



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FUN-FILLED CAMP SESSION

YMCA CAMP SILVER BEACH
Parent Guide



GREETINGS FROM CAMP SILVER BEACH!

Whether this is your first summer to experience the magic of overnight camping or the crowning achievement of your multi-year camp career, I am thrilled to welcome you through our gates for the upcoming summer season. There is nothing like combining the wonderful traditions CSB has built over the years with new and exciting elements.

Children and counselors from all over the world gather each summer to create a very special community right here on the beautiful shore of the Chesapeake Bay. Our 151 acres of woodlands and fields, beach and pool complex, Climbing Tower and Zip Line offer endless possibilities for fun, friendships and accomplishments.

Our sessions are designed to give options of single sessions or connecting multiple weeks for a longer stay. We have programs that will grow with campers and expand their horizons through the teen years, challenging them in ways they never imagined.

What will you gain from your time at Camp Silver Beach? A lifetime of wonderful memories and experiences, and friendships to cherish for years to come!

Welcome to the CSB Adventure!



Danny Vestal
Executive Director

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IMPORTANT INFORMATION

YMCA Camp Silver Beach

PO Box 69

6272 YMCA Lane, Jamesville, VA 23398

P 757-442-4634 **Toll Free** 877-231-2012 **F** 757-442-4786

W CampSilverBeach.org **E** info@campsilverbeach.org

Opening Day: Sunday, 2–4pm

Closing Day: Saturday, 8:30–9:15am

Closing Ceremony: Saturday, 9:30–10:00 am

DIRECTIONS

FROM THE SOUTH:

Camp Silver Beach is located approximately 35 miles north of the Chesapeake Bay Bridge Tunnel. Heading north on Route 13 (Lankford Highway) from the bridge tunnel, turn left at the 8th stoplight onto Route 183 (Occohannock Neck Road). Go 9 miles until you see the YMCA Camp Silver Beach sign. Turn right onto Downing Beach Drive.

FROM THE NORTH:

From Salisbury, MD, head south approximately 55 miles on Route 13 (Lankford Highway) to Exmore, VA. Turn right onto Route 183 (Occohannock Neck Road). Go 9 miles until you see the YMCA Camp Silver Beach sign. Turn right onto Downing Beach Drive.

RECOMMENDED NEARBY MOTELS FOR PARENTS

Best Western, Exmore P 757-442-7378 (10 minutes away)

Hampton Inn & Suites, Exmore P 757-442-7722 (10 minutes away)

Holiday Inn Express, Exmore P 757-442-5522 (10 minutes away)

Sunset Beach Resort, Cape Charles P 757-331-3747 (40 minutes away, south)

Local bed and breakfast facilities can be contacted through the Eastern Shore of Virginia Chamber of Commerce P 757-787-2460 W www.esvachamber.org.

PACKING FOR CAMP

If possible, campers should use a large duffel bag or plastic container with a maximum height of 8.5 inches (height of under-bed-space) for packing. Place a list of items inside of duffel bag or plastic container so that counselors can help campers maintain their possessions. All luggage accompanying campers by plane will be handled at no charge. Items may be sent ahead using a shipping service. Please note that UPS and FedEx generally do not deliver on Saturdays and require a physical address (6272 YMCA Lane, Jamesville, VA 23398). The US post office does deliver on Saturdays and uses our P.O. Box 69, Jamesville, VA 23398. If you request that the luggage item be shipped back home after camp, please provide pre-paid return shipping labels from the company of your choice and appropriate boxes.

WHAT TO BRING TO CAMP

- Pillow and pillowcases
- Single sheets
- Blanket or sleeping bag
(Campers using a sleeping bag should also have a fitted sheet on the bed)
- Clothing for 6 days (1-week sessions) or 12 days (2-week sessions or more)
 - Shirts
 - Shorts
 - Long pants
 - Underclothing
 - Swimsuits
 - Closed-toe athletic/tennis shoes
 - Water shoes (there can be sharp shells in the bay)
 - Flip Flops
 - Sweatshirt and raincoat
- Laundry bag
- Towels/wash clothes
- Toiletry articles
(shampoo, soap, toothpaste, tooth brush, hair brush, deodorant, etc.)
- Stationary/stamps
- Flashlight
- Sunscreen
- Bug Repellant
- Water bottle

