



Camp Kingsmont
1638 1st Place, McLean, VA 22101
877-FIT-CAMP

**Dear Kingsmont Camper and Family:
2010**

Spring

Thank you for choosing Camp Kingsmont this summer. We look forward to your arrival and a summer of fun and fitness. To date, many of last year's registered campers and more than half the staff are returning to Camp Kingsmont. This is a true testament to the effectiveness of proper nutrition, non-stop fun filled physical activities and the family atmosphere of camp.

Enclosed please find the 2010 Parent Handbook which provides certain information about the upcoming camp season including arrival procedures, packing suggestions, a list of prohibited items, health and wellness procedures, office hours, camper and staff communications and a description of available activities, among other things. We encourage you to review the handbook in detail. You can also find a wealth of information about camp on our web site at www.campkingsmont.com. Also enclosed is the 2010 Summer Calendar.

There are several forms which must be completed and sent to us in advance of your arrival. Please return the completed forms to us before the end of May. These include various health and immunization forms, emergency contact information, a transportation form and trip and spending money forms, among others. Family weekend is July 17 and 18 and includes a barbeque luncheon on the 17th. We hope as many families as possible will join us for the day and experience camp life.

We will be on site at Hampshire College in Amherst, MA from June 12, 2009 until August 17. Campers first arrive Sunday, June 20 after set-up and staff orientation. We anticipate a camper to staff ratio of three to one which will afford us an excellent opportunity for significant personal interaction. Our camp is dedicated to enhancing self-esteem through the combination of proper nutrition and education, a Connections Program centered on introspection and self-acceptance and rigorous physical activity for all. Our days are meant to be fun filled and exhausting.

On behalf of the 2010 Camp Kingsmont staff, we look forward to seeing you this summer. Should you have any questions or require additional information, please give us a call.

**Meghan E. Roman
Camp Director
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Assistant Camp Director
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