

Parent Handbook

2012



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Excellence in Camping for Girls since 1921

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Illahee's Mission

Developing self-esteem, friendships, moral convictions, faith in God, strength of character, and a love for nature are all objectives of the Illahee experience. Camp is a time for your daughter to grow, to discover, and to thrive. Illahee provides opportunities for growth by creating a supportive atmosphere led by an enthusiastic and encouraging staff. Camp activities and programs develop campers' skills as well as the strengths of their personalities and attitudes, their self-reliance, faith, and self-confidence. Through interaction with the outdoors in everyday living and in activities, Illahee underscores the value of nature in each child's life. In these ways, Illahee hopes to further the development of individuals who will make positive contributions to their communities.

History, Philosophy, and Traditions

Frances and Hinton McLeod established Camp Illahee in 1921. "Illahee" means "Heavenly World" in the Cherokee Indian language. Their vision for camp was to create a special environment where girls could develop and flourish in a caring community. Throughout the camp's 92-year history, this philosophy has remained steadfast.

In 1939, Kathryn "Robin" Curtis purchased the camp and was joined by Treva "Teeter" Tilley. They directed the camp together until 1969. That fall, Dr. Frances "Frankie" Hall, a long-time staff member, became owner and director. In 1984, Frank and Elizabeth Tindall purchased the camp and directed it for 18 years. Frank's family had a long history of association with Illahee, dating from the 1930's. Laurie and Gordon Strayhorn continue a longstanding tradition of excellence as the fifth set of owners and directors.

Laurie and Gordon bring over 20 years of experience directing girls' camps along with a background in education. They are committed to camping and the opportunity that it offers for youth development outside of the traditional school classroom. They believe there is no better setting for developing healthy curiosity and for stretching a girl's abilities than a summer at Illahee.

In recent years, outdoor adventure activities have increased with rock climbing, hiking, kayaking, and the high ropes course being popular additions. This summer marks the beginning of trips to Hannah Ford Farm, Illahee's nearby outpost where campers will enjoy gardening, trail rides, canoeing trips, tubing and swimming. Physical improvements to the camp facility continue to be made with excellent tennis courts, a high ropes course, indoor and outdoor riding rings, and a newly renovated kitchen and dining hall.

Illahee's traditions continually evolve, reflecting a dedication to progress and improvement. Each new direction remains in keeping with the "Spirit of Illahee" centering on the friendships formed at camp and the memories created. Sunday night campfires provide an opportunity to sing songs that speak of love, faith, and the beauty of the world around us. "Canoe formation" offers a quiet moment at the end of the session for our community to reflect on the richness of the surroundings and the experiences of the past weeks. On Final Night, the community floats candle-lit wish boats and sings the camp's "Pine Tree" song for the last time. This ceremony reminds us of our camp friendships and our hopes for the future.

The desire to epitomize the "Spirit of Illahee" reflects a community based on Christian values. The Illahee experience gives girls the opportunity to grow in their faith and to experience God's love away from their home family and church. The Illahee atmosphere is one of acceptance and promotes positive growth for campers and counselors.

High Expectations for Illahee Campers

We expect each camper to be a positive member of our community. In order to promote our "Heavenly World," we set high expectations as we work to offer an emotionally and physically safe and wholesome camp community. Upon their arrival at camp, we ask our campers to sign the **Illahee Honor Code: "On my honor, in the spirit of Illahee, I promise to be trustworthy, helpful, honest, and true, and to encourage others to do likewise."** We also ask that they have a positive attitude, respect others, and that they not use or bring alcohol, drugs, drug paraphernalia, or tobacco products as well as cell phones, and handheld electronics.

We reserve the right to dismiss any camper who does not follow these guidelines or whose actions or behavior disrupt cabin life or the "Spirit of Illahee" in the camp community. Campers who exclude or intimidate others during the camp session or outside of the summer may not be asked to return to camp.

Find It On Our Website and Login

All of the information located in this handbook, as well as links for online activity registration, Ship Store orders, and other forms can be found on our website at www.campillahee.com. Each family has its own login and password. From our homepage, click on the My Illahee link at the top right, enter your username: your camper's first initial and last name in one string (lower case) and your password: your home phone number (numbers only, no dashes). We hope you will visit our site often during the year as we update blogs regularly. During the summer, login to read Gordon's daily updates, view photos of your camper having a BLAST, and send one-way emails during her session.

2012 Camp Session Dates

June Session	Sunday, June	03	-	Friday, June	22
July Session	Sunday, June	24	-	Friday, July	20
Mini 1 Session	Sunday, June	24	-	Friday, July	06
Mini 2 Session	Sunday, July	08	-	Friday, July	20
August Session	Sunday, July	22	-	Friday, August	03
Junior Session	Sunday, August	05	-	Friday, August	10

Opening Day/Travel

Opening Day at camp is an exciting time as campers meet their counselors and cabinmates. While it’s normal for campers to have butterflies, if your daughter shows signs of illness, fever or stomach virus, call the camp office prior to arrival. Plan to **arrive on Sunday between 10:00 a.m. and noon**. In order to create an atmosphere of fairness, cabin counselors will randomly assign each camper a bed and will make it with camp-provided linens prior to opening day. As a parent, it is important to help your daughter get settled but not to linger at camp. Her quick involvement is a great way to offset homesickness. At 12:45 campers will enjoy a buffet lunch with their cabin and then begin a busy afternoon of fun activities.

