drove into camp, we both noticed how beautiful Illahee is. I was greeted by smiling counselors, and I knew I would have a good time. The past two weeks have been so exciting to me. I have learned how to swim better, how to do new things in gymnastics, how to canoe and to weave. But it's not just the awesome activities that make Illahee so special. It's the friends I've made and the fun times I will never forget."

WALLACE COWART – AGE 9, MEMPHIS, TN

STUDIO ARTS

The Studio Arts at Illahee allow each camper to develop her own individual creativity. Arts & Crafts, Ceramics, Watercolor, Weaving, Woodworking and Needlecraft are some of the varied activities offered. Instruction and creative expression are emphasized as well as the completion of a variety of projects. State of the art equipment and well-maintained studio space help to make this a popular activity area in camp.

FIELD SPORTS

Field Sports give the girls time at camp to work on different team and individual sports skills and to improve on skills already learned at home and in school. Soccer, Basketball, Lacrosse and Field Hockey are offered as separate activities and in a team sports class that also includes Softball and Volleyball.

AEROBICS & FITNESS

Healthy activities and the promotion of good habits for all campers is encouraged at Illahee. Aerobics classes focus on fitness and include both step aerobics and strength training. The "Fit for Life" class provides further instruction in fitness and healthy lifetime habits and skills.

TENNIS

Expert instruction by an enthusiastic tennis staff makes this activity fun. Talented Illahee instructors enjoy helping seasoned players become better, as well as teaching the basics of the game to new players. Regular tournaments emphasize good sportsmanship and are fun for experienced and novice players alike.

MARKSMANSHIP

Riflery and Archery are two of the favorite activities at camp. The covered ranges provide a safe setting with close supervision for these target sports. Campers enjoy improving their marksmanship and earning awards for their achievements.

WATERFRONT

Swimming, Diving, and Synchronized Swimming take place with lifeguard supervision in Illahee's beautiful spring-fed lake. Swimmers are classified according to ability and are taught courses approved by the American Red Cross. Classes and free swim offer time to enjoy the water trampoline, rope swing and water slide. A separate lake provides the setting for Canoeing and Kayaking. Canoe and kayak training give the skills needed for future river trips.

HORSEBACK RIDING

Hunt Seat Equitation has been a tradition at Illahee since the 1920's. The area surrounding the stable contains three outdoor rings and one large covered arena where instruction is given according to skill level. Riding classes are small and provide girls with individual attention. Depending on skill level and interest, campers have the option of riding every day in the junior or advanced horsemanship classes. Many girls look forward to taking vaulting classes and to participating in the horse fair at the end of camp.

DANCE, DRAMA, GYMNASTICS

Dance, Drama and Gymnastics offer fun instruction and the opportunity to perform for camp. While some campers pursue these activities at home, many enjoy trying them out for the first time at camp. In Dance, the girls work with their instructor to choreograph routines. The Drama program allows campers to grow in acting skills and to work together building props and making costumes for the drama show. Whether a musical play or puppet show, performing for the camp is a highlight at the end of the session. In Gymnastics, strength, flexibility, and tumbling exercises are emphasized as well as lifelong fitness.



A place where

all your troubles

Are *always*

LEFT BEHIND





So give me
the **light**
of the **campfire**
so **warm** and **bright**



WILDERNESS ADVENTURE & NATURE

Western North Carolina is a beautiful place to discover the great outdoors. The Nature activity offers many possibilities to explore the area around camp and to take field trips in the Pisgah National Forest. Each camper has the opportunity to enjoy hikes, cookouts, and overnights with her cabin group. Many campers enjoy the High Ropes course and Beanstalk climbing tower with their cabin groups as well. The zip line and the High Ropes course are highlights for many girls.

TRIPS PROGRAM

Older Illahee campers may pursue rock climbing and kayaking in some of the eastern United State's top-rated climbing areas and rivers that are within a half hour of camp. These girls may choose to specialize in kayaking or rock climbing and are out of camp on trips three days each week to build extensive skills in their selected areas. In Trips Training, younger campers are introduced to skills in each of these areas.



