



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CAMP BURGESS & HAYWARD PARENT GUIDE



Camp Burgess for Boys



Camp Hayward for Girls



Teen Adventure Trips



Co-ed Week

2016 Session Dates

One Week Sessions

Session 1a June 26 – July 1

Session 1b July 3 – July 8

Co-ed Week August 21-26

Two Week Sessions

Session 1 June 26 – July 8

Session 2 June 10 – July 22

Session 3 July 24 – Aug 5

Session 4 Aug 17 – Aug 19

A Note from the Executive Director

Dear Parents & Guardians,

Parenting has always had its challenges, but in today's world of instantaneous social media updates, technology overload, and rapidly diminishing face-to-face interactions, being an engaged parent striving to raise trusting, independent children, has proven an increasingly difficult task. Which is why, more than ever, camp matters.

In a time when children spend an average of seven hours a day looking at various computer and television screens, and three minutes a day conversing with their parents, camp offers an opportunity for genuine face-to-face socialization with both peers and positive young-adult role models. Which in turn, creates an authentic sense of connectedness with others. In an era of disappearing neighborhoods, internet fears and general mistrust, camp provides the perfect place to learn new skills, play and be part of a trusted group, all within a safe and structured environment.

This guide has been designed to help you and your child as you prepare for camp together. I encourage you to read through the material with your camper. Our goal is to work together with our camper families to ensure the best possible experience for all. After reading this, please feel free to contact me or the Camp Directors with any questions you may have. I look forward to seeing you this summer.

In the Spirit of Camping,



Bruce Netherwood
Executive Director

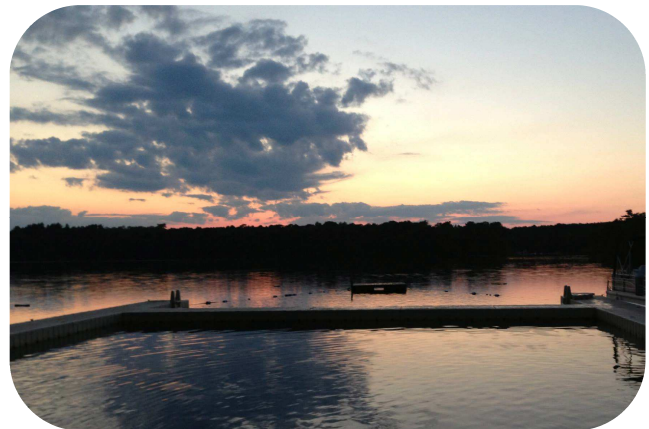


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All About Camp

Established in 1928, the South Shore YMCA Camp Burgess and Hayward has been a leader in Massachusetts camping for over 80 years. Located on Cape Cod just one hour south of Boston in the historic town of Sandwich, the brother-sister camps are situated on over 300 acres of forests, meadows and sparkling freshwater ponds. With one and two-week sessions, Camp Burgess & Hayward have programs for boys and girls ages 7-16. Our Teen Adventure Trips serve teens 12-17.



Open Houses



All Open Houses are 1-4pm unless otherwise specified. Please meet at the Camp Burgess Dining Hall with tours departing for both camps every 30 minutes. There is no need to register, just show up!

Please check our Open House Dates on our website.

We are unable to offer tours of the property during June due to our heavy staff training schedule. We thank you for planning ahead.

If you are unable to attend one of the Open Houses, we recommend looking through our virtual tour and reading this packet with your camper thoroughly. The virtual tour is on the front page of the website.

Questions?

Main Line: (508) 428-2571

During the summer months it is always best to contact the Office Managers at each separate camp.

For Camp Burgess x108

For Camp Hayward* x201

Camp Hayward Nurse* x225

Camp Burgess Nurse* x125

*summer only extension

For Registration, Payments, Trading Post, Cabin-Mate Requests, etc
508-428-2571

For Financial Assistance
Meghan Hill, Director of Development x101

For Camp Burgess Program Inquiries
Asa Gallagher, Camp Burgess Director x104

For Camp Hayward Program Inquiries
Jessie Williams, Camp Hayward Director x102

For Adventure Trips & Teen Program Inquiries
Adventure Trips & Teen Director x109

Our Goals

The following goals are the basic guidelines we use in planning and operating camp. This framework allows every camper to become part of our unique environment.

As a result of camp...

- A. By learning new skills, campers will develop self confidence and self-respect, based on an appreciation of their own worth as individuals.**
- Each camper will choose and participate in Interest Groups through which they will develop skills and expand their interests.
 - During Staff Training, each staff member will learn skills necessary to create a safe camp environment that promotes growth and recognition for all campers.
 - All participants will contribute to and participate in song leading, cabin activities, all-camp and co-ed events, camp values, etc.
 - Counselors will lead discussions and activities that encourage and celebrate the special talents and skills of each camper.
- B. As a result of camp, campers will explore their imaginations to increase and expand their creative thinking.**
- Each camper will participate in creative programs such as cabarets, campfires, and theme meals.
 - Campers are able and encouraged to contribute new ideas to already existing programs, such as cabin activity periods, interest groups, co-ed days, all-camp programs and cabin chats.
 - Campers will be provided with the opportunity to initiate and facilitate creative programs.
- C. Campers will take on the challenges of being a leader and practice leadership responsibly.**
- Each camper will be encouraged to demonstrate independent thinking and share their ideas, insights and experiences with others.
 - Camp will provide teamwork activities that teach the value and rewards of influencing others in positive ways.
- D. Campers will embrace a value system for daily living based on the four core values of the YMCA: caring, respect, honesty and responsibility.**
- Camp will promote an atmosphere of positive interaction and cooperation.
 - In the evenings, campers will participate in cabin chats with other cabin mates and a leader, which will be thought provoking and focused on values and priorities.
 - Every second Sunday of each camp session, campers will attend and/or present a creative presentation based on the values of camp.
 - Each camper will live with a counselor who role models and demonstrates concern and caring for his/her campers.



Our Goals

- E. Campers will achieve, maintain and enjoy a healthy spirit, mind and body.**
- Healthy well-balanced meals will be served three times each day.
 - Campers are monitored daily for health concerns and directed to the Health Center as necessary.
 - Adequate rest each day will be achieved by adhering to designated lights-out times and daily rest periods.
 - Each camper will practice good health and hygiene routines.
 - Activities that encourage physical fitness, will be enjoyed by all campers.
 - Camp traditions will foster a spirit of community and personal growth.
- F. Campers will participate actively in caring for, and improving the quality of our natural environment and our community.**
- Outdoor activities will be provided that promote appreciation, understanding and concern for our natural environment, such as an overnight camping trip. Each camper will sleep, cook, and eat outdoors with his/her cabin and counselors, using proper camp-craft skills and procedures.
 - Each camper will be educated in proper waste disposal, based on the three R's: Reduce, Reuse and Recycle.
 - Each camper will assist in completing daily living tasks within their cabin group.
 - Campers are expected to support his/her cabin mates and those in the larger camp community through cooperation in games, activities and cabin responsibilities.
 - All participants will treat all other members of the camp community with respect and caring.
- G. Campers will build positive relationships with others and work towards intercultural and worldwide cooperation, based on an appreciation of the worth of all people.**
- The camp will acquire a large proportion of its staff members from around the world.
 - Each camper will live in a cabin with a group of other children and two counselors, all with diverse backgrounds and interests.
 - Programs will take place that emphasize and celebrate the unique aspects of the diverse cultures and nations represented at camp.
 - Each camper will be expected, with help, to resolve any interpersonal conflicts through appropriate means.
 - Each camper will participate in activities and discussions designed to make him/her aware of individual differences and strengths.