For campers who fly to camp, we provide transportation to and from the Asheville (AVL) airport. **If possible, please plan to arrive and depart before 12:00 noon on opening and closing days.** If you have difficulty scheduling a flight into and out of Asheville, we have limited pickup from the Greenville, SC (GSP) airport. Contact Kris before scheduling flights to or from GSP. Please pack a small carry-on bag with a change of clothes, tennis shoes, and a bathing suit in case luggage is delayed.

Gordon Strayhorn is our travel coordinator; please give his name as the person who will be arranging your child’s airport pick-up. **All children 14 and under are required by the airlines to fly unaccompanied minors.** Please prepay unaccompanied minor fees directly to the airline when you purchase your ticket and complete the necessary forms. **Please note that US Air does not allow unaccompanied minors on connecting flights.**

Checklist for a Great Opening Day!

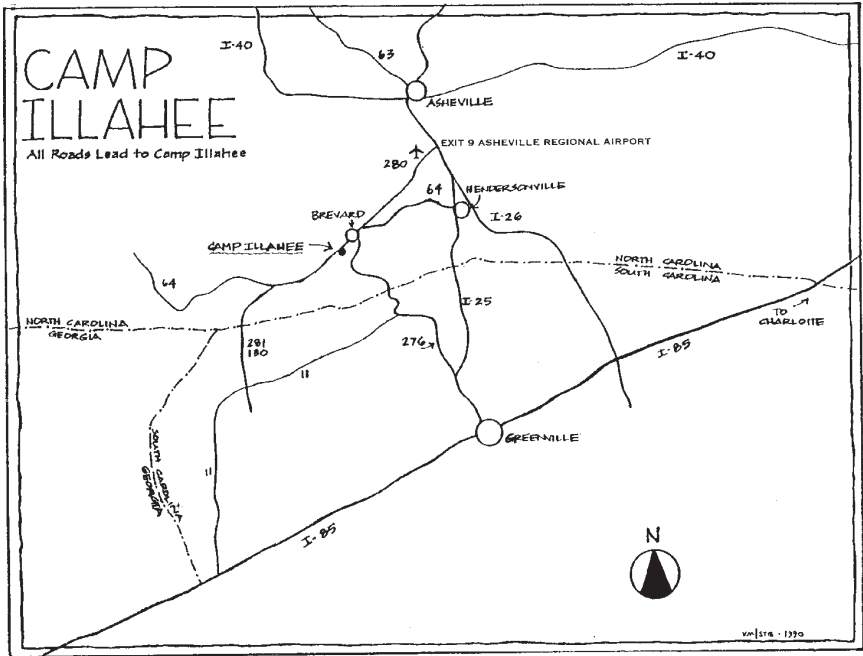
- Read Parent Handbook carefully.
- Review packing suggestions on page 7 or on our website.
- Inform family and friends of Illahee’s **No Package Policy.**

- ❑ Be sure that the health information form has been mailed to camp and that activity selections and all other camper information have been submitted online by April 15th.
- ❑ Please email laurie@campillahee.com or call her with any issues or concerns. For the well-being of your daughter and the community, please do not bring her into camp with a fever or stomach virus symptoms.
- ❑ Bring medications with you in the original container and turn them into the nurses at the Wishing Well indicating dispensing frequency. (See list of over-the-counter medications stocked in our health center on page 13 of this handbook).
- ❑ If flying home, please turn in ticket and unaccompanied minor forms at the office. Please prepay unaccompanied minor fee and complete forms.
- ❑ Schedule arrival between 10:00 and noon. Closing day departure is between 9:30 and 11:30 am.
- ❑ Please review lice information on our website at www.campillahee.com/documents/headlice.pdf and check your daughter's head carefully. If your daughter or a sibling has been treated for lice within two months of the session, please share that information with the nurses, and/or directors.

Directions to Camp

From the Atlanta area: Take I-85 North to SC state line. Take exit 1 (SC Visitor's Center) and turn left onto Hwy 11. Follow Hwy 11 (about 32 miles) to a Marathon Station on the left. Turn left beside Marathon station onto N. Little River Road. Follow N. Little River Road until it dead-ends at Hwy 130 (Whitewater Falls Road). Turn left onto Hwy 130, which becomes Hwy 281 at the NC state line. Follow Hwy 281 to Hwy 64E and turn right. Follow Hwy 64E (about 15-18 miles) to Illahee Road (approximately 2 miles after Hwy 64 widens to four lanes). Turn right onto Illahee Road. Travel 1/2 mile to the camp entrance on the right.

