



THE MOUNTAIN

Retreat & Learning Centers, Inc.

Energizing people to work for positive change

Welcome to . . .

MountainCamp 2005

How long has it been since you have taken a moment to think back to a "happy place"? Where was this place located? What made it such a memorable space? Are there people in it that made it as special as it is?

Now, clear your mind of everything but an image of rolling mountains. Imagine turning onto a road leading up to the top of one of these mountains. Along this road you pass a small lake with a floating dock in the center and a large field that is just asking for folks to come and play on it. As the road ascends, you begin to see signs with names written in bright colors, and...look! There's your name!! YOU are going to a "happy place" called The Mountain! YOU are going to MountainCamp!!

At the top of The Mountain, you see the signs pointing toward a building for check-in, and you can hear laughter and excited chatter somewhere in the area. You begin walking toward the building and can hear the echo of guitars and people belting out a song that you have heard many times, but have never heard it sung quite like **that**. As you walk through the doors of the building, your name is shouted out and people start cheering – "YAY Campers!!" And even though you have no idea who these people are or why they all seem to know your name, you know that these interesting folks in matching shirts must be your counselors. These are the people who are going to lead your activities and tell you stupid jokes that they think are hilarious even though they really aren't, but you just can't help but laugh, too. You know that this group of rambunctious people will help you become a part of the

camp community by teaching you those cheesy dances that many folks prefer to forget, will give you a hug when you need one, and will encourage your participation in a safe and fun environment of peers.

Time has passed. You have moved into your cabin and are getting to know your cabin mates. Some of your new friends have been to this camp before, some have never been to any camp. You all have been chatting about the fun activities that are on the camp schedules posted on your counselor's bedroom door. Will you choose the jewelry making workshop, or the hike to a waterfall that you can swim in, or the rafting trip down a river, or international games on the field? So many choices, so many opportunities to try something new and exciting!

A week has flown by, already! You have just completed a Service Project to help The Mountain and the local community. Although you are tired from a day of hard work, you are pumped for the costume dance that is taking place tonight, and laugh as 3 fellow campers and a counselor pass by your cabin window in crazy outfits with hair spiked to the sky. You are ready for another week of activities, and you are pretty sure that learning about Outdoor Survival Skills and building mud pies and finger painting with pudding in the Gross Workshop are calling your name to sign up. Plus, you have already made a pact with your cabin mates and counselors to have your evening gathering (known as family council) on the Observation Tower tomorrow night so you can look at the stars

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MountainCamp At A Glance

Camp	Grades	Dates	Cost
ASCENDERS	Rising 11th - 12th	Sunday, June 12 – Friday, July 15	\$919
CITs	Rising 12th - '05 Grads	Sunday, June 12 – Saturday, July 30	\$1,087
Junior High	Rising 7th - 9th	Sunday, June 19 – Friday, July 1	\$961
Beginning	Rising 1st - 3rd	Sunday, July 3 – Saturday, July 9	\$506
Elementary	Rising 4th - 6th	Sunday, July 3 – Friday, July 15	\$936
Work & Adventure	Rising 8th - 12th	Sunday, July 3 – Friday, July 15	\$961
Senior High	Rising 10th - 12th	Sunday, July 17 – Saturday, July 30	\$1,036



All Summer Campers Exploring Nature's Delights & Experiencing Re-Creation
June 12-July 15 (ASCENDERS) — For rising 11th through 12th graders \$919

Interested in being part of an amazing life-changing and fun-filled community experience?! The ASCENDER program offers youth both work and life experiences that provide tools and skills that will last forever.

*"Working with various people and on different tasks was amazing. Looking back, I am so glad to have had the opportunity to give back to The Mountain while making so many new and inspiring friends and role models." **

ASCENDERS live together with approximately 8-9 other participants and 2 mentors. Throughout the 5-week program, the youth will have the opportunity to participate in various training and leadership activities, adventures in the surrounding area, and assist in the success of running The Mountain's various departments (such as Kitchen, Facilities, Office, and more). Each and every day is packed with challenging experiences that help shape personalities long after camp has ended.



