

2023 Girls Camp Schedule Breakdown- Typical Day

<p>Polar Bear Call (7:50)</p>	<p>This is an optional activity for campers and staff. At approximately 7:45/7:50 am, you will hear someone give the polar bear call (“Polar Bear!!! Polar Bear!!! We’re going to Lake Michigan for a dip, dip dip dip dip dip dip! Dip, dip dip dip dip, DIP DIP DIP! Come on all you polar bears!”). At this time, campers and staff will put on their swimsuits, grab their towels, and head to the beach. Cabin leaders- it is your responsibility to coordinate with surrounding cabins so there is a mix of staff walking with campers to the beach and all campers staying behind are supervised. This should come in two conversations- the night before and in the morning. Tell your cabin where you will be (beach or cabin), and which cabin leader(s) they should report to if they are not with you.</p> <p>Example: Lydia is going to the beach. She will tell her campers at least twice that she is going to polar bear for anyone who wants to join her. Meanwhile, Elizabeth is staying behind. Lydia’s cabin will know that if they need anything, they should find Elizabeth. Elizabeth should also pop over in the morning to check in on campers. Any campers in Elizabeth’s cabin that want to participate in polar bear can walk over with Lydia.</p> <p>Please feel free to also utilize LITs and program specialists during this time! If several cabin leaders are heading to the beach, have an LIT or PS come to supervise your bay. LITs/PS can also head to the beach! 😊</p> <p>At the beach, there will be lifeguards stationed. They will check kids in and out based on the list that they get of swimmers and non-swimmers and keep track of who attends. Once there is a good-sized group the lifeguard will have the campers line up and will say, “Polar Bears – let me hear you roar!” and the participants respond with “Polar Bear, Polar Bear, rah, rah, rah, Polar Bear, Polar Bear, ha ha ha.” After the chant, all the campers run into the lake. Some campers will dive in and go underwater, others will just run in.</p> <p>To become a member of the Polar Bear Club at the end of the summer you must polar bear every day you are at camp that Polar Bear is offered (no Polar Bear on Sleep In days), except for you get 1 skip per week. Non-swimmers can be in the Polar Bear club if they go down to cheer for their cabin instead of getting in. Polar Bear Club members receive a Polar Bear Shirt at Awards Assembly at the end of their session.</p> <p>It might be a good idea to have your whole cabin go together the first day so they can see what it is like, and then let them choose if they want to continue. If your cabin seems really into making every polar bear you can make it a cabin goal, but this is a challenge by choice activity so if there are campers not into it do not shame them into participating.</p>
<p>Rising Bell / Cabin Inspection (8:00)</p>	<p>While some campers are at the beach, other campers should start getting up and ready for the day. Cabin leaders should be working together to supervise the bathrooms (BIFFS- Bathroom in the Friendly Forest) and cabins. In an ideal world, we can get as many showering as possible at this time so that campers who return from polar bear can get ready. Campers need to be dressed and ready to go for their morning activities as much as possible. There is some camper free time after breakfast, but we want to limit the amount of kids trying to get ready at this time. If a camper needs a swimsuit or long pants for their first interest group, have them wear that first thing. They will be able to change after lunch.</p> <p>Coordinate with your age group leaders, LITs, and program specialists to help the getting ready process go smoothly. You will want a few people stationed at the bathrooms keeping kids moving, and people in/near cabins.</p>

