

ELITE Handbook

ELITE Policies

Revised 2010

Expectations

Being an ELITE means accepting certain responsibilities and expectations. If any ELITE chooses not to honor SAMBICA's expectations and responsibilities, they may be asked to leave and will not be given a refund. Attendance in more than one ELITE session per summer is a privilege based on participation, behavior and attitude displayed during an ELITE's first session at camp.

Schedule Changes

Any known personal schedule conflicts should be reported during registration or Check-In so that SAMBICA staff can be aware and prepare accordingly. We appreciate notification of all schedule changes. If an ELITE must miss a portion of the day due to sports practices, doctor appointments, etc. please let our office know as soon as possible. All late arrivals and early departures will take place in the main office. All ELITES must be signed out by an adult or an authorized carpool member when leaving campus.

Driving and Carpooling

Due to SAMBICA's current insurance policy, no ELITE participant is permitted to ride in a staff member's personal vehicle. **Due to the limited parking spaces at SAMBICA, ELITES will not be allowed to bring cars to camp.** Please arrange transportation for drop off and pick up. Only those listed on authorized carpool lists will be able to pick up ELITES. Carpool authorizations may be given at the time of registration, added during Check-In or by calling our main office at (425) 746-9110. Photo ID is required for all pick ups.

Sign In and Sign Out

Each time an ELITE arrives or leaves SAMBICA's grounds they must be signed in by a parent or adult guardian with carpool pick up authorization. ELITES are not permitted to sign themselves in or out.

Prowl

Each night at 11:00 PM, two staff members (one male and one female) check to make sure that everyone is safe and sound in their beds. Only one warning is given for blatant violation of curfew. Further failure to take this guideline seriously will result in early dismissal.

Living Quarters

When staying overnight at SAMBICA, ELITES will be housed with summer staff. At no time should an ELITE or staff member be in the housing of the opposite gender. Members of the SIT and LIT programs will **not** be staying overnight on SAMBICA's grounds with the exception of Thursday Carnival nights.

General Camp Information

Payment & Cancellations

Payment is due in full by June 1st. When registering after June 1st payment is due in full at the time of registration. Cancellations up to 4 business days prior to the start date of the camp session will receive a refund for the total amount paid less the \$50 non-refundable deposit per child. No refunds are available when canceling within 4 business days prior to each camp start date. No refunds are available for "no-shows". No refunds are available for ELITES who must leave camp for disciplinary reasons. Transfers may be allowed based on availability for a \$15 processing fee.

Spending Money and Camp Store

Sam's Place is our camp store where ELITES can purchase snacks, candy, soda and fruit drinks as well as SAMBICA merchandise. For a sample list of products in our camp store, please visit our website (www.sambica.com). **Our store works strictly on a debit system; there is no cash allowed at camp.**

Money may be deposited into ELITES' store accounts at the time of registration or Sunday Check-In. An average amount given for store accounts is \$10- \$20 per week. During the week store balances may be checked by calling our main office. Additional money may be added to store accounts at drop off or by contacting our main office at (425) 746-9110. Please do not send cash with your ELITE as the store will not accept any cash. If ELITES attend multiple sessions their store money will be available to them during each of their camp sessions. All money deposited into their store account will be available for immediate use and can no longer be allocated to a particular camp session. At the end of each camp session you can choose to have any remaining store money donated to our scholarship fund or refunded to you at the Parents' Program. Any money left in store accounts at the end of the summer will automatically be donated to our Scholarship Fund.

Counselors and Summer Staff

At SAMBICA all of our counselors and staff are at least 18 years of age or high school graduates. They are generally college age young adults who are hired for the summer. They complete an extensive application and interview process. We run background checks on all employees. Staff members are chosen for their skills, faith in Christ, and leadership qualities.