From Asheville: From I-40, take I-26 S/E (Hendersonville/ Spartanburg exit). Take exit 40 (Brevard/Asheville Regional Airport/Arden) and turn right from the I-26 exit ramp onto Hwy 280W. Follow Hwy 280W past the airport to Brevard (approximately 15 miles). Hwy 280 becomes Hwy 64W. Continue straight through Brevard on Hwy 64W. After you pass SavMor grocery store, turn left at the top of the hill onto Illahee Road. Travel 1/2 mile to the camp entrance on the right.



From Spartanburg: Take I-26 West to Hendersonville, NC. Exit 49B/Hwy 64W through Hendersonville. Follow Hwy 64W for about 18 miles; at the stoplight before the entrance to Pisgah Forest, turn left following Hwy 64W. Continue straight through Brevard on Hwy 64W. After you pass SavMore grocery store, turn left at the top of the hill onto Illahee Road. Travel 1/2 mile to the camp entrance on the right.

For more information, go to our website: <http://www.campillahee.com/planning/directions.php>

What to Pack for Camp (Junior Campers, please refer to italics for quantity or items not applicable. If there are no italics, the item is still recommended.)

CLOTHING

- 10 pair underwear (6)
- 10 pair socks (6)
- 1 Illahee white uniform shirt w/tie (ordered through camp) (NA)
- 1 pair white shorts for Sundays (NA)
- 10 shirts (6)
- 8 shorts (6)

- 2-3 pair jeans (1-2)
- 1 red or blue shirt for “Capture the Flag” (NA)
- 2-3 bathing suits (1 piece preferred) (1-2)
- warm sweater, jacket, or sweatshirt
- warm pajamas or nightgown
- bathrobe and slippers
- 1 raincoat

SHOES

- 2-3 pair tennis shoes (1-2)
- 1 pair rain boots/duck shoes
- flip flops, Texas, crocs for shower shoes
- riding boots or hard-soled shoe with 1/2” heel if taking riding

PERSONAL ITEMS

- toothbrush and toothpaste and floss
- shampoo
- soap/soap dish
- deodorant
- lotion/cream
- comb/brush
- hairbands
- sunscreen and lip ointment
- pump bug spray with up to 30% deet

MISCELLANEOUS

- pillow w/2 pillowcases (sheets/towels/blankets are provided) (1)
- Lightweight synthetic 30 degree sleeping bag (NA)
- flashlight/batteries
- stationery and stamps (store in zip-loc bags)
- pens or pencils
- 1 laundry bag
- riding helmet (camp will provide if you do not have one)
- bookbag with padded (not string) straps
- water bottle (can order thru camp)
- Bible/ books

OPTIONAL

- tennis racquet/field hockey /lacrosse stick
- shin guards/mouth guard/cleats for soccer/field hockey
- camera
- sunglasses
- extra pair of glasses/contact lenses

- swim goggles, earplugs, and nose plugs
- playing cards
- outfits for camp dance/evening programs/skits
- “Crazy Creek” chair highly recommended (can order thru camp)
- long sleeve Capilene/polypro top for kayakers/climbers/ backpackers
- hat
- shower caddy

Laundry/Clothing

Clothing should be functional and durable for camp. Please be sure that attire is modest and in good taste and that bra straps and tummies are covered. Please don't send valuable clothing. Laundry is done once a week and is sorted and washed by cabin group. **Put your daughter's name on everything!** Mabel's Labels can be helpful. To order, visit <http://camp.mabel.ca>. Campers should bring a pillow and pillowcases, but camp will provide sheets (changed weekly), towels and blankets. (Donated bath towels are always appreciated). Campers may bring their own sheets if preferred, but need to have enough sets for the session, as they are unable to be washed with camp laundry.

Digital Images/ Social Media

We approach the use of the internet and the posting of digital images with care, especially with regard to images that are taken by campers while at camp living in close quarters. We expect campers to take only wholesome pictures at camp and reserve the right to scroll through images and delete any that we deem inappropriate or embarrassing to other campers or staff members. **To protect other campers and their privacy, campers may not post any photos or video on YouTube, Facebook, Twitter or other social media sites. Use of the Camp Illahee name should only be used by camp itself. It is the parent's responsibility to monitor their camper's Facebook page or other social media as well as any camper and counselor friendships outside of the camp session.**

Electronic Devices/Ipods (Changed policy for 2012)

Camp is a great time to enjoy community interaction in a wholesome setting. Please do not send headphones, iPods, wireless or other WiFi enabled devices such as Kindles, laptops, Gameboys, cell phones or cameras with internet-uploading capability. Cabin counselors will have iPods with music that is appropriate for everyone's enjoyment available in the cabin and community. If brought to camp, these items will be gathered and returned on closing day. Camp is a great retreat from media, and a time to unplug and enjoy the people, natural setting and surrounding community. Please support our policy of being “unplugged” by not sending your daughter with these electronic items.

