

SESSION 1 –Get ready for ART & FUN!!

CAMP IS JUST AROUND THE CORNER!!!

uCamps 2017 theme: “Oasis”

This packet is for both campers & parents/guardians

***** IMPORTANT REMINDER *****

ALL FINAL CAMP TUITION PAYMENTS ARE DUE JUNE 5th!!!
IF YOU HAVE NOT PAID YOUR BALANCE, PLEASE DO SO ASAP
BY GIVING US A CALL AT 415.240.6852

It's not too late to save hundreds on camp! Refer a new camper and we will credit your account \$300.
Already paid in full? We'll mail you your referral bonus. Thank you for spreading the magic of uCamps!

ALL REQUIRED FORMS NEED TO BE SIGNED ON
DOCUSIGN BEFORE THE START OF CAMP.

We will not be collecting paperwork at the bus anymore, all
forms must be signed electronically.

On the first day of camp please bring snack shack money and medications.

1. **SNACK SHACK MONEY** (Turn in all spending money in an envelope with camper's name at the bus stop. We do not exchange money during camp. We collect money at the bus and return your balance on the last day).
2. **MEDICATIONS** (Prescription and over-the-counter **medications must be in their original pill bottles with the camper's name clearly labeled.** We cannot accept meds that arrive in anything but the original containers).

Included in this packet are the following:

1. **A GOOD CAMP EXPERIENCE STARTS AT HOME** (Tips to ensure your child has fun at camp!)
2. **PACKING LIST** (clothing, toiletries, personal & themed items, our recommendations, etc.)
3. **WISH LIST** (Opportunities for your family to help out)
4. **DROP OFF INFO** (Bus info., times, date, procedures, directions, and contact info.)
5. **WORKSHOP & ACTIVITIES LIST & COURSE DESCRIPTIONS**
 - a. Read this carefully because certain workshops require that you bring specific materials to camp.
 - b. Read each description & consider what workshops you want to attend (you can decide @ camp).

We are really excited about camp and can't wait to see all of you on June 28th!!!

If you have any questions, contact our office: 415.240.6852, info@uCamps.org

A GOOD UCAMPS EXPERIENCE STARTS AT HOME

PARENTS: This may be the single most important document in this packet. Read it carefully and do your best to play an active role in your child's camp experience.

THE BENEFITS OF CAMP

At uCamps, children learn to work together, make choices, take responsibility, develop creative skills, build independence and self-reliance, and gain confidence. All are necessary steps on a child's path to a healthy, productive life.

Camp is an opportunity for your child to explore a world bigger than his/her neighborhood and a chance for you and your child to practice "letting go." Letting go allows children to develop autonomy and a stronger sense of self, make new friends, and more. This time also gives you, as parents, an opportunity to take care of yourself so that you will feel refreshed when your child returns home.

Noted experts in child development have expressed their beliefs that camp is a valuable resource for giving children the gift of belonging to a community of their own. This position is being supported by the American Camp Association, which believes that this critically important sense of community is rooted in enabling and empowering children to be belonging, cooperating, contributing, and caring citizens.

At uCamps, your child's health and happiness are our #1 priority. We invite you to assist us in this wonderful goal of nurturing and fostering happy, confident children.

HOW PARENTS CAN HELP

This summer, millions of children will get a taste of independence at a summer resident camp. Many will also have an experience with homesickness. But parents don't have to feel helpless when homesickness strikes. The prescription for camper homesickness is a simple solution of preparation and patience.

Psychologist Dr. Christopher Thurber studied homesickness in 329 children between the ages of 8 and 16 at resident camp. According to his results, homesickness is the norm rather than the exception. A whopping 83% of the campers studied reported homesickness on at least one day of camp.

"Summer camp is more than a vacation for children," says Bruce Muchnick, Ed.D., a licensed psychologist who works extensively with day and resident camps. "As a parent, there are a few things to consider which increase the opportunity for a rewarding camp experience for your child."

