



2024 Parent Handbook

✓ **FILL OUT FORMS**

Forms and payments are due May 1st

✓ **START PACKING**

See your program's "What to Bring" list

✓ **GET EXCITED!**

We can't wait to see you for summer 2024!

REJOICE

CAMP OF THE RISING SON 
at
FRENCH CAMP ACADEMY

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 and guardians,

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 REJOICE as our summer 2024 camp theme! We cannot wait to talk with your camper about what it means to rejoice in all things because of the hope we have in Christ. For Bible study we will be looking at Paul's letter to the Philippians and seeing how Paul's faith helped him have joy no matter the circumstance.

It is a huge privilege that you have entrusted your camper to us this summer. This year has been full of preparation, and we are truly grateful for the opportunity to spend this week with your camper. 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



TABLE OF CONTENTS

Letter to Parents	2
Arriving at Camp and Check-In	4
Departing Camp	6
Health Matters	6
Staying in Touch	8
General Info	9
Tips for Success	11
What NOT to Bring	12
Overnight Camp Info	12
Activities	15
Adventure Trip Info	18
Camp Intern Adventure Info	20
Teen Week Info	22
Day Camp Info	23
Letters from Unit Directors	25
Bunk Notes Info	26

2024 DATES

June 9-14:	Overnight Week 1, CIA Week 1, Girls Adventure Trip 1
June 16-21:	Overnight Week 2, CIA Week 2, Boys Adventure Trip 1, Day Camp Week 2
June 23-28:	Overnight Week 3, CIA Week 3, Girls Adventure Trip 2, Day Camp Week 3
June 30-July 5:	Overnight Week 4, CIA Week 4, Boys Adventure Trip 2, Day Camp Week 4
July 7-12:	Overnight Week 5, CIA Week 5
July 14-19:	Overnight Week 6, CIA Week 6
July 21-26:	Teen Week

ACCOUNT INFORMATION

- All families, no matter how you registered, can access a 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.
- Please note that cars will be driving on gravel roads during the drive-through process.

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.
 - Drive through check-in is from 3:00-4:20. **Please arrive during your time slot (assigned by last name) to minimize wait times.**
 - 3:00-3:20 = **R-Z**
 - 3:20-3:40 = **L-Q**
 - 3:40-4:00 = **E-K**
 - 4:00-4:20 = **A-D**
- **CIAs:** Please arrive at **3:00** to be able to help serve our arriving overnight campers (overnight camper siblings of CIAs can also be dropped off at 3:00).
- **Adventure Trips:** Please arrive at 4:00 p.m. (overnight camper siblings should be dropped off before).
- **Teen Week: Sunday, July 21st** from 3:00-4:00 p.m.
- **Day Camp:** Check out page 23 for Day Camp details!

UPON ARRIVING:

- We can't wait to welcome you and your camper to a full week of fun and excitement! CRS uses 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.

- Make a restroom stop before arriving to French Camp. If you arrive early, there may be a line waiting before the camp facilities!
 - **Have your balance paid and 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!
- 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 ask any questions. 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!
 - Grab your camper's 2024 t-shirt!
 - 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. 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! Be sure to give hugs and say goodbye before pulling up to their counselor!

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 to drop off or pick up campers.
- Communicate with your camper about the 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 your camper how much fun they will have at camp, and you can't wait to hear all about their week on 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 #CRS2024REJOICE 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 a video of the week!
- Be sure to check the lost and found tent on your way in to grab anything your camper left around and make a quick stop at the camp store kiosk to grab some fun gear!
- Your camper will be getting their newspaper, picture, character award, and camper prize (2nd year campers and higher)! 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. **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 needed, please contact the camp office to arrange before 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, so please contact the camp if any information changes after submitting your child's Health History form.
- 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 before his scheduled camp week, please call the office to arrange for late arrival or a change of weeks.

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

- **A Health Check and 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, he or she 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.
 - Campers will be asked about any possible recent contagious disease 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.
- **Medications should be given 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 - 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. You must 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.**
- 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.

CRS is committed to following best practices and following guidelines so that parents can be confident in their child's camp experience. However, we are not able to guarantee that campers will avoid contracting any communicable disease. By registering a camper, you are assuming full responsibility for such risk.

- CRS has the ability to test any camper exhibiting symptoms of infectious diseases and offer comfortable infirmary facilities while waiting for parent pick up.
- If your camper tests positive for a highly contagious disease (such as COVID-19, flu, strep throat, or pink eye) parents will be contacted to pick up as soon as possible.
- Handwashing and sanitizing stations will be available around camp to help keep those hands clean!
- If your camper develops symptoms or tests positive for an infectious disease within one week of arriving home from camp, please call the camp office to notify us.

