

CATHOLIC YOUTH ORGANIZATION / CAMP HOWARD

825 NE 20th Avenue, Suite 120, Portland, OR 97232 / Phone: 503-231-9484 / Fax: 503-231-9531

Website: cyocamphoward.org

INFORMATION FOR CYO/MIKE BERGMAN RUNNING CAMP AT CAMP HOWARD

JULY 9th – 11th, 2010

Thank you for choosing **CYO/ Mike Bergman Running Camp**. We look forward to having you with us at Camp Howard.

OPEN HOUSE: Bring your family and friends and come see Camp Howard. Our Open House will be held on Saturday, July 10, from 2:00 p.m. until 5:00 p.m. We encourage everyone to come enjoy a tour of our camp (remember to wear sturdy shoes) meet our staff, see the Camp Store, check out our facilities and get your questions answered. Any tours of camp after Open House are by appointment only.

REGISTRATION:

Participants may only attend if all forms are complete (Registration Form*, Insurance Waiver & Participation Agreement*, and Health Form**) and full payment is received at the CYO/Camp Howard office. All forms are available on our website:

www.cyocamphoward.org.

*** Not needed for online registrations.**

****Please note: Health Forms are due no later than 2 weeks before camp. Your child will need a physical if he/she has not had one within 2 years of the time he/she will be attending camp. Health forms expire one year from the date of the doctor's signature on the form.**

TRANSPORTATION: Please be at the Madeleine by 1:30 pm on Friday, July 9th. Busses will leave the Madeleine at 2:00 pm. Pick up on Sunday the 11th around 5:30 pm. CYO/Camp Howard will be in attendance until all students are picked up.

If someone other than yourself is picking up your child from camp, you must inform the Camp Director in advance, (renew@cyocamphoward.org or call the camp office at 503-695-2972).

Upon arrival at the Madeleine School, please proceed to the designated check-in point, which is located at the south end of the soccer field. After camper check-in is accomplished and luggage is tagged with identification materials, the camper should take their luggage to the luggage van. Camper(s) and parents should move to the south side of Klickitat Street next to the school and await loading of busses. Parents should stay with child at all times until they are loaded onto the bus at which time Camp Howard will assume responsibility of the camper.

Rules to be given to campers before departure:

1. All body parts must remain inside the bus at all times.
2. Everyone stays seated for the entire trip.
3. No screaming or rough housing.
4. All aisles must remain free of bags, pillows, etc.
5. If you have a question or need assistance, please raise your hand.

CATHOLIC YOUTH ORGANIZATION / CAMP HOWARD

825 NE 20th Avenue, Suite 120, Portland, OR 97232 / Phone: 503-231-9484 / Fax: 503-231-9531

Website: cyocamphoward.org

Camp Howard relinquishes responsibility after camp at the point of unloading at Madeleine. Camp Howard staff will remain on site until all campers are picked up at the bus stop.

Directions to Camp Howard:

FROM I-84, take exit 18 (Lewis and Clark State Park) and head south. Turn left onto the Old Columbia Hwy, heading towards Springdale and Corbett. At Springdale stay to the right on Hurlburt Rd, and continue on Hurlburt Rd. until you reach the flashing red light. Turn right on Gordon Creek Rd. When you see the sign (on your left), for Trout Creek Bible Camp, you will be 5 miles from Warriner Rd. When Gordon Creek Rd. makes a sharp right hand turn (15 mph sign), turn left onto Warriner Rd. and proceed 1 mile. Turn right at the big "Camp Howard" sign and go .2 miles down the gravel road. The camp entrance is on the left.

FROM SANDY- Turn from Hwy 26 onto Ten Eyck Rd. proceed north. Go 3.6 miles and take a right onto Bull Run Rd. just past the Roslyn Lake inlet. Continue north on Bull Run Rd. for 2.3 miles. When Bull Run Rd. turns left sharply and becomes Gordon Creek Rd. go straight ahead onto Warriner Rd. for 1.2 miles. Turn right at the big "Camp Howard" sign and go .2 miles down the gravel road. The camp entrance is on the left.

Camp Store & Camp Money:

We have a variety of items the campers can choose from. We have snacks, drinks, water bottles, sunglasses, T-shirts, sweatshirts, hats, stuffed animals, bracelets, flashlights, cameras, and postcards. We have items priced from \$.50 up to \$15.00. Our campers usually bring between \$20.00 and \$50.00. It depends on whether your child wants a larger item or if they just want some snacks. We will collect the campers' money on arrival and keep a running account at the store. Any money left over at the end of the week will be returned to the camper before leaving. Alternatively, if you would rather not send cash with your child, you may open a prepaid account for your child via your on-line account, or by calling the CYO/Camp Howard, Portland office at 503-231-9484.