OPTIONAL ITEMS

- Talent show items
- Rash guard/nylon pantyhose (works well for warding off jellyfish stings)
- Disposable camera
- Books, comics, or magazines
- Rainy day games, cards
- White t-shirt for tie-dyeing
(may or may not be part of camp program for specific sessions)
- Personal sports equipment (though all necessary equipment is provided)

ITEMS NOT ALLOWED AT CAMP

- Handheld electronic/internet devices
(In addition to these items being costly and unsecured at camp, the content of material accompanying them is often not suitable to be shared with other campers.)
- Cellular phones, radios, laptops
- Jewelry
- Weapons of any kind including, but not limited to, firearms, explosives, bows, knives and other blades
- Illegal drugs/alcohol
- Valuables
- Cash (unless in Teen Camp, which is turned in to the office to be kept in the safe)
- Nut products (Some campers experience severe food allergies. We encourage food-free care packages)
- Pets
- Bikes
- Campers are not allowed to have personal vehicles at camp.

Camp Silver Beach is not responsible for lost personal items in the camper's possession.

TRANSPORTATION/ARRIVAL

If your camper is arriving by airplane, Camp Silver Beach staff will meet campers at the Norfolk International Airport (ORF). Campers are also returned there on closing day, as requested by parents. Our staff will stay with the campers until they board their plane or pass through security. Note additional transportation fees on application.

If possible, please choose commercial flight arrival times into ORF Opening Day (Sunday) between noon–4pm. Staff members will greet campers upon arrival wearing a Camp Silver Beach staff shirt.

Commercial departures should be scheduled for Closing Day (Saturday) between 9:30–11:30am. Please forward all travel information to CSB. Alert the office staff at least three days prior to your camper's arrival to confirm their commercial travel itinerary.

For campers arriving by plane, parents will be called to confirm their camper's arrival, and then their counselors will check them into camp. Return travel tickets, cell phones, travel money, and all travel documents will be collected by the camp staff for safekeeping in the Camp Silver Beach Office.

LAUNDRY/LOST AND FOUND

Laundry will be provided for campers staying more than one week. If a camper plans to send out laundry, they will need a nine-day supply of clothing for a 12-day session. Some campers choose not to send out laundry and bring enough clothing for their entire stay. Laundry fees for multiple week campers are included in the camp fee. Laundry must go out in a laundry bag supplied by the camp and will be returned, washed and folded. Please have your camper put his/her name on all items of clothing and the laundry bag prior to arrival. **Expensive clothing or clothing with sentimental value should not be sent to camp.** Camp Silver Beach does not take responsibility for the condition in which clothing items are returned.

Lost items are not the responsibility of Camp Silver Beach. However, found items will be collected periodically for campers to view. Lost-and-found items are available for parents to look through on closing day in a designated area on camp. The shipping of found items after the camper's departure may be arranged at your expense.

OPENING DAY

Opening Day is an exciting time for everyone! Campers may arrive between **2-4 PM**. When you arrive, you and your camper(s) will be greeted by a staff member at the Camp Silver Beach front gate. From there you will proceed through various Check-In points. All campers must check in with the Health Center prior to moving into their cottages. T-shirts and other CSB merchandise may be purchased from the SilverWear Store located in the Dining Hall. The SilverWear Store is open for families on all Opening and Closing Days. Important parent information sheets are available at the administrative table at Check-In. They cover such things as emailing a camper, sending mail or packages and viewing photos online.

Once you leave the central check-in area, you will then be directed to the athletic field where staff will provide cottage assignments and be available to help you move. Your cottage counselor will be waiting in your cottage to meet you and welcome you to Camp! Cottage assignments are not available prior to arrival.

By 4 PM parents should depart and campers will begin their Opening Day activities including camp tours, swim evaluations, cottage photos, supper, Opening Ceremonies and much more. Campers planning to arrive after 4 PM should contact the administrative office. We will contact campers who have not arrived by 5 PM.

Please be sure your camper has lunch before he or she arrives. The first meal will be supper at 6pm.

