



**CAMP OF THE RISING SON**  
at  
FRENCH CAMP ACADEMY

# Parent Handbook 2020

**#crs2020chosen**

**FILL OUT FORMS**

*All forms and payments due May 1*

**GET A PHYSICAL**

*Call your doctor to schedule*

**START PACKING**

*See your program's "What to Bring" list*

**GET EXCITED!**

*We can't wait to see you!*

**Camp of the Rising Son • 444 Lake Road • French Camp, MS 39745**  
**662-547-6169 • [info@CampoftheRisingSon.com](mailto:info@CampoftheRisingSon.com) • [www.CampoftheRisingSon.com](http://www.CampoftheRisingSon.com)**

# Welcome to CRS!

## LETTER TO PARENTS

Dear Parents,

Thank you for choosing Camp of the Rising Son to be part of your camper's summer. We are so excited to get to know him or her and have an incredible week building friendships, working together, having fun in activities, and learning together about Jesus.

We are thrilled to announce Chosen as our summer 2020 camp theme! We cannot wait to talk with your camper about how God loves us so incredibly much that He has a special plan for each one of us. If your child wants to get a head start he or she can start learning our 2020 theme verse Ephesians 1:4 "For he chose us in him before the creation of the world to be holy and blameless in his sight."

It is a huge privilege that you have entrusted your camper to us this summer. We are truly grateful for the opportunity to spend this week with him or her. Our hope is that this handbook answers all of your camp questions—there is even more information on the FAQ sections of our website! If you have any additional questions, please contact our office at 662-547-6169 or email us at [info@campoftherisingson.com](mailto:info@campoftherisingson.com). We look forward to seeing you soon for an absolutely incredible summer!

In His Service,  
The CRS Team

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# 2020 DATES

- June 7-13: Overnight Week 1, D1 Week 1
- June 14-20: Overnight & Day Camp Week 2, Boys Adventure Trip 1, D1 Week 2
- June 21-27: Overnight & Day Camp Week 3, Girls Adventure Trip 1, D2 Week 3
- June 28-July 4: Overnight Week 4, Boys Adventure Trip 2, D2 Week 4
- July 5-11: Overnight & Day Camp Week 5, Girls Adventure Trip 2, D1 Week 5
- July 12-18: Overnight Week 6, D2 Week 6
- July 20-25: Horse Camp \*begins on Monday





# ACCOUNT INFORMATION

- All families, no matter how you registered, can access their personal online account through the website <https://campoftherisingson.campbrainregistration.com>. There you can login to check your balance, add campers or weeks, complete forms, or make a payment!
- All remaining balances and forms are due by May 1<sup>st</sup>.

## ARRIVING AT CAMP ( FOR OVERNIGHT, CIA, AND ADVENTURE TRIPS)

Camp of the Rising Son is located on the French Camp Academy campus at 444 Lake Road, French Camp, MS.

- Turn onto French Camp Academy Campus off MS Hwy 413 by the giant sign.
- Keep going straight and up the hill where you'll find camp!
- Follow signs and greeters to the luggage drop off.
- Parking opens at 3:00 p.m. Please wait in your car if arriving earlier—we'll let you pull up to drop off luggage!

## CHECK IN TIMES AND LOCATIONS:

- **Overnight Camp:** 3:30-5:00 p.m. inside the Hall Lodge Dining Room
- **CIA:** 3:30 p.m. at the Hall Lodge Front Porch
- **Adventure Trips:** 4:00p.m. at the Hall Lodge Front Porch
  - \*\*There will be a mandatory meeting beginning at 4:15p.m. at the Owl's Nest, all Adventure Trippers and one parent/guardian for each must be in attendance
- **Day Camp: Monday 8:00-8:15 a.m.** at the Roadside Pavilion
- **Horse camp: Monday July 20<sup>th</sup>** at 10:30-11:00 a.m. at the Hall Lodge Lobby

## UPON ARRIVING:

- Be sure to wear comfortable shoes—we have gravel paths and wooded areas!
- Arriving at camp you will be greeted by a smiling staff member who will direct you to the luggage drop off and parking. **Keep all medications and forms with you** to turn in at the appropriate tables. You may also want to keep loose items such as a pillow or toiletry kit with you.
- From your car you will be directed to the Hall Lodge where you will proceed to our registration tables where you will
  - See the Registrar if you need to update information or settle accounts.
  - Visit the Healthcare Supervisor to drop off any medications and complete the health check
  - Finally stop at the Unit Director table to receive your cabin assignment!
- You and your camper will be escorted to your cabin where your child's Chief will be waiting and help him or her get settled into a bunk. No bunk saving!
- Head with your child to the Camp Store to pick up a camp T-shirt purchase any special items or snacks at camp store.
- **Adventure Trippers** will drop off luggage at the Owl's Nest (right across the street from the Lodge).
- Please do not bring pets with you for drop off or pick up of campers.

**Please do not arrive early!** We are not able to accommodate early drop offs.

## LATE ARRIVALS:

If circumstances cause you to arrive after the designated time, please call the camp office (662-547-6169) so we can plan accordingly! Any registered campers who have not arrived by the end of the designated check in time without prior notice will be contacted by the camp office.

## NEW PARENT SESSION:

Families new to camp are welcome to join us for a New Parent Session at 4:45 p.m. at the Waldrop Pavilion at Lake Ann. You can learn what your camper will be experiencing during his or her week at camp! We'll discuss:

- Camp schedule
- How to view camp photos
- Sending emails to campers
- CRS Staff
- Safety
- Saturday Closing Ceremony and Departing Camp

## GET EXCITED!!!:

Is your camper more than thrilled about coming to camp?! Let us know by using the #CRS2020chosen on posts that show your camper packing or otherwise getting ready for his or her week at CRS! We can't wait to see our campers' smiles!

# DEPARTING CAMP

## CLOSING CEREMONY:

- Parents of **Overnight, Adventure Trippers, & C.I.A.s**, please join us for the **Closing Ceremony Saturday at 9:30 a.m. in the HALL LODGE DINING ROOM**.
- Please park in the same areas used for arrival.
- Parents may arrive as early as 8:30 a.m. to load luggage and enjoy coffee at the Lodge.
- Campers must stay with their cabin until dismissed to their parent/guardian.
- Camp Store is open after the ceremony for CRS gear and snacks.
- Please do not bring pets with you to pick up your child.
- **Horse Camp:** Please join us for the **Closing Rodeo Saturday at 9:30 a.m. at the Riding Arena and Stables**. Luggage, photos, and medications will all be delivered to the Riding Arena for you to pick up.

## UPON DEPARTURE:

- Camper leftover medications will be available for pick up after the ceremony on the Lodge back porch.
- Check the lost and found table by the Lodge back porch to grab anything your camper left around!
- After the ceremony, you will follow your camper to his or her cabin and sign out your camper from his or her chief at the cabin. The chief will also give you the week's group photo and newspaper.
- **Your written permission is required for CRS to release your child to anyone other than their parent or guardian.** You can let us know in advance by updating this household information on your online account, or you can notify the registrar during check-in if this is your plan.

