



**Camp Rock 2024
Parent Packet**

Hello Parents!

We are excited that you have decided to send your child to Camp Rock! We've been praying and planning, putting together what we hope will be the best week of your kid's summer. Camp will be held on July 16 – 20 at the YMCA Blue Ridge Assembly in Black Mountain, NC. As always, we have a great team of staff and counselors, many of whom have served at camp for several years. We are looking forward to being used by God to impact your child!

If you have anything that needs to be updated on your child's medical record or RegPack profile (our registration system), please make sure you [log on](#) to your account to provide any updates and to complete any missing information on your child's profile immediately. Our camp staff and nurses will be reviewing the information prior to camp to ensure we provide the best care for your child while they are at camp. **Please note all balances are due June 20.**

Please take some time to review the information in this packet as soon as you can! We have made some significant changes this year, including rooming and pickup times on the last day of camp, so please read all the content. We will also have a Zoom parent meeting on Monday, June 24, from 7:00 to 8:30 p.m. We highly recommend that you participate so you can be in the know! The link for the meeting will be emailed out a few days prior to the meeting.

We are praying that your child will grow deeper in their faith because of our week together at Camp Rock! If you have any questions about camp that this packet doesn't answer, contact Next Gen Events at nextgenevents@foresthill.org, or chat with your campus team!

Blessings,
2024 Camp Rock Team

Camp Rock FAQ's

When does Camp Rock check in begin?

Camp Rock begins at 2:00pm on Tuesday, July 16th. Please do not come on the property before then. We will have a staggered drop off time for your camper. If you have kids in more than one grade, choose one of the times that works for you!

6th grade – 2:00 - 2:30

5th grade – 2:30 - 3:00

4th grade – 3:00 – 3:30

Where do I check-in?

When you arrive on the property, be sure to follow the Forest Hill signage; we will have staff members greet you, and they will remind you of the name of the building where your child is staying. You will then proceed to check-in your child at the building where they are staying. At this time, you will need to check in any medication, both prescribed and over the counter, so please have those ready to check in!

Can I drop my kids off early?

Please do not come on the property before check-in! We know your kids will be excited for camp to start, and we will have a lot to do to get ready for their arrival! If you find yourself arriving early, please go spend some time in Black Mountain while we put the finishing touches on camp!

When does camp end?

Camp ends on Saturday, July 20th. Pick up will be from 9:30AM – 10:30 AM. This is earlier than in years past! You will pick up your camper outside of the building that you dropped them off at.

What if my child needs to take medication while at camp?

To ensure everyone's safety, all medications, both prescribed and over the counter, need to be turned in to one of our medical staff at check-in. We've included a medication authorization form separately from this packet. ***Please be sure to print and complete the form and turn in AT THE TIME OF CHECK-IN ONLY if your child has medication to take during Camp Rock.***

When do I find out who my child's counselor will be?

Counselors will be calling about a week before camp starts to introduce themselves and answer any questions you may have. They will also let you know who your child's roommates are at that time.

What are the sleeping arrangements?

This year, we have six buildings where our campers will sleep by gender. The sleeping arrangements range from bunk beds to double beds. **No one is allowed to share beds. Some rooms will have air mattresses (provided by us), as we require at least three campers in each room.** Counselors do not share rooms with campers.

Who's in charge of my camper?

We have an incredible team of high school and college students who attend Forest Hill and are the counselors for the week! Our counselors are paired together, and they are responsible for 7-10 campers. Our counselors are carefully selected. They will work together to ensure that all children are cared for! All counselors and staff have been background-checked and have received extensive training.

What does a day at Camp Rock look like?

Campers typically wake up by 7:30 am every morning. After breakfast, they will have God time and then a more in depth look at the Bible lesson with their group. Next up is a morning full of games! After lunch, they have FOB (flat on bunk), also known as nap time! After a little rest, they have an afternoon of free time with their group and participate in a variety of activities, including swimming, crafts, outdoor activities, creek time, and treats! After dinner, we head to Club Time, which includes a time of worship and a Bible lesson from one of our storytellers. Campers finish their full day with a one-on-one with their counselor in a public space to debrief their day. Lights out will be at 10:00 pm nightly.

What about the food?

Meals will be served in the Blue Ridge Center dining room. Each meal is balanced, and a variety of foods are offered. However, if your child has special nutritional requirements or food allergies, you must let us know ahead of time! We will not be able to accommodate "picky eaters" but will ask the food service for assistance with medical needs.

What about mail?