Swim Test and Water Safety

Water safety is taken very seriously at SAMBICA. SAMBICA has a roped off swim area with a shallow end and a deep end. Every ELITE must pass a SAMBICA swim test to swim in the deep end and to be allowed to swim without a PFD (personal flotation device). The test consists of a 40 foot swim, stop, change of direction and treading water. ELITES that do not pass or do not wish to take the swim test may swim in the shallower end of the lake and are required to wear a PFD at all times when in the water. **ELITES will take the swim test the first Sunday evening of their camp session during their training time.**

Qualified waterfront personnel are hired including: boat drivers and lifeguards. Certified lifeguards are on duty during all waterfront activities. Our boat drivers are trained and have a clean driving record. ELITES and all campers are required to wear a PFD when in a boat. Helmets are required and provided when riding on tubes.

Ropes Course (New 2010!)

SAMBICA's ropes course was designed and built by Adventure Associates where safety comes first. Ropes course leaders at SAMBICA complete an extensive training program. With the safety systems in place, participants can fully enjoy the experience. Our harnesses are fabricated out of the same material that seat belts are created from and are inspected before use at the start of every program. SAMBICA's course is inspected annually by an authorized Ropes Course Building company.

High Ropes: A series of obstacles based 26 feet off the ground, making use of an overhead static belay to protect participants. Course includes: Cargo Net, Organ Pipes, Islands in the Sky, Dragons Tail, Swinging Planks, Chaplin Walk, Hourglass, Heebee Jeebee, Multi-Line, Stirrups, Railroad Crossing, Floating Stumps, and the Jungle Swing.

Flying Squirrel: A team building activity where teammates on the ground participate in the belay for the participant, lifting them from the ground and letting them fly through the air with the greatest of ease.

Tree Climb: See how high you can climb (up to 40 feet) up one of the tallest trees at camp while on safety belay.

Health

The health and safety of everyone at camp is very important to us. During the summer we employ a Camp Medic who oversees the distribution of medications and provides first aid treatments. Our Camp Medic is generally a certified EMT. Most counselors receive first aid training and all counseling staff has access to first aid kits to treat minor injuries. Should an ELITE become ill or injured, parents will be notified by phone. To help ensure a healthy environment here at camp, lice checks are performed on all campers the first day of their camp session.

Medications

Please be sure that all medications, including herbs, vitamins and minerals, are brought to camp in pharmacy labeled containers. Medication **is NOT to be sent in plastic bags or pill containers.** Please be prepared at Check-In to share updated information with the Camp Medic. DO NOT send medication

labeled for another person. The camp stocks over-the-counter medication such as Tylenol, Ibuprofen, etc. if needed for your child. If any questions arise, our Camp Medic will contact you. Medications must be picked up from the Camp Medic at the end of the session following the Parents' Program.

Meals

Meals are provided in the Dining Hall. Our menu consists of kid-friendly options such as corndogs, chicken nuggets and hamburgers. None of our menu items are fried. (For example, our french fries are baked.) A salad bar is available for ELITES at all lunches in addition to the prepared meal. Prepackaged peanut butter and jelly sandwiches are available at all meals as an alternative to the daily menu. SIT and LIT participants with food allergies or special dietary needs are also welcome to bring a sack lunch and/or snack from home. CIT/PIT and JC Participants may pack non-perishable food items to supplement daily meals. SAMBICA strives to work with all food restrictions but we cannot accommodate all special dietary needs. For specific concerns, please contact our Food Services Manager by calling the main office (425) 746-9110.

Peanut Allergies

Peanuts are available in our salad bar in a trail mix and we use peanut butter in some of our desserts. Peanuts are also available in our camp store in some candies and chocolate bars. We also make a prepackaged peanut butter and jelly sandwich available to campers who choose not to eat the items available for lunch or dinner. A separate "nut free" table is available in the Dining Hall for ELITES that need to be separated from nuts while eating. It is SAMBICA's desire to provide parents and campers with the best possible information for the safety and well-being of everyone here at camp. If you have any concerns regarding food allergies, please contact our Food Services Manager by calling the main office (425) 746-9110.

Special Needs

Dietary, medical, personal, behavioral and/or physical special needs must be reported on the health portion of the registration form. Verbal follow-up with the ELITE Supervisor and the Camp Medic is necessary. Our staff will make every effort to accommodate these needs.

