



Greetings Campers!

Are you joining us for the first time? Or excited to return?! We are so excited to welcome you all to CAMP ENERGY!

Our theme this year is **GO FOR THE GOAL** to celebrate the [Olympics!](#)

We will pass around the Olympic torch and celebrate each person for who they are. We can't wait to see you shine as you try new activities and foods, make new friends, and share what makes each of you special.

There are so many experiences waiting to be discovered and to be shared. There will be other campers, counselors, and staff waiting to meet you and become your new camp family. This group of people is the [magic](#) of Camp ENERGY.

“The most important thing in the Olympic Games **is not winning but taking part**; the essential thing in life is **not conquering but fighting well.**”

- The founder of the modern Olympics, Baron Pierre de Coubertin

We look forward to seeing you soon!

Energized!

Jerry, Rachel, and the Camp ENERGY Staff



Schedule of Events

“At the end of the day, if I can say I had fun, it was a good day.”
- Olympian Simone Biles

Sunday, August 4, 2024

2:00pm: Arrive at **Camp Victory, 58 Camp Victory Road, Millville, PA 17846**

We ask that parents/guardians participate in the check-in process. You will then have the opportunity to settle your camper in their cabin.

Monday-Friday, August 5-9, 2024

All campers and staff: Wake up, Get ENERGIZED, Rest, Repeat!

Throughout the week we will practice ENERGY balance. You will learn about healthy food choices, eat well, try new things, and participate in fun activities around the Camp Victory campsite with some really great people.

Friday, August 9, 2024

11:00am: All parents/guardians and families arrive for the closing ceremony

11:30am: Lunch and closing ceremony for families, campers, and staff

1:00pm: Campers depart Camp Victory

We strongly encourage families to attend the closing ceremony.
Building a support system is very important to living a healthy lifestyle.
We want to include you on our team!

Contact Info: campenergy@gmail.com

Directors: Jerry Foley, 570-412-1458

Rachel McGarrigle, 570-441-5624

CAMP



Packing List

We will be active and outdoors so dress *comfortably*.

As a *guideline*, here is what we suggest:

Clothing

- | | |
|---|--|
| _____ Shirts (8) | _____ Swimsuit (2) (<i>appropriate for activities</i>) |
| _____ Shorts/pants (4 & at least 1 pair pant) | _____ Underwear/Socks (8) |
| _____ Sweatshirt or light jacket (2) | _____ Pajamas (2) |
| _____ Sneakers (2) (<i>need to be in good shape for physical activities</i>) | |
| _____ Flip flops (<i>to wear to the shower/pool</i>) | |
| _____ One outfit you don't mind getting dirty for the Color Run (<i>the powder is expected to wash out, but don't wear your best</i>) | |

If you'd like to, bring any clothes or accessories for our themes. Optional:

- Monday: Wacky Day! (mismatched clothes, wild prints, crazy accessories, a new hairdo)
- Tuesday: Team Day! (wear your favorite team – school, sports, or any team)
- Wednesday: Rainbow Colors Day! (any colors for our Color Run day)
- Thursday: Olympics! (wear anything related to the USA or another country)

Toiletry Items

- | | |
|-----------------------------|-------------------------|
| _____ Bath towel | _____ Soap, shampoo |
| _____ Swim towel | _____ Comb or brush |
| _____ Washcloth | _____ Deodorant |
| _____ Toothbrush/Toothpaste | _____ Feminine products |

General Items

- | | |
|---|--|
| _____ Sleeping bag or twin-size sheets/blanket | _____ Glasses/Contact Solution |
| _____ Pillow (& case) | _____ Sunscreen |
| _____ Rain gear (poncho/umbrella) | _____ Swim Goggles |
| _____ Hat/Visor/Sunglasses | _____ Bug Spray |
| _____ Laundry Bag | _____ Medications (stored in Med Shed) |
| _____ Favorite sports equipment or musical instrument | |

A few notes...

- Inhalers: Many activities are held outdoors. If you have required an albuterol inhaler in the past year, please bring this inhaler with you.
- **All medications are kept in the med shed and should be in their original pill bottle for proper identification.** If there are multiple medications then you may use a pill box, but bring the pills with the original bottle to check-in so that pills can be properly identified/verified with staff.
- **Cell phones are not allowed** – we want to enjoy a 'disconnected' week.
 - If you choose to bring a cell phone, we will keep them locked away.
- There will be a variety show, if you have a talent, please bring it!
- Please leave music players, jewelry, cell phones, and other valuables at home.



Expectations and Rules of Camp

At Camp ENERGY, we ask that you bring all your GOOD energy to the group. You must have a positive attitude when trying new things and meeting new people.

Campers must obey all Camp ENERGY and Camp Victory rules. Rules will be given on the first day of camp and during various activities.

Some of these rules include:

- Campers will not bring valuable items to camp
 - Campers will leave cell phones and electronics at home
 - Camp ENERGY cannot be responsible for personal possessions
- Campers will not engage in illegal activities (including but not limited to, possession of alcohol, tobacco products, firearms, or any illegal substances)
- All prescription and other medications will be kept in the med shed under the direction of the Medical Director
 - All medications will be brought in their original pill bottles for proper verification
- Campers will respect the Camp Victory camp facility and its natural environment
- Campers will follow the instructions given by Counselors and Staff
- Campers will treat everyone with kindness and respect
- Campers will not engage in verbal, relational, physical, or cyber bullying

Camp ENERGY reserves the right to ask any camper to leave at any time for infractions on these rules.

By signing my name, I understand the expectations and rules set for me at the start of camp and promise to uphold the rules throughout the entire week of camp.

Camper Name/Signature: _____