1. First and foremost, **tell your child that missing something about home is NORMAL**. Reassure them they will do great, that they will have a lot of fun, and that you are proud of them. Share examples of times you missed something about home, both as an adult and as a child.
2. Before camp, it can be beneficial to **practice short stays away from home** such as spending the night with a friend or a weekend with grandparents.
3. **Send a note or care package ahead of time to arrive the first day of camp**. Acknowledge, in a positive way, that you will miss your child. For example, you can say "I am going to miss you, but I know that you will have a good time at camp."
4. **Pack a personal item** from home, such as a stuffed animal.
5. Use a calendar to show exactly the amount of time your child will be away (in this case, 6 days). **Predictability and perspective** on the length of separation is important whenever possible.
6. Warn children, even older teens, against keeping feelings of homesickness to themselves. **Encourage them to share their feelings** with others and seek out trusted adults to connect to.
7. uCamps has a "no calls" policy. If you as parents honor and support the policy, children will too.
8. Tell children that they can use strategies like writing letters home, sharing their feelings with other people, and thinking about all the good things that camp is giving them, to help ease their worry.
9. Supply pre-stamped, pre-addressed envelopes and paper before the child leaves home.

Prepare for uCamps together

- **Parents should help their child pack** to make sure nothing is forgotten. Let them be the leader!!
- Work with the child to **learn about the camp**, ahead of time, so they know what to anticipate. Take a weekend road trip to tour the camp. This allows your child to become familiar with the territory and can give them a chance to see how much other kids are enjoying it.
- **Share your own childhood camp experiences.** Tell your child about the fun activities he or she will get to participate in and about the new friends they'll make.
- If your child feels a part of the decision-making process, his/her chances of having a positive experience will improve.
- **Discuss what camp will be like** before your child leaves. Consider role-playing anticipated situations, such as changing the batteries in the flashlight.

Talk about concerns & Have realistic expectations

- As the first day of camp nears, some children experience uneasiness about going away. Encourage your child to talk about these feelings rather than acting on what you think his/her feelings may be. **Communicate confidence in your child's ability to handle being away from home.**
- Camp, like the rest of life, has high and low points. Not every moment will be filled with wonder and excitement. Encourage your child to have a reasonable and realistic view of camp. Discuss both the ups and downs your child may experience. Your child should not feel pressured to succeed at camp, either. The main purposes of camp are to relax and have fun.
- **Involve your child in the decision** to spend time away from home, so they have a sense of control.

The Don'ts about communicating with your child (Avoid the falling pitfalls)

- Before the separation, **don't make comments that express anxiety** or ambivalence about the child going away. Even "I hope you'll be okay" or "what will I do without you" can leave a child worried that something bad might happen to them or their parents, and make them fixate on thoughts of home.
- **Don't make a "pick up plan" or a deal** with a child to bring him or her home if they don't like the experience of being away. This undermines the child's sense that their parents have confidence in their ability to be on their own, and sets an expectation that they won't like the new experience.
- If a "rescue call" comes from the child, **offer calm reassurance** ("you're doing great") and put the time frame into perspective ("only 4 more days"). **Avoid the temptation to take them home early.**
- **Don't bribe.** Linking a successful stay at camp to a material object sends the wrong message. The reward should be your child's new found confidence and independence.
- **Don't feel guilty about encouraging your child to stay at camp.** For many children, camp is a first step toward independence and plays an important role in their growth and development.
- If your child takes medicine for attention, behavior or psychological conditions, **don't use camp as an excuse to take a "drug holiday."** Make sure that they, and the camp's nurse or counselors, know their medication schedule and the importance of sticking to it.
- If your child has special medical needs, such as diabetes or asthma, make sure that the camp nurse knows how to handle day-to-day care and emergencies. Parents who have managed their child's care intensely can have an extra hard time giving up that control, and children can sense that anxiety.

If you spend a little extra time talking with your child and preparing for camp, we feel confident your child will have a fun, happy, rewarding experience, filled with personal growth and a much improved self-image!!! Parents, thank you in advance for making uCamps an awesome experience for your child! You can do it! They can do it!!