Trunks/Shipping

Soft-sided trunks are recommended as they are easier to handle and store. We especially like the pop up soft trunk available at www.everythingsummercamp.com. Please limit your daughter's baggage to a duffel and one standard size trunk, soft-sided trunk, or plastic container no larger than 32" wide and 15" high. Trunks may be brought to camp in your car, sent on the plane, or shipped by UPS, FedEx or other courier service to **Camp Illahee, 500 Illahee Road, Brevard, NC 28712**. Check with the airlines if you are shipping by plane. Please place a Camp Illahee trunk sticker, which can be downloaded and printed from the website, on your child's trunk to help us identify it if flying. Trunks may be carried home in the car, sent on a flight, or shipped home as indicated in your travel information. The cost of shipping will be charged to your camper's Ship Store account.

Spending Money/Valuables

Campers do not need to bring cash to camp; anything needed or purchased will be charged to their Ship's Store account. In keeping with our camp policy, valuable jewelry, CD collections, iPods and electronic toys or games, should be left at home; the camp cannot be held responsible for lost items.

Ship's Store

The "Ship's Store" is our camp store where campers may purchase necessary items such as soap, flashlights, stationery, and stamps. Campers may also purchase Camp Illahee items such as pens, bumper stickers, water bottles or healthy snacks. Parents will have an opportunity to pre-order and pay for items that will be distributed on opening day. Pre-order items can be viewed on our website at: <http://campillahee.com/store/storedescriptions.php>. The Ship's Store will be open on each opening and closing day for parents to visit. In addition to pre-ordered items, the following deposits need to be sent for your daughter's "Ship's Store" account before camp starts: \$75.00 for the two-week session, \$85.00 for the three-week session, and \$100.00 for the four-week session. There is no deposit for the Junior session. We will mail refunds or send an invoice as well as a list of purchases after closing day for amounts over the sum of \$5.00.

Candy/Soft Drinks

Please do not send food or candy with your child to camp. We have plenty of healthy snacks and great desserts at Illahee! Additionally campers enjoy a soft drink from the Ship's Store each week and candy bars served at bag supper.

Cabin Groups

Camp Illahee cabins are arranged in three “hills.” The youngest campers live on Hillbrook, then Heigh Ho, and the oldest on Pineview. Cabin groups are assigned by grade and age level. Requests for cabin mates can be emailed through the camper information link and can be honored if both campers are in the same grade level and there are no conflicting requests. We try not to place more than two campers from the same school and city in a cabin. Careful consideration will be given to each request; however, the final decision rests with the directors. Requests must be made at least two weeks prior to the camp session.

Daily Schedule

7:45	Wake-up bell
8:30	Breakfast
9:15	Rise-n-Shine
9:45	First Activity Period
10:45	Second Activity Period
11:45	Third Activity Period
1:00	Lunch
2:00	Rest Hour
3:00	Ship’s Store
3:15	Choice Period
4:10	Fourth Activity Period
5:05	Fifth Activity Period
6:15	Dinner
7:30	Evening Program
9:30	Taps
10:00	Taps – Pineview (June/July)

Junior Camp Daily Schedule

7:45	Wake-up bell
8:15	Breakfast
9:00	Song Time
9:45 - 12:35	Activity Periods (3)
12:45	Lunch
1:30	Rest Time in Cabins
2:40 - 5:50	Activity Periods (3)
6:00	Dinner
7:00	Evening Program
9:00	Bedtime

Sunday Activities/Uniform

On Sundays, campers enjoy a buffet breakfast that includes freshly delivered Krispy Kreme donuts and the chance to wear their pajamas to the dining hall. After cabin activity time, the camp gathers for a Christian worship service in the Woodland Chapel. The service, planned and carried out by counselors and campers, combines songs, readings, and an inspirational story or message. Transportation to early Mass for Catholic campers who choose to attend is provided. Sunday afternoon activities involve the entire community in friendly and fun events such as the Olympics or the Swim Show.

The Sunday uniform is an Illahee tradition consisting of a white Illahee shirt and blue tie, which may be purchased from camp and worn with the camper's white shorts. The girls will be fitted with uniform tops and receive their pre-ordered items after parents depart on opening day afternoon. Uniforms may be ordered on the camper information link with the Ship Store pre-order. (The five-day Junior Campers are not required to have a uniform.)

Visitation

The Illahee program provides a terrific opportunity for campers to gain the self-reliance, self-confidence, and independence important to a young girl's development. Visits from parents and friends can interrupt the camp program and interfere with the camper's adjustment to camp. We highly recommend that parents visit camp on opening and closing days to meet the staff and view the camp facility. At other times during the camp session there is no visitation by camper friends and families. The day between sessions are busy planning days and are not convenient times for visits.

Medical Information

In our efforts to provide a happy, healthy, and safe experience for your daughter, it is important that the Health Information form is returned to us prior to your daughter's arrival at camp. Our camp medical staff depends on this information on a daily basis as well as in an emergency situation. **Your camper cannot be allowed to remain at camp without the signed and completed health form.**

- Health forms must be completed and signed within 6 months of camp by a licensed medical physician. A new physical may not be necessary. Most physicians will sign and update the form if they have seen the camper within the past year.

