

Camp Kingsmont



1967 - 2010

2010 Parent Handbook

Summer Camp Address:

June 12th - August 17th 2010

Camp Kingsmont
C/O Hampshire College
893 West Street
Amherst, MA 01002
877-FIT-CAMP

Winter Office Address:

(when not at camp)

Camp Kingsmont
1638 1st Place
McLean, VA 22101
Phone: 703-288-0047
Fax: 703-288-0075

www.campkingsmont.com

Email: info@campkingsmont.com

Camp Kingsmont® Parent Handbook

Summer 2010

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General Information

Kingsmont Kids, Inc (dba Camp Kingsmont) is a Massachusetts public charity exempt from federal income tax pursuant to section 501 (c)(3) of the Internal Revenue Code. Camp Kingsmont fully complies with the regulations governing residential summer camps issued by the Massachusetts Department of Public Health and is licensed by the Town of Amherst Board of Health. Camp Kingsmont is fully accredited by the American Camp Association (ACA). Camp Kingsmont operates each summer on the campus of Hampshire College, 893 West Street, Amherst, MA 01002. The toll free phone number is 877-FIT-CAMP (877-348-2267).

Mission Statement

Camp Kingsmont is dedicated to building self-esteem in our campers and staff through weight loss, physical fitness and nutrition education. We teach our campers realistic goal setting and effective decision making. We examine the psychological issues underlying unhealthy weight gain and offer strategies to deal with those issues. We strive to create opportunities for self-expression and leadership. Our mission is to build self-esteem and boost confidence in our campers through a supportive, nurturing and fun filled environment.

Camp Kingsmont Code of Conduct

While under the care of Camp Kingsmont, either at Hampshire College or participating in any off campus event, all campers, counselors and staff are expected to:

- Make camp an enjoyable experience for one another;
- Have a good time at camp;
- Be accepting of others;
- Show respect to all campers, counselors, staff, visitors and their property;
- Be actively involved in all camp activities;
- Be on time for all meals and programmed events; and
- Maintain high standards of cleanliness.

2010 Session Listing

Full 8 Week Session - Sunday June 20 - Saturday August 14

Campers may sign up for a portion of the full eight week session. Options are listed under the dates and rates section of the website

Senior Staff Listing

Meghan Roman Camp Director

Meghan Roman is a former camper and staff member and has been with Kingsmont for more than 10 years. Meghan rose from Counselor to Division leader to Assistant Camp Director over the past 6 years. She supervises and leads all aspects of camp life, developing both a safe and fun community for staff and campers. Meghan is a graduate of George Mason University and earned a Master's in Elementary Education from Marymount University in 2008. She is a sixth grade teacher at Churchill Road Elementary School in McLean, VA. She can be reached at on her camp cell phone at 413-835-5690 or emailed at meghan@campkingsmont.com

Elliot Lyons Assistant Camp Director

Elliot is a former staff member and has been with Kingsmont for 8 years. He has managed to lose and keep off over 70 lbs and is determined to make certain camp is a wonderful, safe place for kids and teens to enjoy their summer and to get in shape. Elliot feels weight loss is a health byproduct that kids and teens enjoy after they get the chance to build confidence, achieve goals and gain some maturity. Elliot can be reached at his camp cell phone at 413-835-5689 or elliot@campkingsmont.com.

Sadie Brumfield Nutrition Director

Sadie Brumfield is a former camper and staff member and has been at Camp Kingsmont for more than 12 years. Sparked by the Kingsmont experience, Sadie graduated with a degree in Human Nutrition at Manchester Metropolitan University in Manchester, England. During her studies Sadie concentrated on child obesity and wrote her senior dissertation on the role family plays in achieving and maintaining healthy weight loss in adolescents. Sadie currently works as a Wellness Coach in Narberth, PA involved with group and individual nutritional education and counseling. Sadie can be reached at 877-FIT-CAMP or sadie@campkingsmont.com.

Daniel Heisler Activities Director

Danny has spent two years with Kingsmont in a variety of positions. This summer he will handle all activities including athletics, sports instruction, go-karts, paintball, equipment and venue readiness. He will also

teach music and conduct music workshops. Danny attended The Ohio State University studying architecture and is currently enrolled at the Art Institute of Washington pursuing a degree in audio production. Danny can be reached at 877-FIT-CAMP or danny@campkingsmont.com.