- Please notify camp in writing 24 hours prior to pick up to change or add a person to your authorized pick up list. You may email [info@campoftherisingson.com](mailto:info@campoftherisingson.com)
- **We ask that no child leave until Saturday morning.** This is to ensure your child and all the campers receive the maximum benefit of their time at camp. For any early departures absolutely necessary please contact the camp office to make arrangements prior to the camp session. Visits during the week are strongly discouraged—each camper has a full schedule.

## LUGGAGE:

- From the Scout Unit there will be a reverse shuttle to drop off luggage in front of the Hall Lodge. The Scout Luggage shuttle begins at 8:30 a.m. Luggage is sorted by cabins. Don't forget your sleeping bag or dirty clothes bag! Please check each bag to be sure it is your child's!
- We are unable to shuttle luggage from the Maiden Unit due to the high amount of foot traffic. Maiden families may pick up their luggage from their cabin beginning at 8:30 a.m. or after the closing ceremony.
- All Adventure Tripper luggage will be available for pick up at the Owl's Nest.

# HEALTH MATTERS

Thank you for entrusting our child to our care this summer. The safety and well-being of our campers is of utmost importance to us. Our healthcare staff are available 24 hours a day should a camper need care due to injury or illness. Please help us take the best possible care of your child by reviewing the following instructions:

- **NOTE: ALL Overnight, Adventure Tripper, CIA, and Horse campers must have had a health exam completed within the last 12 months (this is Health Form 2—Camper Healthcare Recommendations by Licensed Medical Personnel\*\*)** Please *note this is NOT A FULL PHYSICAL EXAM—most doctors will complete this form at a regular checkup. When making your appointment it may be helpful to let your provider's office know this is similar to a "sport's physical".* This form is not available to be completed online, but may be mailed in or uploaded to your account.  
**\*\*Day Campers** do NOT need Health Form 2-Licensed Medical Personnel form.
- **Please return completed CRS Health Forms by May 1<sup>st</sup>.** Health History form 1 (the green form) should be completed by the parent either online or using the paper form. Health form 2 (the pink form) should be completed by the doctor's office. Returning campers please contact us if you would like to use your immunization record from last summer. It is important that we have current information on your child's health to offer the best care possible. If your child received any new immunizations, please attach an updated immunization list. Also attach a copy of your insurance card front and back.
- Health forms are available for download at [www.campoftherisingson.com](http://www.campoftherisingson.com) under "Camp Forms." **Please save photocopies of your completed health forms for your records.** If any information changes after sending in your form please inform the Health Supervisor during check-in.
- If your camper has special dietary needs please notify the office at least 2 weeks in advance.
- **Please keep sick campers at home** to not expose our other campers. A child must be free of fever, lice, or any signs of contagious disease for at least 24 hours before arriving at camp. If your child gets sick immediately prior to his scheduled camp week please call the office to make arrangements for late arrival or a change of weeks.

- **Medications should be turned in to the Health Supervisor during Check-In.** Campers are not permitted to have any medications in the cabin.
- Medications will only be dispensed from their original containers. Prescription drugs must be in the original container and prescribed to your camper. Non-prescription drugs will be dispensed only under the signed instructions of a parent or physician. The camp infirmary keeps a stock of commonly needed medications, so bringing non-prescription drugs is unnecessary. The Health Supervisor makes certain all campers receive medications as directed on the health form. *Please note: Sunday through Saturday pillboxes or pills in Ziplock bags are cannot be accepted.*
- The only medications allowed outside the camp infirmary are rescue inhalers, diabetic supplies, and epi-pens for campers who are accustomed to being responsible for these. Please check-in with the health supervisor if your camper carries one of these.
- **A Health Check** including a temperature and head lice check will be provided for each camper during check in.
- Any camper found with lice must be taken home for treatment. The camper may return to camp when lice free and will be re-checked upon arrival. Please check your child's head for lice before coming to camp.
- During camp **we will contact you if your camper requires more than 24 hours of rest in the infirmary, needs to visit the doctor, or receive prescription medication.**
- Campers whose medical needs are beyond what our Health Supervisor can accommodate will be taken to the Trace Urgent Care or to Baptist Medical Center Attala in Kosciusko, MS.

## STAYING IN TOUCH

- If you need to reach the camp office call 662-547-6169 or email [info@campoftherisingson.com](mailto:info@campoftherisingson.com) We have staff available 7:30 a.m. to 6:00 p.m. except mealtimes and weekends.
- During your camper's session, for an afterhours emergency contact 662-516-5060 to reach our leadership team member on call. *Please note registration questions cannot be handled through this line.*
- **Campers love to get mail!** Send cards and letters and encourage family and friends to do the same! Address it to your camper's full name and include your camper's cabin (if known) on the envelope. Please do not fax letters to campers through the camp office.

**Send Mail to:** "Your Child's Name"  
Camp of the Rising Son  
444 Lake Road  
French Camp, MS 39745

- We encourage you to send a letter before coming to camp so that your camper will receive mail early in the week. (In this case we will be sure it gets to the right cabin). *You may drop off letters at check in for us to give to your camper throughout the week.* We have a box in the Hall Lodge lobby just for these!

- **CRS is package Free!** Camp is a gift in itself and packages are an unnecessary distraction. All envelopes containing items other than a letter are considered packages and will be held in the camp office for you to pick up on Saturday. The only exceptions are forgotten necessary items or if your camper has a birthday during the week. Do not send candy, gum, or other food items...this invites insects into the cabins. Please notify anyone necessary of the no-package policy!
- **CRS photo gallery!** Our photo gallery is updated throughout the week with photos to allow parents a sneak peek into camp life. While we take as many photos as possible, we may not have a picture of your child every day. Viewing the photos is free!
  - Step 1: Go to [www.Bunk1.com](http://www.Bunk1.com) (or download the ap!)
  - Step 2: Create an account and link to CRS through the invitation code B1Rising
  - Step 3: Select Gallery and look for your child's week.
- All photos online are available for purchase as prints, digital downloads, and gift items. You can share your favorites by email or social media! *See the Bunk1 information sheet at the end of the packet for details and access code.*
- **Camper Email!** Though not as good as a letter, CRS provides BunkNotes, a for-fee service that allows you to email your child and even receive a handwritten reply in your inbox. BunkNotes requires an account with Bunk 1 and can be accessed through a link on [www.campoftherisingson.com](http://www.campoftherisingson.com). *See the Bunk1 information sheet at the end of the packet for details and access code.*
- **Please reserve telephone calls for business purposes and emergencies.** The camp experience is "unplugged", so campers do not have access to a phone. Your questions are always welcome by our camp office. One of our staff will contact you if we have concerns about your child.
- Due to the busy camp schedule and for the safety of all campers, parent or family member visitation is not allowed during camp sessions. Please call the office should any concerns arise.
- **Leave cell phones at home.** Camp is a place where we "unplug" from the digital world in order to enjoy face to face relationship and fun. In a situation where a phone is needed for the trip to and from camp, please turn it in to the Registrar. It can be picked up in the office on the final day of camp.
- **Birthdays at Camp!** We love celebrating birthdays at CRS! The whole camp sings a special Happy Birthday song and the birthday camper's cabin is treated to cake! A camper's birthday is an exception to the no-package policy; however, any food or candy will be discarded. The standard no phone call policy is still followed.
- Keep in touch with CRS throughout the week and all year long through the Camp of the Rising Son Facebook page or follow us @CRStalk on Twitter or Instagram! Look out for #crs2020chosen.



