

Mo-Ranch Summer Camps

“Partnering With Parents”

Parent Handbook
Table of Contents

❖ Camper Packing List	pg. 2
❖ Introduction and Objectives	pg. 3
❖ Opening and Closing Days	pg. 4
❖ Alternative Transportation	pg. 4
❖ Behavior Guidelines and Policy	pg. 5
❖ Health and Safety, Medications	pg. 5
❖ Communication with camp and campers	pg. 6
❖ Care packages	pg. 6
❖ Camper Email, Camp Photos, Laundry, Gift Shop	pg. 7
❖ Sample Schedule, Description of activities	pg. 8-9
❖ Parent and Family Resources	pg.10-12



Mo-Ranch Summer Camps Packing List

Remember to label all personal items!

*All medications will need to be turned in during registration. Please do not pack them.
Campers will be doing a swim check upon arrival so please pack swim gear on top.*

Clothing:

- _____ 8 T-shirts. No tank tops or spaghetti straps, please!
- _____ 8 pairs of shorts, at least 2 pairs should be long (at least fingertip length)
- _____ 8 sets of socks and underwear
- _____ 1 pair sandals with heel strap/water shoes/old tennis shoes for water activities
- _____ 1 pair sturdy tennis shoes/day hikers to be worn at all times except in the water
- _____ 1 pair of hiking boots (optional)
- _____ light jacket or sweatshirt
- _____ pajamas
- _____ rain jacket
- _____ swimsuit: Modest one-piece for girls, Modest trunk for boys
- _____ 1 pair of blue jeans (**ONLY** needed for 8 to 11 year olds attending two week session)

Toiletries: (remember to bring something to carry them in!)

- _____ soap
- _____ shampoo & conditioner
- _____ toothbrush & toothpaste
- _____ brush/comb
- _____ non-aerosol deodorant
- _____ sunscreen
- _____ insect repellent
- _____ shower shoes (flip flops)

Linens: (will be provided, but items from home are more comfortable!)

- _____ twin sheets
- _____ pillow & pillow case
- _____ sleeping bag
(use as a blanket and for the camp out)
- _____ beach & bath towel

Miscellaneous:

- _____ dirty clothes bag
- _____ backpack (nothing fancy, just like school)
- _____ 2 sturdy water bottles (**VERY IMPORTANT!!**)
- _____ ball cap/cap with brim
- _____ flashlight with new batteries
- _____ ground cloth for campout
(shower curtain liners work well)
- _____ Bible (All campers are encouraged to have their own Bible. If you do not have one or choose not to bring yours, Bibles will be available at Mo-Ranch.)

Optional Items:

- _____ camera
- _____ sunglasses
- _____ bandana
- _____ books
- _____ stamped stationary/ postcards
- _____ favorite stuffed animal

Do not bring any of the following items to camp, they will be confiscated: *TVs, CD player, iPod, MP3 players, electronic games, cell phones, jewelry, illegal drugs, alcohol or tobacco, fireworks, firearms, knives (including pocket knives), inappropriate reading material, snack foods, candy, drinks, or pets.*

All personal items brought to camp by campers, staff or parents are the responsibility of the owner. Mo-Ranch will attempt to locate items left behind, but cannot guarantee retrieval or replacement of lost personal belongings. Please notify us immediately of lost items.

Introduction

Mo-Ranch Mission Statement

The Mission of Presbyterian Mo-Ranch Assembly is to foster growth in God through Jesus Christ by sharing its unique living, learning, Christian environment.

Mo-Ranch Summer Camps provides an opportunity for children to experience the Christian life through exciting and adventurous activities, guided study of Christ's teachings, and positive community living experiences. Established in 1977, this co-ed, residential camp is located within one of the Hill Country's most beautiful conference centers, the Presbyterian Mo-Ranch Assembly. Mo-Ranch Summer Camps provides a place where campers can feel safe and comfortable with their peers while discovering, challenging and growing in their Christian faith. The love of Christ is not only heard and read but also experienced throughout all of our activities: whether it is at the high ropes challenge course, while canoeing down the river, or mountain biking across the hillsides. Through developing independence and self-confidence, building strong relationships, experiencing new activities, and positive role modeling from the staff, we demonstrate the heart of the gospel message. Mo-Ranch Summer Camps is a place for campers to have fun, make new friends, challenge themselves, and feel good about their faith. Mo-Ranch Summer Camps is ready for you!

