

MountainCamp 2006

FUN!

ADVENTURE!

EMPOWERMENT!

CAMP SONGS!

FRIENDSHIP!

... energizing people for generations to come.



The Mountain

RETREAT & LEARNING CENTERS, INC.

P. O. Box 1299 • Highlands, NC 28741 • (828) 526-5838 • fax (781) 846-1295
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The Mountain is a unique center located in the southernmost section of the Blue Ridge Mountains. With spectacular views, ancient white oak forests, low and high challenge courses and miles of hiking trails, The Mountain is the perfect site for adventure, learning, and fun.

MountainCamp provides meaningful, quality experiences for all youth, fulfilling The Mountain's mission of "embracing the diversity of life, creating an environment to energize people to work for positive change." One of the unique aspects of MountainCamp is the four-to-one camper-to-counselor ratio. This enhances our ability to foster a sense of belonging and acceptance for all participants. Each camper is treated with respect, kindness and consideration, and celebrated for his or her individual gifts. A balance is maintained between establishing structure and boundaries for emotional and physical safety, and creating opportunities for youth to "test their wings."

The Mountain's Core Values

- The inherent worth and dignity of every individual.
- Justice, equity and compassion in human relations.
- Acceptance of one another and encouragement to spiritual growth.
- A free and responsible search for truth and meaning.
- The right of conscience and the use of democratic process.
- The goal of world community with peace, liberty and justice for all.
- Respect for the interdependent web of all existence of which we are a part.

To maintain the safe space that The Mountain is known for, all participants in Mountain Youth Programs must abide by the following standards of behavior:

The "BIG 4"

(For Sr. High & Jr. High youth)

- No Violence (including, but not limited to, verbal/written, physical, harassment, pranks, etc.)
- No Alcohol, Tobacco or Illegal Drugs
- No Weapons
- No Sexual Relations

The "Big 3"

(For Elementary & Beginning youth)

- No Violence
- Respecting Others' Personal Space
- No Weapons

A Typical Day at MountainCamp

7:00 am	Breakfast
8:30	Clean cabin & get ready for activities
9:30	Morning Circle / Singing
10:00	Morning activities
12:00 pm	Lunch
1:00	Field & Lake Play: Snack
3:45	Afternoon Reflection
4:15	SIESTA!!
5:15	Dinner

Evening times vary depending on camp session.

Beginning Camp	6:45 pm	Evening Program
	7:30	Vespers
	8:00	Family Council
	8:30	Lights Out

Elementary Camp	6:45 pm	Evening Program
	8:00	Vespers
	8:15	Family Council
	9:15	Lights Out

Jr. High Camp	6:30 pm	Cabin/Free Time
	7:00	Evening Program
	8:30	Vespers
	9:00	Family Council
	10:00	Lights Out

Sr. High Camp	6:30 pm	Cabin/Free Time
	7:15	Evening Program
	9:00	Vespers
	9:30	Family Council
	10:30	Lights Out

All Summer Campers Exploring Nature's Delights & Experiencing Re-Creation (ASCENDERS)

\$965

Sunday, June 11 - Friday, July 14

(For rising 11th through 12th graders)

Interested in being part of an amazing, life-changing and fun-filled community? The ASCENDER program provides work and other learning experiences that build skills to last a lifetime.

ASCENDERS live together with 8-9 other participants and 2 mentors. Throughout this 5-week program, youth have the opportunity to participate in various training and leadership activities, adventures in the surrounding area, and assist in the successful running of The Mountain's various departments (such as Kitchen, Facilities, Office, and more).

Each and every day is packed with challenges that help shape personalities long after camp is over. At the end of the session, an optional transition into Sr. High Camp gives ASCENDERS opportunities to share stories and experiences with old and new friends.