- Camp medical staff is available on opening and closing days and by phone to discuss any medical concerns. In the event that a child arrives at camp with a fever or stomach virus, she may need to leave camp until it subsides in order to allow her to start camp in a positive way and to protect the close camp community.
- All medication brought to camp must be in original bottles with a legible prescription, dosage instructions and the name of the prescribing physician. Medication must be dispensed based on prescribing physician's instructions. Please talk with directors before altering regular medications, such as ADHD medication or other regularly scheduled prescription medications prior to camp. It is usually best not to make changes prior to camp.
- Campers are not allowed to keep any medications in their cabins. ALL medications (with the exception of inhalers for asthmatics and prescription dermatological creams) including tylenol and vitamins must be kept in the health center.

The health center is stocked with the following over-the-counter medications, and treatment procedures from our camp physician will dictate their use: Motrin and Tylenol (fever and pain reducer), Benedryl (anti-itch), Zyrtec (anti-histamine), Neosporin (topical antibiotic), Hydrocortizone cream (topical anti-itch), Tums (gas relief), Miralax (constipation/fiber supplement), Sudafed (decongestant), Mucinex/Delsym (cough suppressant), swimmer's ear medicine and throat/cough lozenges. Epinephrine (used for anaphylaxis) is available for emergency first-aid treatment.

Illahee has registered nurses on staff, and a local pediatrician is available to consult and see campers in his office. Parents will be notified by phone if a camper visits the doctor's office, spends the night in the health center, or has recurring visits to the medical staff.

Screening campers for lice as well as other health concerns is a routine part of opening day. Though uncommon, children with lice must be treated prior to joining their cabin group. While not a health risk, lice pose a huge inconvenience. It is critical to check your daughter's head prior to camp and to be sure to treat any lice or nits prior to coming to camp. Please let us know if she or a sibling has been treated within two months of camp. You will find detailed information on our website at www.campillahee.com/documents/headlice.pdf.

Doctor Visits/Pharmacy

If it is necessary for a camper to visit the doctor's office and/or receive prescribed medications, parents will be notified and billed accordingly. If the doctor's office

or pharmacy is unable to submit claims directly to your insurance company, we will forward receipts for your use in filing insurance claims.

Personal Camper Information

Often months pass between the application process and the opening of camp. If something has occurred in your child's life that may affect her experience at camp, it is important to make the directors aware of it. Please know that all information is handled in confidence and in the best interest of your child. Be sure to inform us of a learning difficulty, ADHD, a bed-wetting problem, or loss or major change in the family so that we can be more prepared to meet your daughter's needs. Information can be provided on the online camper information form or via telephone or email to one of the directors.

Dining Hall

Our campers are served three well-balanced meals a day, along with snacks at various times. Our kitchen staff provides choices for vegetarians and is happy to work with campers who have special dietary needs. Please communicate any food allergies, dietary restrictions or special needs to us before camp begins.

Birthdays at Camp

We make an extra effort to ensure that a camp birthday is a special day. Birthdays are celebrated with songs for the "birthday queen" and she and her cabinmates and friends share a birthday cake after lunch. We recommend celebrating with gifts prior to or after camp. Leaving a small gift at the camp office on opening day for us to give to the birthday girl is also an option.

Mail/Packages

A highlight of every camper's day is checking the mailboxes for mail. Everyone at camp welcomes letters and postcards. Please do not enclose candy, gum or other items with cards or letters as they will be removed by the office staff. Managing packages is time consuming and cumbersome for the office.

PLEASE DO NOT SEND GIFTS OR CARE PACKAGES TO YOUR CAMPER!

This includes magazines and oversized envelopes. We work to enforce the policy in a fair and consistent way. Packages promote an unhealthy atmosphere of competition at camp. We have a **NO PACKAGE POLICY**. Please inform family and friends of our no package policy and remind them not to send food or gum. **CARE PACKAGES ARE RETURNED TO THE SENDER.** We are happy to provide your daughter with any forgotten necessities while she is at camp.

E-mail/Website Updates

Our website www.campillahee.com offers the most up-to-date Camp Illahee information. During the session you will enjoy the daily news and photos, which allow you to be more familiar with your daughter's camp experience. You may also send one-way emails, which are printed and placed in your daughter's mailbox. A nominal charge for this service helps offset our technology costs and is billed to your camper's Ship Store account. To access the daily updates, log on to www.campillahee.com Each family has its own login and password. From our homepage, click on the My Illahee link at the top right ,enter your username: your camper's first initial and last name in one string (lower case) and your password: your home phone number (numbers only, no dashes).

Telephone/Fax

Illahee campers are not allowed to use the telephone except in the event of an emergency. We strongly encourage written communication as a way for campers and families to keep in touch. Illahee's fax number is (828) 883-8738. Please limit the use of this fax number to business purposes.

Homesickness

Homesickness is a normal part of adjusting to camp! In fact, it is healthy for a camper to relate to the home setting with strong emotions. The new camp environment, making friends, and a natural longing for the familiar make moments of homesickness happen for nearly everyone.