Information Release

No information regarding any ELITE will be released to any outside agency without the permission of both SAMBICA and the parent/legal guardian of the ELITE. This includes both verbal communication as well as written records. Interviews, photographs and video images of ELITES taken during camp sessions may be used by the camp for publicity purposes unless expressly forbidden in writing by the parent/legal guardian at or before Check-In.

Bible Studies

SAMBICA is a non-denominational Christian camp. In accordance with SAMBICA's mission, ELITES have Bible studies scheduled daily. Bible studies are prepared by full-time SAMBICA staff and consist of lessons focused on Biblical truths.

Visitation

Since we are developing a community atmosphere among campers, ELITES and staff at SAMBICA, **there are no visiting times for family and friends until the final Parents' Program.** Exceptions may be made for emergencies or major unforeseen circumstances but must be cleared through our main office. All visitors must check in at the main office to maintain security on the grounds.

Communication with ELITES

► Mail

We invited you to write to your ELITE at the following address:

ELITES Name
ELITE Program
c/o SAMBICA
4114 W Lk Sammamish Pkwy SE
Bellevue, WA 98008

Letters may also be dropped off in the main office. Mail is delivered daily. Any mail dropped off after 12:00 pm will be delivered the following day.

► **Care Packages**

Care packages may be mailed to the address above or dropped off in the main office to be delivered to your child daily. Any care packages dropped off after 12:00 pm will be delivered the following day. Some suggested items for care packages include pre-packaged/non-perishable food items, books, puzzle books, magazines, or small stuffed animals. Pre-made care packages are also available for purchase at the time of registration, during Check-In or by calling our main office at (425) 746-9110. Purchased care packages are delivered the first week of an ELITEs session.

► **Email**

We invite you to email ELITEs at the following email address: letters@sambica.com.

Please include the following information in the subject line of your email:

ELITE's Name

ELITE Program

ELITEs will not be able to reply to email. Emails are printed and delivered daily. Any emails arriving after 12:00 pm will be delivered the following day.

► **Telephone**

SAMBICA will contact parents if we have any questions or concerns regarding an ELITE or in the event of an emergency. ELITEs will not be near a phone during the day. ELITEs will be taken to the office to call home in the case of homesickness or other concerns. **No cell phones or pagers are allowed at camp.**

Camp Picture and Photo CD

Camp pictures and photo CDs are available for a fee and may be purchased prior to camp or during Check-In. The camp picture is of the entire camp group. Photo CDs are a compilation of pictures taken throughout the entire camp session and are available for a fee. The camp photo is not included on the photo CD and must be purchased separately. Both picture orders and photo CDs are distributed in Parent Packets, which are given out the final day of camp following the Parents' Program.

Camp DVDs

A DVD is produced for each ELITE session. Copies are available to take home at the end of the Parents' Program. Donations are gladly accepted to help cover the cost of producing the DVDs.

Camp Rules and Guidelines

Please read the following information. ELITEs will be held accountable to these guidelines. These rules help our staff to assure safety and enjoyment for all campers and ELITEs while at SAMBICA.

- ELITEs are required to stay with their cabin group or work team at all times. They may not leave the camp activity boundaries.
- ELITEs are expected to be present at all meals and activities.
- Shoes and shirts are required at all times unless engaged in a waterfront activity.
- All shoes/sandals must have a heel strap (**Flip-Flops are not allowed**).
- One-piece bathing suits only. Bikinis and tankinis are not allowed unless covered with an opaque (non-transparent) shirt.
- Water safety rules must be respected and observed at all times.
- All medications must be given to the Camp Medic during Check-In. Refer to medication policy above.
- No smoking, alcoholic beverages, drugs or gambling are allowed on camp property. No form of weaponry is allowed.
- No tape/CD/MP3 players, I-pods, radios, televisions, cell phones, pagers, computers or electronic games are allowed.
- No ELITE will be allowed to chew gum.

- Each ELITE will share responsibility in keeping the camp clean. This includes cabin clean-up, activity area clean-up and throwing trash away in trash receptacles.
- SAMBICA programs are run for the benefit of all of all participants and repeated disruptions from anyone may result in dismissal. ELITES will be sent home for inappropriate behavior and will not receive a refund.