Fees & Cancellations

Balance of your fees is on or before May 1st. You may call us to charge the balance to your Visa, MasterCard, Discover or American Express. Alternatively, you mail your check, made out to CAMP BURGESS AND HAYWARD, to the Camp office at the following address:

Camp Burgess & Hayward
75 Stowe Road, Sandwich, MA 02563

Checks must be in American dollars. There is a \$25 fee for returned checks. If the balance of fees is outstanding past the due date, your registration may be cancelled. There are no refunds for late arrivals or early departures. This includes being dismissed for behavioral issues and/or homesickness. Refunds are only given for certified medical reasons, on a pro-rated basis.

Please be advised that once a registration has been processed, a \$25 transfer fee will apply to those requesting to amend their registration by changing from one session to another. This does not apply to those who have been placed on the waitlist, or those whose registration is contingent on their CIT application.

Financial Assistance forms are available on our website.

Cancellation Policy

Cancel *before* May 1 – 100% program fees paid are refundable*

Cancel *on or after* May 1 – 50% program fees paid are refundable*

Cancel *within 14 days* of program start date – No refund, except in the case of medical necessity (documentation must be provided)*

*Deposits and Registration Fee are non-refundable and non-transferrable. There is a \$25 administrative fee for changing sessions after registering.

* Please note: Deposit and registration fee are non refundable and non transferable under any circumstances.

Our Staff

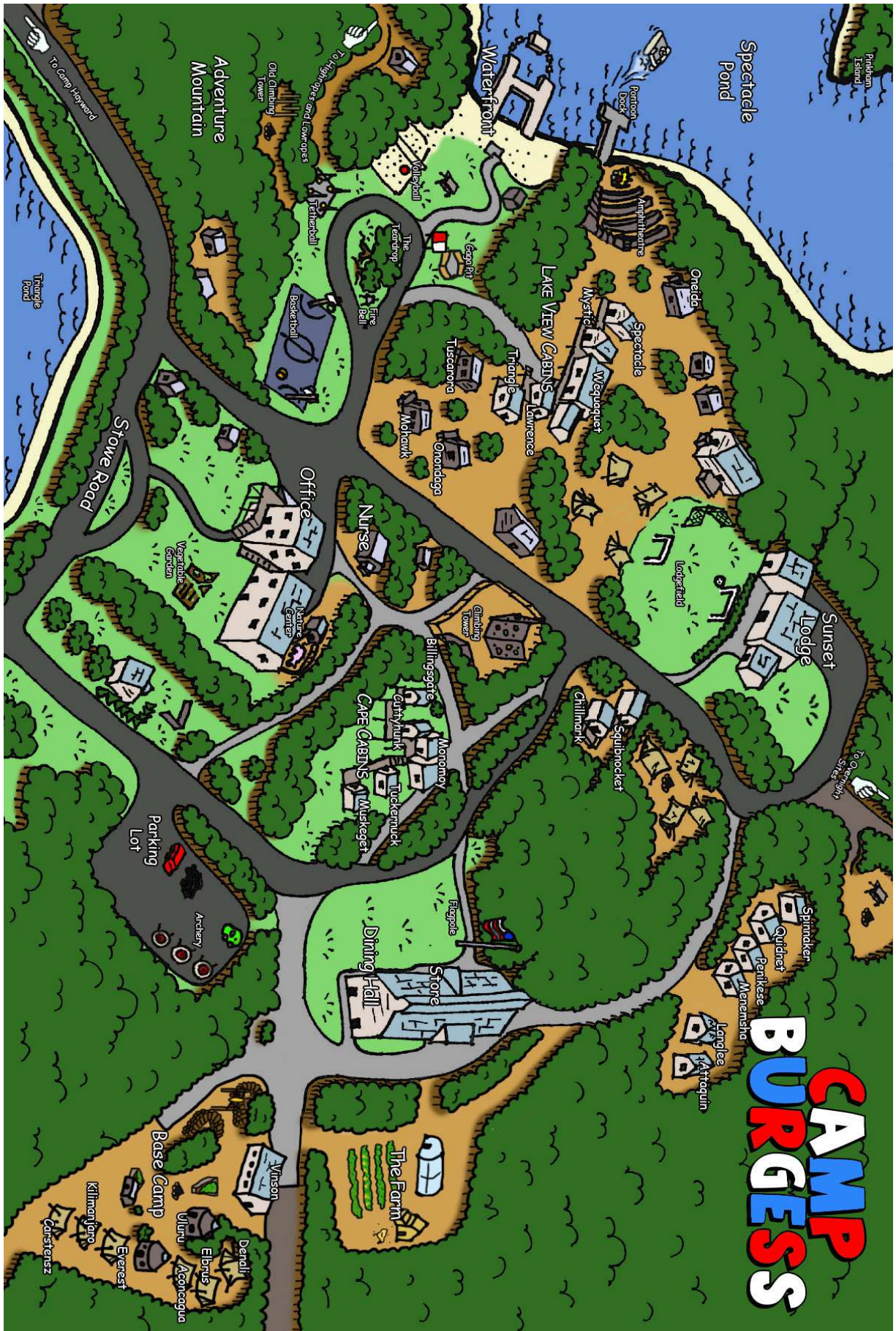
Leadership is the key to our success and the reason why many of our campers return year after year. We are dedicated to the philosophy and mission of the South Shore YMCA and share a strong commitment to the development of today's youth.

Camp's diverse and experienced summer staff includes adult college students, peer leaders and activity specialists. One of our unique qualities is that our staff come from all over the world, which creates a Camp community rich in diversity, experience and culture. All our staff are Cori & Sori checked and international staff also have criminal background checks conducted from their home countries.

All of our staff participate in an 8 – 14 day training program that includes safety and emergency procedures, policies, traditions, problem-solving, team-building and leadership development.



Camp Burgess Map



Camp Hayward Map



Preparing for Camp

Before Camp

- **Use positive messages about camp**
Actively use phrases like “You are going to have a great time!” or “You have a great opportunity to make new friends!”
- **Avoid promises to pick up your child.**
Instead, reaffirm that they will enjoy themselves. Discuss ways that your camper can deal with missing home or feeling sad. Let your camper know that their counselors are there to help and listen to them and that it is okay to miss home. Some parents worry that talking about homesickness before camp will “bring it on”. The more homesickness is discussed ahead of time, with positive messages about how the camper will succeed and tools they can use while at camp, the more successful a camper’s experience tends to be. **PLEASE DO NOT TELL YOUR CHILD THEY CAN CALL HOME AS WE DO NOT ALLOW IT.**
- **Read about Camp Together**
Help your camper prepare for camp by reading the Code of Conduct together. Discuss opening and closing day, daily schedule, interest groups, and health & safety. If your camper is nervous about coming to camp, please make sure to put this information on the camper information form.
- **Pack for Camp together**
Every summer campers leave behind clothing and personal belongings. Packing together gives you the opportunity to help your camper take responsibility for their belongings. This way your camper will know where to find specific items of clothing and which makes it more likely that they will come home with all their belongings! Make sure all belongings are labeled with the camper’s first and last name.
- **Pack pre-addressed, stamped envelopes and stationery.** Encourage your camper to write letters and suggest topics you wish to hear about such as new friendships, funny stories, activities and traditions. **No news is good news.** Often campers are so busy having fun they forget to write home. If you want to receive letters from your camper discuss this with them before coming to camp. Parents of first time campers will receive a phone call from the camper’s Unit Leader after the first 48 hours of the session to let you know how your camper is settling into Camp life.
- **Transition to the Counselors**
Please tell your camper that they need to be upfront about how they are feeling with their counselors. The role of the counselors is to ensure that all campers are enjoying themselves. While our staff are trained to pick up how each camper is doing, they can better help a camper if that child is able to communicate how they are feeling with them.



