



# **Camp Merrie-Woode**

## **Parent Handbook**

### **2023**

Camp Merrie-Woode  
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## **INTRODUCTION**

We are excited that your daughter will be joining us at Camp Merrie-Woode! With summer right around the corner, we ask that you read through this parent handbook as you plan for your daughter's camp experience. Becoming familiar with our policies now will ensure that the summer will be a smooth one. We ask that you read carefully the **package policy, the technology policy, the visitation policy, the section on forms and their due dates, and the dates for the Opening and Closing** for your daughter's session. Please do not hesitate to call if you have questions. Our website has additional information at **[www.merriewoode.com](http://www.merriewoode.com)**. Navigate to the **Parents** tab.

## **OUR MISSION AND PHILOSOPHY**

Mission: Merrie-Woode is a sanctuary of rarest beauty which inspires a lasting awareness of God's presence. The Mission of Camp Merrie-Woode is to use that setting to nurture the physical, intellectual and spiritual growth of girls and young women through traditional camp activities and outdoor adventures. In this friendly, non-competitive community of simplified living, each individual is valued for who she is and who she will become.

Merrie-Woode is a traditional wilderness summer camp devoted to nurturing the physical, intellectual and spiritual growth of girls and young women in a beautiful, natural setting. The values of simplified living, warm personal relationships and a love of nature bind our large community of campers, staff and alumnae.

Living in rustic quarters, campers explore their interests and build their skills in areas of their choice. Our programming focuses on self-discovery, offering an array of outdoor and indoor activities in a non-competitive setting. Campers are encouraged to set goals and may, over time, achieve a high level of competence, gaining self-confidence in the process.

We strive to attract campers, staff and camp families from varied backgrounds who value youthful time spent in nature. Merrie-Woode is a place where every girl is supported as an individual while acquiring a deepened awareness of God's creation and an expanded awareness of the world around her. Merrie-Woode's campers have gone on to contribute to their communities in meaningful ways throughout their lifetimes, in part because of the rich network of friendships and core values of fair play, sustained effort and respect for others that they gained while at Camp Merrie-Woode.

## **HISTORY**

Founded in 1919, Camp Merrie-Woode was directed nearly thirty years by Mabel Day. Dammie, as she was known by campers, was born of British parents and established old English traditions at Merrie-Woode. "I knew I wanted an imaginative and meaningful name," Dammie wrote, "and one night the name came so clearly to me - Merrie-Woode...for it is a merry wood and campers will always make it so." Dammie's legacy of honor and appreciation of simple living and acquiring "eyes that see" the beauty of God's world was emphasized in activities which taught the importance of a life of service.

Following the 1951 season, the camp was sold to Fritz and Augusta Orr of Atlanta, who with their son Fritz, Jr. and his wife, Dottie, operated Merrie-Woode until 1978. The Orrs were great outdoor enthusiasts and were especially instrumental in building a strong canoeing and wilderness program.

Upon the Orrs' retirement in 1978, Hugh Caldwell, a Sewanee, The University of the South, philosophy professor and Merrie-Woode staff member since 1952, led alumnae to form the Merrie-Woode Foundation, Inc., a non-profit corporation with the sole purpose of owning and operating Camp Merrie-Woode. Through the generous support of the Merrie-Woode family, the Merrie-Woode Foundation, Inc. purchased the camp in December 1978. With the establishment of the Merrie-Woode Foundation, the camp is now in effect owned and operated by its former campers. Dr. Caldwell served as its first Director through 1985 and was followed by Art and Carolyn Kramer. The Kramers directed the camp from 1985 - 1989.

From 1990-2002, the Strayhorns, Laurie and Gordon, served as the Directors. They worked to maintain the historic architecture during a period of extensive renovations to many of camp's buildings and facilities.

From 2002 to 2021, Denice and Jim Dunn served as Directors of Camp Merrie-Woode. The Dunns worked to continue the traditions founded by their predecessors.

Following the summer of 2021, the Board of Directors performed a nation-wide search to find new Directors after the Dunns decided to retire. Throughout the 2022 summer, the Dunns and our new Directors, Robin and Frost Walker, worked alongside each other for all three of Merrie-Woode's sessions. The Dunns officially retired this year, and the Walkers are excited for their first summer at Camp Directors!

With the leadership of the Board of Trustees and the Directors, Merrie-Woode has earned national recognition as one of the premier camps for girls. The camp facility is set on 400 acres and is the summer home for 200 campers and more than 80 counselors in each of three sessions.

### **TRADITIONS**

From camp's earliest years, Merrie-Woode has been built around the legend of King Arthur and the Knights of the Round Table. As our founder, Dammie Day, was from British heritage, she chose to set the narrative of camp around these old English tales of chivalry and high ideals. You will find many references to Arthurian legend at camp, whether it is in names of camp buildings, stories told, or special traditional programming at Merrie-Woode.

Every Sunday night, we gather as a community around our weekly campfire. This is a time to sing together, tell stories, and reflect on our week. The torch brought in to light the campfire at the beginning of each session symbolizes the Spirit of Merrie-Woode. At our closing campfire, that torch is brought out and extinguished in the lake for the Spirit of Merrie-Woode to remain safe over the long winter.

