



# AYF CAMP

## PARENT SURVIVAL GUIDE

A COMPLETE GUIDE TO AYF SUMMER CAMP FOR PARENTS

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# INTRODUCTION

## ***AS A PARENT YOU'RE EMBARKING ON A SUMMER CAMP EXPERIENCE, TOO...***

Welcome to the AYF Camp Parent Survival Guide! We know that sending your kids to camp for a week is as much of an event for you as it is for your campers, so in this guide we hope to answer all your questions and help you give your children the tools they will need to have a successful and memorable week at AYF Camp. We aim to offer your children one of the best weeks of their summer (and honestly, their whole year), which we imagine is your goal for their time at camp as well. So let's get down to it!

## ***WHY AYF CAMP?***

Since 1977, AYF Camp has become a home to hundreds of campers who spend time participating in activities, learning about Armenian culture and history, and making friendships that last a lifetime. For over four decades, campers and counselors alike have grown to love AYF Camp, and continue to return to their home away from home. AYF Camp is 11.5 acres of beautiful forestland located in the Angeles National Forest near the city of Wrightwood. The newly renovated cabins, restrooms, and swimming pool create a cozy atmosphere for the youth who attend AYF Camp every summer!

## ***MISSION STATEMENT***

AYF Camp was established to provide an opportunity for Armenian youth living in the diaspora to learn their history, reconnect with their heritage, and foster life-long friendships. Today, the unique program includes social, cultural, and educational activities that promote healthy development and strengthen Armenian identity within our youth.

# PREPARATION

## ***HOW TO PREPARE YOUR CHILD FOR SUCCESS AT CAMP***

If you are reading this guidebook, you are probably considering sending your child to camp for the first time. Rest assured that we spend a lot of time training our staff to deal with children for whom this might be the first experience away from home.

We are very proud of our return rate here at AYF Camp. Over 65% of our campers are returning campers, and a large number of our counselors and staff have also been campers. Everyone who comes back summer after summer has one thing in common: they all started out as first-time campers, themselves.

The next few sections will provide some guidelines for how to prepare your children (first-timers and returning campers) for a successful week at AYF Camp.



# THE “H-WORD”

One of the toughest challenges many parents and campers deal with when approaching summer camp for the first time is the dreaded “**H-Word**”: **homesickness**. Our directors and counselors are well trained in dealing with homesick campers. The goal is always the same - to get them involved in the camp program. A camper who misses home will often try to pull themselves out of an activity. This will only make the problem worse. Sitting and thinking about how much they miss home isn't that fun. What *is* fun is the camp game they're currently NOT playing. We encourage our campers to get involved, meet new people, and remember that we were ALL once first-time campers. Being at camp for a whole week is an accomplishment to be proud of.

It is normal for a first-time camper to be in tears on Monday morning because they miss home. It is also normal for that same camper to be in tears again on the morning they leave, because they had so much fun at camp and don't want it to be over! Our staff works so hard to get the campers involved in the camp program because they have seen the great rewards that come from it.

Here are some suggestions from us to you, to help ease the homesickness.

## ***DOS AND DON'TS***

**Please DON'T** tell your child they can come home whenever they want if they don't like camp. This will always make them feel that there might be something not to like, and as soon as they hit that first level of anxiety that comes from being in a new place with new people, they might want to take that “go-home” option.

**Please DO** tell them what an awesome and fun week they're going to have, and that their success at camp is a great achievement.

**Please DON'T** tell your child that they can call home whenever they want. Cell phones are prohibited (more on that later) and we do not allow children to call home at any point. Our experience and extensive research has shown that homesick campers who call home often go home. No direct contact with the outside world ties into our goal of camp independence.

**Please DO** let them know how proud you are of them, that you will be thinking of them, and that you're interested in what they're doing at camp. Don't go into details about how the dog is crying all day without them, how the cat can't sleep, or how the goldfish will refuse to eat until they return. Feeling as if home misses them too much can accentuate the homesickness.