MountainCamp ASCENDERS 2004.

*"I wasn't expecting to enjoy the work as much as I did. It was definitely hard and tiring at times, but it was really rewarding. When I received positive feedback for what I had done, it made the work seem so worth it. It made me feel wanted." **

* Quotes from ASCENDERS 2004.

Both the ASCENDER and CIT Programs are application-based programs, so please contact **Gillian Denham** at **828-526-5838, ext. 241** or email her at gillian.denham@mountaincenters.org for more information.

Counselor In Training (CIT)
June 12-July 30 For rising 12th graders through 2005 Graduates \$1,087

Is becoming a Camp Counselor a goal for your future? The Mountain's CIT program is an exciting way to enhance your leadership capacity, providing opportunities to work effectively with youth and develop personal skills.



MountainCamp CITs 2004.

*"I learned so much about interacting and responding to children as well as how I react to different situations. Being a CIT was an incredibly gratifying and rewarding experience." **

In the Jr. High, Elementary, and Sr. High sessions, the CITs assist Counselors with cabin activities, daily trips, workshops, and basic supervision of youth. Every week is packed with action, with 5 full days with your assigned cabin and camp activities, 1 day of leadership development and training, and 1 day to relax and clean the CIT house. Mid-session Sunday marks Field Day – an exciting day designed and hosted by the CITs. In addition, our Jr. High and Elementary campers anticipate the one "Fun with CITs" night, carefully and strategically created by the CITs just for that session.

*"For the first time in my life I find work as a reward in itself. This attitude has carried over to my home life and served me well in school and my job. I take more pride in my work and find no displeasure in spending extra time on an assignment, or putting in a little extra time at work. Good grades and extra money are positive results, but the real reason I do this is for the feeling of knowing that I accomplished something worthwhile with my time." **

* Quotes from CITs 2004.

Jr. High Camp

For rising 7th through 9th Graders

June 19-July 1

\$961

It is always a great day when The Mountain opens its doors for the first official camp session of the summer. The energy literally crackles in the form of hugs, laughter, and shouts of hello as our Jr. High youth arrive at MountainCamp check-in.



There's never a shortage of hugs from friends.

Evening Programs of Theme Dances, Giant Fort Building, local Musicians, a Movie Night, and much more will entertain you at the end of your action packed days. In addition, all Jr. High Campers serve The Mountain or the local communities during our exciting mid-session Service Day. Each day is filled with new experiences and fun.

Spaces fill quickly, so if you are ready for a fantastically fun time at Jr. High Camp, sign up NOW!!

Campers, come prepared for many adventures and activities. This is the camp that you are introduced to our High and Low Ropes courses, river rafting on the Nantahala River, and climbing the cliffs on the side of our mountain. You will have the opportunity to sign yourself up for the activities you want to participate in during your time at camp. So, if you like Arts & Crafts more than hiking, don't worry, we have plenty to offer!



A close-knit cabin.

Beginning Camp

For rising 1st through 3rd Graders

July 3-9

\$506

Beginning Camp is the perfect way for our youngest friends to fall in love with camp! A week-long program is offered to those of you who are just being introduced to how great camp really is! Because we keep the camper numbers to only 24, our counselors are able to spend more one-on-one time with each participant.



Preparing to defend the Tower Fairies.

Small adventures of Rockslides, Arts & Crafts, Nature Hikes, and Lake Fun fill our days, while Magicians, Birthday Parties, and Quests for the Tower Fairies fill our evenings. Time in your cabin is tons of fun and gives each group the chance to discover how goofy and caring your Counselors really are! All of our activities are done in our cabin groups and/or with the rest of the Beginning Campers.



Campers taking a break.

So, if you are ready to start your camp experiences with Beginning Camp, sign-up and prepare yourself for some serious FUN!!

Elementary Camp

For rising 4th through 6th Graders

July 3-15

\$936



Shooting hoops at Field Time.

Are you new to the MountainCamp experience or have you "graduated" from our Beginning Camp?

