

Camp of the Rising Son • 444 Lake Road • French Camp, MS 39745 662-547-6169 • info@CampoftheRisingSon.com • 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 Delightful Freedom as our summer 2022 camp theme! We cannot wait to talk with your camper about the Delightful Freedom of living under the Ten commandments! Though this may not initially sound like freedom, we are excited to dive into how obeying God's law is a means of grace and results in life and blessing! If your child wants to get a head start, he or she can start learning our 2022 theme passage, 1 John 5:3 "For this is the love of God, that we keep his commandments. And his commandments are not burdensome"

It is a huge privilege that you have entrusted your camper to us this summer. This has been a year full of challenges and opportunities, and 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. We look forward to seeing you soon for an absolutely incredible summer!

In His Service, The CRS Team



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2022 DATES

| June 5-10: | Overnight Week 1, CIA Week 1, Girls Adventure Trip 1 |
|-----------------|---|
| June 12-17: | Overnight Week 2, CIA Week 2, Boys Adventure Trip 1, Day Camp Week 2 |
| June 19-24: | Overnight Week 3, CIA Week 3, Girls Adventure Trip 2, Day Camp Week 3 |
| June 26-July 1: | Overnight Week 4, CIA Week 4, Boys Adventure Trip 2, Day Camp Week 4 |
| July 3-8: | Overnight Week 5, CIA Week 5 |
| July 10-15: | Overnight Week 6, CIA Week 6 |
| Julv 18*-23: | Teen Week *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, purchase labels, or make a payment!
- All remaining balances and forms are due by May 1st.
- We will be communicating important updates by email be sure to add info@campoftherisingson.com to your address list so you don't miss anything!

ARRIVING AT CAMP (FOR TEEN WEEK, OVERNIGHT, AND ADVENTURE TRIPS)

We are located on the French Camp Academy campus at 444 Lake Road, French Camp, MS. Please type in "Camp of the Rising Son" to your map system to be sure to find us!

- Turn onto French Camp Academy Campus off MS Hwy 413 by the giant sign.
- Keep going straight through the campus until you reach camp!
- Follow signs and greeters to the check in tents.
- Drive through check-in is from 3:00-4:20. Please arrive during your time slot to minimize wait times.
 - 3:00-3:20 = **A-D**
 - 3:20-3:40 = **E-K**
 - 3:40-4:00 = **L-Q**
 - 4:00-4:20 = **R-Z**

CHECK IN TIMES AND LOCATIONS:

- Overnight Camp: 3:00-4:20 p.m. You will be greeted and directed through the check-in stations by camp staff.
- CIAs: Please arrive at 3:00 to be able to help serve our arriving overnight campers (If applicable, overnight camper siblings of CIAs can also be dropped off at 3:00).
- o **Adventure Trips:** Please arrive at 4:00 p.m. (if applicable, siblings should be dropped off before).
- o **Teen Week: Monday July 18th** at 10:30-11:15 a.m. at the Hall Lodge Drive Through.

UPON ARRIVING:

- We can't wait to welcome you and your camper to a full week of fun and excitement! This year we
 will still be implementing a drive through check-in—think of it as a drop-off parade! Here are a few
 things that would help this run as smooth as possible.
 - Please arrive during your assigned timeslot. This will help us minimize wait times. We'll email a reminder the week prior to your session.
 - Have all your forms submitted BEFORE you get to camp.
 - Have medications out of luggage and ready to give to our nurse at check-in and have your camper letters ready to drop off to our Registrar!

- From your car you will be directed to drive through a series of tents where you will:
 - See the Registrar tent if you need to update information, settle accounts, or drop off letters. Also, make sure we know who is picking up your camper!
 - Visit the Healthcare Supervisor tent to drop off any medications and complete the health screening check. Be sure to let them know any updates to your child's health history.
 - Have the option to snap a quick photo by our CRS sign and give your camper a big hug!
 - o Pick up any preorders of our super cool camp merchandise at the camp store tent.
 - Finally stop at the Unit Director in the scout/maiden unit to receive your campers cabin assignment!
- You and your camper will be greeted by your child's counselor who will then escort your child
 and help him or her get settled into a bunk. Though we know this will be difficult, we are asking
 parents to remain in their cars during this process so their camper can jump right into the camp
 experience and make new friends!