COTTAGE ASSIGNMENTS

Campers are assigned to cottages by age and grade level. Cottage assignments will be given at the completion of check-in. One mutual request from a camper will be honored with the approval of the camp director, provided both campers are within a year's age of each other. Meeting new friends and experiencing diversity is an integral part of the camp experience, and what makes our setting so unique. Your camper will get to know and appreciate people from all over the world!

CLOSING DAY

Parent(s)/guardian(s) must give written permission for anyone else to pick up their child. Sign out sheets will be available in the cottage on Opening Days. Counselors will sign out campers leaving by plane. This policy is for the protection of all of our campers. Closing Day Pick-Up is Saturday from 8:30-9:15 AM so that both camper and parent may attend the **Closing Ceremonies** together in the amphitheater at 9:30 AM.

TYPICAL DAILY SCHEDULE

7:30am	Rise and shine
8am	Breakfast
8:45am	Morning Meeting
9am–Noon	Morning Activities
12:30pm	Lunch
1:30–2:30pm	Rest Period
2:30–5:30pm	Afternoon Activities
6pm	Supper
6:45–7:45pm	After Supper Hour Activity on Athletic Field
7:45–8:45pm	Evening Program
8:50–9:30pm	Cabin Time/Devotions
9:30pm	Lights Out

Evening programs and lights out may be adjusted for youngest/oldest camper groups. Campers have a rotating schedule. The schedules alternate so that children will have the opportunity to be involved in both land and water activities each day.

BIRTHDAYS

Birthdays are special at Camp Silver Beach! Campers are recognized with the camp-wide Camp Silver Beach version of “Happy Birthday.” Campers are presented with a special birthday treat that is for their entire cottage group. Please alert the office staff if your camper’s birthday falls during his or her camp experience.

MEALS

Appealing and nutritious meals are prepared under the careful supervision of our trained dietary staff and satisfy the hearty appetites of campers and staff. A variety of fresh fruit, cereal, hot breakfasts, and vegetables are offered every day. Tacos, pizza, hot dogs, and cookout nights are camper favorites. Vegetarian options are available. **Special dietary needs should be indicated to our Food Services Director.** The Camp Silver Beach Batten Dining Hall is regularly inspected by the Virginia Health Department and maintains a permit to operate as a restaurant and conference center.

DISCIPLINE

Camp rules are designed to enhance the happiness and safety of all campers. Head Counselors will contact parents to let them know if there is an on-going behavior problem. Children who do not demonstrate appropriate behavior, in the judgment of the directors, will be sent home from camp. Early dismissal from camp due to behavioral issues will not warrant the refund of fees, nor will voluntary early departures.

VISITATION/PHONE CALLS

Camp Silver Beach does not have a visitation day, although letters and e-mails are welcomed and encouraged. Parents are also invited to inspect the facilities and meet the staff on Opening and Closing Days. Due to the volume of campers, Camp Silver Beach does not permit campers to make or receive phone calls. (Especially when campers are homesick, we have found that calls from home disrupt the camper's adjustment to camp life.) If an emergency situation arises at home, we ask that parents contact the Administrative Office. Directors will gladly assist you and your camper in every situation! Cell phones should stay at home.

DAILY PHOTO UPDATES

Parents and families can view the current camp activities by accessing photos posted daily on the Internet. Instructions for viewing photos will be given to parents on Opening Day. If you have been approved to view CSB photos in previous years, you should be already set, using the same account. No need to go through the approval process again. This complimentary service allows families to download and print pictures for their personal use, including cottage photos. Photos are typically uploaded overnight.

SPENDING MONEY

Campers do not need spending money at Camp Silver Beach unless they are participating in our Teen Adventure Camp or Leadership Development Program. The fee for all drinks and snacks from the canteen, laundry expenses, email charges, crafts, and post-cards are included in the camp price. The TAC and LDP campers will be able to turn in money for spending on Opening Day to the Administrative Office. Prescription medications, should the need arise while at camp, are not included in the camp fee. Parents will be contacted in such cases.

SILVERWEAR STORE

Our famous SilverWear items are sporty and durable! New and traditional items include t-shirts, hats, and sweatshirts, coffee mugs and spirit jerseys. These items are available in the SilverWear Store for purchase on Opening and Closing Days.