Michael Roman Administration Director

Michael served as camp director for the past two summers at Kingsmont and was an active member of the Boy Scouts of America for more than 15 years. He co-founded a lease finance company in 1986 which was sold in 2001 to an investment firm. He currently manages a software company, a property management company and another lease finance company. Michael handles all administrative functions for Kingsmont Kids, Inc as well as directs marketing and grant solicitation efforts. Michael can be reached at 877-FIT-CAMP or via e-mail at michael@campkingsmont.com.

Arrival Procedures

- Please have campers check in between 10am and 2pm on intake days (Sundays). The first meal served on each intake day is lunch so please make sure your camper eats breakfast if you plan to arrive early.

- Upon arrival please proceed directly to the office in Emily Dickinson Hall to let us know you have arrived and to make sure all paperwork is complete. There you will receive a check-in checklist which guides you thru the Health Center to your dorm room. You will be met by a counselor for your division.

- Any changes to arrival times, locations or procedures will be directed to families via e-mail or phone calls at least 2 days prior to intake day.

- In order to assure campers, parents, and staff safety during intake, please follow the checklist provided in the office. Ask if you have any questions. There will be staff members all over camp to assist you!

- Please follow the posted traffic guidelines when arriving by car and follow the Camp Kingsmont signs to the office in Emily Dickinson Hall.

- If your camper is getting picked up by the camp at the airport, please make sure to have filled out the Transportation Form to ensure your camper's ride is ready and waiting. Please provide a phone number for your

camper to call to confirm safe arrival upon pick-up. Staff members will be wearing Camp Kingsmont shirts and a smile.

- Camp transportation rules apply all campers picked up in camp vans. Seat belts must be worn at all times. All body parts must be kept inside the vehicle at all times. Keep the noise level low so as not to distract the driver. Do not listen to personal music devices in order to hear direction or instructions from staff members. This is a great time to ask any questions you may have. It's about a 40 minute ride from the Springfield airport so let your staff member know if you have any questions or concerns.

- If your camper is arriving by airplane and is considered an "unaccompanied minor" please call the office the day prior to departure to get the name of the staff member who will be picking up your camper.

Camp Packing Checklist

Please, do not bring more clothing than is necessary for a 10 day period. Laundry service is provided. Each camper is allowed one trunk and one duffel bag, or the equivalent. Air travelers should have a carry on with necessities for 2 days in the event of lost luggage.

If you wish to ship items before your camper arrives, please make certain that delivery is at least 2 days prior to camper's arrival. We will assist in repacking and shipping all belongings. You will be charged for shipping fees.

SUGGESTED CLOTHING:

___(10) T-shirts	___(10) Underwear	___(3) Jeans or Pants	___(5) Pairs shorts
___(2) Pajamas	___(1) Bathrobe	___(14) Pairs Socks	___(2) Sweatshirts
___(1) Sweater	___(2) Bathing Suits	___(2) Pairs Sneakers	___(1) Long-sleeve
___(1) Pair Sandals	___(1) Warm Jacket	___(2) Dressy Outfits	___(2) Nice Shoes
___(1) Rain Jacket	___(1) Rain Shoes	___(1) Umbrella	___(1) Visor/Hat
___(1) Adjustable Belt		___ Outfits for Theme Dances	

LINENS:

___(3) Towels	___(1) Light Blanket	___(2) Twin Sheet Sets
___(2) Wash Cloths	___(1) Pillow	___(1) Sleeping Bag
___(1) Beach Towel	___(2) Pillow Cases	___(1) Egg Crate opt.

OPTIONAL/ADDITIONAL (Rooms are not air conditioned - no a/c units allowed)

- | | | |
|---|---|--|
| <input type="checkbox"/> Fan | <input type="checkbox"/> Plain Soap w/ box | <input type="checkbox"/> Sewing Kit |
| <input type="checkbox"/> ALARM CLOCK | <input type="checkbox"/> Extension Cord | <input type="checkbox"/> Stationary |
| <input type="checkbox"/> Toiletries | <input type="checkbox"/> Bug Repellent | <input type="checkbox"/> Books/Study materials |
| <input type="checkbox"/> Suntan Lotion | <input type="checkbox"/> Flashlight | <input type="checkbox"/> Stamps |
| <input type="checkbox"/> Hangers | <input type="checkbox"/> Toys/Stuffed Animals | <input type="checkbox"/> iPod |
| <input type="checkbox"/> Musical Instrument | <input type="checkbox"/> Journal | <input type="checkbox"/> Pens/Pencils |
| <input type="checkbox"/> Sports Equipment | <input type="checkbox"/> Cell Phone | <input type="checkbox"/> Camera |