Please contact us if you wish to discuss your camper’s concerns about camp. We can provide more information, share successful strategies and listen to your input on what will help make the experience successful.

Packing Information

Please pack enough clothes for the entire session. Laundry is only available for campers staying for multiple sessions. Please mark your child's belongings with their name. Please pack appropriately, but not in excess. There are 7 other campers and 2 counselors living in each cabin and space is limited.

What should we pack our stuff in?

Campers may pack in a duffle bag, trunk or durable plastic case. Trunks or cases must be no higher than 15" in order to fit underneath camp beds. It is not necessary to go out and buy a special piece of luggage. Campers live out of their trunks, only small cubbies or shelves are available for smaller items.

Is there laundry during the session?

No, laundry is not available. We do not provide a laundry service during the session, however campers staying for more than one session, and who are not going home in between sessions, can have their laundry done by camp at the cost of which is deducted from the trading post account.

What should we pack?

Bedding:

- Sleeping bag
- Blanket
- Fitted sheet
- Pillow & Pillow case

Clothing:

- T-shirts/Tank tops
- Shorts
- Long Pants
- Sweatshirts
- Underwear
- Socks
- Pajamas
- Swim suits (2+)
- Raincoat/Poncho

Shoes:

- Sneakers (1-2)
- Sandals/Flip Flops
- Rain boots (optional)
- Riding Boots (if in Horseback)

Toiletries:

- Shampoo/Conditioner
- Soap
- Razors/shaving cream
- Toothbrush
- Toothpaste
- Deodorant
- Hairbrush
- Shower Caddy

Other:

- Bath Towels (2)
- Beach Towels (2)
- Laundry Bag
- Flashlight
- Water bottle
- Insect repellent
- Sunscreen
- Camp Passport (for returning campers)
- Stationary, pens, and stamps
- Wacky clothes/props (Blue & red clothes for Session 4)

Optional:

- Instrument
- Camera
- Books, mad libs, etc.
- White t-shirt to tie-dye
- Playing cards
- Photos/Stuffed animals
- Swimming goggles

Pack Specialty Items

If your camper may wet the bed please discuss this with their counselors on Check-In Day so that we are prepared to deal respectfully and discreetly with the issue. You should include a rubber sheet and consider packing Goodnites or other specialized underwear.

Packing Information

Other Packing Information

Pack Old Clothes

Pack clothes are suitable for the outdoors. Camp life involves lots of outdoor activity and clothes will get wet, covered in paint, and dirty!

Water Bottle

A water bottle is required for each camper, and it is a good idea to bring two or purchase an extra one from the Trading Post.

Sleeping Bag

Sleeping bags are required as each cabin is scheduled for an overnight camp-out. You may wish to send blankets as well as a sleeping bag so that your camper can use the sleeping bag for the overnight only. Only those at camp for two weeks are definitely scheduled to go out on an overnight. One week campers MAY not have the chance to go out on an overnight.

Wacky Tacky Items

Costumes and dress-up clothes certainly come in handy. There is no need to go out and purchase any special costumes, but if you have some send them along.

Personal Property

We ask that you do not send valuables to camp with your camper. Camp assumes no responsibility for loss or damage by any cause to personal property of campers. Counselors work with campers to encourage them to take responsibility for their belongings and ensure they keep their cabin tidy and organized.

Horseback Riding Equipment

If your camper is signed up for horseback riding lessons, please pack long pants and hard-soled shoes with a heel that are appropriate for riding. Camp provides helmets and all other riding equipment, however your camper can bring their own helmet if they prefer.

Leave at Home

Do not bring any of the following items to Camp. If a camper brings any of these items we store them in the office.

Electronics:	Food:	Aerosol spray cans	Alcohol, cigarettes, or drugs
Cell phones	Candy	Fireworks	Pets
iPods/MP3 players	Soda	Matches	Vehicles
Kindles/iPads/Tablets	Gum	Lighters	Hair clippers or hair dryers
Video Game Systems	Snacks	Knives or weapons	Headphones

Cabin Assignments

All cabin assignments are made in the best interests of your camper and camp as a whole. Our priority is to ensure that each camper feels welcome in their cabin and we try to avoid placing large groups of campers who all know each other together.

- You must limit your request to one other camper, who must be the same age and the request must be mutual.
- Campers staying 1 week are never assigned the same cabin as 2 week campers.
- If the above factors are met is highly likely that we will be able to meet your request, but due to the many factors involved in planning cabin assignments we cannot guarantee that any requests.
- Due to last minute changes and/or cancellations we are unable to let you know the cabin assignments prior to your arrival on Check-In Day.
- These requests are cabin requests not bunk requests. During online registration or on the camper information form, you will select your top or bottom bunk preference. Specific bunks will be assigned by the counselors based on camper preferences. Please bear in mind there are limited top and bottom bunks in each cabin.
- As a general rule and wherever possible, large groups of campers that know each other will not be in the same cabin to facilitate new friendships

Cabin Mate Requests:

- Limit your request to one other camper: same age and a mutual request
- 1 week and 2 week campers never room together
- Announced on Check In Day
- We cannot guarantee any requests

We do everything we can to maintain a calm, welcoming and positive opening day experience for all our campers. The camp directors spend a considerable amount of time thoughtfully planning cabin assignments and it is impossible to make changes on check-in day without disrupting other campers, counselors and parents. Camp provides a wonderful opportunity to meet and make new friends and we ask you to support us by not asking for changes to be made to cabin assignments on Check-In Day.

Cabin mate requests are usually made at time of registration. If you wish to make a request after registration please email camp@ssymca.org.

Activity Selections



Campers will choose their morning activities for the week every Sunday evening. These will be the same activities they participate in for 5 days. Most activities are 1-hour long allowing campers to choose two different activities in the morning.

Campers will select their top four choices for each activity period and are usually placed in their first or second choice.

Activities with additional lesson fees like Horseback take the place of morning activities for one week. Other than these additional fee programs, there is no pre-registration.

In the afternoon, cabins will have Cabin Activity Periods (CAPs) where the whole cabin participates in activities together. Counselors schedule these activities with camper input.

Health Care

Each Camp has a registered nurse on site. In case of accident or illness, campers are cared for by Camp's Health Staff, with standing orders from a Medical Doctor.

It is a state requirement that all medications, including vitamins, are stored in the Health Center with the Nurse. Our Health Center is stocked with over-the-counter pain relievers in both child and adult doses so there is no need to send these with your camper.

