

What You Need to Know Before Arriving at CAYOCA

CHECK-IN & Registration

All youth camps have a registration check-in time of 5:30-7:00 p.m. Registration will take place in Harvest Hall, located at the main entrance of Twin Lakes Christian Center. At Harvest Hall campers will receive their camp button, t-shirt, group and cabin assignments.

You will need to bring the following with you to Check-In:

- Camper spending money (Grades 3-5 only – Grades 6-8 will be responsible for their own money)
- Camper prescription medicine

WHAT SHOULD I BRING TO CAMP?

(Please make sure camper's name is on all items)

- Bible, journal/notebook and pencil
- Casual, modest clothes (no underwear should show) for warm & cool weather
- 2 pairs of shoes (suitable for outdoor wear)
- Warm jacket and rain gear
- Bedding: sheets (twin beds)/sleeping bag, pillow
- Toiletries, sunscreen, bug spray
- MODEST one-piece swimsuit or a tankini that covers the midriff (NO bikinis)
- Towel(s)
- Money for gift shop, motor boat activities, crafts & canteen (\$5-\$30)

Optional:

- Athletic and fishing gear
- Camera
- Flashlight
- Stamped envelopes/postcards
- Sunglasses
- One change of grubby clothes

WHAT SHOULD MY CHILD LEAVE AT HOME?

- Cell phones
- Portable music systems
- Electric games (any brought to camp will be kept in the office until the end of the week)
- Expensive jewelry, other items of high value
- Large amounts of cash

ABSOLUTELY NO pornography, tobacco, alcohol, non-prescription drugs, weapons or fireworks will be tolerated

REFUND POLICY

Before May 15: After a written request, complete refund minus a \$75.00 deposit

After May 15: No refunds

NO Refunds will be given for "no-shows."

ARRIVAL AND DEPARTURE

All youth camps have a registration time of 5:30-7:00 p.m. **There is no meal served the first night!** An adult **MUST** accompany your child to registration. All camps end after the final 4:00 PM Mass on the last day of camp. Parents, family and friends are invited to this final Mass, after which is check-out. Once again, an adult **MUST** accompany their child to check-out.

MODESTY

Because the Bible asks brothers and sisters in Christ to treat each other with respect and purity (1 Timothy 5:1-2) and because we want to avoid lust of the eyes (1 John 2:16), CAYOCA asks all campers to bring modest clothing out of respect to others and to themselves. All outer clothing should cover areas that underwear normally covers. Shirts and shoes are to be worn in all public areas, including going to and from the waterfront. Appropriate swimsuits include swim trunks for boys and one piece swimsuits or tankinis for girls. Campers wearing inappropriate swimwear may be asked to change or given a t-shirt to put over their swimwear.

PHONE CALLS

Outgoing phone calls are discouraged (to prevent homesickness) but will be allowed with Leader Team consent. Emergency calls will be made by camp personnel.

VOLUNTEERS

Volunteers are a crucial part of CAYOCA. Small group leaders, camp medics (EMTs, nurses, doctors, etc.), and program assistants are needed. Please contact the Youth Ministry Office to volunteer.

SWIM TESTS

Swim tests will be conducted as campers arrive at TLCC. Also, there will be a swim test at the beginning of the first free time. Campers and adults must pass the swim test in order to swim the the deeper section of the waterfront. All others may swim the the less deep section.

MEDICAL ISSUES

There will be **two Medics available 24 hours a day** during each camp session. Prescription and non-prescription medications should be left in their original containers brought to registration. Medications will be dispensed according to your instructions.

It is not necessary to send non-prescription pain-relief, bug-bite, eye, allergy, ear, cut, and scrape, or sunburn medications to camp with your child. TLCC has a large inventory of these items (as well as bee kits, ace bandages, Band-Aids, etc.) that can be and will only be dispensed by the Medics.

Homesickness is one of the more familiar “ailments” the Medics see and treat at camp. It typically shows itself in the form of a headache, stomachache, moodiness, or a desire to call or go home. In order to overcome this often-times contagious “ailment,” non-medical treatments are employed. Generally these consist of keeping campers focused on present and next activities (keeping busy is good) as well trying to assure that they have friends (old and/or new) to participate with in activities. If a phone call home is requested, someone on the Leader Team will see your child is able to do that.

- If your child has not spent time away from home alone (especially overnight), you may want to plan for him/her to stay overnight at a friend’s or relative’s house prior to camp and see how it goes.

If your child is currently on Ritalin or a comparable prescription (for attention purposes during structured group activities), we would encourage you to send his/her medication to camp as the small group dynamics and overall camp schedule are very similar to those found in a classroom.

The Diocese is not responsible for lost, stolen, or forgotten articles! Inquiries should be directed to Twin Lakes Christian Center at 712-297-7714

CAMP MAIL

Letters received at camp truly add another positive dimension to your child's camp experience, so please pass the address on to friends and relatives so they too can take part in your child's experience. Send letters to:

Twin Lakes Christian Center

 (Child's Name) (Camp Session)
 7718 Twin Lakes Road
 Manson, IA 50563

Make certain that your child's name and camp session (e.g. CAYOCA Session 2) are included on the envelope. Letters that are received after a camper has left the campgrounds will be shredded.

In the case of an emergency, the Camp Coordinator or Diocesan Representative can be reached by calling Twin Lakes Christian Center at 712-297-7714.

SPENDING MONEY

Campers may bring money to purchase snacks from the canteen or items in the TLCC Gift Shop, which is open daily. They may want to do arts or craft projects (50 cents to \$3.00 a project).

Campers attending the 6-8 grade session are responsible for their own spending money. Each camper attending a 3-5 grade session will turn their spending money into the "CAYOCA Bank" at registration. Their monies will be verified and recorded at the time of check-in. We ask that campers not bring a large amount of money to camp and what they do bring be in small denominations.

MASS

Mass will be celebrated every afternoon. A priest from the Sioux City Diocese will serve as the Spiritual Director for each camp session. What to say to your child's friend(s) who might be attending camp but not Catholic:

We welcome to this celebration of the Eucharist those Christians who are not fully united with us. It is a consequence of the sad divisions in Christianity that we cannot extend to you a general invitation to receive Communion. Catholics believe that the Eucharist is an action of the celebrating community signifying a oneness in faith, life, and worship of the community. Reception of the Eucharist by Christians not fully united with us would imply a oneness which does not yet exist, and for which we must all pray.