# THE “H-WORD”

## ***YOUR REVERSE HOMESICKNESS***

We definitely know that a camper’s first (or second, or third for that matter) time away from home can be just as rough on the parent as it is on the camper - sometimes, even more so. In the next section (A Tech Free Camp) we are going to discuss the virtues of our campers being “screen free” and “out of contact.” We know that with cell phones and other tools, parents are more comfortable than ever with their ability to check in - just a quick text to know that everything is going okay and that they arrived at a destination safely. We’ve also observed that not having this ability at camp can be even more unsettling for the parents than for the campers. Do not encourage your child to secretly keep their cell phone so that they can send you updates throughout the day and week; this is strictly prohibited and will result in confiscation or other consequences.

At AYF Camp, our staff is constantly working around the clock to make your child’s experience a fun, safe, and memorable one. While the staff members are running activities non-stop, they are also trying to take as many photos of the campers as they can. As you can imagine, it’s not the easiest to multi-task at camp. Know that as soon as the camp office receives the photos each day, they will be posted on social media for all the anxious parents to see. If new pictures haven’t been posted in a few hours, please remember that the staff is doing their absolute best to find the time to take and send as many pictures as they can. While camp photos are a wonderful way for parents to get a peek into a child’s summer activities, it is not uncommon for parents to scrutinize these pictures. The key is not to focus too much on an individual picture. No child walks around with a constant smile, so don’t panic if they are not smiling in a picture. Our advice to you is to please take the pictures with a grain of salt and always know that the camp staff is watching over your child 24/7. If anything is truly wrong, you will be contacted right away.

Camp is also a chance for parents to have a break from the play dates, cooking, and homework help. It’s also a great time to spend more time with your spouse and friends, or have some one-on-one time with a child still at home. Feel confident that you have taught your child well and everything you instilled in them will stay intact while at camp. Separation from you will give your child confidence and the ability to problem solve without your help.

Again, please know that if any issues arise with your camper, we will contact you as soon as possible. Whether it is a medical issue, a behavioral issue, or anything else, one of our camp directors will get in touch with you right away. Parents have told us that their child’s week at camp taught them as much about independence and time away as it did their camper. **Always remember, NO news is GOOD news!**

# THE EXPERIENCE

## ***A TECH FREE CAMP***

Of the many unique experiences AYF Camp offers, we believe one of the most important ones is spending a week in the forest without technology. When and where else will your children have the opportunity to go seven whole days and nights without interacting with a screen? Cell phones, tablets, and computers are strictly prohibited here at camp. As these devices become more necessary and relied upon, we think the importance of spending time without them at camp becomes more significant as well. It is very important to us that our campers get to make new friends and interact with their Armenian community here at camp on a personal level.

Our directors and staff will not hesitate to confiscate any camper's cell phone that is found throughout the week. Your child will have plenty of time to talk to you after camp to share their stories from the week. We hope you'll agree that this is a valuable benefit of camp now more than ever, and that you'll work with us to ensure that campers do not bring any of these banned devices with them to camp.

It is very important to us that we offer this tech free experience. In recent years, we've had many parents express to us that one of the key reasons they send their children to AYF Camp is to get a taste of what the world is like for a week without their constant modern battery-powered companions.





# THE EXPERIENCE



## ***CABINS AND BUNK MATES***

Parents are often concerned that cabin distribution will result in their camper not being in the same cabin as a friend or relative. We will start off by making it clear that we do not take any prior requests for cabin mates at AYF Camp. There are typically five boys' cabins and five girls' cabins. There can only be up to 10 campers and two counselors per cabin. We cannot add any additional campers to a cabin due to fire code/emergency hazards.

Cabin distributions are done by age (not by grade). A huge part of camp is meeting new people and making new friends. Putting large groups of campers who have known each other previously together in a cabin works against this purpose. If campers are the same age they will most likely be together, and if a group is coming together, they will definitely be with at least one of their friends. We cannot guarantee a large group of friends will be placed in the same cabin. If campers are unhappy with their original cabin assignments, we do our absolute best to accommodate and rearrange cabins so that everyone is happy and has at least one friend with them in their cabin. Please make sure your child knows that if they aren't happy with their cabin assignment, they should voice their opinion and let a counselor know right away so that we can make sure they are moved accordingly and are ready to have a great week.