Emergency Information: In case of an emergency, and you need to notify the camp and/or your child, please call the Portland office (503-231-9484) during our office hours, which are 9:00am – 5:00pm, and you will be helped with your situation

Medical Information: All prescription medication must be in the original containers, properly labeled by a pharmacy, with current dosage information. All over-the-counter medications must be in original containers. Please place all medications in one Ziploc bag with your child's full name written on the bag. Also include written instructions about the medication you are sending to camp with your child. All medications are kept locked in the Health Center and are dispensed with your child's cooperation by our Health Supervisor. Our Health Center is fully stocked with over-the-counter medication so you don't need to send an assortment of medication.

CATHOLIC YOUTH ORGANIZATION / CAMP HOWARD

825 NE 20th Avenue, Suite 120, Portland, OR 97232 / Phone: 503-231-9484 / Fax: 503-231-9531

Website: cyocamphoward.org

Safety: The safety and well being of the campers is our top priority. We have a Health Supervisor on site in addition our staff is CPR and first aid trained. We also have a doctor that is on call in Sandy. All campers are under the supervision of trained staff 24 hours a day. Parents will not be notified if basic first aid is needed. Basic first aid includes but is not limited to bug bites, scratches, slivers, stomachaches, bee stings, headaches, cramps, etc. Parents will be notified if more than basic first aid is needed. This would include, but is not limited to, severe cuts, broken bones, ticks, high fever, sore throat, sprains, etc. If a camper requires medical attention beyond which the camp health services can provide, the camp will make all possible efforts to notify the parents or guardians prior to leaving camp property.

Behavior Expectations: Camp Howard strives to provide a safe Christian community for all campers. Campers that are unwilling to follow the basic camp rules make it difficult for staff to provide this environment for all campers. It is unacceptable for one camper to ruin the experience of other campers. Campers are expected to follow all the rules of Camp Howard or they will be sent home. We will make every effort to work with your child, but if other children are being affected, or if their behavior is putting them or others at risk, then we will send the child home with no refund. Below is the code of conduct for Camp Howard:

1. Respect yourself
2. Respect others
3. Respect the environment
4. Respect the buildings and property of Camp
5. Follow directions
6. Use proper language
7. Discrimination and intimidation will not be tolerated
8. Malicious teasing of another person is unacceptable
9. There is no place at camp for alcohol, drugs, fireworks, knives, sexual activity, which includes holding hands and kissing, etc. Instruments used for target sports are provided by the camp.

Lost and Found: Camp Howard is not responsible for any items that are left at camp. Please label all items with your child's first and last name. All lost and found items are returned to the Portland office approximately 1 week after your child's attendance. Please come to our Portland office to look for your belongings. All lost and found items are kept for two weeks then are donated to charity.

We have included lists of "what to bring" and "what not to bring" on the following page.

CATHOLIC YOUTH ORGANIZATION / CAMP HOWARD

825 NE 20th Avenue, Suite 120, Portland, OR 97232 / Phone: 503-231-9484 / Fax: 503-231-9531

Website: cyocamphoward.org

What NOT to bring:

- No jewelry
- No camisoles, spaghetti strap tops, crop tops
- No short shorts
- No bikini's, tankini's or Speedo's
- No bare midriffs
- No clothing with slogans or symbols of sex, drugs, violence, alcohol or other inappropriate graphics/verbiage
- No cell phones, computer games, iPods, radios, cassette or CD players
- No gum, makeup, hairdryers, curling irons

What to bring:

***Clothing**

Sweatshirt or Light Coat (evening)
Long Pants
T-Shirts
Shorts (inseam of approx. 5")
Swim Suit (no bikini's or tankini's)
Shower Shoes
Running Shoes
Sandals
Pajamas

*(Please label all clothing)

Sleeping Gear

Sleeping Bag
Pillow
Please place sleeping bag and pillow in a garbage bag with your child's name & camp they are attending written on a label on the outside of the bag.

Toiletries

Sun Block
Insect Repellant (Optional)
Deodorant/Soap
Towels (1 pool and 1 shower)
Toothbrush and Toothpaste
Hair Brush
Shampoo/Conditioner

Miscellaneous

Medication
*Camera
Store Money
*Flashlight
*Water Bottle (with name on it)
*Letter writing material

*These items are available at the camp store.

SEE YOU AT CAMP!