# GENERAL INFORMATION

- **Campers do not need money at camp.** Camp tuition includes all expenses for activities, a daily snack Monday-Friday from the Camp Store, a camp T-shirt, and a camp picture. Families have the opportunity to purchase CRS merchandise and snacks from our Camp Store on Sundays and Saturdays.
- **Cabin assignments are given out at check-in.** Your camper may request to be housed in the same cabin as a specific friend. CRS guarantees to honor one mutually requested cabinmate within one grade of each other. Meeting and making new friends is one of the real benefits of camp! (Larger group requests will be divided up by camp staff). Each cabin has two counselors and up to 12 campers.
- **Lost and Found.** We want each camper to go home with every item he or she brought to camp! Each Saturday we display the lost and found collected on the Hall Lodge back porch. *Please check for your child's items before leaving.* Clearly mark your camper's items with permanent marker or order name labels from Oliver's Labels access the link through your online account summary under "Camp Extras". Items left behind will be held for one month, after which they will be donated.
- **Weekly Themes.** A delightful CRS tradition is to feature an exciting fun-filled theme each week! We will have PLENTY of costumes and props, but feel free to send your camper with items fitting the theme if you choose!
  - Wk1- Neverland
  - Wk2- Mission Impossible
  - Wk3- Anything Can Happen
  - Wk4- Olympics
  - Wk5- Holidays
  - Wk6- Around the World
- **Camp rules** are established to help all campers safely enjoy their week of camp. Campers must willingly agree to abide by the rules as explained in camp and activity orientations. Parents will be contacted if there is a continuous problem of behavior that threatens safety or detracts from the wholesome environment Camp of the Rising Son desires to provide. A camper who is determined by the Camp Director to have committed a major violation or continue behavior that is detrimental to the camp community will be dismissed from camp.
- **Staying Two Weeks?** Stayovers are campers registered for more than one consecutive week at CRS. This service is provided at a minimal cost. We will wash your laundry, so only 1 week of clothing is necessary! The weekend activities go at a slower pace to allow rest but still include plenty of fun! Stayover campers can choose five new activities for their second week—they can choose different ones or repeat some favorites. Space is limited, so be sure to reserve your space through registration or contacting the camp office.

Some parents would rather pick-up their child and have them for the break. This is perfectly fine too! If that is what you prefer, then you can come to our closing ceremony on Saturday morning after your child's first week and check out your child as usual. Then on Sunday just bring him or her back to CRS and check-in for the next week.

# WHAT TO LEAVE AT HOME

*We desire to create the best and safest camp environment possible. The following items are not allowed because they take away from the camp experience or pose a safety risk.*

- ☐ Anything of great or sentimental value (e.g. valuables, expensive sunglasses, jewelry, digital camera, money...)
- ☐ Any electronic device other than a simple watch. We do not allow cell phones, digital cameras, IPODs, MP3 players, radios, walkie talkies, handheld games, DVD players, e-readers, any device with video capability, etc... (A disposable camera is ok.) Charging of any type of device is not available. *Camp is a place to be unplugged, make friends, and experience new things!*
- ☐ Food, candy, or gum (*these invite insects into our cabins*)
- ☐ Fireworks, firearms, weapons
- ☐ Magazines or inappropriate reading material (including horror or any sexual content)
- ☐ Make-up, hair dryers, curling irons (*in the spirit of camping there is not time for these*)
- ☐ Electric fans (*small battery powered fans are acceptable*)
- ☐ Pets or animals
- ☐ Two piece or tankini swimsuits
- ☐ Personal sports equipment
- ☐ Alcohol, drugs, tobacco products, vapes, and explicit material

**-Any of these items brought to camp will be held in the camp office to be picked up on Saturday-**

Campers are responsible for their own belongings. Our staff do all they can to help your camper keep up with his or her items, but CRS cannot assume responsibility for a camper's belongings. If a camper would be devastated by losing an item, then we suggest to not pack it.

# AFTER CAMP

- At the end of the summer we will have a parent survey available for you to evaluate your child's experience with us. Please let us know about your child's experience as we strive to continually improve!
- Your camper will receive a letter from his or her counselor during the school year. We work hard to recruit and train excellent, trustworthy staff and we encourage them to develop wholesome, healthy relationships with their campers. Our desire is that our staff has had a positive impact on your child. With the abundance of ways to communicate available today, we want you to be an informed decision maker regarding contact and communication between our staff and your campers outside of the camp setting. We expect behavior that is above reproach from our staff. Our policy is that all communication with a camper must be open and accessible to the parent. Please notify us immediately if you suspect any inappropriate behavior by one of our staff members.

# TIPS FOR YOUR CHILD'S SUCCESS:

Homesickness is a normal part of adjusting to camp life for some campers. It is typically a slight anxious feeling brought on by adjusting to a new environment. With our 1:6 counselor to camper ratio, intensive staff training, and active schedule, homesickness is usually kept at bay. If it does occur, our Chiefs are prepared and willing to support any camper dealing with homesickness. Our goal is for each camper to have a successful week--we know that growth and self-confidence come through taking risks and overcoming challenges. With a little preparation from you, together we can help your child have a great week!

- Communicate confidently to your camper that they will have a great week. Talk about what your child has to look forward to and keep up their excitement about camp.
- Look over the activity list and help your camper get excited about what to pick during activity sign up on Sunday night.
- Encourage them to make new friends and try new things.
- *Do not* tell your camper that they can come or call home if they do not like camp. This contributes to homesickness and hampers the camper's ability to adjust to camp life. Our staff will contact the parents of a camper experiencing above average levels of homesickness.
- If your child is not used to being away from you, give them some practice overnight stays with grandparents, family, or friends.
- Don't overschedule your child's summer. If he or she is attending other overnight camps, schedule a time of rest at home before coming to CRS.
- On Check-in Day settle your child into the cabin, let him/her know it will be a terrific week and you can't wait to hear stories of camp adventures on Saturday, and leave soon after. This helps prevent homesickness and encourages your child to bond with his chiefs and cabinmates. Save tours of camp until Closing Day when your child can share memories with you.
- Let your camper know he or she can go to their counselor or unit director with any problems or questions.
- Avoid sending letters that tell a camper what is being missed at home; instead focus on the fun things they are experiencing at camp and encourage them that it is ok to have fun away from you.
- If you receive a letter from your camper about missing home, do not panic. Remind yourself that your child is surrounded by chiefs making every effort to help them have fun and feel safe. Feel free to email or call the camp office to check on your child.