Dress Code and Guidelines

All staff and ELITES are expected to adhere to the following dress code and guidelines. Please dress with modesty and integrity.

- Guys must wear a shirt unless swimming or playing sports.
- Brief-style speedos are not allowed for men.
- One-piece bathing suits only. Bikinis and tankinis are not allowed unless covered with an opaque (non-transparent) shirt.
- Shirts should be of modest length (no cleavage or belly showing).
- No words written across your butt.
- No halter tops, spaghetti straps, visible bra straps or tube tops.
- Garments should have appropriate designs and logos on them (i.e. sexually suggestive, beer logos, etc. are not okay).
- No new piercing, tattoos or drastic dying or shaving of hair should take place over the duration of the summer.
- No cross dressing will be permitted.
- Shorts must be at least halfway to the knee in length. Wearing tight leggings underneath does not change the rule. Those found wearing shorts that do not fit this description will be asked to change immediately and to not wear the shorts again. If they do not have other shorts – they will have to call home to have some appropriate shorts brought to camp.
- There should be no visible cleavage, underwear or midriff.

STAFF IN TRAINING (SIT) INFORMATION

What to Bring All items should be clearly marked with ELITE's name

- ▶ Backpack to carry personal items
- ▶ Sunscreen and sunglasses
- ▶ Swimsuit (one piece)
- ▶ Beach towel
- ▶ Bible (if available)
- ▶ Watch (**NO** cell phones allowed)
- ▶ Water bottle
- ▶ Journal and pen
- ▶ Tennis shoes you don't mind getting dirty
- ▶ Sandals with heel strap
- ▶ Clothes that you don't mind getting dirty
- ▶ Raincoat / poncho
- ▶ If you play an instrument that could be used for worship time – please bring it!

Please Note the Following Items NOT to Bring to Camp

- ⊘ Spaghetti strap tank tops
 - ⊘ Cell phones or pagers
 - ⊘ Tape / CD / MP3 players, IPODs, radios, televisions, computers, and electronic games
 - ⊘ Flip Flops
 - ⊘ Two-Piece Swimsuits
 - ⊘ Drugs, alcohol or tobacco
 - ⊘ Clothing or items that you could not stand to lose or ruin.
- SAMBICA may not be held responsible for lost or damaged property.*

Times to Know

SIT STAFF IN TRAINING	Check-In	First Sunday of Session	6:30 PM – 7:30 PM
	Training Session	First Sunday of Session (pick-up at Upper Field)	7:30 PM – 9:30 PM
	Drop Off	Daily on Upper Field*	7:00 AM – 7:30 AM
	Pick Up	Mon. Tue. Wed. & Fri. on Upper Field*	5:30 PM – 6:00 PM
	Pick Up (Optional)	Thursday at Upper Field	9:00 PM
	Parents' Program	Last Friday of Session in Jepson Forum	5:30 PM – 6:15 PM

*Please note: Failure to comply with these drop off and pick up times may result in a significant wait time due to the start and finish of other SAMBICA programs.

All ELITE's must be signed in and out on an official SAMBICA clipboard. Only those listed as authorized carpool members will be allowed to sign ELITEs in or out. Photo ID is required and will be checked.

Training Session The first Sunday of the session will include a training time from 7:30 - 9:30 PM. This directly follows Check-In. ELITEs should come prepared to take the SAMBICA swim test. Please bring a bathing suit and towel. All SIT participants will need to be picked up at 9:30 PM after the training session has ended.

Thursday Night Carnival and Camp Out (optional)

ELITEs have the option to stay and help with our Carnival and camp outside overnight on Thursday evening. In the event of rain or cold weather, ELITEs will be moved indoors. ELITEs that do not wish to stay overnight but would like to stay for the evening activities may be picked up at 9:00 PM at the upper field.