Objectives

- ❖ To strengthen each camper's Christian faith and help them discover that they are a unique person whom God loves.
- ❖ To promote growth in group cooperation, self-confidence, and self-worth through challenging activities in a supportive environment.
- ❖ To promote a sense of community involvement, belonging, and responsibility through daily living in a camp setting.
- ❖ To provide positive adult role modeling through camper's interactions with counselors.
- ❖ To develop environmental awareness through learning and living in the natural environment.
- ❖ To expose campers to outdoor skills and activities and provide a solid base for campers to build on these skills throughout their lives.
- ❖ To teach campers safety in outdoor activities and sports

Objective Outcomes

Campers will be able to:

- ❖ Express their faith and relationship with God in Jesus Christ.
- ❖ Use values such as caring, responsibility, respect, truthfulness, and faith in dealings with other campers and staff.
- ❖ Try new or difficult activities, take initiative, and demonstrate self-dependence in routine situations.
- ❖ Cooperate and communicate effectively with other campers and staff.
- ❖ Care for and help each other.
- ❖ Reach out to others, make new friends, and include all.
- ❖ Take daily responsibility for chores involved with camp care and routine.
- ❖ Respond positively in behavior and attitude when asked by Mo-Ranch staff.
- ❖ Demonstrate responsible behavior toward the environment by picking up litter, caring for the animals, and respecting natural life.
- ❖ Develop new skills and demonstrate safety in outdoor activities.

Opening Day

Registration takes place on Sunday between **2:00 – 3:30 pm**. Please do not arrive early. There will be signs and staff directing you to the registration area. During registration you will need to visit the following tables:

Registrar: Here you will verify that we have received all of your forms and payments.

Medical Officer: Our Medical Officer will collect your camper's medications (*OTC as well as prescriptions*) and review your camper's needs with you.

Assignments: Counselors will let you know your camper's bunk area and activity group.

Closing Day

Closing Day Worship will be held at the River Pavilion and will begin at **9:30 am**. Signs will direct you to the Ceremony. We invite all parents, friends and family to attend. You will also receive a camp photo at check-out. (Payment for the photo will be included with in the tuition for camp.)

Immediately after the Worship, camper check-out will take place at The River Pavilion. Families must stop at the Medical Officer and Check-Out tables before picking up your camper at Loma Linda. Campers must be checked-out and departed by **11:30 am**.

Remember your photo I.D.!

We ask that you drop-off and pick-up your camper on the days and times listed above. If there are any extenuating circumstances or if your plans change at the last minute please notify the Camp Office immediately. If someone other than those listed on the Transportation Release Form will be picking up your camper, Mo-Ranch Summer Camps must have the change, in writing, prior to releasing your camper.

Alternative Transportation

If your camper is arriving by bus or airplane, you may arrange transportation to Mo-Ranch through Hill Country Limousine Service at (830) 896-1429. Arrange for your camper to arrive at Mo-Ranch between 2:00 – 3:30 pm on Opening Days and depart from Mo-Ranch between 11:00 – 11:30 am on Closing Days. Please note; Mo-Ranch is a 45 minute drive from Kerrville and a 2 hour drive from San Antonio. The Mo-Ranch Summer Camps Office must be notified if your camper will be arriving by alternative transportation.

Behavior

All campers will be oriented to our behavior and safety rules on the first day of camp. All campers and their parent/ guardian must sign the Covenant of Conduct form prior to registration. Counselors are trained to handle behavior problems with positive reinforcement, redirection and consequences appropriate to the camper's behavior and age level. Corporal punishment is not allowed at Mo-Ranch Summer Camps. Should a camper exhibit repeated episodes of disruptive, unsafe or violent behavior that is not corrected with positive behavior management, his/her parent or guardian will be asked to pick-up or arrange for the camper to be picked-up from Mo-Ranch immediately. No refunds will be given under these circumstances.