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 **662-516-5551** 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.

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 on time (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! You may write the day you would like your camper to receive it (campers will not receive letters on Sunday). This method ensures that it will not be delayed by the mail system!
- **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 www.Bunk1.com (or download the app!)
 - Step 2: Create an account and link to CRS through the invitation code **RISINGSON24**
 - ***When creating your account, please enter a cell phone number and enable SMS notifications. We will use this communication during your camper's session if we need 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 Bunk Notes, a for-fee service that allows you to email your child and even receive a handwritten reply in your inbox. Bunk Notes requires an account with Bunk 1. *See the information sheet at the end of the packet for more 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 welcomed 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 relationships and fun. In a situation where a phone is needed for the trip to and from camp, please turn it into 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 #CRS2024REJOICE.



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 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. We guarantee to honor one mutually requested cabinmate within one grade of each other. Meeting and making new friends are a real benefit of camp! (Larger group requests may be divided up). Each cabin has 2 counselors and up to 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
<p>Neverland</p> <p>The pirates are trying to prove that they are good enough to be on Captain Hook's crew. He has tasked them with stealing the Lost Boy's treasure. The campers need to help keep it safe!</p>	<p>AMAZING RACE</p> <p>Adventures and challenges await as cabins join together to tackle obstacles and overcome challenges! Stay on the lookout to earn points for your team!</p> <p>The Race is On!</p>	<p><i>Clue</i></p> <p>Oh No! The super-secret, all time camp favorite Face Cookie recipe has been stolen from the camp kitchen! Camp must help the detective find out who has stolen it. We must keep our wits about us to solve this mystery and save our cookies!</p>
Week 4	Week 5	Week 6
<p>Lost in Space</p> <p>Great Scott! The astronauts' rocket has broken down and they need to get back to earth. Can we trust the friendly aliens offering to help? It will take the whole camp working together to make this an extraterrestrial success!</p>	<p>Polar Express</p> <p>The campers are on their way to the North Pole for an exciting celebration of Christmas! Will they get there in time or will something block the way? Who will get the first present?</p>	<p>ADVENTURE IN WONDERLAND</p> <p>Alice is a camper when she follows the white rabbit into wonderland. Can she get out before her parents come to pick her up? The campers and chiefs must take on the quest of helping her escape!</p>
Teen Week		
<p>Organized Mass Chaos</p> <p>You've never seen anything like the crazy that comes when everyone is faced with tests of the strength, mind, and will to complete this crazy game. Teens will team up to complete challenges and prevent others from sabotaging them!</p>		

TIPS FOR YOUR CHILD'S SUCCESS:

Homesickness is a normal part of adjusting to camp life for some campers. It is typically an 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 staff are prepared 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 while encouraging them to make new friends and try new things.
- Look over the activity list and help your camper get excited about the fun they will experience during camp!
- *Do not* tell your camper that they can come or call home if they do not like camp. This contributes to homesickness and 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 they can go to their counselor or unit director with any problems or questions. Campers are also able to report any concerns directly to the Director through the anonymous reporting box in the dining room.
- Avoid sending letters that tell 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 okay to have fun while away.
- 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.

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!
- 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. 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 camp. 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
- Swimsuits with a low neckline or skin showing in the middle of the body
- Personal sports equipment
- High-end clothing that should not get dirty
- 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 devastated by losing an item, then we suggest not packing it.



OVERNIGHT CAMP INFO: (AGES 7-13)

FORMS TO COMPLETE (forms are due May 1st)

- Confidential Form
- Health History Form

SAMPLE 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!



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:

- 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.
- 1 pair long pants or jeans (this is for in horse activities or hikes/adventures in the woods)
- 2 swimsuits (Girls must wear a one-piece or a tankini with no skin in the middle area of the body showing, that provide full coverage). We want your camper to be able to participate fully in all activities by wearing bathing suits that will allow for the full range of motion and functionality. 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
- Costume related to theme of the week (optional)

Linens:

- Twin sheets, light blanket, and pillow for cabin
- 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
- Spray 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
- **Eno/Hammock (optional for older campers)

*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 (approximately the opportunity to campout in individual hammocks. Camp will provide some, but if they have their own, it would be helpful to bring!

**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!

****Please see What to Leave at Home on page 12 of the handbook**

CREATION  **RELATIONSHIPS**  **FUN**

OVERNIGHT CAMP ACTIVITIES



Activities at Camp of the Rising Son are the most looked forward to part of each day! At CRS, our campers get to **personalize their activities!**

Many of our activities are also part of the awards program that allows campers to complete tasks to earn their activity award. This program builds if they do it again next year!

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 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 going down the water ziplines!