# OVERNIGHT CAMP INFO:

## FORMS TO COMPLETE (forms are due May 1<sup>st</sup>.)

- Confidential Form
- Health History Form
- Recommendations by Licensed Medical Personnel Form

## DAILY SCHEDULE

7:00	Rise and shine—cabin clean-up
7:40	Flag Raising and Worship
8:10	Breakfast
8:45-9:45	Activity I
10:00-11:00	Activity II
11:15-12:15	Activity III
12:30	Lunch
1:10	Bible Study, Camp Store, Rest Time
3:15-4:15	Activity IV
4:30-5:30	Activity V
5:50	Flag Lowering and Waiter Call
6:00	Supper
6:45-8:30	Evening Program—differs each night
8:30	Showers and Devotions
9:30	Taps—Lights Out

## OVERNIGHT WHAT TO BRING

Life at camp is simple—less is best! Please keep in mind that your camper will be responsible for managing all belongings while at camp! Cabin space is limited--campers may pack in a trunk, tub, suitcase, or duffle bag. Luggage should be less than 15" high to fit under the bunks.

### **Clothing:**

- ☐ 7 changes of casual clothes, underwear, and socks (Camp can be rough on clothes; please don't send anything you mind getting dirty)
  - Modest is key—please no spaghetti straps, short shorts, or shorts with writing on the rear.
  - Shirts may not be low cut, show midriff, or gape under the arms. All undergarments (including sports bras) must be covered.
- ☐ 1 pair long pants or jeans (1 for overnight campout; more if your camper plans to participate in horse activities)
- ☐ 2 swim suits (Girls must wear a modest, one-piece bathing suit. Keep in mind the lake water may stain.)
- ☐ P.J.s
- ☐ Rain gear (poncho or light raincoat)
- ☐ Closed toed or tennis shoes. (Heeled boots are required for horses\*)
- ☐ Water shoes (or Chaco/Keen type sandals) for walking across levy to water zip line!
- ☐ Costume related to theme of the week (optional)
- ☐ A long sleeve shirt or sweatshirt if the weather forecast predicts cool evenings/mornings

**Linens:**

- ☐ Twin sheets, light blanket, and pillow for cabin
- ☐ Sleeping bag for campout
- ☐ 3 towels (1 for swimming, 2 for bathing)

**Toiletries:**

- ☐ Flip flops or shower shoes
- ☐ Soap, toothbrush, toothpaste, shampoo, deodorant, etc... in container for carrying to bathhouse
- ☐ Non-aerosol insect repellent
- ☐ Sunscreen

**Miscellaneous:**

- ☐ Bible
- ☐ Flashlight or headlamp (don't forget the batteries!)
- ☐ Laundry bag
- ☐ Pen/Pencil
- ☐ Stationery and pre-addressed stamped envelopes for writing home
- ☐ Book or other quiet activity for rest time
- ☐ Battery operated fan (suggested for cabin).
- ☐ Small backpack or bag for carrying change of clothes for between activities.
- ☐ Water bottle

\*Heeled boots are required for horse trail and arena activities. However, please do not purchase boots only for camp—we have a few “loaner” pairs.

**oliver'slabels**

*All items should be plainly marked with the camper's name in permanent marker or order name labels by logging on to your registration account and click “Camp Extras” or going straight to [www.oliverslabels.com/CampoftheRisingSon](http://www.oliverslabels.com/CampoftheRisingSon) CRS has partnered with Oliver's Labels to offer all types of labels that are waterproof and fun to be the first line of defense from the lost-and-found!*

**\*\*Please see What to Leave at Home on page 10 of the handbook**

**-Any of these items brought to camp will be held in the camp office to be picked up on Saturday-**

## OVERNIGHT CAMP ACTIVITIES

Activities at Camp of the Rising Son are a fun part of each day! Each overnight camper personalizes his or her week by choosing favorites to participate in daily from our offering of over 20+ exciting activities! Through activities, campers learn new skills and explore new and unique interests in a safe, fun atmosphere.

**Campers will sign up in person for their activities during our Sunday night event.** This allows campers the opportunity to practice independence, increased control over activity selection, and the ability to coordinate their schedule with friends or cabinmates. Each camper participates in five activities daily, going to each one Monday-Friday.



**Before camp help your camper become familiar with the activities below.** In the cabin upon check-in, your camper will receive their sign-up form and mark **five top preferences plus two alternates**. Campers will then use this form to officially sign-up for activities in person on Sunday night. Counselors work with each camper to be certain that each one is pleased with his activity schedule. Every activity is staffed by chiefs who have been certified and/or trained in that area of instruction. Several activities are age-specific, allowing campers to experience new things as they return to camp.

## **ACTIVITIES OFFERED FOR ALL AGES:**

**Archery:** Campers are taught by a trained archery instructor safe bow handling and shooting techniques. Learning safety rules, parts of the bow and arrow, and shooting for points make this activity a lot of fun. *Archery is part of the CRS award program.*

**Art:** This activity is a great opportunity for campers to express themselves creatively. Campers will be exposed to several types of mediums and create a portfolio of various works by the end of the week.

**Canoeing:** Enjoy learning to control a canoe, various paddle strokes, and the basics of water rescue out on picturesque Lake Ann. *Canoeing is part of the CRS award program.*

**Dance:** Jazz, Hip-Hop, and fun! Campers will learn group dances and coordination skills. Camp is the perfect place to try out a new style as well as show off talent. Dancers perform a group dance for the camp on Friday.

**Fishing:** Campers are able to relax beside beautiful Lake Ann and learn how to bait a hook, cast, and reel one in! *Fishing is part of the CRS award program.*

**Free Swim:** In Free Swim, campers get to cool off in the water down at our pool, make a big splash on our water slide, and play games or just chill with friends.

**Leather & Crafts:** Campers have the opportunity to create a variety of unique crafts using leather, hammers, stamps, and dye as well as fun other creative projects. These creations will be treasured for years to come!

**Mixed Sports:** Campers will have the opportunity to play various team sports from soccer to flag football and pillo polo! We'll concentrate on learning how to work together, new skills, and have fun!

**Nature:** Enjoy exploring the CRS property while learning to identify the area plant and wild life. Hunt for leaves, insects, and animal tracks or hike to our sulfur spring. *Nature is part of the CRS award program.*

**Pottery:** Campers get to make various clay creations from learning to hand shape a "pinch pot", to jewelry, and most anything they can dream up. Their pieces are fired in our kiln and then painted by the artists themselves.