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

Counselor In Training (CIT)

Sunday, June 11 - Saturday, July 29

(For rising 12th graders through 2006 Graduates)

\$1,141

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

In the Jr. High, Elementary, and Sr. High sessions, the CITs assist Counselors with cabin activities, daily trips, workshops, and basic supervision of youth. Each week is full with 5 days with your assigned cabin and camp activities, 1 day of leadership development & training, and 1 day to relax (& clean the CIT house!). Mid-session Sunday marks Field Day - an exciting activity designed and facilitated by the CITs. In addition, our Jr. High and Elementary campers anticipate the one "Fun W/ CITs" night, carefully and



strategically created by the CITs just for that session.

The CITs live together with 7-8 other participants and 2 mentors. Whether leading incredible programs or simply being a presence that younger campers admire, the CITs' long days are rich and fulfilling. You will be proud of your many accomplishments.

Junior High Camp

\$1,009

Sunday, June 18 - Friday, June 30
(For rising 7th through 9th Graders)

It is always a great day when The Mountain opens its doors for the first two-week 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.

Campers - come prepared for many adventures and activities. You will be introduced to our High and Low Ropes courses and rafting on the Nantahala River. You will sign up for the activities in which you want to participate during your camp session. So, if you like Arts & Crafts more than hiking, don't worry, we have plenty to offer!

Evening programs such as Theme Dances, Giant Fort Building, local musicians, Movie Night, and much more will be the perfect ending to 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!!

Beginning Camp

Sunday, July 2 - Saturday, July 8
(For rising 1st through 3rd Graders)

\$531

Beginning Camp is the perfect way for our youngest friends to fall in love with camp! A week-long program is offered to those just being introduced to this exciting experience! Because we keep the camper numbers low, our counselors are able to spend more one on one time with each participant.

Mini-adventures for small people, such as Rockslides, Arts & Crafts, Nature Hikes, and Lake Fun enhance 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 magical 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, so we build community in and outside of the cabins.

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

Elementary Camp

\$983

Sunday, July 2 - Friday, July 14
(For rising 4th through 6th Graders)

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 your own activities during your camp session. Learn how to build a campfire and cook a meal; create your very own tie-dyed shirt; or explore one of our many trails to discover the secrets of nature. The adventures are endless!

Now that you're getting a little older, you can have even more fun being a kid! Join in our Slumber Parties, Campfires, and Treasure Hunts. Laugh till you cry in the fantastic game of "Flodgeball" - a crazy combination of Dodgeball and Capture-the-Flag! Every day brings something new and exciting, giving you memories to last a lifetime.

Sign up NOW and join us for Elementary Camp 2006!!

Work & Adventure

\$1,009

Sunday, July 2 - Friday, July 14
(For rising 8th through 12th Graders)

Prepare yourself for Work & Adventure 2006! As a group you will spend the first week of the session creating a team with your fellow campers. Experience the Challenge Course, learn how to "Set up Camp," practice hiking on our own mountain trails, and make a difference to The Mountain community through a variety of service projects. Your second week of the program takes place out on the trail - hiking in the Blue Ridge Mountains, cooking your own food, camping under a tarp, practicing "Leave No Trace" skills, and much more!



All W&A campers will be staying at the base of The Mountain in one of our 2 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 who are practicing low-impact environmental 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!!

Senior High Camp

Sunday, July 16 - Saturday, July 29
(For rising 10th through 12th Graders)

\$1,088

Long before MountainCamp ever begins, a meeting occurs at The Mountain. Each summer, about 15 Sr. High youth are chosen by their peers to fill leadership roles called "Spirits." The following spring, these youth come for a weekend to begin the long journey of planning the theme, all evening programs, and special events that take place during Sr. High Camp. Through the Spirits' planning and the efforts of the Counselors, Sr. High camp wraps up our summer 2-week sessions and sends all on their way to make a difference in this world.



Intensive trips and workshops give campers the opportunity to challenge their bodies, minds, and spirits. Hiking through the night with the 24-Hour Experience, creating your own piece of art out of trash, discussing how to live our values as young men and women, and so much more, allow our Sr. High youth to expand their knowledge and understanding in a safe and fun environment.