FOR NEW PARENTS: MAIL CALL IS IMPORTANT! Because we don't allow kids to call home during camp, this is your way of saying "hello" every day! PLEASE WRITE LETTERS TO YOUR CHILD. Please make your letters cheerful and encouraging! Keep your packages simple. Please remember that our campers come from all walks of life, and not everyone can afford to send extravagant care packages. We would ask that anything you send fit in a 9 x 12 manila envelope (no boxes, please – this will help you determine what to send!). We will distribute mail on the 3 full days of camp. ***Please DO NOT put any food in these care packages! Please refer to our separate SNACK POLICY to understand these changes. We will not allow kids to bring individual snacks. If you have any questions, please let us know.***

To make it easy for you, you can drop your mail off at check-in. Please label each envelope with the Camper's Name and Day 1 (Wednesday), Day 2 (Thursday), and Day 3 (Friday). ***Previously, we have allowed mail to be sent directly to camp, but we have discontinued this. It has become too difficult to manage as we are unable to sort these while camp is in session.***

Can I call my child while they are at camp?

We do not let kids call home while at camp. We do this because it is our experience that kids will be more content and less homesick when they aren't calling home. Please contact us if you have questions about this policy. We will be sending an email daily with a link to a photo recap

of the day for you to get a bird's eye view of camp during the week! Also, be sure to like our Instagram @fhccamrock, as we will be posting content there throughout the days of camp.

Should I send my child with any money, and if so, how much?

Your child will need money if they want to make crafts or purchase from a limited Starbucks and ice cream menu at Blue Ridge. Please send them with smaller bills (\$1 or \$5 bills), as this will help Blue Ridge not have to make change. Ice cream and Frappuccino's are \$5 each, and crafts are around \$5 each.

Are there rules at Camp Rock?

Of course! Here are our general rules...please go over them with your child before coming to camp!

1. Boys and girls are not permitted in each other's rooms or hallways.
2. 10:00 P.M. to 7:00 A.M. is quiet time. All campers must be in their rooms during these times.
3. DO NOT BRING ANY ELECTRONIC DEVICES, including cell phones, iPads, tablets, laptops, etc. Any found will be collected and returned when camp is over.
4. Campers are required to attend all activities and meals.
5. Campers are never to go anywhere alone. Parents will be notified immediately if this happens and may be asked to pick up the camper. Your child's safety is important to us!
6. Campers are expected to treat counselors and each other with kindness and respect.
7. Any damage done by a camper to the facilities is the sole responsibility of the camper and their parents.
8. We do not allow the campers to phone home during the week as it often causes them to be homesick. If your child has a cell phone, please keep it at home. If there is any emergency of any kind, you will be notified immediately. If you need to contact them for any reason, check out the emergency information at the end of this packet.
9. Parents – ahead of time, please talk to your child about using appropriate language. There are many words out there that might be ok in your household, but in others, it is not. Key thought: if you have to ask if it's ok, then it's probably not. Please encourage your kids to think about the words they use and to keep their language clean.
10. We expect all kids to have fun and deepen their faith in Christ while at Camp Rock!

A Word About Snacks

During our most recent Camp Rock years, we've seen a surge in the number of food allergies amongst campers. We have also seen a rise on children overindulging in snacks at camp unfortunately resulting in many belly aches. While our nurses are ready to assist, we believe that providing certain food guidelines will help each child have a safer and healthier camp experience. **Please read carefully our updated snack policy:**

We kindly ask that you do not send any snacks in your child's luggage or in their mail envelopes. Rest assured that your child will have plenty of food options! Blue Ridge has worked diligently with us to provide kid-friendly meals. In addition, campers will have the following daily snack options:

Blue Ridge Snack Bar

Blue Ridge provides a snack bar with drinks and snacks for sale. Our campers will be allowed to visit between 2:30-4:00pm daily and purchase either a **small/tall** sized vanilla Frappuccino from Starbucks (no caffeine), OR an ice cream treat. These cost \$5 each. (Campers will not be allowed to buy other drinks or candy). Please note these items are for sale. Please send bills in \$1 or \$5 denominations if your child will be purchasing snacks from Blue Ridge Snack Bar.

Camp Rock Canteen

Campers will be able to visit the Camp Rock Canteen and enjoy two snacks each afternoon from 2:30 – 4:00pm. The canteen will be stocked with a variety of healthy, and kid friendly snacks and beverages. Campers do NOT need money for canteen snacks. Forest Hill will be purchasing all snacks.

Should you have any questions about this policy, please contact your campus staff, or email nextgenevents@foresthill.org .