CAMPER MAIL

There is a large volume of mail at Camp Silver Beach. We encourage families and friends to write and we ask that every mailed item be labeled with the **camper's name and cottage number**. Each week campers are given material to write home. Campers may also receive email. Please address emails to: campers@campsilverbeach.org and put the **camper's name and cottage number** on the subject line. Emails are printed and delivered daily at lunchtime along with the regular mail. Electronic cards and attachments are not accepted. Campers will not be able to reply from camp to emails received. It is, therefore, important to provide Camp with an accurate email on the camper registration form.

Camper packages will be announced at lunchtime. We recommend non-food packages such as those offered through "Sealed With A Kiss" (www.eswak.com or call **1 800 888 7925**) or "The Wrinkled Egg" (www.wrinkledegg.com or call **1 828 696 3998**). These hand-selected gifts for your camper are based on his or her individual interests and age.

If you do choose to include food or snacks, please make them nut-free due to the prominence of such allergies among campers.

Care packages and letters can be dropped off to the office during Check-in.

If sending by

US Postal Service

use this address:

Camper's Name
Cottage # (if known)
YMCA Camp Silver Beach
P.O. Box 69
Jamesville, VA 23398

If sending by

UPS or Fed Ex

use this address:

Camper's Name
Cottage # (if known)
YMCA Camp Silver Beach
6272 YMCA Lane
Jamesville, VA 23398

HEALTH CENTER/MEDICATIONS/MANDATORY HEALTH FORM

Campers check in all medications with the Health Center staff upon arrival into camp. No medications are allowed in the cottages (with the exception of inhalers for asthmatics and essential epi-pens). The Health Center staff gives out medications prescribed by a doctor. Campers who are not feeling well have the opportunity to visit the Health Center. The Health Center staff stays on camp 24 hours a day and is available for urgent medical situations. Our team of volunteer doctors and nurses provide quality care and supervision over camper safety. In the event that a camper spends the night in the Health Center or there is a serious situation, parents will be called. Cottage counselors oversee campers daily for cleanliness, cuts, sunburn, insect bites, etc.

At the end of the session, remaining prescription medications are delivered to the cottages. All prescription medications and/or hospital visits during camp are the responsibility of the camper's family. General medications and first aid materials are provided at no additional cost. To ensure good health and the ability to participate in normal camp activities, and as required by the ACA for all campers participating in activities at Camp Silver Beach, a health form must be completed by parents, signed by a medical professional, and returned to Camp Silver Beach before the camper's arrival. The medical professional's signature verifies that he/she has examined your child within the past 12 months. An approved health form may be found on our website under "Parent Resources". Medical or accident insurance is not included in the camp fee. Please provide your camper's medical insurance information on the approved health form.

WEATHER RELATED EMERGENCY

Camp Silver Beach staff will carefully monitor and track all weather systems affecting our area and adjust camper activities accordingly.

REFUND POLICY

Camp Silver Beach is happy to accommodate a switch in a camper's session dates at no charge as long as the new session has availability. If a camper must cancel altogether, the following fees apply: If Camp Silver Beach is notified of cancellation prior to May 15th, a \$100 cancellation fee per session applies. If Camp Silver Beach is notified of cancellation after May 15th, a \$200 cancellation fee per session applies.

FIRST-TIME CAMPERS/HOMESICKNESS

Homesickness is common at all ages and is a natural response to being separated from loved ones and a normal routine at home. Parents, siblings, grandparents, and friends all are affected by homesickness, also known as separation anxiety. Parents may help their camper adjust to camp by following simple steps outlined in an American Camp Association publication, written by University of California Psychologist Chris Thurber:

- Encourage your child's independence throughout the year. Practice separations; a sleepover at a friend's house can simulate the camp environment.
- Involve your child in the process of choosing a camp. The more that the child embraces the decision, the more comfortable the child will feel at camp.
- Discuss what camp will be like before your child leaves. Consider role-playing situations, such as using a flashlight to find the bathroom.
- Reach an agreement ahead of time regarding phone calls home. If your child's camp has a no phone calls policy, honor it.
- 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."
- Talk candidly with the Camp Director to obtain his/her perspective on your child's adjustment.
- Pack a personal item from home, such as a stuffed animal.
- 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.
- When a "rescue call" comes from the child, offer calm reassurance & put the time frame into perspective. Avoid the temptation to take the child home early.
- 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.
- Trust your instincts. While most incidents of homesickness will pass in a day or two, Thurber's research shows that approximately 7% of cases are severe. If your child is not eating or sleeping because of anxiety or depression, it is time to go home. However, don't make your child feel like a failure if his or her stay at camp is cut short. Focus on the positive and encourage your child to try camp again next year.