We have had many campers experience camp with a group of friends, and come back another year or session and experience it alone. Oftentimes, they voice how they made more friends and had more fun having to meet new people. Also, it is important for you to remember and remind your child that we spend most of our camp days outside of the cabin. If a camper happens to not be bunking with a certain friend(s), they will have plenty of chances to spend time with them at meals, color group activities, free time, camp games, and so on. Only about 20% of the week at camp is spent in the cabin with cabin mates compared to the 80% that is spent outside the cabin with the entire group of campers.

# CAMPER BEHAVIOR

It is our expectation that all campers display “camp appropriate behavior.” This includes appropriate language, topics of conversation, and acting according to our camp rules and dress code.

It is very important to us that all campers feel welcomed and accepted and as if they belong. To create and maintain this atmosphere, we take any instances of bullying, teasing, or harassment very seriously. We hope that camp can help all campers learn how to behave with the principles of kindness and respect, and that they can take these principles back to their schools and to the rest of their lives.

If a child’s behavior is continuously disruptive, they may be sent home. Rather than to punish, we strive to alter negative behavior, but a camper who is repeatedly disrespectful or unkind to their cabin mates or to others here at camp will not be tolerated.

While we will make every attempt to make your child’s stay enjoyable, if your child is a disruption to camp, they will be sent home with no refund.

## ***CAMPER RULES***

Follow all directions given by the directors and counselors.

NO weapons allowed (knives, firearms, look-alike weapons)

NO cigarettes, electronic cigarettes, alcoholic beverages, or drugs

NO leaving the campground

NO food or beverages

NO destruction of or stealing another’s property, including the touching of another’s personal belongings without their permission

NO fighting

NO use of foul language

NO vandalizing or destruction of camp property (Parents will be liable for any damage done by their children)

NO writing on camp property (e.g. walls, tables, benches, etc.)

NO shaving cream

NO phones

NO electronic devices (stereos, tablets, iPads, video games, etc.)

NO use of the pool without supervision

Dispose of trash and paper appropriately. You are responsible for the cleanliness of the facilities you are using. The cabins are to be swept and trash is to be emptied daily.

Campers violating any of these rules and regulations can be sent home at the discretion of the director. Parents will be expected to pick up their child should any of these rules be broken.

# CAMPER BEHAVIOR

## ***CAMPER DRESS CODE***

We want your child(ren) to have the best experience possible, so we have developed a dress code to assure that no one will feel offended or uncomfortable during his or her stay.

If campers choose to dress inappropriately, they will be asked to change. By planning ahead and packing appropriately, your child(ren) will save themselves the inconvenience of having to change and will be contributing to a pleasant camp atmosphere.

Please be advised that this dress code will be enforced for all individuals attending the camp, including staff and directors.

- Appropriate shoes, shirts, and shorts or pants are to be worn at all times.
- All clothing must be neat, clean, and acceptable in repair and appearance and must be worn within the bounds of decency and good taste as appropriate for all camp events.
- Items of clothing which expose bare midriffs, bare chests, undergarments (short shorts), or that are transparent (see-through) are prohibited. Tank tops are permitted as long as they cover all parts that cover undergarments.
- Articles of clothing which display profanity, products, or slogans which promote tobacco, alcohol, drugs, sex or are in any other way inappropriate, are prohibited.
- Excessively baggy or tight clothing, and clothing which advertises any gang symbols or affiliation is prohibited.
- Swimming (for all water recreation): men's swimsuits - swim trunks only (No shorts, cut-off pants, or Speedos); women's swimsuits: one-piece suits recommended, however two-piece suits are allowed as long as they are modestly cut. No string, thong, or crochet suits will be allowed.

Common sense in dress will make a better camp experience for everyone. Please note that camper, staff, and director discretion applies to all of the above.

# OUR STAFF



## ***MANAGEMENT BOARD***

The AYF Camp Management Board oversees all administrative work completed by the AYF Camp office, including renovation work, rentals, camp maintenance, and overseeing the summer camp committee, office staff, and their tasks.

