

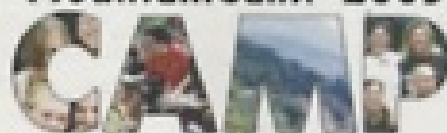
Rekindle the flame



Taste the difference



MountainCamp 2009

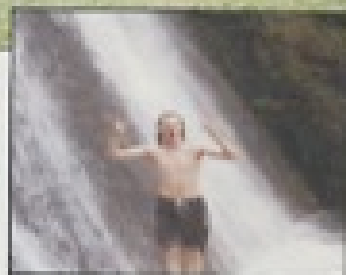


Make the memories
of a lifetime



Live the values of
community





Nestled atop a granite bald on the Highlands Plateau in Western North Carolina.

The Mountain has a 360-degree view of great sunsets, meteor showers, and spectacular valleys of the surrounding Nantahala National Forest. A rare environmental treasure, it is home to the largest stand of wind-worn dwarf white oaks in the world. With over 80 acres and an elevation of 4,200 feet, the unique ecosystem of The Mountain provides abundant opportunities for experiences in nature. In

keeping with our values, this extraordinary property is now protected forever in a Conservation Easement.

At The Mountain, campers experience that nature is not a threat to our existence, but is actually the fabric of our being. They learn how to conserve and protect our natural environment and the resources that we use. We practice Leave-No-Trace with the

focus on treading lightly on the earth. Respect for the buildings where we gather, the cabins where we sleep, and the trails we walk on are integral parts of learning to value the world where we live.

Age appropriate service projects are offered during each camp session as a small step toward

building an awareness of our interdependent community.



Community Standards – The Big Four –

1. Free of violence (verbal, emotional and physical) and weapons
2. Free of sex and exclusive relationships
3. Free of illegal drugs and alcohol
4. Free of tobacco products



MountainCamp

www.mountaincenters.org

The MountainCamp Community is committed to providing meaningful, quality experiences for all youth, fulfilling The Mountain's mission to *embrace the diversity of life, creating an environment to energize people to work for positive change*. For 30 years, MountainCamp has fostered belonging and acceptance allowing youth to learn and grow in intentional community. Each camper is treated with respect, kindness and consideration, and is celebrated for his or her individual gifts. A balance is maintained between establishing structure and boundaries to keep youth safe, while creating opportunities for them to "test their wings." Campers return home with a deepened sense of self and the awareness that they are an asset to this world - that they can make a difference!

The philosophy of The Mountain is to empower youth and to deepen the understanding of their influence on one another and on their communities. MountainCamp fosters a sense of purpose and of self in relation to community in all of our activities. Through participatory and experiential education, campers learn leadership, environmental stewardship, social justice awareness, and the value of service. Creative expression and FUN find their way into all MountainCamp activities.

Clear expectations are set before campers arrive. Campers are asked to sign a covenant pledging to maintain an environment free of drugs, weapons, violence, and exclusive behaviors. Mountain campers are encouraged to explore and appropriately express personal values, accept the differing values of others, discover and build upon common values, and feel a sense of belonging to a group of peers.

Through experiential activities, honest, careful communication, and conflict management, MountainCamp embraces diversity, peace, hope, respect, nonviolent communication, and civility.

Campers have a wide variety of recreational opportunities to choose from, including hiking, water-based activities, field games, high ropes course, organic gardening, arts-n-crafts, music, dancing, and drama. Community activities include meals, morning circles (we welcome each day with songs!), outdoor gatherings, evening programs, and time for reflection. There are small group interactions in workshops, on trips, and during cabin time. Each evening ends with "family council" where campers and counselors share their joys and concerns and just plain silliness with each other. Throughout all MountainCamp activities, the highest value is placed on the physical and emotional safety of each individual camper. All of our counselors are American Red Cross Certified in CPR and First Aid. Intensive training on leadership, community living, child development, and conflict transformation are provided for all camp staff.

**4 to 1 Camper to
Counselor Ratio**

Beginning Camp

Sunday, July 12 – Friday, July 17
Rising 1st Graders – 3rd Graders

\$479



Beginning Camp is the perfect way for our youngest friends to be introduced to and fall in love with camp! Because we keep the camper numbers low, our counselors are able to spend more one-on-one time with each participant. Beginning Camp has 3 campers to every counselor.

Rockslides, arts and crafts, nature hikes, and lake fun fill our days, while magicians, campfires, and scavenger hunts entertain us in the evenings. The majority of activities are done as a whole camp in order to allow the youth to create a strong bond with all of the campers in their short time at MountainCamp.

There is lots of special cabin-group time, too, so that campers and counselors have the chance to get to know one another!

"I chose MountainCamp for my daughter because of our shared values. I was very impressed by their safety standards, the low Camper/Counselor ratio and the quality of their programming. My daughter had the time of her life and can't wait to go back next year!" ~ Beginning Camper Parent

Elementary Camp

Sunday, July 5 – Friday, July 17
Rising 4th Graders – 6th Graders

\$1,009

Whether you are new to the MountainCamp experience or a "graduate" from our Beginning Camp, the Elementary Camp session offers exciting, new experiences for all who attend!

Elementary Camp gives an opportunity to choose among many activities in which to participate. Learn how to build a campfire and cook a meal, create something in arts and crafts, or explore one of our many trails for the secrets of nature. The adventures are endless! Every day brings something new, giving memories to last a lifetime.



