

## REQUIRED FORMS

---

Enclosed with this handbook are several forms to be completed and returned to our office. The due date for each is indicated on the bottom of the form. Please note that this information is very important for our planning and for your son's smooth transition to camp. Your timely return of these forms is greatly appreciated. All forms must be returned to the camp office as soon as possible.

### FORMS ENCLOSED

- Camper Data Form
- Special Electives Forms
- Transportation Form
- Baggage Form (to be returned directly to R&B Baggage)
- **CAMPER MEDICAL PACK**
  - Medical Form and Health History Form
  - Insurance Form (**copy of medical, dental and prescription insurance cards required**)
  - Emergency Contact Form
  - KidsMedPacks Form (must be completed if your son takes daily medication in pill form)
  - Medical Travel Card (new for 2008) see page 7.

## CAMPER INFORMATION

---

### CAMPER DATA FORM

This form is especially important for new campers. In completing this form, you will supply our staff with valuable information about your son's personality and any special needs or requests. It also gives you the opportunity to provide us with your expected Visiting Day and any other comments or information you wish to provide such as bunking requests.

Please complete this form and return it to us no later than **APRIL 15th**.

### SPECIAL ELECTIVES

---

The special electives listed below are available to campers. Sign-up forms are included in the mailing that accompanies this handbook. Please note the grade restrictions for each elective. (For our purposes, we classify campers according to the grade **just** completed.) To enroll, simply complete the appropriate form and return it to us no later than **MARCH 15th**.

**EQUESTRIAN:** *Open to campers of all ages. Additional fee.*

Beginners to advanced riders welcome. All participants will have at least two riding lessons a week. All campers involved will need to bring with them a riding helmet and shoes with heels.

**WHITE WATER KAYAKING:**

*Open to campers finishing 5th grade and higher. Additional fee.*

A great program for campers who wish to explore the rivers of New Hampshire and Maine. Day trips with expert instruction along with overnight camping trips in Maine; all equipment provided. Campers must attend and pass an on-campus safety and technique class. Campers who have successfully completed the program will be enrolled in an advanced class.

**INTENSIVE TENNIS:** *Open to all campers.*

This program offers a special opportunity for those campers who have requested more intensive and advanced tennis instruction. Open to players of all abilities, this program is geared toward the campers who wish to improve their existing skills.

**ISLAND GOLF:** *Open to all Island campers. Additional fee.*

We offer two Golf programs: a three-day extended golf trip to several quality New Hampshire courses; and a concentrated golf academy held at a local golf course.

**MAINLAND GOLF ACADEMY:**

*Open to all Mainland campers. Additional fee.*

Participants will be taken off campus to local golf courses and will receive extensive instruction from our golf coaches. This program will provide campers with a solid base of knowledge for the Island Golf Programs.

**ICE HOCKEY:** *Open to all. Additional fee.*

The Winaukee Ice Hockey program is open to Island and the Mainland campers with prior skating experience and who are able to skate backwards. Participants must bring to camp all the necessary hockey equipment. See the "Clothing and Equipment" section for a list of required equipment. The program includes six days of ice hockey instruction and scrimmages at the Manchester, NH ice arena. Skating ability required.

**MOUNTAIN BIKE CLUB:** *Open to campers on Senior Row (finishing 5th & 6th grades) and Island Campers. Additional fee.*

Participants will start by completing a basic safety course and then ride on trails in and around camp. Participants will then embark on outings across New Hampshire. Bikes and helmets will be provided by camp.

**ACADEMIC / BAR MITZVAH TUTORING**

Tutoring is available in school subjects as well as remedial/study skills. Tutoring will be scheduled to minimize interference with your son's schedule. Please contact the office before camp starts to make the necessary arrangements. Bar Mitzvah tutoring can also be arranged. All tutoring information will be mailed to you in early spring.

## **GENERAL RULES AND POLICIES**

---

Please reinforce the following camp rules with your children:

- 1.** Smoking and use of drugs or alcohol is strictly prohibited. Any camper disobeying this rule while at camp or during a camp related trip will be dismissed from camp.
- 2.** Poor sportsmanship will not be tolerated.
- 3.** Proper personal hygiene is mandatory, as is keeping living quarters neat and clean.
- 4.** Disrespect for peers or staff will not be tolerated. Foul language will not be tolerated.
- 5.** Knives/weapons of any kind, fireworks, lighters, and matches are prohibited.
- 6.** Our standards of grooming for campers and male counselors prohibit extreme haircuts or hair coloring, earrings or body piercing of any kind. Campers are expected to dress appropriately.

## **VISITING DAY GIFTS**

We strongly urge you to keep food and gifts to a minimum on Visiting Day. Parents may bring a reasonable amount of food on Visiting Day. For health reasons, please do not bring excessive amounts. Also, we discourage the purchasing of "bunk gifts". Tipping of bunk counselors is prohibited.