TIPS FOR A TERRIFIC CHECK IN:

- Get excited about arriving at camp—even decorate your car to make a grand entrance!
- Please do not arrive early! We are not able to accommodate early drop offs.
- Restroom access is available at the Lodge Parking lot once you complete the health check!
- Please do not bring pets with you for drop off or pick up of campers.
- Communicate with your camper about the new drive through drop-off. We have found that this process has helped kids to jump right in to all the fun we have for them!
- Tell them much fun they will have at camp and you can't wait to hear all about it Friday!

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.

GET EXCITED!!!

Is your camper more than thrilled about coming to camp?! Let us know by using the #CRS2021DelightfulFreedom 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

UPON DEPARTURE:

- We will be hosting a Closing Ceremony **Friday at 3:30 p.m.** in the Lodge! You will be able to enjoy a peek of your camper's week as well as watch the video of the week!
- Be sure to check the lost and found tent on your way in to grab anything your camper left around. Also make a quick stop at the camp store kiosk to grab some fun gear!
- Your camper will have their medicine, newspaper, picture, character award, and camper prize
 (2nd year campers and higher) in their cabin ready to go! Be sure to ask them about it!
- At the unit, you will sign out your camper with their counselor by showing your ID to verify you are
 on the authorized pickup list. *NEW* Be sure to have your government issued ID ready this
 is REQUIRED to pick up your camper.
 - 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 at least 24 hours prior to pick up, or you can notify the registrar during check-in if this is your plan. Email info@campoftherisingson.com to contact our registrar.
- Enjoy the car ride home hearing all about your camper's amazing week!
- We ask that no child leave until Friday afternoon. This is to ensure your child and all the
 campers receive the maximum benefit of their time at camp. For any early departures necessary
 please contact the camp office to make arrangements prior to the camp session. If a camper
 needs to leave during a session, he/she will be unable to return to camp for the remainder of that
 session.

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, and we ask to partner with us to ensure a safe, healthy week for each child. 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:

- Please return completed Health History Form by May 1st. The Health History form is available on your online account or on our website under "Camp Forms." It should be completed by the parent. 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. If any information changes after submitting your child's Health History 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. The best way to have a safe week of camp is for each
person to arrive healthy! We ask that parents pre-screen their child for fever, symptoms of
contagious disease, and lice before bringing them to camp. 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.

A child should not come to camp if:

- He or she has been exposed to COVID-19 in the 7 days before arriving at camp
- He or she has tested positive for COVID-19 and has not finished their quarantine.

We appreciate each family taking these additional precautious to help us camp healthy!

- A Health Check and COVID-19 screening including a temperature and head lice check will be provided for each camper during check in.
 - Should a camper present a fever of 100.2 or higher on the initial check, their car will be asked to visit a secondary screening area. Confirmed presence of a fever of 100.2 or higher will necessitate cancellation or rescheduling of a camper's visit to later in the summer.
 - o Campers will be asked about any possible recent COVID-19 exposure and symptoms.
 - 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.
- 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 <u>only be dispensed from their original containers</u>. 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 pillboxes or pills in Ziplock bags 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.
- During camp we will contact you by phone if your camper requires more than 24 hours of
 rest in the infirmary, needs to visit the doctor, or receive prescription medication. We will
 contact the family of any camper displaying COVID-19 symptoms as well as any camper
 potentially exposed by phone and/or email.
- Campers whose medical needs are beyond what our Healthcare staff can accommodate will be taken to Trace Urgent Care or to Baptist Medical Center Attala in Kosciusko, MS.