Good health and safety are priorities for us. Our staff are trained to maintain high standards and take all necessary precautions. However, accidents do happen and rest assured that your camper is in good hands with our competent, experienced and trained camp nurses and staff. Discuss with your camper the importance of washing hands regularly and advise them against sharing combs, brushes, and hair accessories. If your camper is prone to ear infections, please consider bringing the appropriate medication to Camp.

Parents are called if their child is required to visit a doctor or leave Camp for a medical reason. Parents are also called if their child must stay in the health center overnight. Other more minor injuries will not warrant a call from the Health Center.



Medications

- All medications, including prescription, non-prescription and vitamins, are stored in the Health Center.
- All medications must come in original containers.
- Prescribed medications must have the pharmacy label containing Rx number, the name of the medication, the dosage, directions for administration, and the child's name.
- Whenever possible, a copy of the doctor's prescription or letter may be sent to clarify any discrepancies.
- "Bubble Packs" are a great way to eliminate dosage questions.

"Medication Vacations"

Some parents consider it in their child's best interest to remove or reduce the dosage of some behavior management drugs, such as Ritalin, while their child is at Camp. It is our experience that "Medication Vacations" can cause difficulties for campers and their cabin mates. If you are considering this option for your camper, please call the Camp Director, who can discuss this option with you.

Head Lice

Any school or childcare program has the risk of head lice. Please encourage your camper not to share head wear, brushes, or lie on others bedding, etc. Counselors will remind campers of this during camp. All campers are checked on check in day. You will need to pick up your child and treat them if the nurses detect lice. If your child has head lice, please alert the director before camp.

Poison Ivy

Camp does spray main areas of camp for Poison Ivy. Campers are encouraged to take showers whenever they venture into the woods for an activity. Although most cases will be handled at the health center, severe cases may need outside medical attention.

Ticks

Between April and September, New England forests and fields can be home to ticks. Campers are encouraged to check for ticks every evening. If a camper has a tick, the nurse or other trained staff member will remove the tick and attach it to a tick form (if possible). You will be given this form on check out alerting you of the location of the tick and symptoms to look out for.

Health Care

Girls Only!

If you have a daughter nearing puberty, discuss the possibility of menstruation beginning while at Camp. Feminine hygiene products are available in the health center for emergencies, although we suggest you pack supplies so your daughter is adequately prepared. We encourage you to share any concerns with your daughter's counselors and the camp nurse and let your daughter know that she can speak with her counselors and the camp nurse if she has questions or needs assistance. Hayward is an all-girls camp, no one should be afraid about speaking about menstruation.

If a camper does not feel comfortable going in the water during their period, we ask they not choose any waterfront activities.



Prescriptions & Trading Post

Any medications prescribed as a result of an injury or illness while at camp are billed to the camper's Trading Post account.

Camp is not responsible for any medical charges incurred while your child is at Camp. Charges are billed to your family's medical insurance or directly to parents/guardians.

When will the nurses contact me?

Everyday camp injuries and maladies are not something the camp nurses contact parents about. The nurses will contact parents about medication questions, injuries/maladies that require advanced attention, or when campers stay overnight in the health center.

If there is a non-emergency situation, such as ear infection, the nurse will communicate with parents about the situation. We are lucky to have a close relationship with Cape Cod Pediatrics in Sandwich, MA. Camp can arrange for campers to be taken to the pediatrician for these ailments.

- Camp is not responsible for any medical charges incurred while your child is at Camp. Charges are billed to your family's medical insurance or directly to parents/guardians.
- Any medications prescribed as a result of an injury or illness while at camp are billed to the camper's Trading Post account.
- Any pre-existing injury should be handled by the camper's primary physician. The nurse and the unit leaders, will help arrange for parents to pick up their camper in these cases.

What happens in an emergency?

In case of an emergency, campers are taken to the local Emergency Room (Cape Cod Hospital or Falmouth Hospital) and parents are called immediately. There will be two camp staff members with the camper as long as EMS allows.

When do campers go home for health reasons?

If a camper is unable to participate in activities for an extended time period (24+ hours) or has a contagious illness, parents may be asked to pick up their camper.

Camp Doc.com

CampDoc.com is our electronic health record system, which allows camp to consolidate and integrate camper health information into a centralized and secure location. Parents will also know at any time what paperwork is missing.

The security, confidentiality and privacy of your camper's personal health information will always be protected. Only camp's nurses and administration staff will have access to camper health information, and the CampDoc.com site is secure, encrypted and password protected.

You will receive a "Welcome E-mail" from CampDoc.com with information about how to complete your camper's health information. This will include portions on camper/parent information, allergies, medications, a physical from a doctor and insurance information.



- Click the link in this email to set a new password for your CampDoc.com account.
- Follow the instructions, and complete the health history for your camper. Alerts will appear for any missing required information.
- Upload any required documents to your CampDoc.com account.
- Return to CampDoc.com at any time to make changes/updates to your camper's health information before camp begins.

Please set register@campdoc.com as a 'safe sender,' to avoid accidental delivery to junk and spam folders.

Trading Post

Camp Burgess & Camp Hayward each have a Store called the Trading Post where snacks, souvenirs and clothing are available for purchase. Campers are limited to one snack per day from the Trading Post (during the daily "Pop Stop"). This fund is also used to purchase emergency items like toothbrushes, flip flops, bug spray, and prescriptions.

Although campers are not allowed to bring cash to camp, each camper has a Trading Post account. We recommend \$40 per week. Purchases made during the camp session are deducted from the camper's account. If there is a balance of \$10 or more at the end of the session, refunds can be issued in the same form the money was deposited (check or credit card) in September. Amounts under \$10 can be spent in the Trading Post on Check-Out Day. You will also have the option to donate your balance to our Campership Fund

Payment for a Trading Post account and any remaining Camp fees can be paid with the same check and/or credit card. We ask that all Trading Post deposits are made prior to Check-In Day.

Check-In Day

Sunday
1:00 to 2:30 pm

For Check-In to run as smoothly as possible we need the morning to prepare. Please understand we are unable to start check-in before 1 pm, so plan accordingly. If you arrive earlier than 1pm you will be asked to wait in the parking lot.

Co-ed Week: All campers (boys and girls) check-in at Camp Hayward.

What to Expect

Parking Lot & Luggage

Upon arrival, our friendly staff will greet you and ask you to place your camper's luggage in a central location in the parking lot. The luggage is taken by our staff to a location near your child's cabin so that you don't have to worry about carrying it through Camp.

Cabin Assignments

You will find out what cabin your child is in and where it is located. A staff member will escort you to the cabin areas.

Meeting the Counselors

Once you arrive at the cabin you will meet your camper's counselors who will check your camper in. Please feel free to talk to your camper's counselors about any anxieties or concerns you or your camper have. Counselors will go over any outstanding paperwork with you and have you sign your camper into Camp.

Meeting Cabin Mates

Your camper will be introduced to the other campers in the cabin. You are welcome to help your camper start making their bed and organize their belongings before leaving Camp.

Camp Store & Trading Post

The Camp Store is open to purchase clothing, water bottles, snacks or souvenirs on Check-In and check-Out. If you haven't yet made a trading post deposit, you will have the opportunity to do so in the Camp Office.