## ***SUMMER CAMP COMMITTEE***

The AYF Summer Camp Committee is responsible for the year round preparation it takes to run camp successfully. The committee is comprised of representatives from the AYF Camp Management Board, AYF members, non-AYF members, and former camp staff. The AYF Summer Camp Committee is responsible for all the the materials at camp, and is present on transition days to ensure the transitions between weeks run as smooth as possible.

## ***OFFICE STAFF***

The office handles all administrative tasks related to the summer program. These duties include but are not limited to answering phone calls and emails and assisting in preparation for the summer camp sessions.

## ***CAMP CARETAKER***

AYF Camp has a full time groundskeeper who lives on the property. The caretaker is responsible for the overall maintenance of the campground. During the summer camp program, he is responsible for the trash, cleanliness of bathrooms, and general handywork that may arise.

# OUR STAFF

## ***DIRECTORS***

Each week we are fortunate enough to have at minimum three directors. All of our directors have prior camp experience. These directors are all very acquainted and knowledgeable about the campground and the summer camp agenda. Each director also attends a meeting prior to camp and another one after camp to discuss the agenda, rules, and programs established by the Summer Camp Committee and Management Board.

## ***EMT***

The Infirmary is staffed 24 hours a day by a certified health care professional or EMT. A new EMT will attend camp each week and will reside in the Infirmary providing medical attention as needed. We are also a short distance from local hospitals. Your child's medical information with release and insurance information will be provided to the attending EMT for the week of your child's stay at camp. Parents are responsible for all fees charged for any medications or services prescribed that are not immediately covered by your existing insurance. If for any reason a camper needs to be transported to the hospital, a director and a camp staff member will accompany them on the trip.

AYF Camp is nestled in the beautiful Angeles National Forest amongst tall pine trees, fresh air, and bright starlit skies. Along with the beauty of nature, come the consequences of its landscape, specifically dirt, rocks, and bugs which can cause the occasional bruises, cuts, and bites. Your child will most likely encounter one of these minor abrasions but this is not something the EMT will call home for. These are treated quickly and monitored to ensure they are well taken care of.

## ***COUNSELORS***

Most campers have said that nothing has more of an effect on their camp experience than their counselors. At AYF Camp, we search for caring, compassionate, enthusiastic, energetic, and responsible young people with a passion for the Armenian identity, mentoring children, and a love of the outdoors. Many of our counselors have looked forward to being a staff member at AYF Camp since they were campers, themselves. All must have no higher priority than their camper's physical safety and emotional well-being.

We screen our applicants and conduct in-depth interviews and criminal background checks on all staff that work at AYF Camp to ensure the best possible team of staff for your child.

We provide our staff with a pre-camp orientation weekend, where they are trained in First Aid, CPR, AED, and emergency situation response procedures, along with many different camp scenarios. We aim to have staff who we can trust with the safety of your children, and with whom your children can be proud to call their friends and role models.

# A DAY AT CAMP

## ***PARENT HIGHLIGHTS***

We want to give you a quick overview of a typical day at camp.

We have the philosophy of keeping our campers' days actively filled and always moving, so that down-time is the rare exception to the rule. There is no consistent daily schedule (as we change to allow for different all camp-games and to keep the variety going), but below are most of the things we include every day.

## ***TYPICAL DAILY SCHEDULE***

7:00 - 7:30	Wake-up & Wash-up
7:30 - 7:50	Exercise
7:50 - 8:00	Flagpole/Announcements
8:00 - 9:00	Breakfast
9:00 - 9:30	Cabin Clean up and Evaluation
9:30 - 11:00	Educational
11:00 - 12:30	Red, Blue, Orange Activity
12:30 - 1:30	Lunch
1:30 - 3:30	Free time
3:30 - 5:30	Red, Blue, Orange Competition
5:30 - 6:30	Flagpole/Dinner
6:30 - 7:30	Cabin Discussion
7:30 - 10:00	Evening Activity
10:00 - 10:30	Wash-up & Clean-up
10:30	Lights out
11:00	Counselor/Staff Meeting



## ***WEATHER***

Since we spend most of our time at camp outdoors in the woods, weather is always a factor. If we stopped camp every time there was heat, rain, wind, or some other inconvenience with the weather, we wouldn't have much of a summer left to work with, so we have plans for them all. For heat waves, we limit active activities in the sun while increasing time in the shade and in the pool. Hydration is always important, and we make sure our campers are constantly filling up the water bottles to avoid dehydration.