COVID-19:

CRS is committed to following best practices and following guidelines so that parents can be confident in their child's camp experience. Please keep in mind plans are subject to change based on the current situation or future regulations.

While we continue to take steps to mitigate the potential of COVID-19 at camp, we are not able to guarantee that campers will avoid contracting any communicable disease. By enrolling a camper, you are assuming full responsibility of such risk.

SAFETY PROTOCOLS:

- CRS has the ability to test any camper exhibiting symptoms of COVID-19, perform contact tracing, and offers comfortable infirmary facilities to quarantine while waiting for parent pick up.
- Campers testing positive for highly contagious diseases (such as COVID-19, strep throat, or pink eye) will be contacted for parents to pick them up as soon as possible.
- Handwashing and sanitizing stations will be available around camp and in each building to help keep those hands clean!
- We will train our staff on how to properly sanitize, wash hands, and how to monitor campers to prevent behaviors that spread illness.
- We do not plan to require face coverings at camp (though you may pack some for your camper if so desired).
- Only Adventure Trippers will be tested for COVID-19 during check in.
- If your camper develops symptoms or tests positive for COVID-19 within one week of arriving home from camp, please call the camp office to notify us.

We will continue to communicate any health and safety updates through email and on our website.

STAYING IN TOUCH

- If you need to reach the camp office call 662-547-6169 or email 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 662-516-5311 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 <u>full name</u> and include your camper's cabin (if known) on the envelope.

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 also drop off
 letters at check in for us to give to your camper throughout the week. We have a box in the
 drive through 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 Friday. 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!
- Create a BUNK1 account to stay connected with camp throughout the week!
 - Step 1: Go to <u>www.Bunk1.com</u> (or download the app!)
 - Step 2: Create an account and link to CRS through the invitation code
 RISINGSON22
 - When creating your account, please enter a cell phone number and enable SMS notifications. We will use this communication during your camper's session to contact you about any important updates or emergencies that may arise.
 - Step 3: Select a bundle to send emails or choose Photo Gallery access only for free. See the Bunk1 info sheet at the end of the packet for details.
 - View the 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 through your Bunk1 account!
 - All photos online are available for purchase as prints, digital downloads, and gift items.
 You can also share your favorites by email or social media!
 - Camper Email! Though not as good as an actual letter, CRS offers 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. See the information sheet at the end of the packet for details.
- 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 by phone 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 office. It can be picked up from the counselor on the final day of camp.

- Birthdays at Camp! We love celebrating birthdays at CRS! Camp staff sing 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. 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 @CRS_talk on Twitter or Instagram! Look out for #crs2022DelightfulFreedom.

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 can purchase CRS merchandise online through our camp store and have it shipped to their house or even preorders to be picked up during camper drop-off.
- 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 <u>one</u> mutually requested cabinmate within one grade of each other. Meeting and making new friends are a real benefit of camp! (Larger group requests will be divided up by camp staff). Each cabin has two counselors and 8-12 campers.
- Lost and Found. We want each camper to go home with every item brought to camp! While we do our best to get items back to your child, sometimes they do not even recognize their own things! At pick-up each Friday we display the lost and found collected. Please stop by to check for your child's items before leaving. Clearly mark your camper's items—we offer kid proof 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.
- 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.

Weekly Themes. A delightful CRS tradition is to feature a fun-filled theme each week! We have PLENTY of costumes and props, but feel free to send your camper with theme items if you wish!