Occasionally, in an effort to ease pre-camp "butterflies," a family member will suggest that if a child is not happy at camp, a call home or early pick-up will be arranged. **Please do not make this mistake!** Although expressed with the best intentions, it is not helpful for the camper, and makes adjusting to camp more difficult. We suggest positive family discussions about expectations for camp, making new friends and trying new activities, as well as acknowledging that missing home is okay. Positive family support gives your daughter the tools she needs to make the camp transition a successful and valuable growth experience.

Some other suggestions to help prepare your child for positive camp adjustment:

- heighten your daughter's interest by pointing out some of the exciting things about camp—activities, special events, new friends...
- introduce your child to others in your community who will be attending camp...

- familiarize yourself and your daughter with the camp environment and daily routine...
- prepare your child to care for herself—have her spend a weekend with a friend or a relative, help with the packing, learn to make her bed, set the table...
- speak openly of homesickness before camp—once your daughter understands that homesickness is natural, she may accept it with less anxiety...
- express your confidence in her ability to enjoy camp...

Once at camp, some symptoms of homesickness may occur over the first few days, often during rest hour or at bedtime. Usually with a few conversations and the security of a loving counselor, new friends and activities, the homesickness dissipates. Experiencing and processing those feelings offers tremendous opportunities for growth.

If you receive a “homesick letter”, remember that letter-writing time is during rest hour and your daughter’s thoughts naturally return to you and home during quiet times. The first letter your daughter writes may say “I hate camp, the food is awful, I don’t have any friends, come get me now!” We know this is a difficult letter for a parent to receive, but please do not panic. Chances are that by the time you receive the letter, your child has forgotten about writing it. A letter of encouragement is the best response; ask about activities, friends, counselors, campfires, etc., and set a positive tone. Let your child know you have confidence in her ability to adjust to the situation and that camp staff members are there to assist. Please call the office or email laurie@campillahee.com if you are concerned, and she will be happy to discuss the situation and determine the best course of action. Working through these feelings is one of the most valuable benefits of the camp experience. We want your child to have a successful camp experience!

Coming Early/Leaving Late

Due to the importance of staff training and the limited preparation time between sessions, it is inconvenient for campers to arrive before opening day or to stay at camp after the session ends. In order to enjoy camp fully, it is important for campers to arrive on opening day and depart on closing day.

Departure from Camp

The last days of camp encompass many events, which culminate in our Final Night Banquet and Campfire, on the last Thursday evening. These ceremonies are designed to help each camper evaluate and appreciate all that she has accomplished at camp. They also bring closure to the entire camp experience; therefore, we strongly discourage campers from departing before closing day.

Arrange to pick your daughter up between 9:30 a.m. and 11:30 on Friday. When you arrive at camp, you may go to your daughter's cabin and check her out through her counselor. Please make sure your child has all of her belongings.

Be prepared for a variety of emotions; most likely your child will be overjoyed to see you, yet sad about leaving her friends. For a first-time camper, these conflicting feelings can be especially confusing. It might help to remind your daughter that she can stay in touch with her friends and will see them next summer.

Cancellation Policy

If cancellation is necessary, the deposit, less a \$100 processing fee, is refundable if written notice is received prior to February 1. The deposit is non-refundable for cancellations after February 1. There is no tuition refund made for cancellations after May 1 or if a camper leaves during a camp session.

Places to Stay in Brevard

There are many options for accommodations available in Brevard. A complete listing can be obtained from the Brevard Chamber of Commerce (828) 883-3700 or found on www.visitwaterfalls.com. Nationally recognized chains in Brevard are The Hampton Inn and Holiday Inn Express. Additional hotel chains are near the Asheville airport and Biltmore Park, 30 minutes from camp.

Other Services

Camp supplies /footlockers (800)535-2057	www.everythingsummercamp.com
Diamond Brand outdoor supplies (800) 459-6262	www.diamondbrand.com
R.E.I	www.rei.com
Mabel's Labels	www.mabel.ca

Activity Registration

All campers (with the exception of Junior Session) must pre-register for their activities by completing the on-line survey found at the following link: campillahee.com/activity/activitystart.php. Please complete by April 15th in order to have priority with the activities of your choice.

Campers will receive their activity schedules on Opening Day with five activities for Monday-Wednesday-Friday and five for Tuesday-Thursday-Saturday for a total of 10 activity periods.

Activity Descriptions

Please see the descriptions of activities being offered this summer. *Not all activities are offered each session.* The descriptions also can be found online at campillahee.com/sneak-preview/program.php.

Archery: campers enjoy improving their archery skills and keeping up with their progress as they work through the archery ranks.

Arts and Crafts: campers of all ages will love our new projects which may include jewelry making, basket weaving, copper enameling and paper making.

Basketball: a mixture of drills, fun games, and scrimmages designed to help campers improve their skills on the court.