Health and Safety

All information on the Health History and Parent Questionnaire forms will be kept strictly confidential and is requested solely for the purpose of providing your camper with the best care possible. Please be open and honest. We need to know anything that will help us give your camper the best care in their time of need. We ask that a new Health History form be filled out annually.

Parents or guardians will be notified immediately in case of any major illness or injury to their camper. Any minor illnesses or injuries that occurred throughout the session will be noted when you go through check-out on Closing Day. Campers not well enough to stay in Loma Linda will be supervised and cared for in our fully equipped Health Center. Campers needing additional care will be seen by our Camp Doctor in Kerrville, or in case of emergency, campers will be taken to Peterson Regional Medical Center in Kerrville.

Medications

If your camper has a pre-existing condition, illness or injury that s/he sustained prior to coming to camp, families will be responsible for supplying Mo-Ranch Summer Camps with any on-going medications or treatments the camper may be receiving. Families will be responsible for any costs associated with additional medications or treatments your camper may need for their pre-existing condition(s) while at Camp.

All medications must be in their original packaging with original prescription label. If prescription dosages or times have changed, there must be a written note from the prescribing physician as to the change. Over-the-counter medications must also be in their original packaging with a written note of dosages and times.

It is required that campers taking behavior modification medications for conditions such as ADD or ADHD continue taking their medications while at Camp. We also ask that campers have been on the current medication and dosage for at least one month prior to the start of their Camp session. While Summer Camp does provide more active, hands-on programming than most school situations, the longer days, challenging activities and intense social interactions of Summer Camp may over-stimulate or stress a child. Giving campers the tools they need to cope in the best way possible is the key to a successful camp experience.

Communication with campers and camp

Campers are not permitted to make or receive phone calls. We have found that phone calls often promote homesickness and sometimes inhibit your camper's growth toward independence while at Camp. We ask you respect our judgment on this issue and communicate with your camper through letters, e-mail and/or care packages. Your campers will be writing home to you as well. However, remember that in a one-week session, you will probably receive their letters after they have returned home. If you have any questions or concerns, please feel free to contact us at any time.

Phone: 800-460-4401

Camp Director - Extension 253. Camp Director is often away from the office on camp business or working with your children. Feel free to leave a message and the Director will always get back to you.

Office Manager - Extension 250. The Office Manager will be in the office Monday through Friday, 9:00 am – 4:45 pm. The Office Manager can answer most registration and payment questions for you and is your daytime emergency contact to the Director, Counselors or campers.

To contact the Office Manager directly awilkinson@moranch.org

After Hours - In case of emergency after hours you may call 1-800-460-4401 and our Answering Service will contact the staff member on duty immediately.

Camper Mail

Address your camper's mail:

Camper's Name
C/O Mo-Ranch Summer Camps
2229 FM 1340
Hunt, TX 78024

We suggest you mail your first letter several days before your camper leaves for Camp. Please remember, we are way out in the country and our mail is definitely snail-mail.

Care Packages

There is nothing that brightens a camper's day more than a care package. Please remember to only include appropriate items for Camp, such as stuffed animals, magazines, cards and small toys. Packages will be opened in the presence of a Counselor and inappropriate items will be held until Closing Day. Food, gum and candy are not allowed and cannot be stored. There are a number of camp care package companies that can offer a great variety of items.

Emailing your campers

When you drop off your camper you will receive information on how to purchase e-mails through Bunk1. With this service your camper can receive e-mails from you and your family. For years Bunk 1 has helped camps with all aspects of modern communication between parents and campers. This program will help us a great deal by making collection and distribution of camper email easier and less time consuming. This will allow us more time to do what we do best, work with your campers!!!

We are very sorry, but we do not have the resources to allow campers to e-mail their families. You will just have to wait on the snail-mail.