| Week 1 | Week 2 | Week 3 |
|---|---|--|
| Once Upon a Time Experience a world of Fairytales and Magic as we visit different worlds: Neverland, Wonderland, and the Enchanted Forest | THE AMAZING RACE You never know what challenges and adventures await as we take part in the greatest race in all of camp | Home on the Range We are Going down south to experience life on the farm. Bring your boots and hats and stay on the lookout for those rowdy bandits! |
| Week 4 | Week 5 | Week 6 |
| Christmas <u>IMPOSSIBLE</u> | CRAZY GENIUSES | Camp's Got Talent |
| It may be summer, but that can't stop the spirit of Christmas. Come help save Christmas from being stolen forever! | Let's put our heads together and have a blast at camp. You never know what may happen, so jump in and seize the day. Get ready to have the best week ever! | Talent takes on a whole new meaning at camp! Join with your cabin to show off your hidden talents in the world's greatest camp talent show! |
| | Teen Week | |
| Teens are in for a sweet time at camp with extreme games and adventures. There are surprises | | |

AFTER CAMP

 After your child's session, you will receive a parent survey to evaluate your child's experience with us. Please let us know about your child's experience as we strive to continually improve!

around every turn!

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 encourage them to develop wholesome, healthy relationships with 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 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.

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 Friday-

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 devasted by losing an item, then we suggest to not pack it.



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 ration, 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 wonderful week!

- Communicate confidently to your camper that they will have a great week. Talk about all the things 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 the fun they will experience during camp!
- 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 by phone.
- 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 drive to the unit, let him/her know it will be a terrific week and you can't wait to hear stories of camp adventures on Friday, and keep the goodbye short and sweet. This helps prevent homesickness and encourages your child to bond with his chiefs and cabinmates.
- 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 details of 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: (AGES 7-13)

FORMS TO COMPLETE (forms are due May 1st)

Confidential Form
 Health History Form

DAILY SCHEDULE

| 7:00 | Rise and shine—cabin clean-up |
|------------|------------------------------------|
| 7:40 | Flag Raising and Worship |
| 8:10 | Breakfast |
| 8:45-12:15 | Activity Time! |
| 12:30 | Lunch |
| 1:10 | Bible Study, Camp Store, Rest Time |
| 3:15-5:30 | More Activities! |
| 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! |

Costume related to theme of the week (optional)

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. Please combine into as few bags as possible as our staff will be carrying the luggage to the cabins! 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. | |
| o 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 (this is for in horse activities or hikes/adventures in the woods) | |
| 2 swimsuits (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! | |
| A long sleeve shirt or sweatshirt if the weather forecast predicts cool evenings/mornings | |

| Line | ns: |
|-------|--|
| | Twin sheets, light blanket, and pillow for cabin |
| | 3 towels (1 for swimming, 2 for bathing) |
| Toile | etries: |
| | Flip flops or shower shoes |
| | Soap, toothbrush, toothpaste, shampoo, deodorant, etc in container for carrying to bathhouse |
| | Non-aerosol insect repellent |
| | Spray Sunscreen |
| Misc | ellaneous: |
| | 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 |
| | **Eno/Hammock (Optional for ages 10+) |

Oliver's labels

All items should be plainly marked with the camper's name in permanent

in the first account and click "Camp Extras" or marker or order name labels by logging on to your registration account and click "Camp Extras" or going straight to www.oliverslabels.com/CampoftheRisingSon CRS has partnered with Oliver's Labels to offer waterproof, fun labels to be the first line of defense from the lost-and-found!

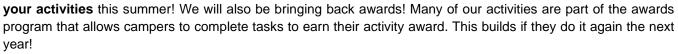
- **Please see What to Leave at Home on page 10 of the handbook
- -Any of these items brought to camp will be held in the office to be picked up on Friday-

^{*}Heeled boots are required for horse trail and arena activities. However, please do not purchase boots only for camp-we have "loaner" pairs.

^{**} All campers (weather permitting) participate in a campfire meal with s'mores. Older campers may have the opportunity to campout in individual hammocks. Camp will provide some, but if they have their own, it would be helpful to bring!

OVERNIGHT CAMP ACTIVITIES

Activities at Camp of the Rising Son are the most looked forward to part of each day! By popular demand, we're bringing back personalizing



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-Thursday.