	<p>Cabins also need to clean up according to the cabin inspection checklists. The goal is to have everyone in your cabin participate in the cleaning of the cabin as part of serving their community and feeling ownership over their space. Many campers may not know how to do these chores, and you will need to create a positive and encouraging environment for them to learn. You may be shocked how many campers do not know how to sweep- at all ages! Do not shame these campers- you never know the circumstances that have prevented them from learning this life skill. It is never appropriate to tease campers about their cleaning skills. “Clean” is also a subjective term- that is why we have the checklists. Help your campers understand what each part of the list means and model what it should look like. One way to engage campers in this is to have a purposefully messy cabin leader area and allow them to “help” you clean it up to make it look nice. Often a chore wheel that rotates which camper is assigned to which clean up task is made by the leader to help facilitate involvement of all campers.</p> <p>Most importantly, cabin inspection creates a peaceful living environment for our campers. It also helps campers feel a sense of ownership, responsibility, and community for their space. Lastly as final motivation, cabin inspection points go toward the Quad Cup.</p> <p>Cabin inspections will be done by secret staff members each day. As you leave for Morning Stretch, the inspectors will enter each cabin and score your cabin. Please make sure your campers know that someone will be coming into your cabin, but they will not touch their things. The inspector will just look over the checklist. Campers may be very sensitive to the idea of someone they don’t know coming into the cabin and touching their things.</p>
<p>Morning Stretch (8:30)</p>	<p>Campers and staff will gather by quad in the Hollow (the area outside the Eating Lodge) for Morning Stretch. Morning stretch will be facilitated by a coordinator, but led by a cabin group. Cabins leaders will have signed their cabins up to lead Morning Stretch during staff training. When campers/staff arrive, the American flag and LGBTQIA flag will already be raised for campers. The coordinator will start us off by asking each quad to share a Quad Cheer – the quad leaders will help the quad choose a cheer and then the quad will share it. These are followed by a cheer from the leaders and then the LITs. The cabin in charge will start by leading something physical (teach a dance, do some yoga/stretching moves, play Simon Says, etc.). After the physical part concludes, the Quad that is “cruising” (setting the tables for the meals that day), will head into the Eating Lodge to cruise. Eating Lodge responsibilities will be on an assigned rotation.</p> <p>The presenting cabin will then share some inspiring words with the camp based off of the day’s theme. After they share, a reflective song will play over the loud speaker and everyone will go silent for a time of morning reflection. Then everyone will enter the eating lodge in silence for breakfast via “the trickle.” The Director and Coordinators start the “the trickle” by heading in first to the Eating Lodge, often walking with linked arms. The campers will follow – stopping to wash their hands at the hand washing station on the way in.</p>
<p>Breakfast (8:45)</p>	<p>Cabins will sit together at an assigned table. LITs, Program Specialists, Coordinators, CARE team, etc. can all join different tables throughout the summer if there is room. At each meal, there will be a coordinator who is running the meal. They will be on the microphone helping direct cabins through the meal process. They will also lead a silent moment of gratitude before the meals, where campers/staff can pray or just take a moment to reflect before eating. A bell will signify the end of the moment of gratitude.</p> <p>Depending on the meal, there will be some component of food program. This may be a demonstration on how to use chopsticks, or a conversation about where our food comes from, or a discussion on composting. Your role as cabin leaders is to help keep your campers engaged during this time.</p>

	<p>During the meal, each table will designate a “hopper”. This person will be responsible for getting food and bringing it to the table. Meals are served “family style” which means there are platters of food at each table for people to serve themselves from that are passed around the table. It is asked that everyone initially only takes enough food so that the platters can make it all the way around the table. The person who takes the last portion of food should ask if the table would like it refilled. If yes, they can enter the serving area and ask Food Program staff for a refill.</p> <p>During Breakfast there is the “Breakfast Bar” that is in the center of the Eating Lodge. This has self-serve items like cereal, oatmeal, and yogurt. There is also a fruit bowl and sandwich station that is always available. Campers and staff should wait to go to the breakfast bar or fruit bowl, etc. until their hopper has returned, and the food has been passed around their whole table.</p> <p>The coffee and tea stations are for staff only – campers may have water, orange juice, or milk at meals.</p> <p>Near the end of the meal, the coordinator leading the meal will give a 5 minute warning. Once that 5 minutes is up, we do something called the “exchange” (when we do this, everyone crosses their arms in an X shape). The hopper will take any serving bowls of uneaten food back to the kitchen on the black tray. While they are doing that, the rest of the table is scraping and stacking- sorting leftover food and trash into the landfill and compost piles and gathering up empty dishes. When the hopper returns with the black tray, the table will load up the rest of their stuff and the hopper will empty the piles into the two buckets near the kitchen and take the dishes to Dishland.</p> <p>After the meal, one quad will be assigned to “Dishland” and help with dishes in the kitchen. Another quad will be assigned to Eating Area (sometimes called ELo) which is cleaning the eating area- wiping tables, sweeping, etc. This will leave one quad OFF for the day 😊</p>
<p>Leader Meeting (10:00)</p>	<p>After breakfast, cabin leaders, LITs, coordinators, and most Program Specialists will meet in the Upper Lodge for a leader meeting. At this time, we will go over the schedule for the day, any updates for activities, and check in with each other. We will ask for “hot spots”, which are areas of tension that need to be addressed before it develops into a full blown problem. We will also celebrate moments of joy from the past days.</p> <p>During this time, campers are finishing their breakfast duties (Dishland or Eating Area). They can go back to their cabin to check their inspection score/finish getting ready, but again- we want to limit this. Campers will come in in a hurry and trash your freshly cleaned cabin, which is a bummer, plus they are unsupervised, which is not great. Campers can play games, work on friendship bracelets, hang out in the Hollow, etc. There will be volunteers and the CARE team supervising during this time.</p>
<p>Community Time (10:30)</p>	<p>After the leader meeting, you will gather your cabin and meet up for community time. This is a time for cabin bonding and to focus on some social-emotional learning with our campers. The idea behind this is to have discussions and teach skills to help campers feel equipped to face challenges both in and out of camp. You will do both more discussion-based sessions and activity sessions to bond with your campers and experience camp. You will typically join with your partner cabin for this time, and occasionally may meet as an age group.</p> <p>On discussion days, you, your partner leader, and all your campers will sit in a circle. You will lead the group through some guided questions and conversation based on relevant</p>