SIT Sample Schedule A typical day for an SIT would be:

- 7:30 - 7:45 AM Sign In
- 8:00 - 9:00 AM Worship and Bible Study
- 9:00 - 10:00 AM Training
- 10:00 - 11:00 AM Work Stations
- 11:00 - 12:00 AM Work Stations
- 12:00 - 12:30 PM Lunch
- 12:30 - 3:30 PM Work Stations
- 3:30 - 4:30 PM Swim Break
- 4:30 - 5:30 PM Work Stations
- 5:45 - 6:00 PM Pick up

<p>Work Stations Include: Kitchen Dining Hall Maintenance Lower Campus Accommodations</p>
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LEADER IN TRAINING (LIT) INFORMATION

What to Bring All items should be clearly marked with ELITE's name

(Please see next page for packing list for Wilderness Experience the 2nd week of session.)

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| <ul style="list-style-type: none"> ▶ Backpack to carry personal items ▶ Sunscreen and sunglasses ▶ Swimsuit (one piece) ▶ Beach towel ▶ Bible (if available) ▶ Watch (NO cell phones allowed) ▶ Water bottle | <ul style="list-style-type: none"> ▶ Journal and pen ▶ Tennis shoes you don't mind getting dirty ▶ Sandals with heel strap ▶ Clothes that you don't mind getting dirty ▶ Raincoat / poncho ▶ If you play an instrument that could be used for worship time – please bring it! |
|--|---|

Please Note the Following Items NOT to Bring to Camp

- ⊘ Spaghetti strap tank tops
 - ⊘ Cell phones or pagers
 - ⊘ Tape / CD / MP3 players, I-pods, radios, televisions, computers, and electronic games
 - ⊘ Flip Flops
 - ⊘ Two-Piece Swimsuit
 - ⊘ Drugs, alcohol or tobacco
 - ⊘ Clothing or items that you could not stand to lose or ruin.
- SAMBICA may not be held responsible for lost or damaged property.*

Times to Know

LIT LEADER IN TRAINING	Check-In	1 st Sunday of session	6:30 PM – 7:30 PM
	Training Session	1 st Sunday of session (pick-up at Upper Field)	7:30 PM – 9:30 PM
	Drop Off	Daily on Upper Field*	7:00 AM – 7:30 AM
	Pick Up	Mon. Tue. Wed. & Fri. on Upper Field*	5:30 PM – 6:00 PM
	Pick Up (optional)	Thursday at Upper Field	9:00 PM
	Wilderness Exp – Drop Off	2 nd Monday of session at Upper Campfire	6:30 AM – 7:30 AM
	Wilderness Exp – Pick Up	2 nd Friday of session at Upper Campfire	5:30 PM – 6:00 PM
	Parents' Program	Last Friday of Session in Jepson Forum	5:30 PM – 6:15 PM

*Please note: Failure to comply with these drop off and pick up times may result in a significant wait time due to the start and finish of other SAMBICA programs.

All ELITE's must be signed in and out on an official SAMBICA clipboard. Only those listed as authorized carpool members will be allowed to sign ELITE's in or out. Photo ID is required and will be checked.

Training Session The first Sunday of the session will include a training time from 7:30 - 9:30 PM.

ELITES should come prepared to take the SAMBICA swim test. Please bring a bathing suit and towel.

All LIT participants will need to be picked up at 9:30 PM that evening.

Thursday Night Carnival and Camp Out (optional)

ELITES have the option to stay and help with our Carnival and camp outside overnight on Thursday evening. In the event of rain or cold weather, ELITES will be moved indoors. ELITES that do not wish to stay overnight but would like to stay for the evening activities may be picked up at 9:00 PM at the upper field.

LIT Sample Schedule A typical day for an LIT would be:

- 7:30 - 7:45 AM Sign In
- 8:00 -9:00 AM Worship and Bible Study
- 9:00 - 10:00 AM Training
- 10:00 -12:00 AM Work Stations
- 12:00 - 12:30 PM Lunch
- 12:30 - 3:30 PM Work Stations
- 3:30 - 4:30 PM Swim Break
- 4:30 -5:30 PM Work Stations
- 5:45 -6:00 PM Pick up

Work Stations Include:
 Kitchen
 Dining Hall
 Maintenance
 Lower Campus
 Accommodations

(Please see next page for information on the LIT Wilderness Experience the 2nd week of session.)

FOR LIT WILDERNESS EXPERIENCE

What to Bring All items should be clearly marked with ELITE's name.

