

# YOUTH CAMP 1995

## Introduction:

Some general words about  
**the mountain's** YouthCamp program

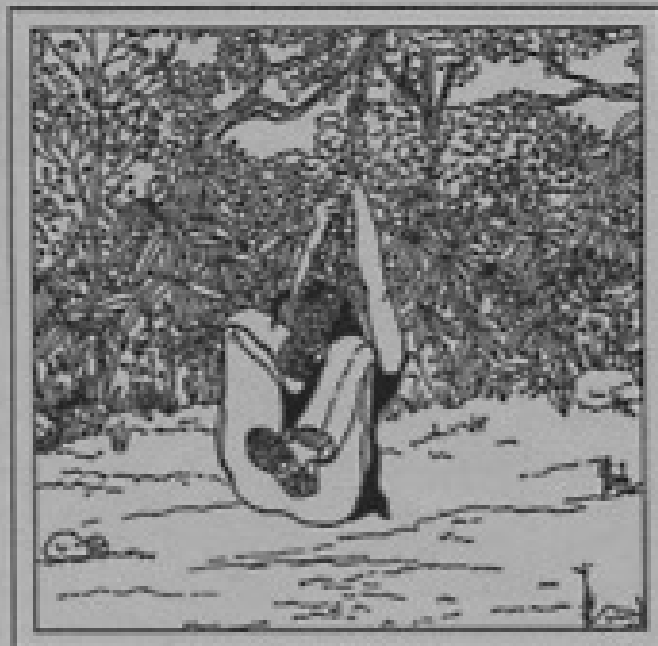
In all the camps, **the mountain's** counselors and staff provide a structure with clear boundaries — boundaries that the children and parents think are fair and safe. Within this structure, the youth have room to grow and have input into what they can do.

Each camp experience is age-specific, tailored to the needs and abilities of a particular age group. Some elements, however, are central to all our camps — Earth awareness, spirituality, outdoor education, creative development, and leadership skills. There are also areas of growth we work on with each person:

1. Clear communication ~ to be able to express personal needs; to be able to hear the needs of others.
2. Self Esteem ~ to be challenged and nurtured in a way that builds self confidence .
3. Empowerment ~ to experience a sense of self worth; to learn to use internal controls to make decisions in the world.
4. Community ~ to be able to respect diversity and to see oneself as a valued and responsible member of the group.
5. Fun ~ to just be a kid; to experience playfulness, joy, spontaneity.

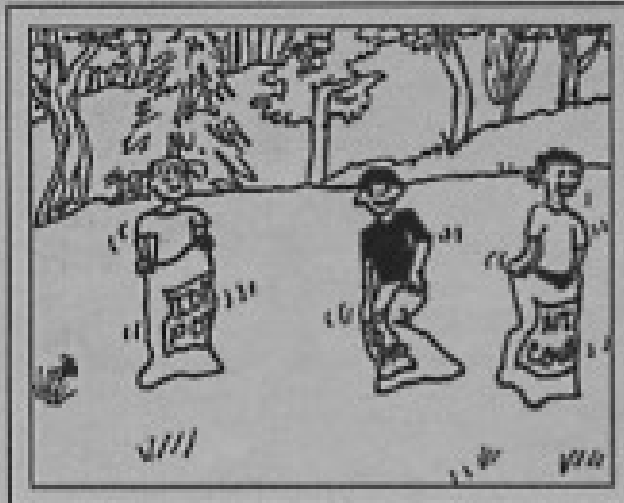
So that each individual may receive special attention, we work in small cabin groups of two counselors for every six to eight youth, and maintain a four-to-one staff/camper ratio in all our activities. The small group communities and the larger community of **the mountain** provide a sense of belonging and a safe space for campers to try new things, to learn how to make good choices, to work with others, and to grow into being themselves.

A final element that is central to our camps (and to all of **the mountain's** programs) is that we model Unitarian Universalist values. These teach us to treat each child, youth, or adult as a person of intrinsic worth; to relate to one another compassionately, and in ways in which each person's needs and opinions are heard and valued; to live in our interdependent world by respecting and caring for all that exists. Please know that our campers are not all Unitarian Universalists, and that this is exactly as we want it — to be able to celebrate our individual selves and our diversity. We do want to live honestly and openly our own shared values and principles — and to provide a community in which persons of all ages, and from all ethnic and religious backgrounds, feel accepted and welcomed.



# Programs for Youth

FIRST TIME CAMP	(grades 1-3)	June 11-June 16	\$ 304
FAMILIES OPENING CIRCLE		June 10-June 11	\$ 41
FAMILIES CLOSING CELEBRATION		June 16-June 17	\$ 41



Designed especially for the initial away-from-home experience, a **mountain** YouthCamp director will work with parents during the opening weekend to ease the transition and to provide an understanding of what their children will experience during the week. At the same time, the children will get to know their counselors and **the mountain**. They will stay with us for six days, participating in activities that are similar to MOUNTAIN-CAMP (see below), but a bit easier. Parents (and other family members including children who are not participating in FIRST TIME CAMP are welcome to come to the Opening and Closing) will join the campers at the end of the week for a fun family day where we can all share our week's experiences.