At the end of each session, we present the traditional camp pageant of *Follow the Gleam*. The drama of King Arthur and his knights' search for the Holy Grail is reenacted in our Chapel area. Afterwards, campers receive a lit candle and walk down the cabin line to the swimming docks where the candles are floated out on the lake, signifying the Merrie-Woode spirit in all of us going back out into the world. The high ideals of King Arthur, set in place by Dammie Day, live on at Merrie-Woode. More lasting than athletic skills or artistic pursuits, are these ideals that the campers take home. They learn that, because they have been given so much, much is expected of them in terms of useful lives dedicated to serving others.

Merrie-Woode is a community where each camper is valued for who she is and where the majestic beauty of the surrounding mountains makes her keenly aware of God's presence. The symbol of light pervades our camp tradition. It is our hope that each camper will carry that light with her, recognizing her unique talents and capacity for learning, possessing the desire to serve the ever-widening world in which she will grow into adulthood.

### **OUR LEADERSHIP TEAM**

The summer counselors are led by a Leadership Team who function in different capacities to support your daughter's camp experience:

**Frost and Robin McKinney Walker** are excited to lead the team at Camp Merrie-Woode. The couple lives and works at Camp year round. Robin began her Merrie-Woode journey as a camper in 1989, became a Captain in 1996, and served as a cabin counselor and boating instructor for several summers. Originally from Winter Park, FL, Robin graduated from Davidson College in 2001 and earned her JD from the University of Florida. She practiced law in Florida for 10 years before returning to Camp full-time in 2015 as Director of Development and Alumnae Relations. Robin loves all things Green and Grey!

Frost traces his enthusiasm for the outdoors to summers as a camper at Camp High Rocks in Cedar Mountain, NC. A native of Greenville, SC, Frost first discovered his passion for rock climbing at camp and dedicated many years to becoming an expert level climber and outdoor adventure guide. Frost graduated from Furman University in 2001 and spent a decade in the outdoor retail industry before transitioning to healthcare management, where his responsibilities included financial oversight, human resources, and risk management. Frost loves all time spent outdoors, but especially on the rock.

**Courtney Foster** is our Staff Director. Courtney oversees the needs of staff, primarily offering support and guidance as they navigate all aspects of camp counselor life. Courtney also guides Merrie-Woode's Junior Counselor (JC) Program, working with JC leaders to create and facilitate an enriching experience for participants. In the off-season, Courtney oversees staff recruitment and hiring. In addition to staff needs, Courtney creates content for and manages camp's social media platforms. Courtney was a camper from 2005 to 2014, made King's Player in 2013, and was a JC in 2015. She has remained a staff member every summer since 2016. Throughout her time on staff Courtney has assumed the role of Dance Head, JC Leader, CA Mentor, and Traditional Activities Program Director. Courtney received her BA in Journalism and Mass Communications – Public Relations from the University of South Carolina and MS in Youth Development Leadership through Clemson University.

**Tara Tecce** is our Program Director. Tara oversees camp programming, including providing support and resources to different program areas and their staff. Tara assists in coordinating logistics and risk management to ensure our camp programs function safely and successfully. Tara values each program area and its importance within the camp community. Tara was a camper from 2004 to 2009, a 2009 Captain, and a staff member from 2011 to 2015 and 2018 to 2021. Tara has held various leadership positions during her time as a staff member, including River Coordinator, Would-Be Leader, Swimming Head, Mountaineering Head, and Logistics Adventure Program Coordinator. Tara received her BS from Florida State University in Family and Child Sciences, followed by a MEd and EdS from Clemson University in Clinical Mental Health Counseling. Before transitioning to camp full-time, Tara worked as a school-based therapist for four years. Tara lives in Brevard, NC, and in her free time, Tara can be found going on long runs, adventuring in the forest, and of course, eating her favorite food, sushi!

**Claudia B. Smith** is our Adventure Program Coordinator. Claudia oversees the needs of our Adventure Programming, which includes Boating and Mountaineering. She supports staff in the planning of adventure trips and manages logistical aspects of running those trips. When the summer programming comes to an end, Claudia focuses on off-season programming, assisting with social media content, and other general camp needs. Claudia was a camper from 2008-2015 and made Captain during her last summer as a camper. She has fulfilled many leadership roles during her time as summer staff from 2016-2021, including Ceramics Head, Line Head, Boat Head, and Would-be Leader. Claudia received her BS in Industrial and Organizational Psychology with an Education minor from the University of Central Florida. While at UCF she worked for their Outdoor Adventure Program as a Head Trip Leader and Social Media Manager, and worked at the Nantahala Outdoor Center in 2020 as a Paddle School Instructor. She is so excited to join Merrie-Woode's year round team!