Campcraft: a great activity for adventurous girls in the outdoors. Orienteering and geocaching, emergency first-aid, fire-building, outdoor cooking, and camping skills will leave participants ready to spend more time in the great outdoors.

Canoeing: campers enjoy the canoe lake and learning different aspects of canoeing through instruction and games. Campers may have the opportunity to try out their skills on a nearby river or lake.

Ceramics: through various projects campers will learn techniques to increase their skills in hand-building, wheel throwing and glazing.

Cooking: favorite camp recipes are shared and practiced in cooking classes where girls make camp desserts, salads and rolls.

Dance: campers learn different steps and put them together for a dance routine they perform at the end of the session.

Diving: Improving and learning new dives are the focus in diving. Campers must be in Illahee swimming level 5 or above.

Drama (Behind the Scenes): an activity that focuses on improvisational, pantomime, and monologue skills through games and exercises. Stage make-up, set design, and casting techniques help campers explore the world of theater.

Drama (Production): campers work on acting techniques while interpreting roles in a musical theater production which they perform at the end of the session.

Faith and Fellowship: for campers entering eighth-eleventh grades; offers a time to be mentored by a camp counselor and to share with peers in a fun and relaxed small group setting. Faith and fellowship is a new Illahee activity giving girls time to explore Christian teachings and God's love in their daily lives at camp and at home.

Fiber Arts: campers explore fiber arts through lap looms, inkle looms and floor looms as well as other weaving and fiber projects.

Field Hockey and Lacrosse: includes basic instruction with development of both field hockey and lacrosse skills through drills and games **for entering sixth graders and up.**

Fitness for Fun: a fun activity to develop strength, cardio-vascular fitness and coordination through games and exercises. **Recommended for campers through 6th grade.**

Fitness for Life/Aerobics: develop strength and cardiovascular fitness through strenuous aerobics including step aerobics and the Illahee circuit. **Recommended for campers in 7th grade and above.**

Gymnastics: campers move at their own pace developing strength and flexibility through tumbling skills and working on the balance beam.

The Hannah Ford Farm: a new Illahee activity offered as a double activity (two periods-three days per week); campers are transported to Illahee’s nearby French Broad outpost to take part in hiking and traditional farm activities. (Note that there will be other sign up opportunities to visit the farm during camp for girls who would prefer a field trip rather than having the farm a scheduled activity.)

Nature: hands on exploration of the natural world around camp. Small animals, hikes, nature crafts, and field trips to the Pisgah Wildlife Center for Education are all part of the nature program. Turtle tracking and critter hunts are new highlights to nature.

Puppetry: campers make their own puppets, props, and scenery and perform a puppet show for the end of the session. Offered for Mini and August sessions only.

Riding: camp riders enjoy hunt seat instruction in three mounted lessons per week. Any camper may take riding; helmets are provided, but each camper must bring her own pair of boots with at least a half-inch heel and long pants. Hiking boots with lug soles are neither safe nor appropriate. For additional ground lessons, see “Horsing Around”. Please estimate your daughter’s riding level on the activity form. She will be assigned to lessons accordingly after classification at camp.

Horsemanship: a course for advanced riders offered during two consecutive class periods either 3 or 6 days per week (depending on group size) during the June and July sessions for campers entering 6th grade or older. Campers are involved with the total process of the horse experience; learning about riding, horse care, training, etc. Girls need to be able to do some jumping. **Final class selection will be subject to the equestrian director’s evaluation during the first few days of the session.** Helmets are provided, but campers need to bring breeches, paddock boots, and tall boots if possible. Girls in horsemanship are not eligible for additional periods of riding instruction unless there is space after the session has opened.

Horsing Around: a great class for any level rider interested in building skills and working through the Illahee riding levels. During these unmounted lessons campers learn about feeding, grooming, veterinary care, and other areas of horse management. A camper may sign up for both Horsing Around and Riding.

Vaulting: a form of gymnastics on horseback; campers learn balance, grace, and teamwork as they perform gymnastic moves first on a stationary mount and later at a walk and trot. Breeches and/or leggings are the most comfortable attire, but are not necessary. Boots are not needed. A camper may sign up for both vaulting and riding.

Riflery: an Illahee favorite, riflery emphasizes gun safety as girls improve their shooting skills using air rifles and .17s and earn riflery association awards.

Sew Unique: create your own unique projects learning a variety of useful stitches and techniques.

Soccer: a popular sport with campers who enjoy scrimmages and drills to help them improve their game.

Swimming: this activity follows the American Red Cross program and is designed to improve stroke proficiency, build endurance and confidence in the water, and teach basic aquatic safety skills. **Campers are required to participate in instructional swimming until they complete Illahee's Level 6 course or the equivalent.** Swimming level descriptions are in the forms section of the Illahee website: campillahee.com/activity/arc.php. Please send a copy of certification to camp if Level 6 is completed at another facility. (The YMCA equivalent to ARC Level 6 is Flying Fish.) Returning Illahee campers will have the last swimming level they passed noted on the cover letter. If you are not sure of your daughter's level, an estimate is fine; campers are classified within the first few days of class. All new campers should sign up for swimming or send a copy of their level of certification if they have completed Level 6 skills or equivalent.