MOUNTAINCAMP I	(grades 2-3)	June 18-July 1	\$ 607
MOUNTAINCAMP II	(grades 4-6)	June 18-July 1	\$ 607

This two-week camp provides many significant growth opportunities and lays a foundation for the ongoing enjoyment of outdoor experiences. Activities include swimming, rock hounding, crafts, adventure and nature hikes, visits to waterfalls, picnics, water slides, New Games, tubing, lake rafting, and nature center visits. The older youth will experience more challenging activities, such as off-site overnight camping. We work with this group to develop their living skills and independence.

JUNIOR HIGH CAMP	(grades 7-9)	July 2-July 15	\$ 607
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Great adventures await this energetic age group. Activities include white water rafting, beginning rock climbing, water slides, adventure hikes, and tubing.

We know peer group concerns are very important to our junior highs; our initiatives course and backpacking overnights provide opportunities for the youth to develop group problem-solving and cooperation skills.

Arts and crafts choices may include ceramics, tie-dyeing, beading, etc. Evening programs continue to develop social skills, through activities such as talent shows, dances, group games, and campfires.



## ASCENDERS

(grades 10-12)

June 11-July 16

\$ 524

Eight rising 10th-12th graders will be chosen for this work/fun-intensive transition into young adulthood. They will participate in a five-week program of work, adventure, personal growth, and community living. With two mentors (as well as many **the mountain** staff) as guides, the youth will work in the kitchen, do maintenance around **the mountain**, and help with YouthCamp, learning new skills and gaining confidence in their own resourcefulness. Once a week the ASCENDERS take a day off to participate in a group activity. They can choose from the ropes course, rock climbing, white water rafting, adventure hikes, to name just a few. In the evenings, there are workshops and discussions led by guest speakers and presenters. Possible discussion topics range from drug and alcohol abuse, to communications styles, to spirituality — or there may be a craft project. The staff is trained to deal with personality differences and to help the youth problem-solve as a group. Applications are due March 1, 1995 — call **the mountain** office for more information or to receive the 1995 YouthCamp registration form.

## COUNSELORS IN TRAINING

(grades 11-12)

June 11-July 16

\$ 524

For young people who are interested in becoming camp counselors, this 5-week course provides invaluable training. "CITs" will work with their mentor to gain insight and skills, and the foundation and confidence necessary to work with children and youth. Serving as a camp counselor is a rewarding and challenging opportunity which requires patience, listening skills, compassion, problem-solving, conflict management and knowledge about developmental levels of first-to-twelfth grade youth. Of course, working on personal identity and interpersonal communications is an important part of the counselor in training program. CITs may, of course, stay on for Senior High Camp. Up to eight special young people will be chosen for this unique program. Applications are due March 1, 1995.

### CAMPERSHIPS

**the mountain** may be able to provide a limited amount of financial assistance in order to make it possible for a child or youth to attend one of our camps. If you would like to nominate someone for a campership, please call or write for an application soon;  
the deadline for campership nominations  
is March 1, 1995.

## Programs for Families

### CAMPER PARENTS' WEEKEND

June 16-June 18

\$ 110

Especially for our MOUNTAINCAMP parental. This is a new program based on an old idea. At FIRST TIME CAMP, parents participate in a workshop outlining the goals, range of activities, and "philosophy" of **the mountain's** summer youth program. We decided this year to offer a similar opportunity for parents of MOUNTAINCAMP campers. The workshop for parents will provide an understanding of how our counselors and staff interact with children, what sort of activities the children participate in, and why. We'll also join together in family-oriented activities, which will give parents a chance to see (and do) what your children do at **the mountain**. So, come to learn, and to have some quality play-and-relax time with your family. Your children who are not participating in MOUNTAINCAMP are welcome to come with you.)

*all original drawings are by Nina Benadetto*

BUILD AN ADVENTURE I (grades 8-10) June 18-July 1 \$ 524

BUILD AN ADVENTURE II (grades 8-10) July 16-July 29 \$ 524

Promoting teamwork, responsibility, Earth awareness, and fun are the goals of this camp. The small size of the group (eight campers and two counselors) makes possible attention to the goals and needs of each individual. The group will grow together by cooperating to complete a work project and by supporting each other in the wilderness. The work component is designed to teach usable skills, develop cooperation, and instill a sense of pride in finishing a major task. The adventure component is a backpacking experience supplemented with rock climbing, in which the campers will learn how to set up tarps, work with a camp stove, use a map and compass successfully, and more.

SENIOR HIGH CAMP (grades 10-12) July 16-29 \$607

This challenging and growth-inspiring experience provides a solid base for social, emotional, and physical maturity. Multiple levels of activities are offered for the novice, as well as the more experienced camper. This includes all levels of canoeing, rock climbing, day and night hikes, Earth education, initiatives, and arts and crafts. We also respond to the youth's demands to understand and be a part of larger communities by offering a theme day and a work day. On theme day, campers participate in workshops and discussion groups focused on current issues. On work day, the group gives back to **the mountain** and the surrounding community through a cooperative service project. Theme day, work day, and the evening programs are designed by the campers' peers, the "Spirits," who were chosen by the 1994 campers.



For more information or to register for one  
or more of the camps, call our office at  
(704) 526-5838 or 4505 (fax) 526-2511

or write to us at  
PO Box 1299,  
Highlands, NC 28741