We'll take good care of your babies! That's our promise!!

uCAMPS SUGGESTED PACKING LIST

You will be at camp for 2 weeks!! Please pack enough clothes for TWO weeks.

This is a suggested packing list for uCamps. **All items should fit in ONE suitcase, duffel bag, or trunk.** All items brought to camp should be labeled with the camper's first and last name. uCamps and Camp Sempervirens **are not responsible** for any lost, stolen, or broken items. Any items left at camp are thrown away or donated to charity on the last day of camp. Please be responsible for your items check the lost and found before packing on the final day. We suggest you leave behind your nice clothing and only bring the clothing you are willing to get dirty and/or wet.

Clothes

- 1-2 swimsuit(s)
- 10-12 pairs of underwear
- 12-14 pairs of cotton socks
- 2-4 pairs of shorts
- 2-3 pairs of long pants
- 10-12 t-shirts (short sleeved shirts)
- Pajamas or sleepwear
- 2-3 long sleeved shirts
- 1-2 warm sweatshirts or jackets
- a hat, visor, etc. to protect you from the sun
- 2-3 pairs of shoes &/or sandals – including at least 1 pair of close toed shoes.

Toiletries

- Toothbrush & toothpaste
- Deodorant
- Soap (in a case)
- Shampoo/conditioner
- Brush or comb
- Washcloth
- Flip flops or shower slippers
- Q-tips
- Band-aids
- Sunscreen
- Hand and/or face lotion
- Feminine products
- Chapstick/Lip Balm
- Insect repellent
- Beach towel and bath towel

NOTE: We recommend you bring \$10 - \$80 for food, drinks, goodies, and souvenirs for the week.

Cabin living

- Pillow and pillowcase
- Fitted twin sheet
- Warm sleeping bag or blankets

**** Specialty Themed Items to Bring to Camp**

1. **Cabin Decorations** (streamers, xmas lights, balloons, etc. - be creative!)
2. **ALL-BLACK outfit FOR PERFORMANCES** (shoes, pants/dress/skirt, shirt/top)

THEME DAY COSTUMES

3. **Comic Book Day:** Dress up as your favorite comic book character!
4. **Red, White, and Blue Day:** Celebrate our nation's independence on July 4th!
5. **Hoe-Down Outfit:** Flannels, overalls, straw/cowboy hats, etc.

**** Themed Items are not mandatory. It's just fun to dress up!!!! ****

Items to Leave at Home

- Food, candy, gum, drinks (except water)
- All weapons including knives, all types of guns, etc.
- Aerosol products (hairsprays, deodorants, etc.)
- Lighters, matches, firecrackers and fireworks

CELL PHONES (Leave them behind)
Including Smart Phones!!

Accessories

- Pre-Addressed, Pre-Stamped Envelopes or Postcards***
- Alarm Clock
- Flashlight with extra batteries
- Notepad with lined paper for writing
- Pens and pencils
- Sunglasses
- Camera with extra film (or a digital camera with cable)
- Water bottle (drink lots of H₂O at camp!!)
- Playing cards
- A book
- Board games
- Day pack (backpack) for carrying clothes, etc.
- Super Soakers
- Ipod/MP3 player, CD player

uCAMPS WISH LIST 2017

THANK YOU FOR BRINGING ALL DONATIONS TO THE BUS STOP ON DAY 1

uCampers create incredible art and we aim to provide the equipment, supplies and costumes that will help to develop their creativity, passion and inspiration.