Whether you are a MountainCamp "Veteran" or this is your first experience at The Mountain, there are opportunities galore to make new friends, create memories, and discover yourself!

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

Registration Instructions for ALL 2006 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 the form 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 be processed ONLY when accompanied by your Deposit. **Pay in full by December 31, 2005 and receive a \$25-\$50 discount per camper!**

CONFIRMATION

After we receive your registration form and deposit, we will send or email you a confirmation packet as soon as possible. *If you have NOT received a confirmation within 2 weeks of sending your registration, please contact The Mountain immediately.* 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. Be sure to fill out forms completely to avoid delays in your registration process.

REQUIREMENTS FOR PAYMENT DUE & WAITLISTS

Full payment for MountainCamp and ALL camp forms are due on April 1, 2006. 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, you will be notified and your child put 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 for sending your child/children to MountainCamp 2006, 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, 2005.
- \$10 discount for second and subsequent child(ren) from the same family.
- \$50 maximum discount per child per camp.

ASCENDER/CIT APPLICATION INFORMATION

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, and we actively seek ongoing support for our scholarship fund. Requests for up to 50% of the camp cost will be considered based on true need. We strongly encourage campers in need of financial support to seek assistance from their congregations or community organizations. To apply for a scholarship, please fill out the Scholarship Application Form on our website at www.mountaincenters.org/scholarship_form.html. Or 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 kept confidential. Request must be received by April 1.

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. Your cancellation notice must be in writing.

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 during the weekend in-between the camps, 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.

Detailed information for Camper arrival/departure times and shuttles will be included in the Confirmation Packets.

Camper drop-off (for all but the ASCENDER & CIT programs) takes place from 10am-3pm on the session start-up date. Pick-up is from 9am-12pm on the final day of the

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Summer Staff Opportunities



Are you interested in making a difference in the lives of youth by acting and working as a positive role model? Do you want to increase your conflict management, creative problem solving, and other leadership skills? 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, 2006 and want to spend the summer as a MountainCamp '06 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 other significant experiences working with youth.

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

Important Change -

*Shuttles to and from ASHEVILLE REGIONAL AIRPORT
for MountainCamp 2006!!!*



After much research, we have decided to change the location of MountainCamp Airport Shuttle Pick-up and Drop-off. The Mountain will NO LONGER provide camper shuttles from and to the Atlanta-Hartsfield Airport and will instead be using the Asheville Regional Airport. We are pleased with the reputation that Asheville Airport has earned through its ability to accommodate youth campers. Information about the shuttles will be in the Confirmation Packet that you'll receive after sending in the registration and deposit for your camper.

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session. 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 for more than one session. To register your camper for the weekend, please return the "Camp Stay-Over" Registration Form that you will receive in your Confirmation Packet. Limited spaces are available. We MUST have this form 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 Camper Parent rate. Please call The Mountain to determine if there is space on the night you wish to stay. You can register over the phone at that time.

MountainCamp at A Glance

ASCENDERS (Rising 11th through 12th graders)	Sunday, June 11 - Friday, July 14	\$965
CITs (Rising 12th graders through 2006 graduates)	Sunday, June 11 - Saturday, July 29	\$1,141
Jr. High Camp (Rising 7th through 9th graders)	Sunday, June 18 - Friday, June 30	\$1,009
Beginning Camp (Rising 1st through 3rd graders)	Sunday, July 2 - Saturday, July 8	\$531
Elementary Camp (Rising 4th through 6th graders)	Sunday, July 2 - Friday, July 14	\$983
Work & Adventure (Rising 8th through 12th graders)	Sunday, July 2 - Friday, July 14	\$1,009
Sr. High Camp (Rising 10th through 12th graders)	Sunday, July 16 - Saturday, July 29	\$1,088



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P. O. Box 1299
Highlands, NC 28741

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