**Ropes Course:** This exciting activity features our 30-foot climbing tower and the chance to zip over Lake Ann! From beginner to experienced everyone can find a challenge here! Campers also learn team work techniques with our group games and low ropes elements. *Ropes Course is part of the CRS award program.*

**STUFF:** Stands for **S**uper **T**errific **U**npredictable **F**renzy of **F**un and that is exactly what campers have in this activity. The variety of games is endless fun for everyone—from classic fun games to crazy new CRS creations, campers never know what to expect next!

**Swimming Lessons:** Swimmers, beginner to advanced levels, will learn new skills or improve their strokes at our pool under the instruction of our experienced aquatic staff. At the end of the week each swimmer receives a certificate for the level completed.

**Vaulting:** Vaulting is the art of gymnastics on the back of a moving horse. Combining the love of horses with the fun and excitement of gymnastics, vaulting helps the camper to develop balance, flexibility and confidence.

*Vaulting is part of the CRS award program.*

**Waterfront:** Campers in waterfront enjoy making a splash in the lake, swimming to our floating dock, playing water and beach games, testing out the paddle boards, and more!

## **Activities offered for ages 7-9 only:**

**Horses—Arena Rides:** Campers receive basic lessons in riding, grooming, care, and safety in our covered arena. Learn to lead, bridle, saddle, as well as playing games. Our mini horse is a favorite part of Arena Rides!

## **Activities offered for ages 9-12 only:**

**Horses—Trail Riding:** Learn proper riding techniques and horse handling skills while under the supervision of CRS wranglers. Campers ride the numerous trails that crisscross the camp property learning to ride at various gates from walk to gallop. They also learn parts of the horse and care and treatment of horses. *Trail Riding is part of the CRS award program.*

## **Activities offered for ages 10-12 only:**

**Archery Sports:** A cross between Archery, Dodgeball, and Capture the Flag! Learn new shooting skills and test your aim while playing fun archery games! Don't worry mom—it's safe!

**Camp Skills:** This activity prepares campers for camping out in the woods and teaches basic survival skills. These serious campers learn to build a fire, set up a tent, and more. *Camp Skills is part of the CRS awards program*

**Kayaking:** Kayaking offers campers the opportunity to learn to control a boat while being coached in various handling techniques, paddling, and kayak rescues. *Kayaking is part of the CRS awards program.*

**Newspaper:** Work with fellow newspaper staffers to create *Smoke Signals*, the weekly CRS newspaper which is sent home with each camper on Saturdays. Learn the basics of writing articles and interviewing skills while also having a blast!

**Sailing:** A longstanding favorite at CRS, sailors board our Sunfish sailboats and explore beautiful Lake Ann. Learn the parts of the boat, how to rig and de-rig, tying knots, and the basics of sailing and boat safety. *Sailing is part of the CRS award program.*

## **New Activities offered for 12-year-olds only:**

**Mission Serve:** (for 12-year-old boys only) Deepen your faith through learning what great men of God are while participating in adventures, challenges and opportunities to serve others.

**Corner Café:** (for 12-year-old girls only) Grow in your relationship with Christ and enjoy time with other girls who desire to dig deeper into Scripture's truth about who God says we are and how we can live that out.

# DAY CAMP INFORMATION:

Day Camp is a great way to get introduced to camp life. The campers stay together as a group experiencing various CRS activities and fun throughout the week to get a taste of camp.

- **Monday check in** at the Riding Arena and Stables (on the right before reaching the Lodge) between 8:00 and 8:30 a.m. Have your camper wear casual clothes and tennis shoes.
  - Turn in any outstanding forms.
  - Communicate with Healthcare staff any special needs of your child while they are in our care.
- **Arrive daily Tuesday – Friday at the Riding Arena and Stables between 8:00 a.m. and 8:15 a.m.** Have your child dressed for his or her first activity. Our counselors will inform you each evening on the next day's activities so your child can come dressed appropriately. *Please notify the camp office if your child will not be attending that day for any reason.*
- **Monday-Friday pick-up your child** at the Riding Arena and Stables **between 5:00 p.m. and 5:15 p.m.** We ask that you sign-out your child each day.
- Day campers will be served lunch and an afternoon snack each day.
- There will be a designated place day campers can keep their bags to change into for other activities.
- Plan to join us **Friday at 5:00 for the Closing Ceremony.** It is a great opportunity to get a glimpse of your child's camp experience.
- **\*\*Day Campers** do not need Health Form 2-Licensed Medical Personnel form.
- CRS does not provide transportation for day campers.

## FORMS NEEDED (forms are due May 1<sup>st</sup>.)

- Confidential Form
- Health History Form

## DAY CAMP SCHEDULE:

8:00-8:15	Drop off	3:15	Waterfront Time
8:15	Kick off	4:45	Wrap Up
8:45-11:30	Activities* (differ each day)	5:00-5:15	Pick up
11:30	Songs, Ready for Lunch		
11:45	Lunch		
12:30	Down Time		
1:15	Group Activity		
2:30	Camp Store		

## DAY CAMPER WHAT-TO-BRING LIST:

**Send the following items Monday morning:**

- ☐ Bag with a change of casual clothes, underwear, and socks (just in case)
- ☐ Swim suit and towel (for water activities)
- ☐ Insect repellent
- ☐ Sunscreen
- ☐ Small backpack or bag to carry items needed between activities
- ☐ Bible



**oliver'slabels**

*All items should be plainly marked with the camper's name in permanent marker or to order name labels login to your registration account and click "Camp Extras" or going straight to [www.oliverslabels.com/CampoftheRisingSon](http://www.oliverslabels.com/CampoftheRisingSon) CRS has partnered with Oliver's Labels to offer all types of labels that are waterproof and fun to be the first line of defense from the lost-and-found!*

**\*\*Please see what NOT to bring on page 10 of the handbook**

# ADVENTURE TRIP INFORMATION:

- **Adventure Trippers check in at 4:00** at the Hall Lodge Front Porch  
\*\*There will be a mandatory meeting beginning at 4:15 at the Owl's Nest for all Adventure Trippers. One parent/guardian for each Adventure Tripper must be in attendance.
- **Medications should be turned in to the Trip Leader during Check-In.** Adventure Trippers are not permitted to have any medications in their possession. Medications will only be dispensed from their original containers. Prescription drugs must be in the original container and prescribed to your camper. Non-prescription drugs needed daily will be dispensed only under the signed instructions of a parent or physician. The trip leaders have a stock of commonly needed medications, so bringing non-prescription drugs is unnecessary. The Trip Leaders make certain all Adventure Trippers receive medications as directed on the health form.
- During the trip **we will contact you if your camper misses a trip event due to illness, needs to visit the doctor, or receive prescription medication.**
- **Even Adventure Trippers love to get mail! Pack a note in your Adventure Tripper's luggage!** Since the rafting trip leaves Monday morning and returns Friday night, delivering mail to them is not an option. However, you can pack notes in the luggage to give a smile! Any mail received at camp will be delivered Saturday morning.
- **Camper Email is not available to Adventure Trippers due to the nature of their trip.** CRS will send email updates to Adventure Tripper parents 2-3 times during the week.
- **Adventure Trippers do not need money for meals, transportation, or program costs.** Many families do choose to send spending money for the purchase of souvenirs at the river outposts or snacks at rest stops. A \$50 maximum is suggested.