Photos

Mo-Ranch Summer Camps has a protected photo album on www.smugmug.com. Families will receive the URL on Opening Day. Please note: the protected photo album will NOT show up in a search on smugmug. New photos will be available for viewing before dinner each day so you can enjoy Camp right along with your camper. If you lose the URL, contact us by e-mail and we will verify your address and send the information back to you by e-mail. You will not be given the URL over the phone.

Laundry

During the *two-week session*, laundry will be sent out to a local Laundromat halfway through the session. Please remember that all clothing, laundry bags and belongings need to be clearly marked with the camper's name before coming to Camp. Please do not send any items that require special washing instructions, sorting or dry cleaning. The charge for the laundry service is included in your registration fee. Laundry service is not offered during the one-week sessions.

Gift Shop

The Mo-Ranch Gift Shop will be open for families on Opening and Closing Days. The Gift Shop carries a wide variety of books, t-shirts, souvenirs and basic toiletries. Please take time to visit the store before Registration and after the Closing Ceremonies to purchase all of those things your campers "can't live without". During the camp session, campers will only be allowed to visit the Gift Shop for essential items such as toothpaste, batteries, disposable cameras, under the supervision of a Counselor.

Gift Certificates for the Store will be available for purchase on registration/ check in day. You can purchase in any amount you feel, however we ask that you limit this to no more than \$25. All campers will get the chance to visit the store during their stay here at Mo-Ranch. Any remaining funds not used by your camper will be donated to the Mo-Ranch Summer Camps scholarship fund.

Sample Daily Schedule

7:15	Rise and shine
7:45	Breakfast
8:50	Clean Cabin
9:00	Bible Study
10:15	Activity 1
11:30	Activity 2
12:45	Lunch
1:50	Siesta
3:30	Camper's Choice 1
4:50	Camper's Choice 2
6:10	Dinner
7:30	Evening Activity
8:30	Worship
10:00	Lights out

Activity Descriptions

Mo-Ranch has many wonderful activities to provide challenge and growth for your child. The following is an outline description of all activities. We strive for safety in all activities at Mo-Ranch. All activities are reviewed annually to ensure a high level of safety. Each activity does have an inherent risk of injury. Injuries range from bruises, lacerations, scrapes, broken bones, near drowning, and drowning.

- **High ropes Challenge course-**
High Elements consists of a series of poles, cables, pulleys and ropes. Ropes course participants will be put through a series of challenges that involve climbing ladders and poles and traversing across cables as high as 25 ft. above the ground. Participants will be secured by ropes and harnesses by trained staff.
- **Low ropes challenge course-**
Low elements are a series of challenging activities that will inspire teamwork and cooperation among group members. Activities are supervised by trained staff.
- **Rock Climbing-**
Using a variety of climbing techniques, campers will have the opportunity to climb two 30ft routes. Campers will be secured by ropes and harnesses and will be supervised by trained staff.
- **Outdoor Cooking-**
Campers will learn basic outdoor cooking techniques and create yummy treats under the supervision of trained staff.
- **Swimming-**
Campers will swim in both natural waterfront and swimming pools. Our waterfront consists of a rope swing, Mo-Slide and roped off swimming areas. Campers must take a swimming evaluation; upon completion swimming levels will be assigned for each ability level. All swimmers will be supervised by certified American Red Cross Lifeguards.