The Health Center: Paperwork & Medications

If you haven't finished your CampDoc forms or there is a question about your information, you will be asked to visit the health center. If your camper takes any medication while at Camp you need to visit our health center to drop off their medications and go over the directions with our nurse.

Meeting the Unit Leaders and Directors

You may want to speak to your camper's Unit Leader about additional needs of your camper. The Unit Leader is the main liaison to parents and is located in a central spot in your camper's cabin group. You may also see the Camp Director if you wish; please just ask any staff and they will get him/her for you.

Check In Day

After the Goodbyes

Late Arrivals

If your camper cannot arrive at Camp within 24 hours of the check-in time s/he cannot attend the session. If you know that your camper will be arriving after the normal Check-In hours, please call camp to let us know in advance.

Saying Goodbye

Saying goodbye can be difficult, particularly if this is your camper's first time at Camp. As you are preparing for Camp, talk with your camper about how you want to say goodbye. We suggest you keep your goodbyes short and sweet.

We understand that goodbyes are often harder on parents than campers, who are usually already busy making friends! Please talk to your camper's counselors about any anxieties or concerns your camper may have. Let your camper unpack, finish making their bed or hang up photos. This helps campers develop confidence in their ability to take care of themselves.

We ask that all parents leave by 2:30pm.

Don't Forget!

Eat lunch before you arrive. Dinner is at 6 pm. Campers should have a good lunch before coming to Check-In.

Bring Copies of Paperwork:

- Doctor's physical form and insurance card
- A trading post deposit (check, cash or credit card) if you have not already sent one in
- Any medication your camper requires

Record your camper's cabin name. You can easily email or send them mail while they are at Camp.



In the interest of fairness and safety, for everyone at Camp, we request parents/guardians ensure that their camper is healthy upon their arrival at Camp.

Please let camp know immediately if....

- Your camper exhibits a temperature over 100 degrees accompanied with a cough, sore throat or congestion it is imperative that you do not bring your camper to Camp.
- Your camper has lice or nits
- Your camper has any other communicable disease or illness

In all of these cases, you will not be able to check in your child

Check In Day- After Parents Leave

Tours of Camp & Orientation

The campers get a tour of Camp, meet their Unit Leader and learn their Unit's song, learn the dining hall procedures, general camp policies and select their Interest Groups for the week.

Swim Evaluation

Campers participate in a swim evaluation to establish the waterfront activities in which they can safely participate. This evaluation consists of a couple lengths of our dock and treading water.

Health Evaluation

Each camper sees the Camp Nurse for a general health evaluation, including a lice-check. If a camper has lice, parents are called and the camper must go home immediately. Within the following 48 hours, the camper can return to Camp if a doctor confirms that the lice are gone. **We highly suggest checking your child for lice before you arrive at camp.** We do not finish all the lice checks till about 5:30pm on check in day. If your child is found to have lice or nits, you will be asked to drive back to camp, pick them up, and treat them for lice.

Flagpole, Dinner & Campfire

At 5:45pm, all campers and staff meet for our first evening flagpole. Then, we all head to the dining hall for a delicious spaghetti dinner (accompanied by lots of singing and spirit). After that, everyone makes their way to the amphitheater for our very special opening campfire that is full of singing, tradition and star gazing.

Unit Leaders

During your camper's time at camp their Unit Leader is the best contact. Unit Leaders are seasoned staff members, who act as the liaison between camp and parents. Your child's Unit Leader will be in a central location on check in day.

Please call:
508- 428- 2571

X108 for Burgess Unit Leaders
X201 for Hayward Unit Leaders



Check-Out Day

**All Other Sessions Check-Out:
Friday: 2:00 pm to 3:30 pm**

**Session 4 Check-Out:
Friday: 11:00 am to 12:30 pm**

Check Out Quick Tips

- Arrive after 2pm (11am Session 4)
- Bring Photo ID
- Don't go directly to the cabin
- Head to the central check out area

On Check-Out Day please arrive no earlier than 2 pm (11am Session 4) as your camper is busy with important closing Camp traditions. After parking in the parking lot, our staff will greet and direct you. Campers wait in their cabins or in a designated area, eager to see you and tell you all about Camp! You must check out your camper with the appropriate staff before leaving with your camper.

All campers must check- out with their Unit Leader before leaving Camp. The Unit Leaders are in a central location and have important material for you and your camper including the return of medications and contraband.

Please remember to bring photo I.D. with you to Check-Out. Camp does not release a camper to anyone other than the person(s) authorized in writing by the camper's parent/guardian (on Check-In Day), not even another family member, including a spouse. Under no circumstances is a camper released to someone under the age of 18. If you need to add someone to the list of people authorized to pick-up your camper you must do so in writing prior to Check-Out Day. Email your request to the Office Manager and call us to let us know your situation so we can make sure Check-Out goes smoothly for you and your camper.

Gratuities

Tipping is not necessary and against Camp policy. It takes our entire staff to create the magic at Camp. However, if you wish, you are welcome to make a donation to our campership fund in the name of a staff member.

Trading Post Refunds

If there is a balance of \$10 or more at the end of the session, refunds can be issued in the same form the money was deposited (check or credit card) within a few weeks on check-out.

Amounts under \$10 can be spent in the Trading Post on Check-Out Day. You will also have the option to donate your balance to our Campership Fund.

Occasionally campers will spend a small amount of money over their trading post, this will be paid by parents on check out in the office.



Daily Schedule

On a typical day, campers participate in a wide variety individually-chosen and cabin activities.

Interest Groups: Campers spend mornings in pre-selected activities of their choice.

Siesta: A break time to write letters, read, or just relax with cabin mates.

Beach Party: A camp-wide gathering at the waterfront during the hottest point in the afternoon.

Cabin Activity Periods (CAPs): The afternoons and evenings focus on fun, adventure and camp spirit, as campers spend time with their cabin groups participating in a variety of activity areas.

Times may vary slightly between Burgess & Hayward and on special event days. During each two week session we have special events such as All- Camp games, Unit Activities, a Co-Ed day and a dance.

- 7:45 Flag raising
- 8:00 Breakfast
- 9:15 Interest Group 1
- 10:30 Interest Group 2
- 12:00 Lunch
- 1:00 Siesta
- 2:00 Beach Party
- 3:00 Pop Stop (snack from the trading post)
- 3:15 Cabin Activity Period 1(CAP)
- 4:30 CAP 2
- 5:45 Flag lowering
- 6:00 Dinner
- 7:00 Trading Post
- 7:30 CAP 3
- 8:30 CAP 4 (Older Campers) Cabin Chat & Bed Time (Younger Campers)



Interest Groups

On the first day of camp, each camper chooses activities that they are interested in developing skills (Interest Groups). Counselors go over the choices with campers, explaining what the different Interest Groups are and the kinds of activities involved in each. Campers select their top four choices for each period. Every effort is made to have as many campers as possible placed in their top activities.

Campers are grouped according to age within their Interest Groups. Most Interest Groups are one hour long, but a few are two hours long and count as two choices. Campers do the same Interest Groups for the first five days of Camp and over the weekend they sign-up for two new Interest Groups for the last five days of the session.

Between summers we review, revise and develop our programs so please understand that new Interest Groups may be available when your child comes to Camp and some listed below may be unavailable.