## FORMS NEEDED (forms are due May 1<sup>st</sup>.)

- |                       |                      |                     |
|-----------------------|----------------------|---------------------|
| ▪ Confidential Form   | ▪ Recommendations by | ▪ 2 Rafting Waivers |
| ▪ Health History Form | Licensed Medical     | ▪ Caving Waiver     |
| ▪ Behavior Covenant   | Personnel Form       | ▪ Zipline Waiver    |

## ADVENTURE TRIPS WHAT TO BRING

*\*Because you will be going on a camping trip and moving frequently, it is important to bring only the basics! Please bring clothes that you don't mind getting dirty and wet.*

- ☐ Sleeping bag –warm for camping in the mountains. It should be rolled and tied securely.
- ☐ Camp mat (optional) should be easily packable.
- ☐ Small pillow (optional)



- ☐ Small duffel – approximately 15 x 15 x 24. Everything you bring must be packed in this except your sleeping bag, mat, and pillow.
- ☐ Two-Three pairs of footwear – Wear a pair of old sneakers. Bring a pair of rafting sandals or other old shoes to wear on the rivers. They **will** get wet. Shoes worn in the cave will get muddy
- ☐ 5-6 changes of clothes – include a pair of jeans or sweats for cooler nights and 5 pairs of socks.
  - Modest is key—please no spaghetti straps, short shorts, or shorts with writing on the rear.
  - Shirts may not be low cut, show midriff, or gape under the arms. All undergarments (including sports bras) must be covered.
- ☐ 2 Bathing suits – Girls, bring a modest one-piece suits that are comfortable; you'll be wearing it a lot! Also bring a pair of lightweight shorts to wear over your suit while rafting or swimming.
- ☐ Long sleeve t-shirt and long pants (no elastic waist bands) and sturdy shoes with good traction (but no cleats) for caving. Expect these to get muddy.
- ☐ A small drawstring backpack that can be carried into the cave (optional)
- ☐ 2 towels – 1 beach and 1 bath
- ☐ 1 wash cloth
- ☐ Toiletries: soap, toothbrush, toothpaste, shampoo, deodorant, brush/comb
- ☐ Sunscreen
- ☐ Flashlight
- ☐ Bible and pen or pencil
- ☐ Jacket or sweatshirt – it is cool in the mountains at night.
- ☐ Light weight poncho
- ☐ Several small plastic trash bags for separating wet clothes
- ☐ Eyeglass wearers should bring a strap to secure glasses while on river.
- ☐ Spending money for extra snacks or souvenirs. All meals are provided.

**\*\*Please see what NOT to bring on page 10 of the handbook**

**-Any of these items brought to camp will be held in the camp office to be picked up on Saturday-**

## 2020 ADVENTURE TRIP ITINERARY

- Sunday – 4:00 p.m. check-in and orientation
- Monday – Travel to Tennessee and begin Caving Excursion
- Tuesday – Wrap up Caving and tackle the Canopy Challenge Course
- Wednesday – Raft the Chattooga River Section III
- Thursday – Raft the Chattooga River Section IV
- Friday – Raft the Ocoee River then back to CRS
- Saturday – Closing Ceremony and checkout

# C.I.A. D1/ D2 INFORMATION:

- A limited number of campers are accepted to the D1/D2 program each week, so all CIAs of the same gender are in the same cabin making cabin requests unnecessary. CIAs will not be placed in the cabin with campers in other programs.
- C.I.A.s check in Sunday at 3:30 p.m. at the Hall Lodge Front Porch.
- As a CIA our campers look up to you. Because of the nature of camp activities and our commitment to set a Godly example for our campers we ask that CIAs agree to abide by our standards of modesty and appropriateness in action, word, and dress.
- An important part of the C.I.A. is building relationships. If you gave parental permission, our camp leadership or CIA counselors may contact your child through phone and/or social media before camp as part of the acceptance process and after camp for the purpose of encouragement and accountability. As always, our desire is that camp staff has had a positive impact on your child. Please notify us immediately if you suspect any inappropriate behavior by one of our staff members.

## FORMS NEEDED (forms are due May 1<sup>st</sup>.)

- Confidential Form
- Recommendations by  
Licensed Medical  
Personnel Form
- Health History Form

## SAMPLE D1/ D2 SCHEDULE

7:15	Rise and shine & Clean Up
7:50	Flag/Waiter Call
8:00	Breakfast & Worship
9:00	Service Time
10:00-11:00	Hang Time
11:15-12:15	Bible Study
12:20	Waiter Call
12:30	Lunch
1:15	Rest Time
2:15-3:30	Activity Time
3:45	Camp Store & Clean up
4:30-5:30	Activity V—Assist with assigned activity
5:50	Waiter Call
6:00	Supper
7:00	Evening Program
8:30	AMP Time (CIAs only)
9:30	Showers
10:00	Lights Out

## **CIA WHAT-TO-BRING LIST:**

- ☐ 7 changes of casual clothes, underwear, and socks (Camp can be rough on clothes; please don't send anything you mind getting dirty)
  - ☐ Modest is key—please no spaghetti straps, short shorts, or shorts with writing on the rear. Shorts for daily wear should be mid-thigh length.
  - ☐ Shirts may not be low cut, show midriff, or gape under the arms. Your shirt should keep you covered in any position—sitting, standing, or doing a wheel barrow race All undergarments (including sports bras) must be covered.
- ☐ 1 pair long pants or jeans
- ☐ 2 swim suits (Keep in mind the lake water may stain suit. Girls: swim suits should be one piece and modest. Please bring shorts to wear over swim suits).
- ☐ P.J.s
- ☐ Rain gear (poncho or light raincoat)
- ☐ Tennis shoes (closed toed shoes are required for campouts and strongly recommended at all times)
- ☐ Twin sheets, light blanket, and pillow for cabin
- ☐ Sleeping bag for campout
- ☐ 3 towels (1 for swimming, 2 for bathing)
- ☐ Flip flops or shower shoes
- ☐ Soap, toothbrush, toothpaste, shampoo, deodorant, etc... in container for carrying to bathhouse
- ☐ Flashlight
- ☐ Laundry bag
- ☐ Non-aerosol insect repellent
- ☐ Sunscreen
- ☐ Stationery and pre-addressed stamped envelopes for writing home
- ☐ Bible, Journal, Pen
- ☐ Battery operated fan (suggested for cabin).
- ☐ Backpack

We will ask those who are inappropriately dressed to change. We appreciate your help, as we strive to create the best possible camp environment where each camper can thrive.