# FOOD

We have a full and experienced kitchen staff whose goal all summer is to keep our campers (and counselors) well-fed with meals designed to be both delicious and nutritious. This is why we ask you not to send any extra food along with your campers. Our kitchen staff works hard to provide a full and nutritious diet here at camp, and any extra junk food hidden in the camper's luggage works against these goals. Also, we love our wildlife here at camp, as long as the wildlife stays outside the cabin. Food in the cabins almost always results in wildlife coming inside the cabins, where we love them significantly less.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	BAGEL CREAM CHEESE CEREAL MILK	BREAKFAST CRUNCHWRAP HASHBROWN CEREAL MILK	PANCAKES BACON CEREAL MILK	BAGEL CREAM CHEESE CEREAL MILK	FRENCH TOAST BACON CEREAL MILK	BREAKFAST BURRITO HASHBROWN CEREAL MILK	PANCAKES SAUSAGE CEREAL MILK
LUNCH	COLD CUT SANDWICH JUICE FRUIT	HOT DOGS MAC & CHEESE JUICE FRUIT	BEEF TACO SPANISH RICE JUICE FRUIT	BURGERS FRENCH FRIES JUICE FRUIT	CHICKEN STRIPS MASHED POTATOES JUICE FRUIT	LULE KABOB BASMATI RICE SALAD JUICE FRUIT	CORN DOGS TATER TOTS CORN JUICE FRUIT
DINNER	LASAGNA SALAD JUICE FRUIT	HOME MADE PIZZA CAESAR SALAD JUICE FRUIT	LAHMAJOUN CHEESE BOREG SALAD JUICE JELLO	CHICKEN KABOB RICE SALAD JUICE FRUIT	KUFTEH HUMMUS ARMENIAN SALAD JUICE JELLO	SPAGHETTI MEAT SAUCE GARLIC BREAD JUICE FRUIT	CHICKEN FAJITA RICE JUICE FRUIT

*\*MENU IS NOT PERMANENT AND IS SUBJECT TO CHANGE*

Campers enjoy three wholesome meals daily, as well as an evening snack, including but not limited to the list above.

Please note that we will not allow for any food to be brought up to camp under any circumstances. We do not accommodate special diets. If your child has any food allergies please note it in the health information of your child's application.

# HEALTH & SAFETY

## **EMT & INFIRMARY**

The Infirmary is staffed 24 hours a day by a certified EMT (Emergency Medical Technician) or other certified health care professional. A new EMT will attend camp each week and will reside in the Infirmary providing medical attention as needed. We are also a short distance to local hospitals. Your child's health form with release and all insurance information will be provided to the attending EMT for the week of your child's stay at camp. Parents are responsible for all fees charged for any medications or services prescribed that are not immediately covered by your existing insurance. If for any reason a camper needs to be transported to the hospital, a director and a camp staff member will accompany them on the trip.

AYF Camp is nestled in the beautiful Angeles National Forest amongst tall pine trees, fresh air, and bright starlit skies. Along with the beauty of nature come the consequences of its landscape, specifically dirt, rocks, and bugs which can cause the occasional bruises, cuts, and bites. Your child will most likely encounter one of these minor abrasions but this is not something the EMT will call home for. These are treated quickly and monitored to ensure they are well taken care of.

## **MEDICATIONS**

If your child is currently taking any medication that they will need at camp, you will need to turn this into the EMT during drop-off. If your child is taking the bus, they will need to turn in any medication to a counselor, who will in turn give it to the EMT. All medications, both prescribed and over-the-counter (including vitamins), are kept in a locked closet in the camp infirmary. Medications must be in the original container from the pharmacy with clear instructions.