You can also copy & paste the links below to make a purchase and donate a specific item from the wish list:

Glow Sticks	\$ 22
http://www.amazon.com/Lumistick-Brand-Light-Bracelets-WHOLESALE/dp/B00030DEZA/ref=sr_1_3?ie=UTF8&qid=1433201755&sr=8-3	
Glow Necklaces	\$ 19
http://www.amazon.com/Premium-Necklaces-Assorted-Colors-Glowsticks/dp/B00BD9962U/ref=sr_1_1?ie=UTF8&qid=1433201894&sr=8-1	
Work Lights	\$ 38
http://www.homedepot.com/p/Workforce-Twin-Head-1-000-Watt-Halogen-Telescoping-Work-Light-637-449/202066789	
Extension Cords	\$ 23
http://www.amazon.com/AmazonBasics-Vinyl-Outdoor-Extension-Cord/dp/B00OS7ELK6/ref=sr_1_4?ie=UTF8&qid=1433280807&sr=8-4	
Construction Paper	\$ 18
http://www.amazon.com/Pacon-57015-Fadeless-Paper-White/dp/B00006IDXW/ref=sr_1_1?s=mp3&ie=UTF8&qid=1433263126&sr=8-1	
1/4 Inch Guitar Cable	\$ 18
http://www.musiciansfriend.com/accessories/monster-cable-classic-1-4-inch-straight-to-straight-instrument-cable	
Guitar Picks	\$ 10
http://www.amazon.com/ChromaCast-CC-CP-48PK-Celluloid-Assorted-48-Pack/dp/B00BL6IYW8/ref=sr_1_3?s=musical-instruments&ie=UTF8&qid=1433202007&sr=1-3	

Finally, if you're unable to make a purchase or a financial contribution, we are also gladly accepting donations of the following items you may already own:

- Costumes, especially wigs, hats, and masks
- Plain white t-shirts
- Sleeping bags (as a back-up for forgetful campers!)
- BEADS!! We need a lot of beads for making friendship bracelets
- Sports equipment: Basketballs, footballs, and volleyballs

Thank you in advance for your generosity in supporting youth art in our community.

BUS DROP OFF INFORMATION FOR JUNE 28th

Campers will need to be brought to one of our two bus drop off locations – either in **Danville**, or **Berkeley**.

Campers should **arrive on time, if not early**, on the appropriate day: **Busses will leave without you!** Please allow enough time to turn in all paperwork, load your luggage, and give your camper(s) a hug and kiss goodbye! **Have the rules, liability release, and medical forms signed and ready to turn in.**

PLEASE BRING A SACK LUNCH FOR THE BUS RIDE **The first meal AT CAMP will be DINNER on the 28th!!!**

LOCATION #1: DOUBLETREE HOTEL - BERKELEY (Arrive by 10:00am – bus leaves at 10:15am)

Campers should find a parking spot close to the hotel's main lobby. The bus will arrive and park directly in front of the **DoubleTree Hotel in Berkeley**.

For detailed directions, go to <http://maps.google.com/> and enter the following address:
200 Marina Blvd. Berkeley, CA 94710

Driving Directions:

From 580E/80W:

1. Exit University Ave
2. Follow signs for the Berkeley Marina
3. Turn Left at University Ave.
4. Turn Right at Marina Blvd.
5. Take 2nd Left into the DoubleTree Hotel Parking Lot

From 580W/80E:

1. Exit Powell St. toward Emeryville
2. Turn Left at Powell St.
3. Turn Right at Frontage Rd.
4. Turn Left at University Ave. and follow steps 5 & 6 above

LOCATION #2: PARK AND RIDE IN DANVILLE (Arrive by 11:30am bus leaves at 11:45am)

For detailed directions, go to <http://maps.google.com/> and enter the following address:
Danville Park and Ride, Sycamore Valley Rd W. Danville, CA 94506

Driving Directions:

From 680:

1. Exit Sycamore Valley Rd. and head east toward Camino Ramon
2. The Park and Ride is on the left, immediately after exiting the freeway.