Below is a list of typical Interest Groups:

- | | | | | |
|----------|---------------|-------------|------------------|-------------|
| Swimming | Sailing | Windsurfing | Canoeing | Kayaking |
| Nature | Yoga/Wellness | Sports | Soccer | Tennis |
| Drama | Music | Dance | Singing | Photography |
| Farm | Arts & Crafts | Ceramics | Outdoor Pursuits | Fitness |

Horseback Riding Lessons

Horseback Riding is a pre-registered program that requires an additional fee of \$325. The program is a total of ten hours, taught in five two-hour lessons during Interest Group time. There is a mix of instructional riding and stable management.

You may not register for Horseback online. If you would like to add Horseback to your registration, please call Camp. Please be mindful that there are limited spaces per session, so there is often a waiting list.



For Horseback participants please pack hard-soled boots with a heel and long pants. Helmets are provided, but you may bring your own.

Off– Site Trips

Although very rare, we occasionally have times where, an interest group or cabin will have the chance to embark on a day trip off Camp sometime during their two week stay. On check in day, parents will sign a form authorizing your child to leave camp. Campers are accompanied by their counselors as well as a staff member who is at least 21 years old and CPR and First Aid Certified. Past activities have included kayaking on Cotuit Harbor, geo-caching and biking on the Sandwich Canal.

Overnights



During each session, campers have the pleasure of experiencing a real camp out. Before dinner, campers pack their sleeping bags and a few essentials. With their counselors, campers head out on foot, to one of camp's overnight sites, which are located on camp property.

The group sets up their camp base, find firewood and enjoy a delicious cookout of mac and cheese, hot dogs, fruit, snacks and smores! After dinner, campers play games, share stories, appreciate their surroundings and truly bond as a cabin. Campers fall asleep with the stars right above them. This is a fantastic bonding experience for the entire cabin. Although some kids are nervous beforehand, they will have lots of stories afterwards!

The following morning, campers head back to Camp for a shower and breakfast. Please note, one week campers MAY not have the chance to go out on an overnight. Overnights are also often difficult to reschedule due to inclement weather.

First Time Camper Calls



If it your child's first experience at Camp Burgess & Hayward, you will receive a phone call from your camper's Unit Leader *after* 48-hours into Camp. This phone call will update you on your child's experience including cabin life, interest groups and their overall transition into Camp. This will typically happen on Tuesday evening or Wednesday. Unit Leaders will call the first number listed on the check in card, so please make sure to check your voicemail machine.

Visiting Days & Visitors

Although 1-2 weeks may seem like a long time for you, we assure you time flies for your camper! Because campers are busy doing their activities, making friends and having the time of their lives we do not have any visiting day. Parents, relatives and friends are welcome to visit Camp on Check-In and Check-Out Day. Camp does not permit any kind of visits during sessions.

- NO VISITING DAYS
- NO VISITING DURING THE SESSION.



Mid Session Pick Ups

Mid-session pick-ups for sporting events, family events, concerts etc. are not usually accepted to ensure that each camper gets the full experience and also to minimize disruption to the whole cabin. Please choose your child's session carefully. Please contact the Camp Director if you have any questions. If there is a family emergency, please contact camp immediately.

Coed Week



During the last week of the summer, we offer a week-long co-ed program that takes place at Camp Hayward. This week is jam packed with some of the best events of the summer: a dance, all camps, coed day, cookout.

Campers with PKU are welcome and encouraged to attend Co-Ed Week. Please call Fran Rohr at Boston Children's Hospital with PKU specific questions: 617-355-6516.

Code of Conduct

To keep camp a safe, healthy and fun place we have clear standards and expectations for appropriate behavior in our campers and staff. Please review this code of conduct with your camper so that you both understand our expectations. Each of us is responsible for maintaining a healthy, safe and supportive camp community. Campers are responsible for their behavior and actions and are expected to follow our code of conduct at all times.

- 1) I will treat fellow campers and staff members with respect. This includes speaking respectfully by not using language that is offensive, prejudiced or demeaning to others. I will not yell at, threaten or intimidate other campers.
- 2) I will not bully anyone as this behavior is not tolerated at Camp. Bullying includes physically and emotionally threatening or hurting another camper and spreading unkind rumors, intimidating and isolating other campers.
- 3) I will work out my differences collaboratively and in a positive manner. Staff will assist in the resolution of conflicts and I am willing to listen to other points of view in a respectful manner.
- 4) I will not wear clothing that has offensive language, symbols or that advocates the use of drugs/alcohol.



- 5) I will participate in the shared responsibilities of my cabin group, unit and Camp which includes cabin clean-up, dining hall duties, Camp clean-up, composting and recycling.
- 6) I will follow all safety rules.
- 7) I will respect Camp property and the property of others. This includes respecting fellow campers and staff member's belongings, not borrowing items without asking and not writing graffiti on Camp property. I will not litter and I will participate in Camp's recycling and composting programs.
- 8) I understand that certain actions will be cause for immediate dismissal. These include, but are not limited to, smoking or use of tobacco products, consumption or possession of alcohol and/or illegal drugs, bullying, harmful actions towards others or towards oneself.
- 9) I will abide by any additional rules, which may be announced at Camp, and accept the consequences of their violation.

Behavior Management

Part of the magic of Camp is that we work hard to create a safe and inclusive culture for all. Our staff are trained to anticipate and prevent problems before they occur and effectively manage behavior problems when they arise. When a camper behaves negatively or inappropriately our staff are committed to working with parents in developing a plan for addressing and managing the behavior. If a camper's behavior does not improve after our staff have exhausted all reasonable measures of resolution, or if a camper's behavior is detracting from the experience of fellow campers, the camper is sent home. Campers sent home for behavioral issues are not be entitled to any refunds.

Cabin Privacy & Bathrooms

Most of our cabins have only one room where all campers and staff sleep in bunk beds. As a result, there is limited privacy available as everyone, including the counselors, gets changed in the cabin. Please speak to your camper prior to Camp about our living situation, especially if s/he gets embarrassed easily or is uncomfortable with this type of set up. Changing occurs in cabins, in bathroom stalls, and even in sleeping bags!

Large bathhouses are located on lighted paths near cabin areas. Whole cabin groups typically make bathroom stops throughout the day or campers can also go with a buddy during meals, etc. If a camper needs to use the bathrooms in the middle of the night they can wake a buddy or a counselor depending on their age and comfort level. All bathrooms can be seen from cabin areas and are well lit throughout the night.

Staying In Touch

- **Send letters with positive news**
Hearing how much you miss them may make your camper feel anxious or sad. Letters that assure a camper that all is "normal" or "same old, same old" will help your camper know that all is well. Instead of how much they are missed, write about how you are looking forward to seeing them and hearing about their Camp adventures.
- **Remember missing home is natural.** Campers and staff miss home at some point during the summer. Occasionally a camper will send a letter home in the first couple of days expressing homesickness. Usually these letters are followed by a second letter or postcard saying everything is great (or no letter at all because they are so busy having fun!). If you receive a letter that is concerning please contact Camp. Your camper's Unit Leader will update you on how your camper is doing. We will speak with the counselors and work together to make sure your camper is feeling positive about Camp. Our staff are trained to deal with homesickness and are experts at turning homesickness around quickly. We can also give you suggestions on how to deal with the 'campsickness' many campers experience when they leave Camp!
- **It is very common for campers to write a sad letter home the first night** (they are in the middle of the woods surrounded by kids they just meet, most adults would be calling home!)