Packing List

Clothes:

- Pants or jeans
- Shorts
- Shirts (short and long sleeve)
- Sweatshirt (mornings are cool!)
- CLOTHES THAT CAN GET MESSY!!**
- Socks
- Underwear
- Hat/bandanas
- Sandals/flip-flops
- Swimsuit
- Tennis shoes for running around
- Water shoes that can get wet

***Clothes may get messy, we recommend sending clothes you will not mind throwing away if they get too dirty/messy!**

Miscellaneous/Toiletries:

- REFILLABLE WATER BOTTLE (Please choose one that holds at least 20 oz! PLEASE LABEL WITH YOUR CHILD'S NAME!)**
- Drawstring Bag/Backpack to carry items (i.e. water bottle, sunscreen, etc)
- Bible
- Pillow (optional)
- Beach towel for pool
- Flashlight
- Hair dryer
- Spending money (In \$1 or \$5 denominations only)
- Bug spray
- Deodorant
- Toothbrush/Toothpaste
- Shampoo
- Sunscreen
- Soap

PLEASE LABEL ALL YOUR CHILD'S THINGS AS WE WILL DO OUR BEST TO RETURN LOST ITEMS!

Please note that sleeping bags are optional - bed linens and towels ARE PROVIDED.

Directions to Blue Ridge Assembly

**YMCA Blue Ridge Assembly
84 Blue Ridge Assembly Drive
Black Mountain, NC 28711
828-669-8422**

**Take I-85 South to Exit 17, Highway 321 North. Follow to I-40 West.
Go past Hickory, Morganton and Marion. Take exit 64, Highway 9, in Black Mountain. At the bottom of the ramp, take a left and go under the bridge.
Go past a shopping center on your right. The road veers left to Highway 9, but veer right on Blue Ridge Rd.**

Look for the sign for Blue Ridge Assembly about a mile down the road on your left. Turn left here and follow into camp. Once on the grounds, follow the Forest Hill signage for check-in.

Emergency Contact Information

CAMP ROCK TRIP LEAD: Kacey Cederstrom (Cell: 803-235-2195)

**CAMP ROCK LOCATION: YMCA Blue Ridge Assembly
84 Blue Ridge Circle
Black Mountain, NC 28711
828-669-8422**

The switchboard is open 24 hours a day. In an emergency, please contact the switchboard at the above number and they will get any message to us.



Forest Hill Medication Authorization Form

INSTRUCTIONS

This is to be filled out ONLY if your student will be taking medications at their trip/event. Please print BOTH PAGES of form and bring it completed at check-in; DO NOT mail this in ahead of time.

MEDICATION POLICY

- All medications including supplements and/or vitamins, need to be brought in their original package or container. Place containers/bottles in a resealable plastic bag and label with the participant's full name.
- All participants under 18 years of age are required to check in their medications with the nurse or with an assigned staff member at check-in.
- All participants under 18 years of age bringing medications, are required to submit a Medication Authorization Form completed by the participant's parent or legal guardian.
- Participants 12+ years old with respiratory conditions or who are at risk of having an anaphylactic reaction, may self-carry their inhaler and/or auto injector. A Medical Authorization Form must be filled out and submitted by the parent or legal guardian stating permission for the student to self-carry inhaler and/or auto injector if the student is under 18 years old.

EPI-PEN/AUTO-INJECTOR/INHALER AUTHORIZATION

*If your child has an **Epi-Pen, Auto-Injector, or Inhaler**, please initial next to the age-appropriate statement.*

_____ I give my student (**age 12+**) permission to self-carry his/her inhaler and or epinephrine auto-injector.

_____ I give the **leader** of my student (**age 11 or younger**) permission to carry my student's inhaler and/or epinephrine auto-injector.

I have read, understood, and agree to the medication policy, and I hereby grant permission for Forest Hill Church medical representatives to administer the preceding medications in the given dosages. Further, I authorize any emergency treatment necessary in the event of adverse reaction or overdose.

Parent/Guardian's Name _____

Parent/Guardian's phone number _____

Parent/Guardian's Signature _____

Date _____



Forest Hill Medication Authorization Form

Please bring a printed copy of BOTH PAGES of this form with you to check-in. Emailed/mailed copies will not be accepted. All medications including supplements and/or vitamins, need to be brought in their original package or container. Place containers/bottles in a resealable plastic bag and label with the participant's full name.

Student's Name: _____

Student's Age: _____

Trip/Event: _____

Event Date(s): _____

Name of Medication	Circle days it needs to be given	Dosage (ie 1 tablet)	Frequency (ie 2x day, as needed)	Time AM/PM	Does this medication cause side effects/ reactions? (i.e. drowsiness, reduces appetite)	Needs to be given with food (circle one)	Purpose of Medication
	S M T W T H F S			AM PM		yes no	
	S M T W T H F S			AM PM		yes no	
	S M T W T H F S			AM PM		yes no	
	S M T W T H F S			AM PM		yes no	
	S M T W T H F S			AM PM		yes no	

Have additional medications/vitamins/supplements? Please print a second page.