Camp Kingsmont is not responsible for any lost, stolen or damaged equipment. If you don't want it to get lost or destroyed, LEAVE IT AT HOME. Cell phones will be kept in the division leader's possession and will only be available for use during scheduled calling times. Personal sporting equipment is only permitted at camp if it is utilized for intended use.

Labels: Be sure to label or write on all of your camper's belongings with their first and last names. See Mabel's Label's flyer if you would like help labeling.

Sunscreen: It is hot and sunny, it just makes sense.

Footwear: Campers will be required to wear appropriate footwear for all activities at all times. Inappropriate footwear, ie. sandals, or bare feet can result in cuts, sprained ankles, and other injuries.

If you have questions about the permissibility of any items, please don't hesitate to contact the office at 877-FIT-CAMP.

Themed Events

During the summer there are a number of "themed events". This year's themes include a black & white dance, oldies night, a Halloween dance, PJ dance, international dance, toga night and the end of year PROM. Please pack your favorite costumes and outfits!

Prohibited Items

The following items are banned from camp and can result in immediate dismissal of campers at any time. Do not pack in luggage, and please refrain from sending in care packages:

Food or Soda; Candy (including sugar free); Weapons; Pets/Animals of any kind; Pornographic Materials; Tobacco Products; Alcohol or Illegal Drugs; Vehicles brought by campers are not accessible during camp sessions -Keys must be turned into the office immediately upon arrival.

ALL OTC AND PRESCRIPTION DRUGS MUST BE DELIVERED TO THE NURSE IMMEDIATELY UPON ARRIVAL

*Camp Kingsmont retains the right to search for any of these illicit items at any time. *

Sugar free gum and sugar free flavored water will be allowed this year. It will be considered a privilege and if gum makes its way to inappropriate locations (under tables, stuck in carpets, hair etc.) it will be taken away. Water can be kept in common room refrigerators and labeled, but camp is not responsible for keeping track of how much and where the water ends up.

Travel Information

If your camper is traveling with documents, money, prescriptions, or other items that should be collected upon arrival for safekeeping please make an itemized list and pack the items and list together (preferably in a sealed envelope).

If your child is flying as an unaccompanied minor, our office staff will call the day before your camper's flight to provide you with the names of the Camp Kingsmont staff who will be meeting your camper at the airport. Campers flying alone or as an unaccompanied minor should proceed to the security checkpoint upon arrival. A Camp Kingsmont staff member, wearing a Camp Kingsmont shirt, will be waiting on the other side of the security checkpoint.

Before departing, please be sure that your camper has the toll-free number for Camp Kingsmont with them: 877-FIT-CAMP (877-348-2267). Be sure your camper knows what to do in case of a problem. Familiarize them with the courtesy phone and direct them to ask airline staff for assistance if needed or if lost.

Directions to Camp (Hampshire College, 893 West St. Amherst, MA 01002)

From points North:

Take Rte. 91 South to exit 20 (Northampton). Turn left at the first traffic light onto Damon Rd. At the next light, turns left and take. Rte. 9 East to Amherst. Go over the

bridge and take a right on to Bay Road. (Look for the Hampshire College sign). Stay on Bay Road for about 3 miles. Take a left onto W. Bay Road (Look for signs for Hampshire College and Eric Carle Museum). Stay on W. Bay Road for about 3 miles. Hampshire College will be on your left. Look for the Camp Kingsmont signs.

From points South:

Take Rte. 91 North to Northampton, MA (Exit 19; Northampton/Amherst, Rte.9). Turn right on Rte.9 East. Go over the bridge and take a right on to Bay Road. (Look for the Hampshire College sign). Stay on Bay Road for about 3 miles. Take a left on to W. Bay Road (Look for signs for Hampshire College and Eric Carle Museum). Stay on W. Bay Road for about 3 miles. Hampshire College will be on your left. Look for the Camp Kingsmont signs.