Camp Silver Beach staff is well trained to help campers adjust to camp by immediately involving them in goal setting, team building and fun activities. Parental support and encouragement are crucial to the happiness of the child; Camp Silver Beach has an extremely high success rate of working with campers when parents work with us.

EXPEDITION CAMP

Take adventure to the next level! Expedition camper's ages 13–16 will spend their week learning to live out of a tent & backpack, cook their own food, & enjoy adventures in the outdoors. In addition to outdoor skills, expedition trips help campers develop resiliency, problem solving skills, & independence all while having a great time.

We have three exciting adventures from which to choose. Campers are offsite for most of the week before spending their final night back at CSB. For each trip Camp Silver Beach provides all the necessary gear and equipment. CSB will provide campers a specific packing list for their particular trip a few months before their expedition.

Campers will be under the supervision of two wilderness first-aid-trained counselors over the age of 21. Climbing & boating segments of the trip will be run by professional outfitters. Campers will learn Leave No Trace principles for sanitation in the backcountry. Please note that each trip will include backcountry segments with primitive or no modern bathroom/shower access.

Rock and Raft: 4–6 miles a day

The New River Gorge in West Virginia provides many opportunities for outdoor adventure including hiking, climbing and white water rafting. Each day will be a different adventure as campers get to sample much of what the area has to offer. This is a great trip for campers who want to push themselves and want to try several different activities.

Coastal Trek: 2–3 miles a day

Campers will spend the week mastering basic backpacking skills, sea kayaking & completing a short backpacking trip. The week will start at camp where they will learn the basics of backpacking. They will then use their skills on the Outer Banks of North Carolina. This area has lots of flat easy trails allowing campers to focus on using their skills & the opportunity to spend a day sea kayaking on the back bays. Campers looking to learn outdoor skills or get an introduction to outdoor adventure will enjoy this trip.

Blue Ridge Hike: 6–9 miles a day

Campers will complete a week long hiking trip in the Blue Ridge Mountains of Southern Virginia covering 25–30 miles in total. After leaving CSB, campers will be in the back country testing their skills at primitive sites for the week. Under the guidance of our staff, campers will push themselves and, in the process, gain a new appreciation for the natural beauty surrounding their excursion. As each day draws to an end, campers will have the opportunity to enjoy the star-filled sky before going to bed.

TEEN ADVENTURE CAMP

Rising High School freshman, sophomores and juniors from all over the country and around the world come together for three weeks of adventure and fun, while forming their own community here at camp. TAC combines elements of leadership training, community service and personal growth.

As the pinnacle CSB experience, TAC campers enjoy three weeks of program designed to help them forge strong friendships and get the most out of camp. Most evenings TAC campers enjoy a teen-oriented Evening Program, or build their leadership skills staging the Evening Program for the younger campers.

During the week campers experience a mix of traditional camp activities, special events, and the opportunity to learn how activities are run by staff. Each weekend TAC enjoys a great field trip that is a combination of service, fun, and adventure.

The impact of this program with our campers makes it one of the first to fill every year.

Leadership Development Program

The Leadership Development Program (LDP) is a great next-step after our Teen Adventure Program, or a wonderful first step for the older camper seeking a more in-depth and meaningful camp experience. This three-week program is open to rising 11th graders who are 16 years old by the start of the program.

LDP PROGRAM DETAILS:

Each Leadership Development Program participant (LDPer) is guided through the program under the supervision of our LDP Director and Counselors. The LDPer spend two weeks as a group to start the program, participating in leadership seminars, games and tasks that develop and exercise skills in teamwork and communication. These elements incorporate the participant's chosen land and water activities, camp-wide games, puzzle and problem solving team events, and inter-cottage competitions. This section of the program culminates in a three-day off-site expedition that puts all of their skills to the test under the close guidance of our staff.