## **WHAT NOT TO BRING:**

*We desire to create the best and safest camp environment possible. The following items are not allowed because they take away from the camp experience or pose a safety risk.*

- ☐ Anything of great or sentimental value (e.g. valuables, expensive sunglasses, jewelry, digital camera, money...)
- ☐ Any electronic device other than a simple watch. We do not allow cell phones, digital cameras, IPODs, MP3 players, radios, walkie talkies, handheld games, DVD players, e-readers, any device with video capability, etc... (A disposable camera is ok.) Charging of any type of device is not available. *Camp is a place to be unplugged, make friends, and experience new things!*
- ☐ Food, candy, or gum (*these invite insects into our cabins*)
- ☐ Fireworks, firearms, weapons
- ☐ Magazines or inappropriate reading material (including horror or any sexual content)
- ☐ Make-up, hair dryers, curling irons (*in the spirit of camping there is not time for these*)
- ☐ Electric fans (*small battery powered fans are acceptable*)
- ☐ Pets or animals
- ☐ Two piece or tankini swimsuits
- ☐ Personal sports equipment
- ☐ Alcohol, drugs, tobacco products, vapes, or explicit material

**-Any of these items brought to camp will be held in the camp office to be picked up on Saturday-**

# HORSE CAMP INFORMATION:

- **Horse camp check in is on Monday from 10:30-11:00 a.m.** at the Hall Lodge
- Parents are invited to the **closing rodeo Saturday at 9:30 a.m. at the Riding Arena and Stables.** You will sign out your camper from his or her chief following the closing rodeo. Luggage, photos, and medications will all be delivered to the Riding Arena for you to pick up.

## FORMS NEEDED (forms are due May 1<sup>st</sup>.)

- Confidential Form
- Recommendations by Licensed Medical Personnel Form
- Health History Form

## HORSE CAMP SCHEDULE:

7:00	Rise and shine—cabin clean-up and devotion
8:00	Breakfast
8:45	Horsemanship Lessons, Trail Rides, Vaulting
11:15	Swimming or other activity
12:30	Lunch
1:10	Bible Study, Camp Store, Rest Time
3:15	Activity time—differs each day
4:30	Horsemanship Lessons, Trail Rides, Vaulting
6:00	Supper
6:45	Evening Program—differs each night
9:30	Showers and Devotions
10:30	Taps—Lights Out

## HORSE CAMP WHAT-TO-BRING LIST:

- ☐ 5 pair long pants or jeans\*
- ☐ Tennis shoes and heeled boots (closed toed shoes are required for campouts and strongly recommended at all times; heeled boots are required for horses, and tennis shoes are required for vaulting\*)
- ☐ Your own ASTM certified helmet (*optional if you have one, CRS will provide helmets*)
- ☐ 6 changes of casual clothes, underwear, and socks (Camp can be rough on clothes, please don't send anything you mind getting dirty)
  - Modest is key—please no spaghetti straps, short shorts, or shorts with writing on the rear.
  - Shirts may not be low cut, show midriff, or gape under the arms. All undergarments (including sports bras) must be covered.
- ☐ 2 swimsuits (Suits should be one piece and modest. Please wear shorts over your swimsuit. Keep in mind the lake water may stain suit!)
- ☐ P.J.s
- ☐ Rain gear (poncho or raincoat recommended)
- ☐ Twin sheets, light blanket, and pillow for cabin
- ☐ Sleeping bag for campout

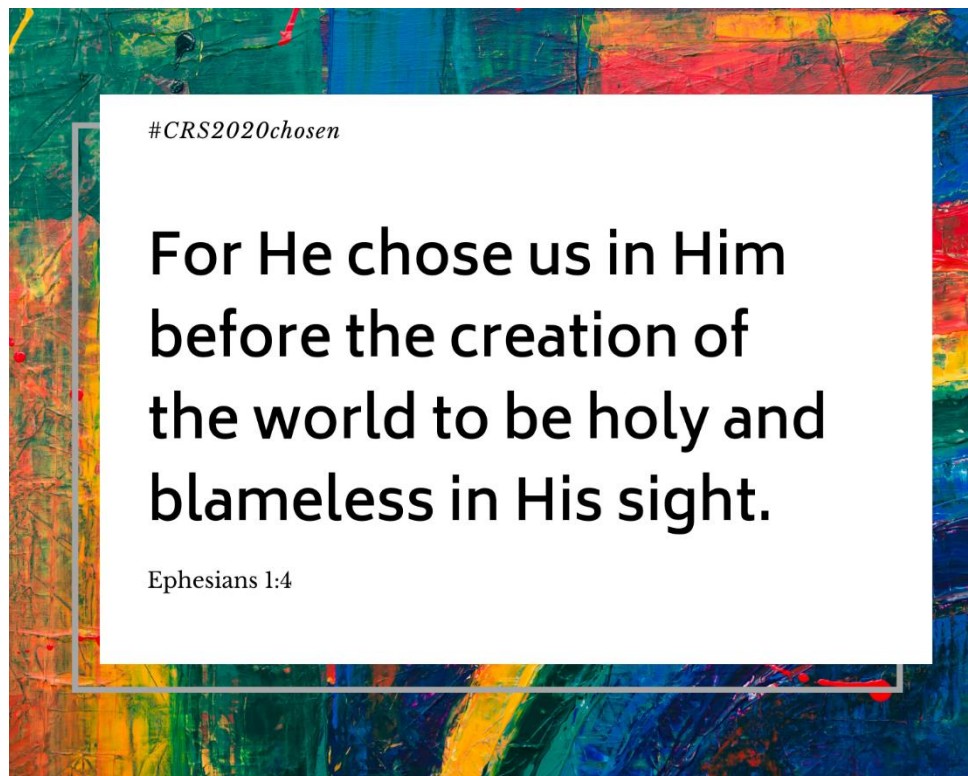
- ☐ 3 towels (1 for swimming, 2 for bathing)
- ☐ Flip flops or shower shoes
- ☐ Soap, toothbrush, toothpaste, shampoo, deodorant, etc... in container for carrying to bathhouse
- ☐ Flashlight
- ☐ Non-aerosol insect repellent
- ☐ Sunscreen
- ☐ Stationery and pre-addressed stamped envelopes for writing home
- ☐ Bible
- ☐ Water Bottle
- ☐ Battery operated fan for use in cabin (optional)
- ☐ Small bag or backpack for carrying a change of clothes when needed.

\*Long pants and heeled boots are required for horse activities.

\*\*Please understand that CRS is committed to creating a camp setting positive for all our campers. With this in mind, we will ask campers who are inappropriately dressed (short shorts, shorts with lettering on the seat, tight pants, revealing shirts, etc.) to change. We appreciate your understanding with this matter, as we strive to create the best possible camp environment for all our campers.