From points East:

Follow Mass. turnpike (I-90) to Exit 4 (West Springfield/Rte.91). Take Rte.91 North to Exit 19 (Northampton/Amherst, Rte.9). Turn right on Rte.9 East. Go over the bridge and take a right on to Bay Road. (Look for the Hampshire College sign). Stay on Bay Road for about 3 miles. Take a left on to W. Bay Road (Look for signs for Hampshire College and Eric Carle Museum). Stay on W. Bay Road for about 3 miles. Hampshire College will be on your left. Look for the Camp Kingsmont signs.

From points West:

Follow I-90, into Mass. where it becomes the Mass. Turnpike. Take Exit 4 (West Springfield/Rte.91). Take Rte.91 North to Exit 19 (Northampton/Amherst, Rte.9). Turn right on Rte.9 East. Go over the bridge and take a right on to Bay Road. (Look for the Hampshire College sign). Stay on Bay Road for about 3 miles. Take a left on to W. Bay Road (Look for signs for Hampshire College and Eric Carle Museum). Stay on W. Bay Road for about 3 miles. Hampshire College will be on your left. Look for the Camp Kingsmont Sign!

Area Lodging

There are numerous hotels and motels in Hadley, Massachusetts, adjacent to Amherst. While anywhere in the Pioneer Valley can be convenient to Camp Kingsmont, the hotels in Amherst and Northampton are all very close. Use Travelocity.com, expedia.com, orbitz.com or any online hotel booking agents to get great deals.

Hotel Accommodation	Phone	Web Address
<u>Amherst, MA (0-5 miles from camp)</u>		
1886 Todd House	413.259.1700	www.1886toddhouse.com
Allen House Victorian Inn	413.253.5000	www.allenhouse.com
Amherst Bed & Breakfast	413.256.6151	
Amherst Hotel	413.256.8122	
The Birches B&B	413.256.6257	www.bbonline.com/ma/thebirches
Delta Organic Farm B&B	413.253.1893	www.deltaorganicfarm.com
Ivy House	413.549.7554	

Stone House Farm	413.549.4455	www.stonehousefarmbb.com
Sunrise Annex B&B	413.253.2619	
University Lodge	413.256.8111	

Hadley, MA (5-10 miles from camp)

Econo Lodge	413.582.7077	
Hadley Meadow B&B	413.549.1937	www.hadleymeadow.com
Holiday Inn Express	413.582.0002	
Howard Johnson	866.226.6223	
Courtyard Marriott	800.804.6835	
Quality Inn	413.584.9816	
Room with a View B&B	413.549.1674	www.roomwithaviewinhadley.com

Northampton, MA (10-15 miles from camp)

Clarion Hotel	413.586.1211	
Crowne Plaza	877.531.5084	
Hampshire Inn	413.586.6837	
Holiday Inn	877.531.5084	
Hotel Northampton	413.584.3100	www.hotelnorthampton.com
North King Hotel	413.584.8874	
Sugar Maple Trailside Inn	866.416.2753	www.sugar-maple-inn.com
Best Western	413.585.1500	

HEALTH & WELLNESS

Pre-Camp Physical Exams

Camp Kingsmont complies with the Massachusetts Department of Public Health regulations and is licensed by the local Board of Health. These entities and the American Camp Association require that **all staff and campers must have a documented record of a pre-camp physical exam and a completed immunization record on file before being permitted to participate in any camp activities.** The required forms can be found in the welcome packet. Please note that the Mass **CERTIFICATE OF IMMUNIZATION** must be used. The top of page 2 of the four page Health Form 1 should not be completed except for the TB test result. Please complete the TB test section of Form 1 page 2.

Health Center

Medication Dispensing & Camper Evaluation Hours are as follows:
 Breakfast Medications: 7:30am - 9:00am

Lunch Medications: Noon - 1:30pm
Dinner Medications: 5:30pm - 6:30pm
Evening Medications: 8:30am - 9:30pm

A licensed registered nurse will be on duty in the Health Center at all times. The Health Center closes at 10:00pm for regular inquiries and issues but the nurse is on call for urgent after hour and emergency care.

