

# CAMP45 ADULT LEADER INFO

## First-Time Leader Meeting Wednesday, June 9, 2010

6:30-7:30pm - Room TBA (Jr. High Room)  
If you have been a leader before, you do not need to attend again (but we would love to have you).

### Glad To Have You!

Thank you for offering our 4th and 5th graders an opportunity to grow in their relationship with you, each other and most importantly God and the church. We hope you find the Camp45 weekend to be a fun and faith-filled experience. Without your willingness to step forward we simply couldn't offer this camp. *St. John's policy dictates that all adults need to have a recent **background check** completed by the church. Rob will let you know if you need to be checked (or re-checked).*

### Where We'll Be Living For the Weekend

Lutheran Outdoor Ministries Center is an ELCA ministry in Oregon, IL on over 600 acres of beautiful prairies, farmland, rolling hills, unique St. Peter outcropping, a canoe/fishing pond and many, many hiking trails.



We sleep each night in an air-conditioned retreat house with 4

separate rooms for boys and girls and there are separate bathrooms with showers. Everyone sleeps in bunk-style beds and each room (of 8 people) will have at least one or more adult leaders. Adults are responsible for getting kids to bed, waking up, and keeping general order in their rooms. Meals are shared in the Dining Hall at (usually) round tables and served family style.

### Your Role As An Adult

Our weekend is one of enjoyment! You'll meet other adults and children, perhaps expand on relationships previously made and be a positive role model for children from St. John's.



**We are all responsible for the behavior of the children at camp.** If you see something that is not appropriate or safe please correct the situation.

- Act out the Golden Rule. Treat others like you want to be treated.
- Treat children and adults with equal respect

- At camp, we are all campers! **You aren't a chaperone!** We need adults to participate and get busy in having fun with everyone else. No adult huddles will be allowed, so expect to be active in playing, praying, and pursuing a faith-filled weekend.

### Schedule

Friday night we will leave from the Parish Life Center at 6:00pm. It is helpful if leaders arrive 15 minutes early to help with sign-in and loading of luggage and people.

The trip takes approximately 2 hours and we typically do not stop anywhere on the way up.

Friday night generally consists of getting-to-know-you activities and settling into the Retreat House.

Saturday is full of activities like a pond canoe, hiking, team building, games and nature.

On Sunday, we will wake up, eat breakfast, pack up, have some fun at camp or in the town of Oregon and then head to worship. After worship we will enjoy LOMC's Sunday brunch and head home immediately afterwards.

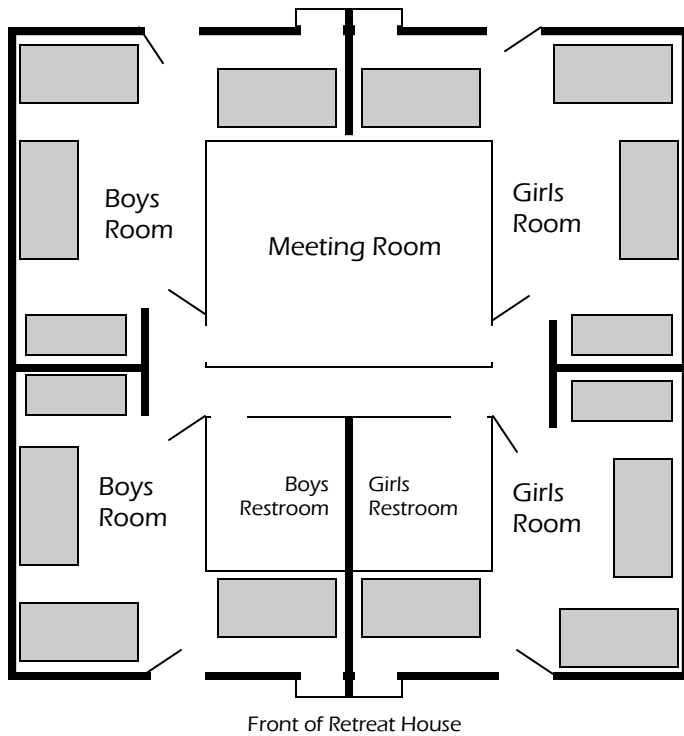
### What to Watch For

- Really get to know the kids, watch for homesickness and other signs of loneliness. Stop bullying and teasing - there is no place for that at camp.
- Don't let kids sit by themselves or go off alone.
- Encourage kids to get to know other kids, not just the ones they knew before camp.
- Show enthusiasm! Kids see our attitudes and imitate us. If you complain - they'll complain. If there is an activity you don't like, don't make a fuss - be as positive as you can and encourage the kids to try.



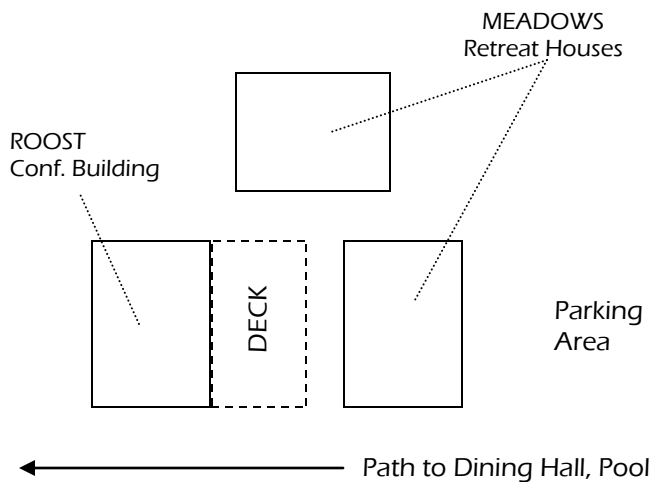
If you have any questions about your role as a leader or questions about Camp 45 please let me know.

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# WAYS TO LEAD OUR CAMPERS

- Smile a lot
- **Don' t Anticipate... Participate!**
- Learn their names
- **Set boundaries that keep them safe**
- Don' t play nurse or doctor (unless you are one)
- **Be honest**
- Listen to their stories
- **Stay with them when they are afraid, uncomfortable, embarrassed, or homesick**
- Share in their excitement
- **Learn what they have to teach**
- Tell them how terrific they are
- **Use your ears more than your mouth**
- Have fun together
- **Seek God together**
- Ask questions
- **Jump in and help lead**
- Support them
- **Love, joy, peace, patience, kindness, goodness, faithful, gentleness and self-control**
- Be flexible
- **Don' t be a " chaperone"**
- Focus your attention on all campers
- **Respect them**
- Remind them to put on bug spray and sunscreen
- **Appreciate their individuality**



## FRIDAY

- Leave at 6pm from Fellowship Hall (arrive by 5:45pm)
- Travel time: 2 hours, 15 minutes
- Homesickness
- Retreat Houses (room assignments)
- Unpack
- Small Group games, snack, Small Group project
- Bedtime (possibly a brief Night Hike)
- Bathroom/Showers (tips)
- Wake up and pack
- On deck at 8am for 8:15am breakfast

## SATURDAY

- Breakfast (8:15am)
- Meal Tips
- Pond Canoe
- Team-Building
- Lunch (12:15pm)
- Bible study, activities
- Pool Time
- Inside activities
- Rest (in Retreat House)
- Dinner (5:30pm)
- Lowden or Castle Rock State Park
- Barber Cliff
- Campfire (w/s'mores)
- Night Hike & Bedtime

## SUNDAY

- Wakeup and Pack-up
- Breakfast (8:15am)
- Camp Store
- Project Play
- Worship (11:00am)
- Brunch
- Head Home
- Fuel-up & Cleanup
- Arrive about 3:30pm