Phone Calls

We do not allow incoming or outgoing calls between campers and their family or friends unless there is an emergency. Any important messages that need to be relayed to campers can be done through the Director or the camper's Unit Leader. Please help us by explaining this policy to your child. We wish to work with parents in ensuring your camper has a positive experience at Camp.

In a world of fast paced technology, cyber bullying and technology dependence, Camp offers a unique opportunity to unplug. Getting away from technology fosters independence and autonomy. For these as well as privacy reasons, Cell phones are strictly forbidden. Campers found in possession of cell phones or other electronics are violating their counselors trust and our policies; They are placed on behavior contracts which can lead to dismissal from Camp.

On-Duty System

From 9.30pm - 12.45am Camp operates an on-duty system where in each unit, two counselors sit in a central location to their respective cabins and perform checks on each cabin every 10-15 minutes until one counselor from each cabin returns to their cabin for the night. This system allows counselors to attend a nightly "unit meeting" where they discuss the day's events, any camper issues and program activities for the following day. The OD system also provides staff with a small break to send emails, relax, etc. There is no OD system on the first and last night of each session as counselors stay in their cabin the entire night.

Our Philosophy on Social Media & Photos

We do post pictures throughout the session, mainly on Facebook. There may also be posts on YouTube, Instagram, etc. These should not be expected on every single day and they are also not of every camper.

In a world of instant contact with your child, we understand it can be hard to go two weeks without. Camp for decades has been a place to help campers (and parents) grow independently. Our photos are to represent some of the activities going on at our facility and should not be interpreted as a guarantee of seeing your camper.



If you are worried about your camper's experience, a photo is not going to be the solution to your worries. Please contact your child's unit leader by calling the camp office. They can check in with the cabin and give you a much more accurate description of their camp experience.

We take cabin photos and post them, usually in the first few days of the session. Our photographer travels around to different activity areas between both camps and gathers a collection of the different activity areas. So it is natural that some sections of photos will have more of one camp. Our campers always come first, so the running of camp takes priority over photo posting.

We thank you in advance for understanding our philosophy on photos.



Staying In Touch

Snail Mail

We encourage you to write several cheerful letters to your camper (please include the cabin name on the address). We also encourage campers to write home as we know you are looking forward to hearing from them. Sending stamped envelopes with your camper helps their letters get to you faster, but don't be alarmed if you don't hear from them. They are probably too busy having fun and making new friends!

Campers look forward to receiving news from home. Mail is delivered everyday and is distributed after dinner. We sort through mail as quickly as possible once on property, but we cannot estimate the time it will arrive from the US Postal Service. Send mail to:

Camper's Name
Cabin Name
"Camp Burgess" or "Camp Hayward"
75 Stowe Road
Sandwich, MA 02563

Please avoid calling Camp prior to your camper's session to find out what cabin s/he is in. This information is only available on Check-In Day.

Tips for great camp letters & email

- Send a letter on check-in day, that way they can get it early, mail can take a while.
- Be positive and do not write bad news, no matter how small. Being away from home can amplify simple issues.
- Ask questions, so campers can really reflect on all the amazing things they do in a day.
- Remind campers how boring being at home is and how great all the activities they get to do at camp are. There are only a few days a year they get to be at camp!
- Although you miss them, please try to avoid writing that in their camp letters. These reminders of parents, siblings, or pets missing them can produce homesickness quiet easily.
- Mail takes a long time to get home from camp, please try and refrain from scolding you camper for not writing, it only makes them feel punished for something they may not have control over.

Email

Visit our website at www.campburgessandhayward.com/email-a-camper/ to email your camper. Campers cannot send emails in reply. Emails are printed once daily and handed out after dinner along with the mail. If emails are received less than 24-hours before check out, they may not delivered in time.

Care Packages

We ask your co-operation in complying with our policies: please do not send food, candy, gum or drinks. This is to keep animals out of the cabins! Any packages that do contain these items will be confiscated and kept in the Camp office. If the cabin is having a special activity they can all share the confiscated food, otherwise it will be kept until Check-Out. Care Packages should generally not be larger than a shoe box. It is the responsibility of campers and parents to collect confiscated items on Check-Out Day from their Unit Leader.

Camp Friendly Care Package Ideas

- Comic books, puzzle books, or madlibs
- Streamers, balloons, other cabin decorating materials
- Small toys: cards, yo-yos, board games
- Waterfront toys or inflatables
- Arts & Crafts items: string for friendship bracelets, rainbow loom, coloring books, markers/crayons
- Glow-in-the-dark items
- Small dress up items
- Nailpolish, face mask
- T-shirt or Pillow case for the whole cabin to sign
- The \$1 store or aisle of target has a lot of good care package items

Meals at Camp

At our camp, we want all campers to eat well and feel good.

We expect campers to eat three meals a day, which is necessary to maintain a busy and active schedule. We realize that eating three meals each day can be an adjustment for campers who are accustomed to skipping breakfast. We never force campers to eat food that is not to their liking, but we do encourage campers to try all food items on the table in the form of a "no thank you helping". Our staff watch to ensure that campers are getting a balanced meal at each sitting. Unless specified by a doctor's orders, we discourage dieting.

We work hard to make sure our menu includes options to suit every camper. At breakfast, our cereal bar is complete with an assortment of cereals, oatmeal, and fresh fruit. At lunch and dinner, we offer an extensive salad bar and hot soup.



Birthdays

If your camper is celebrating his/her birthday during their camp stay, we provide a cake for that camper to share with his/her cabin. We also have a spirited celebration in the dining hall filled with loud singing and dancing!

Vegetarians

We always provide a vegetarian option for those campers who do not eat meat. At camp, we have two kinds of vegetarians, "chickatarians" and "vegetarians". Chickatarians eat poultry, whereas vegetarians do not. At the first meal, we take a count and campers must stick to whatever they decide for the entire session.

Other Special Dietary Needs*

Please contact us to ensure that we are able to help accommodate your camper's needs. We have accommodations for dairy and gluten allergies. We serve soy & rice milk at our cereal bars. Soy-nut butter will also be available for lunch and dinner.

*Please contact
Lois Adams, Food Services Director
(508) 428-2571 x133 with dietary concerns.



Pop Stop & Snacks

Campers are able to purchase one snack per day from the Trading Post (during the daily "Pop Stop"). All snacks are \$1.50 and they range from granola bars and fresh berries to special candy options. There is also whole fruit is available through out the day in the dining hall.

Airport Transportation



We are able to provide transportation to and from camp for participants flying in and out of Boston Logan Airport.

This service is available for Sunday arrivals and Friday departures. Round trip fee is \$50.00 per camper. Please fill out our Airport Contract, if you would like to register for this service.

Please see the AIRPORT CONTRACT on our website for more details.

Multiple Session Campers

If your camper is staying for more than one session in a row, they may stay at Camp between those two sessions at no extra charge. This does not apply to the Teen Adventure Trips program, please see the Teen Adventure Parent Guide for information on weekend mini-adventures.

You do not need to pre-register to make use of this service. You will be asked this information on check in day or during your camper's session. We strongly encourage parents to pick up their camper(s) during changeover for a lunch or couple of hours.