***We strongly encourage ALL CAMPERS to take the bus to camp.** If you absolutely have to make other arrangements, **we MUST be notified at least 7 days prior to camp.**

***Any families not taking the bus to Camp Sempervirens, please arrive at the camp between 1:30pm and 2:00 pm on the first day of camp. BRING A SACK LUNCH! The first meal at camp will be DINNER.**

***If you are coming from the Southern California area and are interested in possible carpool opportunities, let us know and we will put you in contact with other campers coming from your area. Out of state/country campers: Call us to confirm flight info.**

***If there is an emergency on the first day of camp that prevents you from getting to the bus location on time or at all, please call (415) 240-6852.**

MAP & DRIVING DIRECTIONS TO CAMP SEMPERVIRENS

20161 Big Basin Way Boulder Creek, CA 95006

From Fremont, Hayward, Castro Valley

1. 880 South to Hwy 17 South
2. Hwy 17 South & take Bear Creek Rd. exit
3. Bear Creek Rd. uphill 13.3 miles to Hwy 9
4. L onto Hwy 9, go 1/8 mi.
5. Turn R onto Big Basin Hwy
6. Go 6.5 miles, the camp will be on the left

From Benicia, San Ramon, Pleasanton, etc

680S to 17 South
(follow steps 2-6 listed above)

From San Francisco, San Rafael, etc.

101 S to 85 S toward Cupertino/Santa Cruz
From 85 S get on Hwy 17 S
(follow steps 2-6 listed above)

*Bear Creek Rd. curves back and forth quite a bit. If anyone in your party gets car-sick, here is an alternative route. It's a bit longer, but less curvy:

From Hwy 17 South exit Saratoga/Hwy 9
Head North for 2 miles
Turn left onto Hwy 9 toward Boulder Creek
Hwy 9 to the only stop sign in Boulder Creek
(follow steps 5 & 6 listed above)



Camper Pick-Up info for July 8th

There will be a final day BBQ/Art Festival Performance for friends and family on July 8th. The purpose of the event is to bring the community together to share the final camp experience as one. Come to the BBQ, or pack a lunch and just come for the art and to meet your child's new friends

BBQ: 12:30 – 1:30 pm Performance: 1:30-3:30 pm Campers leave: 3:30-4:00 pm

CAMP CONTACT INFORMATION

(Please keep this information on your refrigerator or somewhere safe)

Parents, please familiarize yourself with the information in the form entitled:

“A GOOD CAMP EXPERIENCE STARTS AT HOME”. Camp is a time for children to gain confidence and a greater sense of independence. Please keep in mind, **campers will not be allowed to call home** or receive calls from home during their stay at camp. You are welcome and encouraged to send letters, cards, and care packages. Prepare yourself and your child for the time apart, and everything will be smooth and happy!!

uCamps, Camp Directors: Doug “Bald E” Cembellin, Blake “Tiny” Longfellow, and Anthony “Iver” Campolo

Email address: info@ucamps.org

uCamps Cell Phone # 415.240.6852

Camp Sempervirens mailing address: 20161 Big Basin Way, Boulder Creek, CA 95006

COMMUNICATION WHILE AT CAMP!

Since cell phones are not allowed at camp, we highly encourage you to write letters and send care packages to your camper! We do “Mail Call” every day at lunch, and campers LOVE receiving letters from their friends and family!

SEND MAIL TO:

CAMPER NAME

Sempervirens Outdoor School c/o uCamps

20161 Big Basin Way

Boulder Creek, CA 95006

uCamps – Session 1 COURSE DESCRIPTIONS

(Red print indicates recommended materials, equipment, and/or supplies for workshop)

*****CAMPERS***** Please come to camp with an open mind and a positive supportive attitude. We will have a wide range of talents and interests at camp. Advanced performers should help and support the beginners. Everyone should simply do their best, have fun, encourage each other, and not be self-conscious. uCamps is all about the artistic process, not the final product. The uCamps motto is “Celebrate Individuality”. We love all types of people. So come to camp, be yourself, try something new, be willing to look foolish, and of course, have fun and make a ton of friends!!