Elementary Camp gives you the first opportunity to choose many of the activities that you will be participating in during your session. Learn how to build a campfire and cook a meal, create your very own tie-dyed shirt, tube down the Tennessee River, or explore one of our many trails for the secrets of nature. The adventures are endless!

But just because you are getting older doesn't mean that we don't have our fun as kids! Join in our Slumber Parties, Campfires, and Treasure Hunts. Become an animal species in our fantastic Predator/Prey Game.

Learn how helping others will make this world a better place in our mid-session Service Projects. Challenge your Counselors in one of our famous Camper vs. Counselor Capture-the-Flag contest! Every day brings something new and exciting, giving you memories to last a lifetime.



Smiles from the Arts & Crafts Barn.

Sign up NOW and join us for Elementary Camp 2005!!

Work & Adventure

For rising 8th through 12th Graders

July 3-15

\$961

Prepare yourself for Work & Adventure 2005! As a group, you will spend the first week of the session working on creating a team among your fellow campers. Experience High and Low Ropes, learn how to "Set up Camp," practice hiking on our own mountain trails, make a difference to The Mountain and in the local community through various service projects. Your second week of the program takes place out on



Taking a break on the Tower.

the trail – hiking in the Blue Ridge Mountains, cooking your own food, camping under a tarp, practicing "Leave No Trace" skills, and much more!



Preparing to do trail work.

All Work & Adventure campers will be staying at the base of our mountain in one of our two pavilions. No sharing of a bunkbed or lack of shelf space in a cabin for you! Experience the beauty of the stars and moonlight as you prepare to sleep. Enjoy a community of people that are practicing low impact activities and learning skills that can be used in the future.

If you are ready for an adventure of a lifetime, join us in the experience of Work & Adventure. Spaces are limited, so sign up TODAY!!

Sr. High Camp

July 17-30

For rising 10th through 12th Graders

\$1,036

Long before MountainCamp ever begins, a meeting occurs at The Mountain. Close to 20 Sr. High youth, chosen by their peers to fill leadership roles called "Spirits," come for a weekend to begin the long journey of planning the theme, as well as all the evening programs and special events that take place during Sr. High Camp. Through the Spirit's planning and the efforts of the Counselors, Sr. High camp wraps up our summer two-week sessions and sends all on their way to make a difference in this world.



Evening program glamour.

With the experience of highly intensive trips and workshops, campers are given the opportunity to challenge their bodies, mind, and spirit. Hiking through the night with the 24-Hour Experience, creating your own piece of art out of trash, discussing what makes up the "perfect" man or woman, and so much more allow our Sr. High youth to expand their knowledge and understanding in a safe and fun environment.



Happy to go hiking on the 24-Hour Experience.

No matter if you are a MountainCamp "veteran" or if this is your first experience at The Mountain, there are opportunities galore to make new friends, create memories, and discover who you "really" are through daytime and evening programs.

Join us for the ultimate experience of camp! Spaces go quickly, so register early.

A Typical Day at MountainCamp

Daytime

7:00-8:30 am	Breakfast
8:30-9:00 am	Clean Cabins/Get Ready for Day
9:30-10:00 am	Morning Circle
10:00 am	Morning Activities Begin/Trips Leave
12:00-12:45 pm	Lunch
1:45-3:45 pm	Field/Lake Play Time; Snack
4:15-5:15 pm	SIESTA!!
5:30-6:30 pm	Dinner

Evening *

	Begin. Camp	Elem. Camp	Jr. High	Sr. High
Cabin/Free Time	--	--	6:30-7	6:30-7:15
Evening Program	6:45-7:30	6:45-8:00	7-8:30	7:15-9:00
Vespers	7:30	8:00	8:30	9:00
Family Council	8:00	8:15	9:00	9:30
Lights Out	8:30	9:15	10:00	10:30

** Evening times vary depending on camp session.*

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and lights of the surrounding states (3 other states total!). It's strange, you never thought time could pass so quickly.