Prescription & Over-the-Counter (OTC) Drugs

All prescription, over-the-counter medications, inhalers used on a daily basis, and all vitamins **must be dropped off and/or checked-in** at the Health Center on the first day of camp. None of these items should be kept in the suites. (Asthma inhalers are the one exception; prescribed, emergency asthma inhalers may stay with your camper after being authorized by the health center). Please be sure to clearly label the inhaler and all medication or vitamins with your child's name. The camp nurse will administer all injections. Written doctor's orders must be submitted for all injection requests, such as hormone therapy, insulin, etc.

Off Campus Medical Services

We will have a licensed registered nurse on campus at all times. The nurse will administer all medications and handle all medical situations.

Routine dental and eye care is available to your camper. If your child needs to visit a specialty doctor for a non-emergency appointment, you will be notified first for approval.

If your child needs to see the camp pediatrician, we will make every attempt to notify you before your child is seen by the doctor. Dr. Katherine Atkinson (29 Cottage St. Amherst, MA 01002. Phone: 413-549-8400 web: <http://www.doctorkate.net/>) is the Health Care Consultant and immediately available doctor for Camp Kingsmont. Her office accepts most insurance.

In urgent cases, campers are taken to UMass Medical Health Services in Amherst, or Cooley Dickinson Hospital in Northampton, MA. For emergency situations, appropriate medical attention will be sought and you will be notified as promptly as possible. Please be thorough when completing the

Emergency Contact Form. Please notify our office and provide temporary contact information if you leave home for a vacation or business trip.

For non-emergency medical services and prescriptions, all costs will be billed to insurance. Co-pays will be taken out of your camper's CSMA. Camp Kingsmont staff will not be responsible for handling health insurance claims or requests for reimbursement.

Emergency room visits and/or hospital stays will be billed directly by the medical provider.

CAMP POLICIES

Session Extensions

Each year many families request that their camper's session be extended. Extension requests are approved based on space availability. All extensions will be charged based on the weekly rate of the total number of weeks at camp. Please refer to the 2010 enrollment form.

Laundry Service

Camp Kingsmont provides weekly laundry service for all campers during the second thru seventh week of camp. All campers will be notified of the pick-up schedule during the first week of camp. Camp Kingsmont will issue a laundry bag upon arrival. A camper must use the bag issued by the camp for laundry services. All clothes and linens should be labeled clearly with the camper's first and last name. Every effort is made by our laundry service team to return clothes promptly, fully dried and folded. Please help us remind campers to empty their pockets before putting their clothes in their laundry bags. Camp Kingsmont assumes no responsibility for lost or damaged clothing items.

Visitors

We ask that you do not visit or speak with your child during their first full week at camp to avoid homesickness. If you should receive a call from your camper, please ask your camper to abide by the set communication rules and wait for their scheduled weekly phone time. We find that structured

communication while at camp is important in making adjustments to their new summer home.

Besides Family Weekend (July 17-18), please refrain from visiting your camper. We find that this distracts them from keeping with our program and hinders the achievements of other campers. If you must visit, we encourage you to limit your desire to take your camper off camp (on days other than Family Weekend). Healthy habits are being formed and the interruption of these processes should be considered. If you must visit your camper, we ask that you provide the office with proper advanced notice of your visit (at least 24 hours), to insure your camper won't be away on a trip. Your understanding and support of this policy is appreciated. The Camp Kingsmont staff is well equipped to handle homesickness.

Campers may be released from camp at any time during their stay only if acceptable arrangements for pickup have been confirmed with the camp office. Camp Kingsmont will release a camper to their parent or the guardian whose signature appears on the registration contract **only**. If someone other than the parent or guardian wishes to pick-up a camper (including a friend or family member) written authorization from the parent or guardian must be on file in the office and the person must show positive identification at the time of pickup.

Staff Gratuities

Families choosing to reward our staff for exceptional service are invited to do so. Counselors supervise your camper's suite. Depending on the size of the suite, two or more suite counselors will be responsible for your camper. Gratuities are not expected by our staff, and there is not a minimum or maximum. Your generosity is appreciated at any level. Because we are frequently asked for guidelines, 4%-6% of your camper's tuition expense is well appreciated by any of our wonderful staff.