If your camper is staying for two consecutive sessions, Camp can do their laundry for a fee of \$25 which will be deducted from their trading post account.

No camper may stay at camp between Session 4 and Session 5.

Registration for next summer

Registration begins in early fall. We do not block registration by age, so it is on a first come, first served basis.

Sign up early to get your first choice session! We have a waitlist every year, don't miss out!

You are not registered until you have paid your deposit and registration fee. Staff will not "hold spaces." Online registration is the easiest and fastest way to register. Payment will not go through unless you are registered.

Register at CampBurgessandHayward.com

Register by
DECEMBER 31st
to receive a
**LIMITED EDITION
CAMP T-SHIRT**

Coming Home

When your camper returns home from camp, it is always a good idea to wash all clothing and bedding immediately. This allows you to prevent the spread of Poison Ivy, etc. as well as see if all your campers original belongings are present.

Lost & Found

- Label all your campers belongings
- Don't send any valuables to camp
- Check Lost & Found at Check-Out
- Camp does not mail Lost & Found items

One week after the end of each session, all items that have been left behind are donated to a charitable organization. Please check the Lost & Found area at Check-Out before leaving Camp. Due to the high volume of clothing left behind, we are unable to mail items to families.

Please call our office managers if you think you have left something behind. They will contact you back if it has been located and when you can pick it up.



Campership Fund



For more information or to make a donation, please contact Meghan Hill at 508-428-2571, ext. 101 or mhill@ssymca.org

The South Shore YMCA is committed to making Camp accessible to all through our financial assistance program. Through Camperships, we help sponsor many campers each summer and there are many ways you can help.

- Make a donation online or over the phone
- Donate the balance or part of the balance of your camper's Trading Post account on Check-Out Day.
- Support us during our Annual Campaign Events
- Camp welcomes in-kind gifts that can help us save on expenses and improve our programs. Some examples are boating and sporting equipment, landscaping equipment and tools, computers, vehicles, and business services and support.

CIT Program

Our Counselor-In-Training (CIT) program is the first step in the transition from camper to staff member. This program is for those who are ready to take on new challenges, opportunities, and responsibilities at camp.

Participants in the CIT program will gain a meaningful leadership experience while actually putting the skills they develop into practice on a daily basis. Camp is an ideal setting that aids in the development of important life skills such as communication, problem solving and cooperation, all in the same fun, magical, creative culture that keeps campers returning summer after summer.

When we have received your application and all three reference forms we will contact you with interview dates. CIT interviews are held in Hanover, MA in early February. Phone Interviews are also available.



APPLICATION PROCESS:

- Applicants for the CIT program must be at least 16 or entering the 11th grade by the start-date of the session to which they apply.
- Complete an application form and return it to camp by December 1st!
- Distribute 3 references as part of the application process (see application for more details).

Teen Adventure Trips



Camp Burgess & Hayward's Teen Adventure Trips program has been empowering youth since 1986. This co-ed, overnight program offers one and two-week sessions for youth ages 12-17.

Adventure, service learning and leadership are at the core of what we do. Trip leading staff strive to foster a safe and structured environment that enables teens to reach new potential.

Our programs take teens around Cape Cod and the Islands. For more information on teen adventure trips, please visit the "Teen Programs" tab of our website.

Year-Round Fun at Camp

Come join us throughout the year at one of our year-round programs.

Halloween Retreat
Oct. 30– Nov. 1, 2015

February Ski Trip
February 14-19, 2016

April Vacation Camp
April 17-22, 2016

Teen Service Weekend
May 6-8, 2016

Volunteer Day
May 7, 2016



Road Crew



The Burgess and Hayward Road Crew is a year-round volunteer opportunity offered to members of our camp community who are ages 12-17. We host between 4 and 6 events per year. The themes of our projects will focus on the issues of hunger and homelessness, community-building, the environment, disaster relief, education, and other social concerns. These single-day volunteer opportunities are offered through our camp during the course of the school year, with each event lasting 4-6 hours.

For details on the Road Crew, please contact Asa Gallagher, asa@ssymca.org

Alumni

If you are a former camper, CIT, staff member, parent of a camper or community member, then you are a Friend of Camp Burgess & Hayward! We would love to hear from you! Register as a Friend of Camp Burgess & Hayward and stay involved with all the exciting developments here at camp. You'll receive our quarterly e-newsletters and hear about upcoming events and reunions.

Send your alumni news, photos and updates to campalumni@ssymca.org and we'll include them in our newsletters!

Checklist for Parents

- Complete Registration
- Add any additional Lessons
- Complete CampDoc.com Paperwork
- Camper Information Form (included as part on online registration)
- Add money to Trading Post Account
- Pay balance of Fees

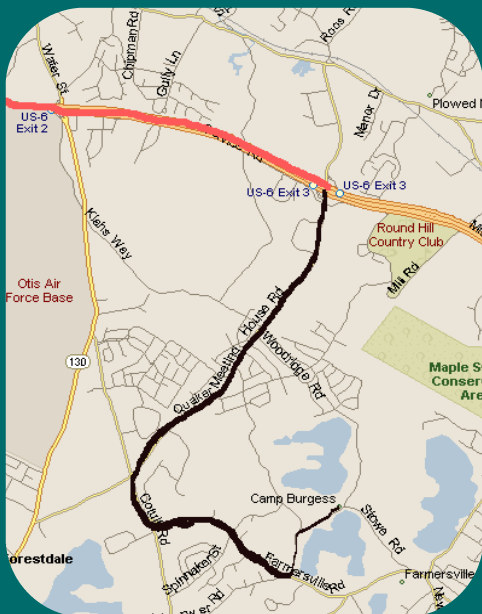
Contact Information

The Camp office is open from 9:00 am until 12:45 am, however you may be put through to a voicemail service if the lines are occupied. We return calls as promptly as possible, but understand that Camp Directors and counselors are usually not in the office. We are typically outside leading activities and managing Camp, ensuring that your camper is having the best possible experience!

Our phone number is (508)428-2571.

Camp Hayward Office*	x201	Camp Burgess Office*	x108
Camp Hayward Director	x102	Camp Burgess Director	x104
Camp Hayward Nurse*	x225	Camp Burgess Nurse*	x125
Executive Director	x103	Year-Round Camp Business Manager	x101

The extensions for the Hayward Office as well as the Burgess and Hayward Nurses are only in use from the middle of June to the end of August.



Directions to Camp:

- Cross the Sagamore Bridge to enter Cape Cod
- Follow Route 6 for 5.7 miles to Exit 3
- Turn right onto Quaker Meeting House Road and follow for 2.5 miles to Cotuit Road
- At the traffic lights, turn left onto Cotuit Road and continue 0.3 miles to Farmersville Road on the left
- Turn left onto Farmersville Road, and follow for 1.1 miles to Stowe Road on the left

FOR CAMP BURGESS:

Turn right at sign. Camp Burgess is 0.5 miles down Stowe Road on the left.

FOR CAMP HAYWARD:

Turn left at sign. Camp Hayward is less than 0.5 miles on

GPS Address: 75 Stowe Rd. Sandwich, MA 02563
(at the fork on Stowe Rd– Turn Left for Hayward; Right for Burgess)