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 during Camp Kick-Off 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.

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!

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 wildlife. 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 teamwork 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 10-13 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.*

Frisbee Sports: In Frisbee Sports campers will grasp the basics of throwing and catching a Frisbee, playing Frisbee golf on our 9-hole course, Ultimate Frisbee, and other fun Frisbee games!

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.*

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 Fridays. 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 AGES 12 & 13 ONLY:

Scout Summit: (12 & 13-year-old BOYS only) Participate in exclusive adventures and challenges together while deepening your faith through learning the characteristics of great men of God.

Corner Café: (12 & 13-year-old GIRLS only) Grow in your relationship with Christ and enjoy time with other girls. Enjoy who desire to dig deeper into Scripture's truth about who God says we are and how we can live that out.

ADVENTURE TRIP INFORMATION:

- Adventure Trippers check in at 4:00 p.m. An email will be sent with important information and an orientation video link the week prior to your trip. Please be sure to watch it with your tripper.
- In addition to the regular health screening upon arrival, CRS is currently planning to provide a
 COVID-19 rapid test at check-in for all trip participants. This process will take approximately 20
 minutes and we will have the tripper remain in their car at the health check station until cleared. We want
 to be sure all our trip participants are healthy prior to departure due to inability to quarantine positive
 campers on the road.
- Trippers will camp out in hammocks with rainflies at their camp sites—any camper is welcome to bring his/her own hammock, or they can use one that camp provides. Tents will be provided as back up.
- 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 trip leaves camp, we are unable to deliver mail to them. However, you can pack notes in the luggage to give a smile! Any mail received will be delivered Friday 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. A \$60 maximum is suggested.

Confidential Form

- Behavior Covenant
- Health History Form
- Rafting Waiver

Caving Waiver

ADVENTURE TRIPS WHAT TO BRING

*Because you will be going on a camping trip and moving frequently, it is important to <u>bring only the basics!</u> 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. |
| Face covering |
| 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. |
| Lightweight hammock (if you have one, camp has plenty!) |

**Please see what NOT to bring on page 10 of the handbook
-Any of these items brought to camp will be held in the office to be picked up on Friday-

2022 ADVENTURE TRIP ITINERARY

- Sunday 4:00 p.m. check-in and orientation
- Monday Travel to Tennessee and begin Caving Excursion at Cumberland Caverns
- Tuesday Wrap up Caving and tackle the Canopy Challenge
- Wednesday Raft the Chattooga River Section III
- Thursday Raft the Chattooga River Section IV
- Friday Head back and enjoy the day at CRS! and time for pick-up

C.I.A. INFORMATION:

- Admission to the Camp Intern Adventure program is through application only with limited space available.
 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.
- CIAs will arrive for drive through check in Sunday at 3:00 p.m. The CIAs will jump right in and assist with camper move-in at the units, so please arrive on time!
- 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.
- Spending the week unplugged helps CIAs grow spiritually and connect with others. Please make sure your CIA leaves ALL electronic devices at home.
- An important part of the CIA program 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 1st)

Confidential Form

Health History Form

SAMPLE SCHEDULE

| 7:00 | Rise and shine & Clean Up |
|-------------|--|
| 7:40 | Flag/Waiter Call |
| 8:10 | Breakfast & Worship |
| 8:45 | Service Time |
| 10:00-11:00 | Bible Study |
| 11:15-12:15 | Activity/Hang Time |
| 12:20 | Waiter Call |
| 12:30 | Lunch |
| 1:15 | Follow Assigned cabin for rest time/TAWG |
| 3:15 | Activity Time/Pow Wow/Service Project |
| 5:45 | Waiter Call |
| 6:00 | Supper |
| 6:45 | Evening Program |
| 8:30 | AMP Time (CIAs only) |
| 9:30 | Showers |
| 10:00 | Lights Out |

CIA WHAT-TO-BRING LIST:

Life at camp is simple—less is best! 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.

| 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 wheelbarrow race All undergarments (including sports bras) must be covered. |
| 1 pair long pants or jeans |
| 2 swimsuits (Keep in mind the lake water may stain suit. Girls: swimsuits should be one piece and modest. |
| Please bring shorts to wear over swimsuits). |
| 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 |
| Lightweight hammock* |

*CIAs may have the opportunity to camp out in individual hammocks. Some will be provided by camp, but if they have their own, it would be helpful to bring!