**\*\*Please see what NOT to bring on page 10 of the handbook**

**-Any of these items brought to camp will be held in the camp office to be picked up on Saturday-**



# SEE YOU THIS SUMMER!



# LETTERS FROM THE UNIT DIRECTORS

## **OH, HEY THERE MAIDENS!**

It's Chief Claire – your Maiden Unit Director. I am so excited to be back at camp with you this summer or to meet you for the first time!! Last summer was an absolute blast – but this summer will be even better! I have so many fun surprises planned! Also, I have been working hard planning for Girl's Night and I cannot wait to have an absolute blast with you! It is going to be so much fun!

I hope that you are doing well and remembering what it looks like to live undefeated! I know that the Lord has been teaching me more and more about this as I work hard in nursing school and study more about the Lord. Can you believe that camp is just right around the corner?? School will be out soon, and we will all get to come back to our favorite place – CRS!

This summer, we are going to be studying Ephesians 1:4 and learning more about our identity in Christ. He came and defeated the grave, and now, we get to view ourselves through the lens of scripture. I cannot wait to study more about this with you as we get to look at how the Lord defines us!

As you are preparing for camp this summer, think of a new friend that you can invite! Wouldn't it be so much fun to share your favorite camp memories with your best friend! We would love to have them come join us this summer! Also, it's not too early to pack now. We are all counting down the days! We're about to be back in the place where there is endless fun, silly songs, lots of face cookies, your favorite activity, and the best program nights!

I cannot wait to see all of you again and become friends!

Love you all so much!

Chief Claire

## **SCOUT UNIT!!**

Summer is right around the corner, and I can't wait to be back at camp with you. Whether it is your first year or your fifth year, there is always something to look forward to at camp. Activities, bible study, campout, guy's night! There are so many various events that make camp special. Guy's night is going to be interactive and action-packed, so get ready! I am so pumped to see you have fun throughout the week.

The scout unit will be amazing with you in it, and I am excited to see you build new friendships this summer. In bible study this summer, we are going to learn about being "Chosen" by God. Our study will look at Ephesians, and we will learn how incredible it is that God invites us to be his children, and how we can have a relationship with Him through Jesus. It is because of Jesus that we are chosen! It is going to be a great summer learning more about Jesus with you.

REMEMBER that you can invite a friend to tag along this summer as well! Make sure that you have everything for camp such as a toothbrush, swimsuits, and your bible. Get excited for an awesome summer! See you soon!

Your Scout Unit Director,  
Chief Robert



## KEEP IN TOUCH WITH BUNK1!

Be the first to know what's happening this summer with the **Camp of the Rising Sun** private photo gallery, then send and receive messages using Bunk Notes & Bunk Replies. No need to wait for snail mail; Bunk1 makes it easy to communicate with your child and receive handwritten responses direct to your Bunk1 account.

### GET STARTED TODAY!

- Go to [www.Bunk1.com](http://www.Bunk1.com) or search for Bunk1 in the App Store.
  - RETURNING PARENTS:** login using their email address and password.
  - NEW PARENTS:** click "[New Here? Get Started](#)" or, if using our mobile app, "Sign Up".
  - Complete the form using the Invitation Code: **1980RISING**
- You will be prompted to select a bundle for access to your Parent Portal. Bundles include credits for you to send Bunk Notes and enhance your notes with borders, photos, sports scores, and puzzles, or add Bunk Reply Stationery.

### PHOTO GALLERY WITH FACIAL RECOGNITION

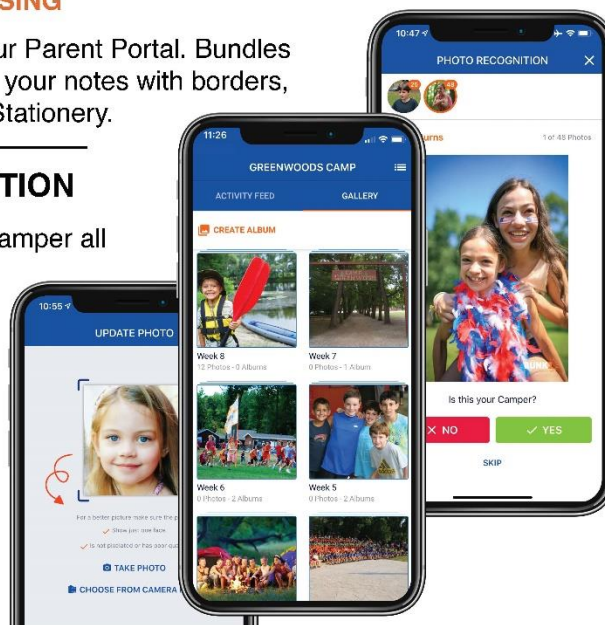
Save Favorite Photos for easy access to pictures of your camper all year-round.

Upload a profile photo of your camper. Our facial recognition will scan all the uploaded photos and notify you when we detect photos of your camper.

Share Photos to social media or email a photo to family.

Customize Unique Photo Gifts such as photo books, mugs, calendars, phone cases and more.

Order high resolution digital downloads or prints.

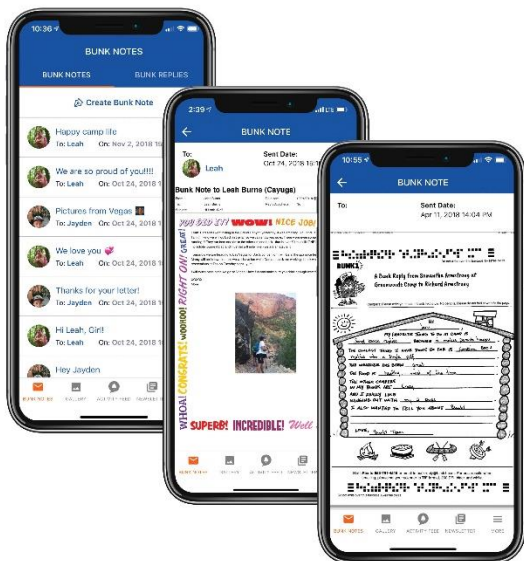


### SEND BUNK NOTES & RECEIVE BUNK REPLIES

Send Bunk Notes day or night. Your camp receives the notes at **9AM CST** each day containing all Bunk Notes received in the last 24 hours.

Receive a handwritten note from your camper into your Bunk1 account.

- Register for Bunk1 prior to camp, purchase Bunk Reply stationery and print out enough copies to last the summer. Or use credits and add the stationery when you send a Bunk Note.
- Make sure your camper knows to write on the barcoded stationery.
- Camp staff collect in Bunk Replies & send through the Bunk1 system.
- Bunk1 scans the barcode & sends the Reply to your account.



The Bunk1 team is available to support you 7 days a week during peak season. They guarantee a response within 24 hours and it's usually much quicker than that. Please call Bunk1 at 212-974-9112 or email [support@bunk1.com](mailto:support@bunk1.com). For FAQ's related to the services above, visit [www.bunk1family.com/faqs](http://www.bunk1family.com/faqs)