- **Snorkeling-**
Campers will have the opportunity to snorkel in the waterfront area. A class will be given on how to properly use the snorkeling equipment. Classes will be supervised by trained staff and lifeguards. Campers will be able to choose to snorkel freely in the shallow water area or attempt the underwater obstacle course with the class instructor leading him/her.
- **Canoe/ Kayaking-**
Campers will have the opportunity to canoe/ kayak with trained staff. All campers will be required to wear personal floatation devices (PFD). Classes will take place on natural waterfront areas. During our two week session, campers may have opportunity to take an extended overnight canoe trip. Classes are supervised by Lifeguards.
- **Arts & Crafts-**
Campers will make craft projects that can range from painting to cutting. Campers may use leather tools, scissors, paints, beads, irons and tie dye.
- **Nature-**
Classes will get chance to see many of our reptiles and mammals in a classroom setting. Reptiles range from lizards to NON-venomous snakes. Campers will have opportunity to pet, touch or hold many of our animals.
- **Archery-**
Campers will learn to shoot re-curve bows and will also learn basic skills and safety concerns. Campers will be taught by trained personnel.
- **Sports-**
Our sports program will include basketball, ultimate Frisbee, four square, baseball or softball, soccer, disc golf, touch football, gaga and sand volleyball.
- **Mountain Biking-**
Mountain biking will be led by experienced staff who will instruct each camper on proper bike fit and safety. All campers will wear helmets at all times while riding bikes. Trails will include off road trail, hiking trail and the occasional ride on ranch roads.
- **Overnight Campouts-**
Campers and staff will sleep out under the stars. Campers will help start a campfire and will assist staff in cooking dinner over the fire. During campout campers will go swimming at the Mo-Rapids area. This area has been naturally formed by the erosion on rocks over long periods of time. Campers will be supervised by Lifeguards.
- **Camper's Choice-**
Depending on counselor specialties, afternoon activities will range from kite-building to water balloon games. Campers will get to choose from unique programs or get to grow in traditional activities.

Parent and Family Resources

This page is designed to be a resource for you as you prepare your child for camp. Over the past few years we have had a growing number of requests from families for more information on a few of these types of services or companies. As you look through it please let us know if there is anything else you would like us to include on this list for future summers. We hope this will serve for years to come as a great resource for all of your needs.

Before Camp

Getting ready to come to camp can be a stressful time for parents and campers. Sometimes what should be a time of excitement is overshadowed by a cloud of anxiety. Here are 5 simple things parents can do to prepare their children for camp and lower the stress level:

1) Set some goals and expectations:

Talk to your child about camp and what it's all about. Talk to other families who have been to Mo Summer Camp before. While you can't prepare your children for everything, you can give them some idea of what to expect. It will also give you a good opportunity to set some goals for camp.

Some sample goals

- a) I want to become friends with 3 new people - kids not from my school or church.
- b) I want to attempt all high ropes courses that I am challenged with.
- c) I want to be this year's Hot Tamale (campers' choice of most helpful/spirited camper of the session).

2) Practice being away from home:

We highly recommend this for new campers who are going away to camp for the first time. Have your child do an overnight at Grandma and Grandpa's house or another close friend's house without you. This will give them some experience in being away from home before they head off to camp.

3) Packing:

a) We know it's tough to pack way in advance, but if you can pack earlier rather than later it is better for your child. Rushing to find the right stuff and frantically packing the night before gives your child a sense that they are not yet ready for camp. Often on the first day or two of camp they are consumed with wondering if they have everything.

b) We highly encourage you and your child to pack together, but if you pack your child's things: Take 10 minutes to go over everything in your child's bag with them, show them where stuff is and make sure they feel like they are well prepared for camp. If your child packs his/her own bag: Take 10 minutes to have your child show you what they packed. This is a check to make sure they have everything they need and that they have not packed things they should not bring.

Camp Trunks and other camp supplies

www.everythingsummercamp.com

We have negotiated a discount on several of their products. When ordering use the promo code “play765MO” to receive the pre-negotiated price breaks.

You can also call them directly to answer any questions.

800-535-2057 ask for Matt DeMuth.

After Camp

Here are some ways to connect with your children after they have had a powerful camp experience.

1) Do something active with your child that they learned at camp or let them teach you something that they learned.

Maybe your child learned how to make a campfire or they learned how to kayak for the first time. Allow them to show you what they learned by engaging them in that particular activity. This will show them that you are interested in what they learned at camp. This method is particularly useful for children who have a hard time talking about things.

2) Host a Mo reunion at your house.

This will help your children connect with the cabin mates that they became so close to and encourage them to remember the things that they were taught throughout the summer.

3) Facilitate communication between cabin mates.