Your last week at MountainCamp passes by. You, along with the rest of camp, are standing on Meditation Rock – one of the many beautiful places that you have learned to love while you were at camp. You can't believe that this is the last day, that the Closing Circle has almost come to an end, that your ride home is nearby in a parking lot to take you home from this amazing place and your many friends. Two weeks have passed by in what seems like a matter of minutes. Although you can't wait to go home and tell all the folks about climbing the side of a

mountain and your standing ovation after your performance in the No-talent Talent Show, you don't want to leave – you could easily stay forever in this special place. But even as you hug your friends goodbye and give your counselors one last high-five, you know that you will be coming back. As your car slowly drives back down the road and passes the field and lake where you have played many times over in your two weeks at camp, you turn in your seat to look at the entrance sign one more time. You have a "happy place" that you will remember forever and always. You know within your heart that you will take The Mountain home with you and be the best person you can be – the one you discovered in yourself through the eyes of your beloved MountainCamp community.

Registration Instructions for ALL 2005 Youth Camps

REGISTRATION FORM

A separate registration form must be completed for each camper AND for each camp s/he will attend. You may use the form in this brochure, or access the form available on our website at www.mountaincenters.org/youth_pgms.html. Please return the completed form(s) by U.S. MAIL to: The Mountain Youth Camp, P. O. Box 1299, Highlands, NC 28741.

CAMP DEPOSIT

Enclose your *nonrefundable* deposit of \$200 per camp with your registration forms. Your Registration will NOT be processed WITHOUT your Deposit. **Pay in full by December 31, 2004 and receive a discount (see discounts) per camper!**

CONFIRMATION

After we receive your registration form and deposit, we will send or email you a confirmation packet as soon as possible. **Please complete confirmation forms and return by U.S. MAIL postmarked by no later than April 1.**

PAY ATTENTION TO YOUR FORMS

When your child is confirmed and you receive the packet, it is **EXTREMELY important that you read everything very carefully**. If your forms are not filled out properly, there may be delays in your registration process.

REQUIREMENTS FOR PAYMENT DUE & WAITLISTS

Full payment for MountainCamp and ALL camp forms are due on April 1, 2005. **If payment and forms are not received by April 1st, we will remove your campers' name from camp and place you at the end of our waitlist. We have too many youth who want to come to camp to be able to wait for forms and payments.**

Waitlist

If the camp is full when you register, we will let you know and put your child on the waitlist. Your deposit will not be processed until your child is accepted into camp. Once your child is taken off the waitlist, you will be notified immediately so that you can accept or refuse the place. If you accept, you'll be sent confirmation forms to return immediately with full payment. If you decide at that time not to enroll your child, your deposit will be returned. Once your child is enrolled in camp, all cancellation policies apply.

Discounts

As our way of saying thank you, we offer the following discounts:

\$50 off if your child attends 2 or more two-week sessions.

\$50 discount per two-week camp session and \$25 per one-week for full payment by December 31, 2004.

\$10 discount for second and subsequent child(ren) from the same family.

\$50 maximum discount per child per camp.

ASCENDER/CIT APPLICATION INFORMATION

If you plan to apply for the ASCENDER or CIT program, contact Gillian Denham at 828-526-5838, ext. 241 or email her at gillian.denham@mountaincenters.org for an application packet. **All applications and references must be received by February 14th in order to be considered for the program.**

SCHOLARSHIP INFORMATION

The Mountain strongly believes that MountainCamp should be available to every youth. Therefore, we do not want financial limitations to hinder the possibility of a camper attending camp. Requests for up to 50% of the camp cost will be considered. We strongly encourage campers in need of financial support to also seek assistance from their congregations or other community organizations. To apply for a scholarship for a camper, you may fill out the Scholarship Application Form found on our webpage at www.mountaincenters.org/scholarship_form.html or, you may prefer to call the Guest Services Office at 828-526-5838, ext. 0 for a copy. Mail completed form to **Scholarship Committee**, The Mountain, P.O. Box 1299, Highlands, NC 28741. Scholarship requests are confidential.

CANCELLATION POLICY

If you cancel after April 1st, you will receive a 50% refund of your full payment IF IT IS AT LEAST 4 WEEKS BEFORE THE START DATE OF THAT CAMP SESSION. We also need to receive a written cancellation notice.