COMMUNICATIONS

Front Office

Our administrative offices are located in Emily Dickinson Hall (EDH). During the 2010 summer season, our front office will maintain the following hours:

9:00am - 12:30pm: Open
12:30pm-2:00pm: Closed for lunch
2:00pm-5:30pm: Open
5:30pm-7:00pm: Closed for dinner
7:00am-11:00pm: Messages Taken (phone calls will be returned next day)

Phone Calls / Messages

Long distance phone calls can be made as collect calls or using a long distance phone card from camper suites or by personal cell phones that are in possession by the Division Leaders.

Campers are invited to call home on Sundays. Having one full week without contact allows time for campers to settle in to their new environment and adjust to life at camp. Campers will have regularly scheduled weekly phone times, normally on Sunday. Please be advised that phone calls should be limited to 10 minutes.

In addition to the regular office hours, messages for campers, counselors, and office staff can be left from 7:00pm-11:00pm nightly. While we maintain a busy schedule for campers and counselors, rest assured that messages will be delivered. We will make every attempt to have someone call you back within 24 hours. We ask that messages for campers through the office be limited to that of an urgent or emergency nature. Please provide details to the office staff, so they may be able to assist you better.

Internet

Similar to our phone use policy, campers will have scheduled weekly visits to the computer lab. Every camper will be introduced to and registered on the wonderful web site at www.mypymarid.gov. This will help them count calories and monitor physical activity.

Mail / Packages

The following address should be used for all correspondence, including packages and overnight deliveries: Camp Kingsmont c/o Hampshire College Camper's Name, Div. #, 893 West Street, Amherst, MA 01002.

All incoming mail is distributed to campers daily after lunch. **Note that express overnight packages may take two days to get to your camper.**

Campers sending mail can bring it to line-up, to Emily Dickinson Hall (EDH) or their Division Leader, where it will be brought to the office and sent out daily. Stationery, pens and stamps may be purchased from our camp store. Please do not send your camper any packages with food, candy (including sugar-free varieties), diet drinks, or other consumables. Not only do these items create distraction and temptation for your camper, they also attract insects and rodents. "Care packages" that contain games, puzzles, toys, books, CD's and magazines, are strongly encouraged. These items are always well received by campers and are especially appreciated on rainy days.

We also offer Bunk1.com services that will allow you and your family to send e-mails daily to your camper. While they can receive these "bunk notes" daily they can only send "bunk replies" on Tuesdays and Fridays. Bunk notes will be printed out ONCE daily at noon and passed out after lunch at mail call. Please keep your messages motivational and upbeat! More information about Bunk1.com services can be found online and in the welcome packet.

CAMP ACTIVITIES & EVENTS

Sample Daily Schedule

7:30am Morning Line Up	3:55pm Afternoon Snack
8:00am Breakfast	4:00pm Clubs (Camper Choice)
9:00am Clean up	5:30pm Clean Up
9:45am Line-up/Stretching	6:00pm Dinner
10:00am Period One	7:00pm Shower Time
11:00am Period Two	8:00pm Evening Activity
12:00pm Period Three	9:00pm Evening Snack
1:00pm Lunch	10:30pm Lights Out
1:45pm Rest Hour	
3:00pm Period Four	

Daily Activities

Each day campers have the opportunity to play a number of sports and learn new athletic skills. At Camp Kingsmont, we pride ourselves on fostering a healthy environment where all skill levels can participate in a sport. There is

no reason for campers to fear a sport or activity that is new to them. Our loving and supportive staff is here to teach them the necessary skills. Additional opportunities are provided in leagues and tournaments for those who want to play their chosen sport competitively.

Evening Activities

Our programming staff has put together an energetic and eclectic mix of evening activities for this summer. Campers will experience a wide variety of events, from talent shows to scavenger hunts. Evening activities are listed on the camp calendar.

Special Events

From time to time there will be special events and guest artists coming to the Hampshire College campus, exclusively for Camp Kingsmont campers. These events include our annual Carnival, various game shows and live bands for some of the dances.

Trips

At various times throughout the summer, we will board busses to head out for an adventure! Our all-camp trips are always a big hit, with destinations including Six Flags New England, fireworks, the movies, bowling, roller skating, laser tag and the ever-popular lake trips.

In addition to our all-camp trips, we have put together a selection of optional trips, such as White Water Rafting, Tournament Paintball and Shop-til-you drop at the mall. A complete description of our optional trips, including pricing and availability follows.