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 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.*

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.
- 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 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 outposts. A \$60 maximum is suggested.
- **Please remind your camper that the trip is unplugged!** All technology should be left at home.

TRIP FORMS NEEDED (forms are due May 1st.)

- Confidential Form
- Health History Form
- Behavior Covenant
- Trip Waiver (will be sent by unique online links)

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.
- Small pillow (optional)
- Small duffel – approximately 15 x 15 x 24. Everything you bring must be packed in this except your sleeping bag 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
- Lightweight hammock (if you have one, camp has plenty!)

****Please see what NOT to bring on page 12 of the handbook**

2024 ADVENTURE TRIP ITINERARY

- **Sunday** – 4:00 p.m. check-in and orientation
- **Monday** – Travel to Fall Creek Falls State Park. Hike and explore Fall Creek Falls.
- **Tuesday** – Tackle the ropes course at Ocoee and swim in the Blue Hole swimming hole before traveling to Blackrock Mountain State Park
- **Wednesday** – Raft the Chattooga River Section III and spend the night on the river!
- **Thursday** – Raft Section IV before enjoying Ice Cream at Goat's on the Roof Café and a well-earned dinner at the Dillard House
- **Friday** – Head back and enjoy the day at CRS before 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, so making cabin requests is 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.

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	CIA Program
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.

- 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. 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 (Girls must wear a one-piece or a tankini with no skin in the middle area of the body showing, that provide full coverage and bring shorts to wear over swimsuits). We want your camper to be able to participate fully in all activities by wearing bathing suits that will allow for the full range of motion and functionality. Keep in mind the lake water may stain.
- 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 12 of the handbook**



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 WEEK INFORMATION:

TEEN WEEK gives our older campers 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 **Sunday 3:00-4:00 p.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	Worship and Speaker and Small Group Discussion
10:15	Specialized Activity Block
12:30	Lunch
1:15	Rest, Snacks, TAWG time
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.

- 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. 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
- (Girls must wear a one-piece or a tankini with no skin in the middle area of the body showing, that provide full coverage and bring shorts to wear over swimsuits). We want your camper to be able to participate fully

in all activities by wearing bathing suits that will allow for the full range of motion and functionality. Keep in mind the lake water may stain.

- 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).
- Backpack

*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!

We will ask those who are not dressed to our dress code 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 12 of the handbook**



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!

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-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 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 to/from camp for day campers.

FORMS NEEDED (forms are due May 1st.)

- Confidential Form
- Health History Form

DAY CAMP SAMPLE 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

LETTERS FROM THE UNIT DIRECTORS

Hey, Maidens!

Camp will be here soon! Can you believe it? I can't wait for all the fun we will have together! I am so excited for activities, camp out, back porch songs, and learning about Jesus! Camp is going to be so much fun this year!

This summer is going to be epic! Our Bible Study theme this summer is "Rejoice." We will learn about Paul's letter to the Philippians. Paul will show us that to be truly joyful, we need to rely on the Lord's plan for our lives. If we trust God, we can be joyful, brave, and selfless anywhere and everywhere, no matter what.

So, let's REJOICE because summer is almost here! I hope you have an amazing school year! I pray that your relationship with Jesus strengthens and that you learn more about his never-ending love! I also encourage you to pray to the Lord to help you grow and learn. It is so important to spend time with God in prayer!

"The Son is the radiance of God's glory and the exact representation of his being, sustaining all things by his powerful word. After he had provided purification for sins, he sat down at the right hand of the Majesty in heaven." Hebrews 1:3

I can't wait to see you!

Caroline Baker
2024 Maiden Unit Director



SCOUTS, HELLO!!!

This is Brady Peacock, the Scout Unit Director for summer '24. I hope you are all doing well and staying close to the Lord. This summer is rapidly approaching, and the scout unit is so ready to have you back in the cabin with the rest of the guys! All our chiefs are training hard – learning the camp stew recipe, practicing their belly flop form, and getting ready for Guys Night! All this to get camp ready for you guys, so be sure to get ready for an amazing summer at CRS.

The most important thing the chiefs are doing to get ready though is studying their Bible. They're reading through our theme scripture this year, the book of Philippians, to best prepare to teach you guys! I will be praying for you all, and I hope you will join me in praying for the Lord's guidance! I'll see you this summer at CRS!

Brady Peacock
2024 Scout Unit Director

SEE YOU THIS SUMMER!



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, 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: **RISINGSON24**
- 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.

PHOTO GALLERY WITH PHOTO TAGGING

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 to enable Photo Tagging. Our photo tagging software 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 **8:30 am EST** 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.

1. Unlimited Stationary can be purchased in a bundle OR under the Bunk Replies tab.
2. 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 stationary 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.