Encourage your camper to write, email and call their cabin mates to encourage them throughout the year.

We have provided a brief list below of several of the hill country’s recommended lodging and dining services and also a few other resources.

Local lodging

We know and understand that many of you have a long commute to camp and may wish to find a local place to lay your head before you head back home. If you wish to make reservations at Mo-Ranch please contact our office manager.

<http://www.moranch.org/Meet-Stay-Dine/Groups/Accommodations>

<http://www.kerrvilletx.com/en/kerrville-lodging.html>

hotelguides.com/texas/kerrville-tx-hotels.html

Local dining

<http://www.kerrvilletx.com/en/dining.html>

<p><u>Bella Vita Country Italian</u> 1550 Junction Hwy Kerrville, TX 78028 830-895-0820 www.bellavitakerrville.com</p>	<p><u>Bills' BBQ</u> 1909 Junction Hwy Kerrville, TX 78028 830-895-5733 www.billsbbq.net</p>	<p><u>Billy Gene's Restaurant</u> 1489 Junction Hwy Kerrville, TX 78028 830-895-7377 www.billygenes.com</p>	<p><u>Brown's Drive In</u> 1152 Sidney Baker St S Kerrville, TX 78028 830-896-3661</p>
<p><u>Buzzie's Bar-B-Que</u> 213 Schreiner St Kerrville, TX 78028 830-257-4540 www.buzziesbbq.com</p>	<p><u>Cartewheels</u> 416 Clay St Kerrville, TX 78028 830-257-7171</p>	<p><u>Classic's Burgers & "Moore"</u> 448 Sidney Baker St S Ste 109 Kerrville, TX 78028 830-257-8866 www.classicsburgers.net</p>	<p><u>Conchita's on Main</u> 810 Main St Kerrville, TX 78028 830-895-7708</p>
<p><u>Cowboy Steakhouse</u> 416 Main St Kerrville, TX 78028 830-896-5688 www.cowboysteakhouse.com</p>	<p><u>Elaine's Table</u> 1621 Texas 39 Hunt, TX 78024 830-238-4484 www.elainestable.com</p>	<p><u>Francisco's</u> 201 Earl Garrett St Kerrville, TX 78028 830-257-2995 www.franciscos-restaurant.com</p>	<p><u>A Fork and Knife</u> 241 Old Ingram Loop Ingram, TX 78025 830-367-3585 www.aforkandknife.com</p>
<p><u>Grape Juice</u> 623 Water St Kerrville, TX 78028 830-792-9463 www.grapejuiceonline.com</p>	<p><u>The Hunt Store</u> 1634 Texas 39 Hunt, TX 78024 830-238-4410 www.thehuntstore.com</p>	<p><u>The Lakehouse Restaurant</u> 1655 Junction Hwy Kerrville, TX 78028 830-895-3188 www.hillcountrycookin.com</p>	<p><u>Mamacita's</u> 215 Junction Hwy Kerrville, TX 78028 830-895-2441 www.mamacitas.com</p>
<p><u>The Hunter House Café</u> 316 Texas 39 Ingram, TX 78025 830-367-3069 www.thehunterhousecafe.com</p>	<p><u>Rails Café</u> 615 Schreiner St Kerrville, TX 78028 830-257-3877 www.railscafe.com</p>	<p><u>Rita's Famous Tacos</u> 3106 Junction Hwy Ingram, TX 78025 830-367-3088</p>	<p><u>Rio Rancho Café</u> 2590 Junction Hwy Kerrville, TX 78028 830-367-1850 www.rioranchocafe.com</p>
<p><u>Salada's</u> 225 Earl Garrett St Kerrville, TX 78028 830-896-0107</p>	<p><u>Taqueria Jalisco</u> 2190 Junction Hwy Kerrville, TX 78028 830-257-0606</p>	<p><u>Thai Ocha</u> 417 Water St Kerrville, TX 78028 830-792-2999</p>	<p><u>Yeo-Bo's Korean BBQ</u> 804 Water St Kerrville, TX 78028 830-890-5873</p>