- ▶ Bible (if available)
- ▶ Notebook, pen/pencil
- ▶ Spending money
- ▶ Chapstick, sunscreen, bug spray
- ▶ Sunglasses with straps
- ▶ Warm clothes, wool socks
- ▶ Towels and washcloths
- ▶ Toiletries (soap, toothbrush, etc.)
- ▶ Laundry bag
- ▶ Outdoor sleeping bag, sleeping pad
- ▶ Pillow
- ▶ Flashlight with extra batteries
- ▶ Comfortable shoes
- ▶ Sturdy shoes or hiking boots
- ▶ 2 Water bottles
- ▶ Swimsuit (one piece)
- ▶ Rain gear
- ▶ Personal wetsuit (optional)

Please Note Items NOT to Bring to Camp

- ❌ Spaghetti strap tank tops
- ❌ Cell phones or pagers
- ❌ Tape/CD/MP3 players, IPODs, radios, televisions, computers, and electronic games
- ❌ Drugs, alcohol or tobacco
- ❌ Clothing or items that you could not stand to lose or ruin.

SAMBICA may not be held responsible for lost or damaged property.

What to Expect

The LIT Wilderness Experience will take place during the second week of the LIT session. The entire week will be spent off-site. LIT's will travel with adventure staff to a base camp near Leavenworth. LIT's will camp outdoors in tents (provided). The trip will provide time to bond as a group while challenging activities will strengthen their leadership skills and help develop self confidence. The weeks will include activities such as: rock climbing, water rafting or canoeing, challenge activities, and hiking.

In addition to the benefits gained from improved self-confidence and physical coordination, sharing and discussion times will provide opportunities for participants to grow socially and spiritually and transfer what they learn from the wilderness activities to other aspects of their lives. Evenings will be spent building upon these team strengths and preparing for the following day's activities.

COUNSELOR IN TRAINING (CIT) and PROGRAM ASSISTANT IN TRAINING (PIT) INFORMATION

What to Bring All items should be clearly marked with ELITE's name

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| <ul style="list-style-type: none"> ▶ Backpack to carry personal items ▶ Sunscreen and sunglasses ▶ Swimsuit (one piece) ▶ Beach towel ▶ Bible (if available) ▶ Watch (NO cell phones allowed) ▶ Water bottle ▶ T-shirts and long sleeved shirts / warm clothing ▶ Shorts and pants ▶ Underwear and pajamas ▶ Enough clothes for one full week ▶ Towels and washcloth | <ul style="list-style-type: none"> ▶ Sleeping bag/pillow/sheets and a laundry bag ▶ Toiletries ▶ Flashlight ▶ Camera ▶ Journal and pen ▶ Tennis shoes you don't mind getting dirty ▶ Sandals with heel strap ▶ Clothes that you don't mind getting dirty ▶ Raincoat / poncho ▶ If you play an instrument that could be used for worship time – please bring it! ▶ Stamps/postcards/paper (To write home if desired) |
|---|--|

Please Note the Following Items NOT to Bring to Camp

- 🚫 Spaghetti strap tank tops
- 🚫 Cell phones or pagers
- 🚫 Tape / CD / MP3 players, I-pods, radios, televisions, computers, and electronic games
- 🚫 Flip Flops
- 🚫 Two-Piece Swimsuit
- 🚫 Drugs, alcohol or tobacco
- 🚫 Clothing or items that you could not stand to lose or ruin.
SAMBICA may not be held responsible for lost or damaged property.

Times to Know

CIT / PIT INFORMATION	Check-In	1 st Sunday of Session in Jepson Forum	6:30 PM – 7:30 PM
	Drop Off	2 nd & 3 rd Sunday of Session on Upper Field	8:00 PM – 8:30 PM
	Pick Up	1 st & 2 nd Friday of Session on Upper Field	5:30 PM – 6:00 PM
	Parents' Program	Last Friday of Session in Jepson Forum	5:30 PM – 6:15 PM

Sample Schedule A typical day for a CIT/PIT would be:

CIT Sample Schedule

- 7:00 - 7:30 AM Activity Set-up
- 7:30 - 8:00 AM Breakfast
- 8:00 - 9:00 AM Worship and Bible Study
- 9:00 - 9:30 AM Training
- 9:30 - 11:30 AM With Campers
- 11:30 - 12:30 PM Lunch
- 12:30 - 5:00 PM With Campers
- 5:00 - 6:00 PM Staff Meeting
- 6:00 - 7:00 PM Dinner
- 7:00 - 10:30 PM Evening Program
- 10:30 PM Lights out
- 11:00 PM Prowl

PIT Sample Schedule

- 7:00 - 7:30 AM Activity Set-up
- 7:30 - 8:00 AM Breakfast
- 8:00 - 9:00 AM Worship and Bible Study
- 9:00 - 9:30 AM Training
- 9:30 - 11:30 AM Activity leading
- 11:30 - 12:30 PM Lunch
- 12:30 - 2:30 PM Activity leading
- 2:30 - 3:30 PM Swim Break
- 3:30 - 6:00 PM Activity leading
- 6:00 - 7:00 PM Dinner
- 7:00 - 10:30 PM Evening Program
- 10:30 PM Lights out
- 11:00 PM Prowl

JUNIOR COUNSELOR (JC) INFORMATION

What to Bring All items should be clearly marked with ELITE's name

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| <ul style="list-style-type: none"> ▶ Backpack to carry personal items ▶ Sunscreen and sunglasses ▶ Swimsuit (one piece) ▶ Beach towel ▶ Bible (if available) ▶ Watch (NO cell phones allowed) ▶ Water bottle ▶ T-shirts and long sleeved shirts / warm clothing ▶ Shorts and pants ▶ Underwear and pajamas ▶ Enough clothes for one full week ▶ Towels and washcloth | <ul style="list-style-type: none"> ▶ Sleeping bag/pillow/sheets and a laundry bag ▶ Toiletries ▶ Flashlight ▶ Camera ▶ Journal and pen ▶ Tennis shoes you don't mind getting dirty ▶ Sandals with heel strap ▶ Clothes that you don't mind getting dirty ▶ Raincoat / poncho ▶ If you play an instrument that could be used for worship time – please bring it! ▶ Stamps/postcards/paper (To write home if desired) |
|---|--|

Please Note the Following Items NOT to Bring to Camp

- 🚫 Spaghetti strap tank tops
 - 🚫 Cell phones or pagers
 - 🚫 Tape / CD / MP3 players, I-pods, radios, televisions, computers, and electronic games
 - 🚫 Flip Flops
 - 🚫 Two-Piece Swimsuit
 - 🚫 Drugs, alcohol or tobacco
 - 🚫 Clothing or items that you could not stand to lose or ruin.
- SAMBICA may not be held responsible for lost or damaged property*

Times to Know

JC JUNIOR COUNSELOR	Check-In	First Sunday of Session in Jepson Forum	6:30 PM – 7:30 PM
	Drop Off	2 nd & 3 rd Sunday of Session on Upper Field	8:00 PM – 8:30 PM
	Pick Up	1 st & 2 nd Friday of session on Upper Field	5:30 PM – 6:00 PM
	Parents' Program	Last Friday of Session in Jepson Forum	5:30 PM – 6:15 PM

Junior Counselor Sample Schedule A typical day for a JC would be:

- 7:30 - 8:00 AM Breakfast
- 8:00 - 8:30 AM With Campers
- 8:30 - 9:00 AM Help w/Rez Breakfast
- 9:00 - 9:30 AM Exercises/ Rez Meeting
- 9:30 - 10:30 AM Cover Cabin Group
- 10:30 - 12:00 PM With Partner Cabin Group
- 12:00 - 1:00 PM Cover Cabin Group
- 1:00 - 2:00 PM Lunch
- 2:00 - 4:00 PM Cover Cabin Group
- 4:00 - 4:30 PM With Partner Cabin Group
- 4:30 - 5:30 PM Cover Cabin Group
- 5:30 - 6:00 PM With Partner Cabin Group
- 6:00 - 7:00 PM Dinner
- 7:00 - 10:00 PM Evening Program
- 10:30 PM Lights out