The experience ends with each LDPer taking all of the lessons they have learned, and joining a counselor-led cottage to provide leadership to a group of younger campers. LDPer are always supervised by CSB staff members, and never left to supervise campers alone.

This program is a great opportunity for young people to grow in confidence, build lifelong friendships, and develop their leadership potential in settings that extend far beyond the camp realm.

Additional add-ons:

Ski School

In addition to the great number of water activities available at CSB, Ski School is an option at an additional cost. Ski School is open to all campers and consists of 3 hours of group instruction, by YMCA and US Coast Guard certified counselors in waterskiing, knee-boarding and /or wake-boarding (camper's choice). Campers typically go out once during the week with 1 or 2 other campers. Participants have the pleasure of learning in flat water in Occohannock Creek.

Ski School is \$100/week which is due at the time of registration and is non-refundable.

Space is limited and scheduling takes precedence over a camper's regular schedule. CSB has top-quality ski boats, equipment, and instructors to help campers master their water sport of choice.

Specialty Camps

Specialty Camps serve ages 11–16. While CSB has plenty of activities to keep campers engaged some campers enjoy committing more time to one activity. Our Specialty Camps are a great way for campers to do so. During four days of camp, campers will spend half of each day in their chosen specialty camp. This gives campers the time to develop a greater skill set in the activity.

*The fee for Specialty Camp is \$300 in addition to the regular camp fee. Campers in Traditional, Two-Week, or TAC can take part in a Specialty Camp. Campers in LDP and Expedition Camp have schedules that do not allow them to add on Specialty Camp.

- **Water Sports**

Enjoy a week of waterskiing, knee boarding, and wakeboarding. This is a great option for camper to build on their ski school experience. With three campers and two staff on each boat campers will have the individual attention they need to succeed on the water.

- **Culinary**

From chopping and measuring to sautéing and serving learn to create impressive meals! Working in pairs campers will learn cooking skills as they prepare and enjoy different meals each day.

- **Boating:**

After learning the rules of the waterway, get behind the wheel and earn a Virginia Boaters License! Campers will spend time on land lessons before driving boats under the close supervision of our staff.

- **Sailing**
Campers will learn the points of sail and water safety before working in pairs to sail Lasers and Sunfish. Larger groups of campers and staff will also get to take the helm of our Flying Scotts.
- **Lifeguarding**
Learn rescue techniques and earn certification in first Aid and CPR. Campers 14 and older will earn the Y-Aquatic Safety Assistant certification.

DOG TAG AWARD PROGRAM

Our unique awards program was developed to reward campers for hard work, as well as goal setting in the various activities. Each activity has (4) levels that campers can progress through as their knowledge and skills increase. Each level is designated by a colored dog tag:

Level (1) Activity Award - Blue

Level (3) Activity Award - Red

Level (2) Activity Award - Yellow

Level (4) Activity Award - Green

The highest level of achievement is our "Rainbow" Dog Tag, which is awarded to a camper who has received his/her Level (4) Green Dog Tag in every activity offered here at CSB.

Each Activity Award (Dog Tag) requires the camper to visit (7) different activities. First year campers can easily achieve the Blue Dog Tag award. This program allows each camper to set goals and to build confidence in the achievement of each dog tag.

Campers are also awarded dog tags for participation in Ski School, Teen Adventure Camp, and the Leadership Development Program. In addition, each activity awards dog tags to campers who represent a good attitude and demonstrate our YMCA core values throughout their stay. Every camper will receive a "Camp Silver Beach" dog tag and a "Core Values" dog tag for successfully completing their session. We present dog tags in a special ceremony where all campers can be recognized. Our goal is to provide opportunities for each child to reach their potential and to gain the confidence to try new things throughout their lives.

PARTNERING WITH PARENTS

The staff at Camp Silver Beach wants to provide each child with a successful camp experience. In order to have a complete circle of communication, parents need to share appropriate information about their child. The CSB Health form is the best way to share this important information. It will help our staff better prepare for your child's needs. Camp staff, prior to the camper's arrival at CSB, will review these forms. The forms are kept in our confidential files.

It is our desire that each camper would leave CSB with greater independence, confidence, friendships and a treasure chest of memories to last a lifetime!