Junior High Camp

Sunday, June 21 – Friday, July 3
Rising 7th – 9th Graders

\$1,040



The energy crackles all over The Mountain, with hugs galore, lots of laughter, and exuberant shouts of greeting as the youth arrive at The Mountain for the first of our 2-week sessions.

Junior High Campers will have the ability to sign up for the activities in which to participate at camp. There are multiple options for all! Choose from a variety of workshops, trips, arts and crafts, and more. This is the camp that introduces our High Ropes Course and whitewater rafting on the Nantahala River! Evening Programs include Theme Dances, Lee Knight Night (the superstar musician

of all Mountain camps), a Movie Night, and much more to entertain you at the end of a full day of activities.

"MountainCamp was such a great experience for me because I was respected as an individual and I learned so much about living in community. I met so many new friends from many places, and knowing that all of us agreed to live by the 'Big 4' gave us the safe space we needed to learn and grow. The Mountain is such a beautiful place, and the people there really care about us!" – Senior High Camper

Senior High Camp

Sunday, July 19 – Saturday, August 1
Rising 10th Graders – 12th Graders

\$1,122

With the experience of highly intensive trips and workshops, Sr. High campers are given the opportunity to challenge their bodies, minds, and spirits. Hiking through the night with the 24-Hour Experience, working on our organic garden, discussing the prejudices and stereotypes we carry with us through life, learning about environmental issues, and so much more allow our Sr. High youth to expand their knowledge and understanding in a safe and fun environment. There are opportunities galore to make new friends, create memories, and discover who you "really" are through daytime and evening programs.



ASCENDER Camp

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

Sunday, June 14 – Friday, July 17

Rising 11th – 12th Graders

\$970



The ASCENDER program gives rising 11th & 12th grade youth both work and life experiences that provide tools and skills to last a lifetime. ASCENDERS live together with approximately 7 other participants and 2 mentors. Throughout this 5-week program, the youth have the opportunity to participate in various training and leadership activities, and adventures in the surrounding area. ASCENDERS assist in the success of running The Mountain's various departments (such as Kitchen, Facilities, Office, and more). Each and every day is full with challenging experiences that help shape personalities long after camp has ended.

"I didn't know that living and working with a group of people would make me feel like this; I just can't get over how satisfying it has been to make a positive impact on a community that gives so much back to me. I want to take this feeling home with me."

- MountainCamp ASCENDER

Work & Adventure Camp

\$1,040

Sunday, July 5 – Friday, July 17

Rising 8th Graders – 12th Graders

Join us for one of our most challenging and rewarding sessions offered at MountainCamp. As a Work & Adventure Camper, you will spend the first week of the session creating a team among your fellow campers. Experience the Challenge Course, learn how to "Set up Camp," practice hiking on numerous trails, and make a difference to The Mountain community by working on a service project. The second week of the program takes place out on the trail – hiking in the Blue Ridge Mountains, cooking simple and delicious meals together as a group, experiencing the beauty of the stars and moonlight, practicing "Leave No Trace" skills, and much more! When not camping on the trail, W&A campers will be staying at the base of our mountain in one of our pavilions. Enjoy a community of people that are learning new skills together.



\$1,174

CIT Camp (Counselors-in-Training)

Sunday, June 14 – Saturday, August 1
Rising 12th Graders – 2009 Graduates



The Mountain's CIT program is an exciting way for rising 12th graders and 2009 High School graduates to enhance your leadership capacity, providing opportunities to work effectively with youth and develop personal skills.

The CITs live together on Mountain property with approximately 7-9 other participants and 2 mentors. All the CITs assist with camp activities, daily trips, workshops, and basic supervision of youth. Each week is packed with action – 5 full days with their assigned cabin and camp activities, 1 day of leadership development & training, and 1 day to relax

(and clean the CIT house!). Mid-session Sunday marks Field Day – an exciting activity designed and facilitated by the CITs. Campers also anticipate the one "Fun W/ CITs" night each session, carefully and strategically created by the CITs just for that age group.

"From the first year I came to camp at The Mountain, this place became my second home. As a counselor, I have continued to grow in so many ways, strengthening my leadership skills, making new friends, and learning about myself. The training we received was thorough and made me feel confident that I could keep my campers safe while giving them the room they needed to grow. I'm looking forward to returning next summer!"

- MountainCamp Counselor

Summer Staff Opportunities Available

Interested in committing to making a difference in the lives of youth by acting and working as a positive role model? It's easy to apply! For application and information, go to The Mountain's website at www.mountaincenters.org or contact the MountainCamp Director, **Brian Gifford**, at 828-526-5838 ext. 253. All applicants must be at least 18 years old by June 1, 2009, and have previous CIT, Camp Counselor, **OR** other significant experiences working with youth.





Are you longing for MountainCamp?

MountainCamp 2009 Dates

ASCENDER	5 weeks 11-12th gr	Sun., June 14- Fri., July 17
CIT	7 weeks 12th gr +	Sun., June 14- Sat., Aug. 1
Beginning	1 week 1st-3rd gr	Sun., July 12- Fri., July 17
Elementary	2 weeks 4-6th gr	Sun., July 5- Fri., July 17
Junior High	2 weeks 7-9th gr	Sun., June 21- Fri., July 3
Senior High	2 weeks 10-12th gr	Sun., July 19- Sat., Aug. 1
Work/Adventure	2 weeks 8-12th gr	Sun., July 5- Fri., July 17

Please note that the **ASCENDER** and **CIT** programs and
Staff Positions are application-based

For more information, contact: **Brian Gifford**
MountainCamp Director
brian.gifford@mountaincenters.org
828-526-5838 ext. 253



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