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.

- **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 office to be picked up on Friday-

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 CRS has partnered with Oliver's Labels to offer waterproof, fun labels to be the first line of defense from the lost-and-found!

TEEN WEEK INFORMATION:

TEEN WEEK gives our older camper a chance to return to camp and enjoy their longtime favorite activities alongside some brand new and games fun just for teens. The teen will be challenged through God's Word, learn what it looks like to put others before themselves, unplug emersed in creation, and connect them with others seeking to live for Christ. This week will be full of fun, laughter, and memories for a lifetime!

- Drive through check in is Monday 10:30-11:15 a.m.
- Because of the nature of camp activities and our commitment to set a Godly example for others, we ask
 that our teen campers agree to abide by our standards of modesty and appropriateness in action, word,
 and dress.

FORMS NEEDED (forms are due May 1st)

Confidential Form

Health History Form

SAMPLE TEEN WEEK SCHEDULE

| 7:30 | Wake Up |
|-----------|--|
| 8:10 | Breakfast |
| 8:45 | Activity 1/3 |
| 10:15 | Worship and Speaker |
| 11:15 | Activity 2/4 |
| 12:30 | Lunch |
| 1:15 | Rest, Snacks, TAWG, and More Activities! |
| 3:30-5:15 | Free Time! |
| 6:00 | Supper |
| 7:15 | Evening Event and Group Games! |
| 10:00 | Cabin Wind Down and Devo |
| 10:30 | Lights Out! |

TEEN WHAT-TO-BRING LIST:

Life at camp is simple—less is best! 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.

- 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 wheelbarrow race All undergarments
 (including sports bras) must be covered.
- □ 1 pair long pants or jeans
- 2 swimsuits (Keep in mind the lake water may stain suit. Girls: swimsuits should be one piece and modest. Please bring shorts to wear over swimsuits).

| 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 |
| Eno/Hammock for campout* (optional) |
| 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). |
| Backnack |

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.

- **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 office to be picked up on Friday-

Oliver's labels

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 CRS has partnered with Oliver's Labels to offer waterproof, fun labels to be the first line of defense from the lost-and-found!

^{*}Teen campers may have the opportunity to camp out in individual hammocks. Some will be provided by camp, but if they have their own, it would be helpful to bring!

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.
 - o Turn in any outstanding forms.
 - o 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-Thursday 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.
- Plan to join us Friday at 2:30 for the Closing Ceremony. It is a great opportunity to get a glimpse of your child's camp experience.
- 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.
- CRS does not provide transportation for day campers.

FORMS NEEDED (forms are due May 1st.)

Confidential Form
 Health History Form

DAY CAMP SCHEDULE:

| 8:00-8:15 | Drop off/Welcome |
|------------|-------------------------------|
| 8:45-11:30 | Activities* (differ each day) |
| 11:45 | Lunch |
| 12:30 | Bible Study |
| 1:15 | Group Activity |
| 2:30 | Camp Store |
| 3:15 | Water Activity |
| 4:45 | Wrap Up (Verse Review, Songs) |
| 5:00-5:15 | Pick Up |

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)
- Swimsuit and towel (for water activities)
- ☐ Insect repellent
- Sunscreen
- □ Water bottle labeled with camper's name
- Small backpack or bag to carry items needed between activities
- □ Bible

SEE YOU THIS SUMMER!



LETTERS FROM THE UNIT DIRECTORS

HEY MAIDENS!!!