	<p>topics. You will be provided with ideas for topics and questions, but you are also free to choose your own based on what you see happening with your campers. This is also a great format to dissect any issues that may be going on in your cabin, modeling some conflict resolution and healthy communication. If it is your partner leader’s day off, you may lead the discussion on your own. You will have more training on this during staff week.</p> <p>On activity days, your cabin and partner cabin may be participating in a camp activity together such as low ropes, waterfront, or special activity prepared by your coordinator.</p>
<p>Interest Group 1 (11:30)</p>	<p>Campers will be dismissed to their first interest group. You will be provided with a list of your campers, their interest groups, and where each group is meeting. Make sure each camper knows where they are going and how to get there. If they can find a buddy to walk with that is preferred. Once they have arrived at their interest group, the leader for that group will check them in.</p> <p>As cabin leaders, you will also be leading your own interest groups. Once your campers have been dismissed, you need to get to your meeting site as quickly as possible to collect your campers. Each cabin leader will have a list of who should be showing up to their class and who their cabin leader is, in case someone doesn’t show. Make sure you take attendance and then you will begin your class as soon as possible.</p> <p>At the end of class, make sure your area is cleaned up and then walk your group to the Eating Lodge. Remember to see if you have anyone cruising for lunch and try to get them there on time- the non-cruising campers can hang out near the lodge for a few minutes before.</p>
<p>Cruisers (12:15)</p>	<p>One quad will be assigned to cruising each day. This involves setting up the plates, cups, and silverware at each table and preparing for the meal. Cabin leaders in those quads should be participating.</p>
<p>Lunch (12:30)</p>	<p>Lunch will run pretty much the same as breakfast. One quad will be assigned to Dishland after, and other will be assigned to ELo clean up. During lunch is when campers can do “funsies.” Funsies are little chants, song challenges, etc. lead by or started by a table. To start a funsie, your table bangs on the table for a few seconds and then yells your funsie. There are max 3 funsies per lunch. Birthdays do not count toward funsies, but try to combine birthdays into one funsie (Happy Birthday Hailey and Kendall!) Some examples of funsies are:</p> <ul style="list-style-type: none"> • Song Challenge – challenge another table or group of people to sing a song – we do not call out individuals (Sing us a song, cabin 17, sing us a song! *clap clap*) • Shake your booty (Table 12 – shake your booty (no way!) shake your booty! (ok!) (jump, shake your booty, jump jump, shake your booty, jump shake your booty, jump jump, shake your booty) • Barnacles – everyone pretends to be a barnacle by clinging to the outer walls of the eating lodge – someone yells “TIDAL WAVE” and every returns to their seat • Create your own! – make up your own funsies and share with the tables surrounding you before you do it for the whole Eating Lodge • Happy Trails – sang before trip groups leave to go on their adventure. Started by the table banging and “We’ll miss you *insert in trip group*!” Everyone gathers around the table of the trip group that is departing and sings Happy Trails. • Founder Hearts – everyone makes a big circle and sings Founder Hearts • Birthdays – bang on table and yell HAPPY BIRTHDAY *PERSON* - everyone then gathers around that table and sings Happy Birthday. Then the person gets to run round the tables- everyone lines around the Eating Lodge making a tunnel and the birthday person runs through the tunnel while folks chants “round the tables you