Please make sure to include enough medication for the entire session. Also note that all medications that require injections must be self-administered.

*\* Children should stay home if they have the following symptoms: fever over 100° F, red throat or ear ache, runny nose, watery eyes, constant cough, vomiting, diarrhea, unexplained rash or skin eruption. If your child has been ill with a virus or infection we will require a doctor's release allowing them to attend the summer camp program.*

## **SAFETY AT CAMP**

Activities at camp involve a known and reasonable risk. We do everything we possibly can to make sure AYF Camp is a safe environment for our campers. We screen our applicants and conduct in-depth interviews and criminal background checks on all staff that work at camp to ensure the best possible staff for your child. All staff is trained in First Aid, CPR, AED, and emergency situation response procedures. In addition to this, we use the "buddy system" at camp. This means that anytime campers or counselors go anywhere, they take someone with them. Emergency procedures are written clearly in every single cabin, bathroom, and building, and will be practiced by campers and the staff team if need be.



# REGISTRATION INFORMATION

## ***REQUIREMENTS FOR SUMMER CAMP ATTENDANCE***

AYF Camp accommodates children ages 7-17. Those who choose to attend AYF Camp do not need to be an AYF member or AYF Juniors member. Everyone is welcome to attend our camp!

## ***REGISTRATION***

AYF Camp's registration process is strictly online through our website. Dates for summer camp are usually announced in January and the applications are available online in March. Those who wish to attend summer camp may register when the applications have been made live. We highly recommend that you read all the policies and waivers prior to registration as well as watch our tutorial videos for a smooth registration process.

## ***REFUND POLICY***

All cancellations made from **April 6, 2022 - April 30, 2022** will result in a **full refund**.

All cancellations made between **May 1, 2022** and **May 31, 2022** will result in a **\$200 non-refundable** cancellation fee per session.

**All cancellations made after June 1, 2022 will not be eligible for a refund.** Homesickness does not qualify for a refund nor will we refund if a child is sent home due to behavior problems. Early departure and early pickup from the AYF Summer Camp program will not be refunded. Refunds will not be issued should a camp session be canceled or cut short due to a natural disaster.

April 6, 2022 - April 30, 2022 - Full refund

May 1, 2022 - May 31, 2022 - \$200 Non-Refundable

All Cancellations made after June 1, 2022 - \$0 Refund

# REGISTRATION INFORMATION

## ***WAIT LIST POLICY***

While it is our sincere desire to accommodate all campers, we are limited by the number of beds in each cabin. We do offer a waiting list to fill spots when vacancies occur, and applications are processed in the order they are received. While we cannot guarantee a spot for anyone who signs up for the waitlist, we know that at least some spots open up each week and more campers will be able to attend. The following is our waitlist policy:

- Spots on the Wait List are non-transferable. The wait list is conducted on a first-come, first-serve basis. No exceptions. (This means you cannot cancel your registration and choose to replace the spot with a sibling, friend, etc. OR switch spots between weeks between siblings, friends, etc.)
- If a week is full and you register your camper for a Wait List, you will receive an e-mail confirmation notifying you that your camper is on the Wait List.
- If a spot becomes available, we will contact you by phone and/or e-mail. You will have 24 hours to respond. After that, we will contact the next person on the list. Should you decline your offer it must be in writing via email and you will forfeit your spot permanently.
- The Wait List application does not include a payment page. Should the camper move up from the Wait List, you will receive a phone call confirmation and a manual payment will be taken over the phone, or you will have 24 hours to login and make your payment online.
- No one may replace another's spot on the Wait List.

# REGISTRATION INFORMATION

## ***WHEN TO ARRIVE AT CAMP / CHECK-IN***

Check in time at camp is from 10:30 AM am to 11:30 am on the arrival morning.

Camp staff will be on hand to direct you through the check in process. Please give yourself one hour for this process. You will need to sign your camper into camp, confirm medical information, hand in all medications, purchase any store items, etc.

If for some reason your child needs to leave camp early, please notify the camp in writing prior to the start date of the session. Do this as early as possible to ensure that arrangements can be properly made. It is important to understand that early pick-ups may disrupt a camper's sense of closure at camp.