Additional Opportunities

EQUESTRIAN PROGRAM

Camp Kingsmont has once again teamed up with Muddy Brook Farm to add an outstanding Equestrian Program to our list of optional activities. Muddy Brook Farm's Equine Center is conveniently located adjacent to Hampshire College. The Equine Technicians Team has many years of experience designing innovative horsemanship programs.

Our program has been custom designed to merge the principles of Camp Kingsmont with the expertise of Muddy Brook Farms, resulting in a positive environment in which campers can excel. Lucky participants will be exposed to ways of being active and losing fears under the tutelage of patient and understanding instructors in a private, non-threatening and fun-filled environment.

The riding curriculum includes tacking up, mounting and dismounting, reining (steering), the use of the natural aids to control the horse at a walk and trot and rider equitation. In addition to developing their riding skills in the ring and on the trails, campers will learn about barn management, equine anatomy, driving, and preventative care for the animals. Campers will help in the bathing and bandaging of their horses. They will also practice proper grooming and hoof picking techniques and see for themselves why this responsibility is so important.

The Horsemanship Program is limited to **10 campers** per week. Campers should plan on no more than two (2) sessions each week. Each one hour session is \$75.

No experience is necessary for this program. Muddy Brook Farms will supply riding helmets. Campers must wear sturdy, strong footwear (preferably boots) to lessen the chance of injury in the rare event that a horse inadvertently steps on a camper's toe.

Disclaimer: In the event of inclement weather, the staff of Muddy Brook farms will make the final judgment as to whether or not we can ride. We will do our best to make up rained-out rides. Additionally, we will refund any rides that can not be completed or made-up due to foul weather.

PRIVATE LESSONS ARE ALSO AVAILABLE AND MAY BE ARRANGED ON AN INDIVIDUAL BASIS.

Tournament Paintball

Interested campers will board a bus for nearby Chicopee where we will team with the professionals at the Oregon Sportsman's Club for a three (3) hour ultimate paintball tournament. Each session will start with a review of safety

and strategy. Campers and staff are then turned loose in a variety of settings. The club provides all gear and ammo. Each trip is \$85.

Optional Trip List

WHITE WATER RAFTING \$145

Experience the thrill of shooting the rapids with the professionals from Moxie Outdoor Adventures. You'll experience class I and II rapids, engage in water fights and enjoy some swimming. Campers will work as a team navigating some of Massachusetts toughest rapids. The highlight of this adventure is an exciting run through the class III rapids of Zoar Gap!

JULY 6th, 21st and 30th

(max 32 campers each date)

SHOP-TIL-YOU DROP \$35

Spend your morning and afternoon amidst the nearly 200 specialty stores and 6 department stores at the Holyoke Mall in Holyoke Mass. Pick up your crazy and wacky outfits for the themed dances.

JULY 9th and August 6th

(Unlimited # of campers, must be signed up *at least* 3 days prior to trip departure)

Tutoring or Summer School

In the event your camper needs to receive special academic attention during the summer, our staff is well equipped to serve your tutoring needs. Local scholastic support is also available. Please contact our office to discuss your situation in further detail.

Camp Store

The Camp Kingsmont Camp Store is well stocked with all of your camper's favorite Camp Kingsmont mementos. Additionally, we carry a limited amount of toiletries and personal items. The camp store will be open on Opening Day, Family Weekend, Closing Day and various times throughout the week.

Campers may obtain a camp store order form from their Division Leader. We can accommodate most special requests/needs; just have your camper ask.

Camper Spending Money Account (CSMA)

The CSMA is additional funds kept in the main office for campers to take out upon request when they go on all-camp or optional trips. CSMA is also

used to cover the cost of optional trips when not prepaid and for co-pays on doctor visits or for prescription refills. Money can be deposited into the CSMA through CASH or CHECK ONLY.

We recommend that you put \$25 per week into your camper's CSMA. Any money that is not spent will be returned upon camper pickup. The CSMA money goes toward spending money on all-camp and optional trips. Please look at the CSMA form to see the suggested maximum amount each camper will be allowed to take on each trip. Note: No additional money is needed, but campers may want to take personal money for souvenirs or games.

Campers may request money for each trip and will be given cash out of their CSMA in an envelope on the day of the trip.