Daily Schedule

7:45	Rising Bell
8:30	Breakfast
9:15	Rise and Shine
9:45	First Activity
10:45	Second Activity
11:45	Third Activity
1:00	Lunch
2:00	Rest Hour
3:15	Choice Period
4:10	Fourth Activity
5:05	Fifth Activity
6:15	Dinner
7:30	Evening Program
8:30	Milk and Cookies
9:30	Taps/Lights Out



AND GIVE ME

some friends .
to *sing* with

I'LL BE HERE ALL NIGHT

Cabin Life

Living in a cabin is a wonderful part of camp life. Illahee counselors are some of the "best and brightest" young women. They come to camp with a genuine love for and interest in children. Individual attention is assured with a 3:1 camper-to-counselor ratio. Counselors are present and involved in all aspects of camp life so that cabin time is fun for all.





“Camp Illahee was everything our daughter hoped for and more. She grew so much at camp and came home with a wonderful sense of independence and accomplishment. Terrific friendships were formed, new experiences took place, and her smile grew by leaps and bounds. All of this happened in the nurturing, supportive and FUN environment at Camp Illahee! She can’t wait to come back next summer.”

LIZ HALE – SAN FRANCISCO, CA

Staff

Each staff member is chosen and carefully screened by the year-round camp directors. Whether teachers, college students or camping professionals, Illahee counselors are dedicated to children and to being the best role models possible. Many are former campers who can’t wait to pass on the Illahee Spirit to a new generation of campers.





Community Life

Campers love being part of the Illahee family. The community atmosphere at the start of the day in *Rise and Shine*, during family style meals in the dining hall, and in evening programs helps campers of all ages to form special friendships. Older campers enjoy leadership opportunities and help to plan traditional camp programs. Their enthusiasm and love for camp adds to our amazing camp spirit.

Evening programs can include community time around the campfire, a special performance by an outside entertainer, friendly red and blue competition in Capture the Flag, trips to Sliding Rock or time to pursue a special cabin activity.



Love is where you find *it*
and I've found *mine* right here



“Thank you for emphasizing the importance of friendship and individuality in the daily activities, and for offering the girls the opportunity to grow spiritually in a very safe environment.”

NANCY FALLS – CHARLOTTE, NC



Sundays at Illahee

Sundays are special days at camp. The morning begins with a pajama breakfast, donut treats and cabin time. Together, campers and counselors plan and carry out our Sunday services, which contribute to the unity of spirit at Camp Illahee. The entire camp dresses in Sunday whites and enjoys worship in the natural setting of the Woodland Chapel. Our Christian service inspires campers with songs, skits and stories from the Bible relative to their camp experience. The outdoor service provides a quiet and beautiful setting for spiritual growth and reflection.

Sunday afternoons are filled with exciting activities such as the Illahee Olympics and the Swim Show. Each Sunday evening, a cookout is planned and is followed by stories, songs, and skits at the evening campfire program.





“Every moment of the Illahee experience has been outstanding for this parent. If they gave awards for camps, Illahee would be a 5 star. The daily updates and photo albums are wonderful calming experiences for those of us parents who might be getting homesick for our girls. Instead, I go to the site with a cup of morning coffee and come away feeling very happy that my daughter is in such a great environment. Your efforts are both the highlight of her summer and a character builder. Thank you of making the Illahee experience as good for the parents as it is for the girls.”

ROBERT EVANS – CHARLESTON, SC

Communication

Excellent parent communication is a hallmark of Camp Illahee. Daily website updates written by the camp director help to integrate parents into the camp experience while allowing campers to maintain their independence at camp. These nightly updates include hundreds of photos from the day that allow parents to enjoy the camp experience and better support their daughter at camp as well as when she returns home. Throughout the year, website updates, newsletters, DVD highlights and a parent handbook are sent to camp families to help them stay connected to Illahee and to help prepare their daughters for their camp experience. The directors are also available for emails and phone calls and value their personal contact with parents and camp families.

“Just wanted to say from a Mom’s perspective how GREAT Gordon’s updates are each day! The pictures are also worth more than a thousand words – I’ve been able to share them with Kailey’s grandmother in Texas. Thanks for this great service to parents!”

KATHY IZARD – CHARLOTTE, NC

Just **you**
and **me**
and **Illahée**

And songs we love to hear





*“Camp is a change of pace
from the school year. There
are no cliques, no gossip,
and popularity does not exist.
Camp is just a place to have
fun and be yourself!”*

MEG ELLIS – AGE 13 NEW ORLEANS, LA

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