Splash: for those campers who love the Illahee waterfront! Splash is a period of free swim and water games with a chance to enjoy the water slide and the Tarzan rope. Note that Splash is often a choice period option offered on a daily sign up basis as well.

Synchronized Swimming: a traditional favorite; campers learn water ballet and a swim routine which is the highlight of the camp swim show. Campers must have passed the Illahee Level 5 or equivalent.

Sports Unlimited: a fun combination of team sports and field games such as ultimate frisbee, flag football, and kickball.

Tennis: tennis skills and confidence are increased through individual instruction, fun drills, and games. Camp tournaments are a highlight in the June and July sessions.

Trips Training: for campers entering sixth grades and up, an introduction to kayaking on the lake, climbing instruction on the climbing wall and tower, and outdoor cooking and camping skills. Trips out of camp are offered as skills increase.

Trips Climbing: for campers entering eighth - eleventh grades; campers will participate in fun and instructional rock climbing trips out of camp for three days each week (campers' other activity choices meet on alternate days). Campers in Trips Climbing are unable to take horsemanship, which meets daily and conflicts with the climbing schedule.

Trips Kayaking: for campers entering eighth - eleventh grades; campers will participate in fun and instructional kayaking trips out of camp for three days each week (campers' other activity choices meet on the alternate days). Campers must be an Illahee level 5 swimmer or above in order to take Trips Kayaking. Campers in Trips Kayaking are unable to take horsemanship, which meets daily and conflicts with the kayaking schedule.

Trips Hiking: for campers entering eighth - eleventh grades; campers will participate in fun and challenging day hikes out of camp for three days each week (campers' other activity choices meet on the alternate days). Campers in Trips Hiking are unable to take horsemanship, which meets daily and conflicts with the trips schedule.

Watercolor: watercolor is a great way for campers to learn painting techniques and to enjoy expressing themselves creatively.

Woodworking: campers design and build projects such as birdhouses, jewelry boxes, and wooden baskets as they learn basic woodworking skills; **for entering 7th graders and up (entering 6th grade in August session).**

Junior Session Activities

During the Junior Session, campers rotate with their cabin group and a counselor through 20 activities such as horseback riding, swimming, arts and crafts, canoeing, nature, and team sports. On Thursday, each camper chooses her favorite activities for her last full camp day. Evening program includes camp highlights such as Airband, swim party, campfire and a trip to Sliding Rock. There will be no need to register for these activities online.

Overnights and Day trips

Camp Illahee is in a beautiful part of Western North Carolina, and a wonderful part of the camp experience is going out of camp on trips. From sign up day hikes to area trails and waterfalls, to field trips to the farm and Pisgah Forest, to evening trips to sliding rock with their hill, campers enjoy seeing more of the surrounding area. All campers go on a cabin overnight with their hill to Kuykendal, the Hannah Ford Farm or to another suitable group site camping area. Overnights typically depart before dinner and return for breakfast the next morning and offer the chance to cookout, enjoy a campfire and to sleep outdoors under tarps, tents or on a clear night, under the stars.

The Best Summer Ever!

At Illahee we are committed to taking exceptional care of your daughter so that she will have the best camp experience possible. We will continue to update you through email in the spring and with the daily website photos and updates during the summer. We have outlined many policies to ensure that this happens, **BUT** camp is mainly about having **FUN**, and we can't wait to have your daughter with us this summer!

Application Process for 2013

Please refer to our website for the 2013 dates/rates, to be posted by May 1st, 2012.

Applications will be mailed first class on August 6th to current campers along with waiting list, cancellations, and prospect families.

1. 2012 returning campers are guaranteed a spot in the same session if the application is received by September 15. Returning campers who wish to change sessions will receive first priority and will be enrolled on a first come - first served basis as space allows. **If changing sessions, PLEASE DO NOT WAIT UNTIL SEPTEMBER 15.**
2. Applications from the waiting list, siblings of current campers, daughters of alums, or former campers received before September 15, will have second priority and will be enrolled as space allows.

3. New, first time applications received before September 15 will be held in the order received. New applicants will be enrolled after 2012 campers and second priority (waiting list, cancellations, daughters of alums, siblings of current campers, and former campers) have been accepted as space allows.
4. Applications may be sent overnight via Federal Express, UPS, or other courier to Camp Illahee, 500 Illahee Road, Brevard, NC 28712. Applications cannot be accepted via fax, e-mail, or telephone. Applications should be returned as soon as possible.
5. All applications received after September 15 will be enrolled, as space allows, in the order in which they are received. Many of camp sessions fill to capacity once the new applicants are enrolled. It is important not to miss the deadline in order to secure a place in camp for 2013.
6. Please note: registration is not complete without both the application and the deposit. All accounts must be settled with no outstanding balance from the 2012 session in order to complete enrollment.
7. Please remember to inform camp if your mailing address, email address, or telephone number change.

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