CAMPER ARRIVALS, DEPARTURES and BETWEEN CAMP STAY-OVER

If your child is staying for more than one MountainCamp session and is in need of supervision, our supervised camper stay-over program is available at no extra cost if you register your child by April 1. **This program is available ONLY to those staying for more than one session.**

Camper arrival and departure times, shuttle information and detailed forms will all be included in the confirmation Packets.

If you are unable to drop off or pick up your camper on the camp starting or ending date, you must make your own arrangements for your child's supervision. The Mountain can only take responsibility for those staying

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MOUNTAINCAMP 2005 REGISTRATION FORM

Use separate form (photocopy) for EACH child and EACH camp.

THE MOUNTAIN RETREAT & LEARNING CENTERS, INC.

P.O. Box 1299

Highlands, NC 28741-1299

828-526-5838

Fax 781-846-1295

youthprograms@mountaincenters.org



Name of Camp Session _____

Dates _____ Price _____

CAMPER INFORMATION:

Camper's Full Name _____

Birthdate ____/____/____ Age as of April 1, 2005 _____ Grade in 9/05 _____ Gender: Male ☐ Female ☐

Street Address _____

City _____ State _____ Zip _____

Evening Phone _____ Day Phone _____

Email Address _____

Please indicate food preference: Omnivore ☐ Vegetarian ☐ Other _____

Check T-Shirt size needed: Youth — M ☐ L ☐ Adult — S ☐ M ☐ L ☐ XL ☐ XXL ☐

T-Shirts will BE ORDERED ONLY for those who check off size!

PARENT/GUARDIAN INFORMATION:

Parent/Guardian Name _____ Day Phone (____) _____

Parent/Guardian Name _____ Day Phone (____) _____

Email Address _____

Indicate if you can accept a PDF file attachment via email to receive the confirmation packet? Yes ☐ No ☐

WHO IS RESPONSIBLE FOR THE FEES?

Name _____ Day Phone (____) _____

Street Address _____

City _____ State _____ Zip _____

NO REGISTRATION / RESERVATION WITHOUT DEPOSIT

A \$200 deposit for each camper is required to hold space for each camp. Your check is preferred. VISA and MasterCard can also be used by carefully printing the card number and expiration date and signing below. The deposit will be deducted from the total amount due.

DEPOSIT IS NON-REFUNDABLE. FULL PAYMENT DUE APRIL 1, 2005.

VISA or MasterCard only: Name on Card _____

VISA or MasterCard Credit Card # _____ Expiration Date _____ Amount \$ _____

Cardholder's Signature _____

Office use only

Date Received:

Received payment:

Date entered:

Confirmation mailed:

Summer Staff Opportunities Available



Are you interested in making a difference in the lives of youth by acting and working as a positive role model? Are you willing to devote your summer to creating for others and yourself the ultimate experience of exciting days and amazing memories?

If you are at least 18 years old by June 1, 2005, and want to spend the summer as a MountainCamp '05 Staff member, contact **Gillian Denham** for an application at **(828) 526-5838, ext. 241** or email her at **gillian.denham@mountaincenters.org**. All applicants must have previous CIT, Camp Counselor, or significant other experiences working with youth.

*Take the opportunity to make a difference in the lives of youth –
apply TODAY!!*

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for more than one session.

To register, please return the "Camp Stay-Over" Registration Form that you will receive with your camper information packet. There are limited spaces available for the program, so in order for your camper to be eligible, we **MUST** have this form back by April 1. This form is **ONLY** for campers. Please see below for Parent Stay-over information.

PARENT STAY-OVER

If space is available, parents and/or guardians are welcome to register to stay at The Mountain in order to drop off and pick up your child. We offer a reduced Mountain Non-Program Guest fee. Please call The Mountain to determine if there is space on the night you wish to stay, and you can register over the phone at that time.

♻️ PRINTED ON RECYCLED PAPER

THE MOUNTAIN RETREAT & LEARNING CENTERS, INC.

P. O. Box 1299
Highlands, NC 28741

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**The
Mountain Matters &
Youth Camp Brochure
Enclosed**