Can you believe that camp is almost here?! Summer of 2022 is coming up fast, and I cannot wait to be at CRS with you ladies! Whether you are new to camp this year, or returning, we are going to have a BLAST! There will be fun activities, yummy food, silly camp songs, and so many other fun and exciting things! I am so excited to experience it all with you guys:) Most of all though, I am excited for Bible study this summer!

This summer our theme is Delightful Freedom. We will be learning about the Ten Commandments and how they are not just a set of rules for us to follow, but laws that God has graciously given us to DELIGHT in! I am so excited to learn more about God and how great he is with you all! If you want to get an early start on this topic, start reading through the book of Exodus! This is where the Ten Commandments are initially found, and where we read about God delivering his people out of Egypt. Also, it would be so cool if you came to camp with one of our memory verses already memorized! Look at 1 John 5:3!!!

I am praying for you all as you finish out your school year. Remember that prayer is powerful and that God wants to hear your every need and praise! Depend on and put your trust in God! Looking forward to the day we are reunited at CAMP!

In Christ, Chief Kellie Bentz 2022 Maiden Unit Director

"For this is the love of God, that we keep his commandments. And his commandments are not burdensome" 1 John 5:3

SCOUT UNIT!

I can almost smell the camp stew cooking over the fire, I can almost taste the face cookies, I can almost feel the breeze from the zip tower, I can almost hear the shouts of the epic scout unit chants, now I'm just waiting to SEE you at camp this summer!!!

The theme of this summer is DELIGHTFUL FREEDOM!! Last summer we talked about the power of the Lord's Prayer, and this summer we will discover the freedom found in the Ten Commandments!! We will learn the importance of obedience and following the path that God has set for us to follow through His commandments. Because in God's path there is an abundance of grace, love, life!

I'm praying for you even before you step foot at your home away from home. I also want to encourage you to prepare and open your hearts and minds to learn more about God's Word and what it means to follow Him this summer. Also, be prepared to do all your favorite activities, see old friends, make new friends, and experience spectacular moments this summer at camp!

Excited to see you! Your Scout Unit Director, Josh Hamilton

"And this is the way to eternal life—to know you, the only true God, and Jesus Christ, the one You sent to earth."

John 17:3







KEEP IN TOUCH WITH BUNK1!

Be the first to know what's happening this summer at **Camp of the Rising Son!** We offer private photo gallery access for free (select "Choose Photo Gallery Access Only" when selecting a Bundle), you can also 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 directly to your Bunk1 account.

GET STARTED TODAY!

- Go to www.Bunk1.com
 - RETURNING PARENTS will login using their email address and password from the previous year.
 - NEW PARENTS will click "New Here? Get Started" button and complete the basic form.

The Invitation Code for Camp of the Rising Son is: RISINGSON22

 You will be prompted to select a bundle to access your Parent Portal. Bundles include credits for you to send Bunk Notes and enhance your notes with borders, photos, sports scores, and puzzles.

PHOTO GALLERY WITH FACIAL RECOGNITION

Save Favorite Photos for easy access to pictures of your camper all year-round. Select the heart icon to favorite.

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 a pdf at **9:00am CST** each day containing all Bunk Notes received in the last 24 hours.

Bunk Replies- Receive a handwritten note from your camper in your Bunk1 account on our unique stationary.

- Unlimited Stationary can be purchased in a bundle OR under the Bunk Replies tab.
- Print the stationary (Bunk Replies tab) and send your preferred amount with your camper to camp OR attach an individual piece to be delivered with your Bunk Note (0 credits if Unlimited).
- 3. Make sure your camper knows to write on the barcoded stationery and hand it in to a camp staff member.
- 4. Camp staff will collect Bunk Replies and send them to Bunk1. Bunk1 will then scan the barcode & send the reply to your account under the Bunk Replies tab.

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. For FAQ's related to the services above, visit www.bunk1family.com/faqs