	<p>must go, you must go, you must go, round the tables you must go, round the tables you must go, it's your birthday"</p>
Rest Hour (1:30)	<p>After lunch, take any bathroom breaks and walk your campers to your cabin. The expectations for rest hour is that each camper is flat on their own bed and quiet. They can nap (preferred), read a book, write letters, stare at the wall, whatever quiet activity that they come up with. It is very important that the cabin remain quiet at this time, because this rest period is critical for many campers to enjoy camp. The first few days this will be much harder to enforce, so plan to be a lot tougher until they get the routine/expectation down (or get too tired to fight it). If you are too lax at the beginning, the rest of your time will be a struggle. You also need this time to relax- you do not want this to be a fight every single day.</p> <p>You will also want to make sure campers are prepared for their afternoon activities. If they need a swimsuit for either of their afternoon interest groups, it needs to be on under their clothes now. They will not have time to change later. Same thing if they need long pants or closed toe shoes- have them wear it now.</p>
Assembly/Quad Meetings (2:30)	<p>This is a chance for us to wake up the kids and get them re-energized for the day! LITs are responsible for planning and presenting Assemblies. This is typically like a Miniwanca TV show- they may share the weather, news from camp/the outside world, and do some silly skits.</p> <p>Cabins are divided into 4 quads- Draws, Dunes, Ridges, and Trails. Each quad has a color associated with it and are mixed ages. There will be different competitions throughout the session that award points to Quads, leading up to the Quad Cup near the end of the session. During Quad Cup, it will be a ton of games and challenges and girls camp quads will partner up with their corresponding boys camp quad.</p> <p>At the first assembly, someone will go over the expectations of quads and we will have a fun announcement of which cabins belong to which quads. They will also explain the role of quad leaders, which is a special position for our AVAIL campers. AVAIL cabin leaders, the AVAIL coordinator, and Bethany will all help identify campers to serve as quad leaders. AVAIL campers are the only ones not assigned to quads based on their cabin.</p> <p>On about the 2nd or 3rd day of camp, we will have a big quad leader reveal where campers will learn who their quad leaders are. This is a big celebration to really honor the campers who have been chosen and inspire younger campers to want to lead as they get older.</p> <p>AVAIL campers who arrive the 2nd week will be added as quad leaders, as there are more campers to help lead during weeks 2 & 3. We will repeat the quad leader reveal by adding them into the mix.</p> <p>4Trails campers will also be assigned to a quad for when they are in camp, but they are not eligible for Quad Leader. They may also be split up amongst the 4 quads rather than by trip group.</p>
Interest Group 2 (3:15)	<p>At the end of Assembly or Quad Meetings, LIT's will call out interest groups and the leaders for that group (example: Everyone who is signed up for Dungeons & Dragons is going with Maddie!) and that leader will take the campers to the meeting location once they have everyone. Some afternoon interest groups are a double block (take up both IG 2 and 3).</p> <p>IG Leaders need to make sure they have their attendance sheet with them to check campers off!</p>

	At the end of the period, clean up your area and take your group to the porch of the eating lodge for Snack Time.
Snack Time (4:15)	Snack time takes place on the porch of the eating lodge. You will bring your campers or meet there if you did not have a group 2 nd period. Campers will eat snacks, and then we will have them meet up with their 3 rd period leader in a similar manner to after Assembly/Quad time. LITs will call out leader names and direct campers to you. Again, make sure you have your attendance sheet with you to check campers in! Campers who are at the boat house / Stony Waterfront for both IG's will eat snack at the boat house.
Interest Group 3 (4:30)	At the end of the period, clean up your area and bring your campers to the Hollow to be reunited with their cabin leader for free time.
Free Time (5:30)	<p>Campers MUST check in with their cabin leader before free time. As a cabin leader, you can choose what this looks like. If you want to have all your campers gather for a quick cabin cheer before releasing them, that is fine. If you just want to station yourself somewhere until each one individually checks in with you, that is fine too.</p> <p>During this free time, campers can go to the beach, play games, dance, work on bracelets, etc. Cabins do not have to stay together during this time but coordinate with other cabin leaders as best you can to know where your campers are. For example, if 1 or 2 of your campers are going swimming, have them touch base with another cabin leader who is heading to the beach. This does not need to be formal supervision, especially because there will be lifeguards, but just have open communication about where your campers are and also give them a cabin leader to check in with should something go wrong. Campers should not be hanging out in their cabins alone. If your whole group wants to go to the cabin to chill, that is fine if you are with them.</p> <p>Staff should be involved in programming at this time. Do not congregate into a large staff circle and hang out with each other. Look for campers to engage with- especially campers that are looking left out or lost.</p>
Cruisers (5:45)	One quad will be assigned to cruising each day. This involves setting up the plates, cups, and silverware at each table and preparing for the meal. Cabin leaders in those quads should be participating. This will be the most challenging to make sure campers show up on time for cruising, so remind them and involve your older campers in getting everyone from the quad to cruising duties on time.
Dinner (6:00)	Dinner will run pretty much the same as other meals. One quad will be assigned to Dishland after, and other will be assigned to ELO clean up.
SOAP (7:15)	SOAP stands for Serving Others And Planet and is a camp-wide chore time. Quads will be assigned different duties such as.... picking up balls, toys, etc. in the hollow, sweeping the upper lodge, picking up trash along the trails.
Nights Doings (7:45)	This is an all-camp activity (and sometimes cross-camp activity with the Boys Camp) every night. It will change in location and format, but is typically a game, special event, or activity like a dance. All campers and available staff will gather to participate. Occasionally staff members will have an assigned role for the evening (manning a station, playing a character)

