



**Rotations** Lacrosse, Soccer, Archery  
**Afternoon Activities** will include a daily swim lesson, arts & crafts, teambuilding and good old fashion camp games! These activities will give your camper a chance to interact with their peers and counsel-



### Swim Times

5-6 Red 1-1:45pm

7-8 Blue 12:15-1pm

9-10 Green 1-1:45pm

11-12 Yellow 1:45-2:30pm

Academic Electives 1:45-2:30pm

### Academic Electives

Scientist's Apprentice: Please have your camper here by 8:30 so we can be on time! If you arrive after we leave, you will be responsible for getting your camper to the elective site. Please see a counselor for location information.

**TIP: Make sure to label EVERYTHING!!!! We want to make sure that lunchboxes, water bottles, and even clothing makes it back to the right camper!**

July is going to be a busy month! July 7– 11 the Natatorium is home to the USA Swimming's Conoco-Phillips National Championships & World Championship Trials. Campers will get to participate in activities at Nationals and possibly see a few Olympians! Make sure to sign up for Week 6!

### **Counselor Bios**

Jeremy, Red Group AGL— Jeremy joins us for his fourth summer! He is a black belt in squeegee hunting, enjoys playing in his band, and is loving the new fanny pack kits.

Meaghan, Red Group— An IUPUI women's soccer player, is honing her skills with the crowd favorite "everybody chase Meaghan". She is a Harry Potter enthusiast, walks to work everyday, and is considering opening a pipe cleaner art gallery.

Eric S. aka "Tall Eric", Red Group— A senior at IU, Eric joins us this summer with his enthusiasm for sports, Dance Marathons, and the color green.

# What's in your Backpack?

When going to camp, there are some essential items that should be packed with your camper. There are also some items that should NOT be brought to camp.



## To Pack...

- Insulated Lunch Bag with a healthy lunch
- Sunscreen
- Waterbottle
- Change of clothes
- Swimsuit
- Towel
- Goggles (optional)

## Or NOT to Pack

- Electronic devices (IPODs, any type of hand held game)
- Any item that may get lost
- Personal toys
- Gum
- Candy

## First Day Jitters....

When going to any new place for the first time there is Nervousness or "jitters". When going to camp there is nervousness from the camper and the parent. Here are some tips for the first day jitters...

### **Dropping Off**

- Try having your camper go by themselves... sometimes kids are a lot braver than we think
- If your camper is not comfortable going the first day by themselves, make sure to allow extra time for you to come up to camp and meet a few counselors.

### **Counselors**

- New adults may be strange to your camper but by the end of the week all you will hear about is how cool the counselors are!
- Tell your camper that the counselors are there to answer any questions and to help with anything.

### **Fellow Campers**

- Encourage your camper to play with the other kids
- The biggest advice is the "Golden Rule"- respect others and they will respect you.
- If there is a problem with another camper, make sure your camper tells a counselor immediately!

### **For the Parent**

- Let your camper be independent! Their confidence will grow so much if they make some of their own choices.
- Feel free to stop in at camp anytime to have lunch or just check camp out!
- You are their biggest cheerleader, so when your camper may be nervous about trying a new sport or activity: encourage, encourage, encourage!