## ***WHEN TO PICK UP YOUR CHILD / CHECK-OUT***

On the departing day (typically Sunday) of each session, parents may arrive at camp no earlier than 10:30 AM and no later than 11:30 AM to sign their child out of camp, pick up medications, their camp photo, and to look through the lost and found. **We ask that you don't arrive earlier than 10:30 AM, since your children will still be involved in programs until that time.**

We will not allow for early arrivals for parent drop-off or pick-up due to previous sessions that are still taking place. Early parent arrivals will often ruin the completion of the campers summer camp experience. Should you need to pick up your child earlier than the pick up time, you must notify the camp office in writing. Upon arrival, you will need to wait in the parking area in order to not disrupt the camp. Your camper will come to you with their belongings.



# AT CAMP

## ***WHAT TO BRING***

This is one of the most commonly asked questions parents and campers have regarding camp. We have created a very specific packing list of items that we suggest you bring to camp, along with items that we request you do not bring with you. The packing list takes into consideration the length of the camping session. Please carefully consider what you bring as there is no laundry service available at camp.

Please label everything you send to camp. Many campers arrive with new items and may not remember what belongs to them at the end of the week.

Camp is an active place that has many tripping hazards. For this reason, we ask that children wear closed-toe shoes or sandals with heel straps during their stay.

We also ask that your child dresses for success, not to impress. They should bring clothes that they don't mind getting dirty. Campers cannot bring clothes that are too revealing, tight or that host inappropriate slogans/artwork. We want to make camp comfortable for everyone.

Please DO NOT send your child to camp with food. We have a very healthy relationship with the wildlife at camp and do not want this wildlife to visit your child in his/her cabin. Food, including candy, is very difficult to hide at camp due to our well-trained ants so please do not pack it.

Please visit our website for the most up to date packing list.

## ***VISITING YOUR CHILD***

We do not allow parent visits to camp primarily for safety considerations. There are no exceptions.

## ***COMMUNICATION***

As stated before in our "Tech Free Camp" section, we do not allow cell phones for phone calls throughout the week. **Remember, NO News is GOOD news!**

We will, however, be posting photos throughout the week on social media, and all of the photos will be posted on our website once the week has concluded.

We know how much you want to see a photo of your child each and every day, but it is almost an impossible task. Please refer to "Your Reverse Homesickness" for more on this topic.

# LIFE AFTER CAMP

Campers will come home with tales of camp experiences, new Armenian songs they have learned, knowledge they have gained, and new Armenian friends. Many of the activities offered here at camp are also offered on a year round basis through the AYF and AYF Juniors organizations.

“The Armenian Youth Federation (AYF) strives to advance the goals of a free, independent and united Armenia. Toward these ends, the AYF is dedicated to the principles of freedom, democracy, self-determination, economic justice, and social equality. The AYF is committed to the moral, social and intellectual advancement of Armenian youth in order that they may gain a better understanding of themselves. It seeks to accomplish this objective by promoting activities based on its five long standing pillars: political, cultural, educational, athletic, and social.”

“AYF Juniors is a place where the youth build lifelong friendships with their peers and begin to cultivate their knowledge and passion for Armenian history, culture and politics. Most importantly, AYF Juniors empowers the youth with the discipline, confidence and organizational tools to turn their ideas into a reality — skills that will help them excel in any of life’s endeavors.”

If you are interested in finding out more about the AYF or AYF Juniors programs offered in your area, please do not hesitate to contact them.



Armenian Youth Federation - WUSA

Website: [ayfwest.org](http://ayfwest.org)

E-mail: [ayf@ayfwest.org](mailto:ayf@ayfwest.org)

Social Media: [@ayfwest](https://www.instagram.com/ayfwest)

Phone: (818).507.1933



**Juniors**

Armenian Youth Federation Juniors - WUSA

Website: [ayfjuniors.org](http://ayfjuniors.org)

E-mail: [info@ayfjuniors.org](mailto:info@ayfjuniors.org)

Social Media: [@ayfjuniorswest](https://www.instagram.com/ayfjuniorswest)

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