IMPORTANT REMINDER: If you as a parent have an expectation for your child to participate in performance-based or educational workshops, please discuss this with them ahead of time. One of the aspects of uCamps that campers most enjoy is that they are given the freedom to design their own camp experience each and every day. Some campers take full advantage of the artistic workshops made available to them, while others spend their days playing sports, hanging out with their friends, and relaxing by the pool. The beauty of the uCamps experience is that there is something for everyone.

Early Morning Group Warm-Up – 7:00 – 7:30am (This will change from day to day)

May include: Yoga/Physical warm-ups, Polar Bear Swim, Photography, Drum Circle, Morning Hike, Meditation, Drawing/Painting, Basketball, and more!!

Workshops – offered 1 or 2 times a day between 9:00am-12:00pm or 3:00pm-6:00pm

Film Making** – ****Because the film making process is very involved, any camper who plans to make a short film must attend the film class both 1st and 2nd session.** Campers who only want to attend the film class for one period can make a 30 sec. commercial, a music video, a documentary, or a mock-u-mentary. Campers get hands-on experience working with industry professionals using state of the art equipment. Students will learn the entire process from conception and location scouting, to storyboarding, shooting, and editing. Student projects will range from 30 sec.–5 min. **Bring your video camera or use one of ours!** Try to bring movie soundtracks to add to your films.

Dance – Bring dance shoes if you own them (not required) Campers can take classes in hip hop, jazz, lyrical, and modern dance. Classes are designed to meet the needs of both beginner and advanced level dancers.

Acting – Campers have the opportunity to perform scenes, one-act plays, skits, and monologues ranging from Shakespeare to today’s most popular films. We offer more than 6 different acting classes. Campers can also star in student-produced films and attend comprehensive acting technique classes, directing, stage movement, & voice for stage.

Storytelling & Poetry – Everyone has hundreds of stories. Campers will have the opportunity to take funny, sad, happy, embarrassing, or scary stories from their own life, develop them, and eventually share their story with everyone. Whether you are a poet, stand-up comedian, want to tell a ghost story around the campfire, or have an original monologue you want to develop for an audition, our acting coaches will guide you through a fun journey.

Singing – Our music director will teach a variety of songs from different cultures, styles, and genres designed for beginners and advanced singers. Learn harmonies and work in a group as you open your mouth and make wonderful music. If you love to sing, this one’s for you.

Rock Band – ****Any camper who plans to perform in the final night rock band concert must attend the rock band class both 3rd and 4th period.** Our rock band staff will work with any and all musicians to create one or several bands,

and/or ensembles. Whether you sing, play guitar, drums, or bass, BRING IT!! Get ready to play some of your favorite popular tunes, and come up with some of your own. If you have extra instruments you are willing to share, bring those as well so others can come play and have fun!!! **Please BRING MUSICAL INSTRUMENTS, cords, and amps! Please label all equipment with your first and last name before coming to camp! BEGINNERS WELCOME!!**

Improv Games- Have you ever seen *Who's Line Is It Anyway?* We will be playing improv games that will be fast paced, crazy, and a ton of fun. Actors will be on stage and watch from the audience as group games are led one after the other by our team of acting coaches. Get ready to laugh!!

Arts and Crafts – This is a project-oriented class with a goal of making art, having fun, and making friends. Campers will have the opportunity to make masks, lanyards, jewelry, banners, dream catchers, paint pottery and more! Students are also welcome to work on independent projects ranging from sketching, painting, and fabric dying. There will also be a black light art workshop creating pieces for the Black Light Lounge.

Sports and Recreation – Each day, our staff will lead a variety of hikes, games and competitions. Activities include: swimming pool olympics, ga-ga competition, kick ball, softball, volleyball, basketball, football, and frisbee. Each day brings a new adventure. The adventure fan will be more than satisfied by the variety of activities.

Photography –Campers will be able to assist in taking and gathering pictures for the DVD and end of camp slide show. In addition, our instructor will teach students new techniques and assign a new project each day designed to expand imagination and artistic abilities. Bring your **digital cameras** and the wire needed to download photos onto a computer!!



Oasis!!! uCamps 2017 IS GOING TO ROCK!!