	<p>but you will know about that by the morning at the LATEST- typically sooner. Your job otherwise is to engage as many campers as possible.</p> <p>Some campers will not be as into certain activities. Rather than allowing them to sit out completely, find ways to engage them into the game within their comfort zone. Once a few people are sitting out, other kids who would have otherwise participated will trickle out and remove themselves from programming. Instead you can team up with a camper and run around as one “giant” or make sure they understand the rules. Avoid bribing them to participate and help them find the joy in the activity.</p>
<p>Evening Reflection (9:00)</p>	<p>Unless it is raining, we will meet at the flag pole directly after Nights Doings for Evening Reflection. Cabins will gather with their leader and then quietly walk down to the beach, where Evening Reflection is usually held, unless there is rain or the waves are too loud. Cabins should sit together during evening reflection. Cabins will sign up/be assigned different evenings to lead the reflection. The goal of this part of the day is to provide some inspiration and food for thought. Campers/staff can share a quote, sing songs, read a poem, share a short, appropriate, personal story, etc. It is best if there is a unifying theme that everyone is sharing about (I.e., being a good friend, respect, gratitude)</p> <p>It is very important that you find time to practice for this beforehand and preview what your campers plan on sharing. We are NOT trying to move everyone to tears and this is not the place for campers to share their personal testimony of whatever has happened to them in their life.</p> <p>Example: On the theme of being a good friend, a camper could share something like “last year at school I had someone who wasn’t listening to me and always made every situation about them. It was really difficult to be their friend. I really like that at camp everyone cares about me and makes me feel important”. What we DON’T want is someone sharing lots of personal details about the situation or anything that might make younger/other campers uncomfortable such as “There was this girl and I thought she was my friend but she slept with my boyfriend/girlfriend at a party and it was devastating”. Remind campers that we have an audience that includes 8 year olds who have not even completed third grade yet! The evening reflection needs to be rated G.</p> <p>That being said, this can and should still be a meaningful time. Even our youngest campers are capable of reflection and community. Practicing with your cabin will help this go smoothly. You can also encourage them to think hard about what message they want to share. We don’t want this to be awkward and superficial. Many of your campers will be anxious about talking in front of people, so practicing and supporting them will help! Many of them have never done this before but it is a really important life skill that we can help develop.</p>
<p>Bed Time Prep (9:30)</p>	<p>Most likely, this is where homesickness will hit hard. Try to create a special routine with your cabin to prevent this as much as possible. Keep everyone busy getting ready, singing songs, whatever you need to do. Then gather everyone on their beds and have cabin time- it can be reading/telling a bedtime story, playing lullabies, whatever you feel fits best. If there is a camper who gets ready really quickly and is sitting on their bed bored and waiting, they will start missing home. Keep everyone engaged as long as you can.</p> <p>Coordinate with your age group leaders, LITs, care team, coordinator, and program specialists to help the bed time process go smoothly. You will want a few people stationed at the bathrooms keeping kids moving, and people in/near cabins. This is also the time most items get lost. Help your campers be vigilant about their toothbrushes, underwear, and other items.</p>

Many campers have never slept in a cabin/outdoors before. The first few nights, you will want to prepare and reassure campers about some of the noises they might hear as they are sleeping. This includes animal noises (nothing they hear is dangerous- frogs, raccoons, porcupines, owls, birds, crickets), as well as other people's noises! You can make this fun and ask if anyone has someone at home that snores really loud or has ever heard someone fart in their sleep (it happens). You just want to be careful that this doesn't open the door for teasing others who may snore or fart during the night- it should be more accepting of the noises and helping people feel comfortable.

Go over the plan for what happens if they wake up during the night and need to go to the bathroom. Remind them that they can wake you up if they need to. If you are a heavy sleeper, make sure you give them some tricks that help wake you up, or assure them that they can shake you really hard or whatever they need to do to wake you up. It is REALLY scary for a kid who wakes up scared and then feels like they can't wake up the one adult figure they have. They will probably be nervous/embarrassed to wake you up anyway, so this will just add to their stress. **You would much rather them wake you up for something small than have the camper decide to take matters into their own hands and leave the cabin and end up lost.**

Your age group coordinator will come and check in your cabin each night to make sure everyone is present and all is well.