**Amy Pressley** is our new Office Manager. She brings a wealth of knowledge to her position both as a longtime resident of Cashiers and through her past experience working at Merrie-Woode from 2008 through 2015. Her husband, Jody, is a year-round member of the maintenance crew and serves as CMW's barn manager during the summer. Their three children, Anthony, Christian, and Taylor, as well as their nephew, Evan, have also been part of the Merrie-Woode barn staff over the past several years. Amy enjoys her little slice of heaven on the Pressley farm located near Lake Glenville.

**Annette Herstek** is our part-time Camp Registrar. Her primary responsibilities include database management, camper registration, and assisting with summer preparations. Annette is a former camper parent herself. Her daughter, Courtney, attended Merrie-Woode from 2003 to 2005 and her son, Austin worked on camp's facilities crew during the summer months. She lives nearby with her husband, Rob, in Cashiers, NC.

**Debi Stewart** is Merrie-Woode's part-time bookkeeper, a position she has held since 1996. You can reach her at camp on Mondays and Thursdays. Debi lives in Cashiers, NC with her husband, CW. Debi and CW are the proud parents of their grown son, Townsend. All questions related to billing, tuition, and stock shop accounts should be directed to Debi on Monday or Thursday.

## **CAMP CALENDAR FOR SUMMER 2023**

Monday, May 1 <sup>st</sup>	Camper forms due
Saturday, May 27 <sup>th</sup>	Full Staff orientation begins
Friday, June 2 <sup>nd</sup>	<b>June Session Opening Day</b>
Thursday, June 22 <sup>nd</sup>	<b>June Session Closing Day</b>
Friday, June 23 <sup>rd</sup>	Staff orientation for Main Session begins at 1:00pm
Saturday, June 24 <sup>th</sup>	<b>Main Session Opening Day</b>
Friday, July 28 <sup>th</sup>	<b>Main Session Closing Day</b>
Saturday, July 29 <sup>th</sup>	Staff orientation for August session begins 1:00pm
Sunday, July 30 <sup>th</sup>	<b>August Session Opening Day</b>
Wednesday, August 9 <sup>th</sup>	<b>August Session Closing Day</b>
Thursday, August 10 <sup>th</sup>	Applications for 2024 - online registration begins
Friday, Sept. 15 <sup>th</sup>	Deadline for re-enrollment for returning campers

## **CAMP POLICIES**

Please read the camp policies carefully and share relevant information with family and friends. We rely on your support of these policies that are designed to maintain a positive camp community. As part of a community, it is critical for each individual to adhere to the policies. Failure to abide by these policies will result in disciplinary action and may result in immediate dismissal from camp. **Parents, family, and friends must comply with these policies as a condition of enrollment.**

## **CABIN REQUESTS**

Two girls who are the same age may be placed in the same cabin if requests are made from both sets of parents by May 1<sup>st</sup>. Please use the Cabin form. Phone or fax requests will not be honored. It is our policy not to place more than two girls from the same city together. Often it is better for friends from home not to be in the same cabin so that each camper can make new friends and create her own camp experience. We will only honor one cabin request per camper. Final cabin placement is subject to the discretion of the camp director. Because of the small size of our cabins, all requests cannot be honored.

## **CAMP ACCOUNTS, BILLING INFORMATION, REFUND POLICY**

Tuition must be paid before a camper arrives for her session unless prior arrangements have been made. All accounts must be cleared before a camper may re-enroll for the following summer.

Unless arrangements are made with the camp directors, a camper's spot will be released if tuition is not paid by the annual due dates:

Deposit – \$400 due with the application for re-enrollment

February 1<sup>st</sup> – half of tuition balance due

April 1<sup>st</sup> – remaining tuition balance due

\*All but \$100 is refundable through February 1<sup>st</sup>.

\*All but \$400 is refundable after February 1<sup>st</sup> – March 15<sup>th</sup>

\*No refund of tuition will be made for withdrawals after March 15<sup>th</sup>.

\*No reduction in fees is made for campers arriving late or leaving early.

Parents are responsible for all medical bills and must provide proof of medical insurance coverage.

## **DRUGS, ALCOHOL, SMOKING**

Possession or use of illegal drugs, alcohol, cigarettes, and vaping by campers is not allowed in camp. CBD Oil and products containing CBD oil are not allowed in camp. All prescription and nonprescription medication must be checked in with the nurses on opening day and these will be dispensed to campers by the nurse.

### **EARLY DEPARTURE/LATE ARRIVALS TO CAMP**

For individual campers and for the camp community as a whole, it is important for campers to arrive on Opening Day and depart on Closing Day. Late arrivals to camp are disruptive for cabin groups and impede the adjustment to camp life for the individual and the group. Early departures from camp are a “let down” for the individual and for the cabin group who benefit from the closure provided by the ceremonies and the activities of the last few days of camp. In order to keep the sense of community and to be fair to all the campers, it is our policy not to allow late arrivals or early departures of campers.

### **FOOD AND CANDY**

Please do not bring food, candy, or gum to camp. Food and candy (including gum) are distinct health hazards by attracting mice and other rodents to cabins as well as a significant source of litter. Likewise, when some campers follow the guidelines and some do not, honesty issues can occur. Campers have three filling meals per day and plenty of opportunity for sweets and candy after meals and on trips. We ask that you support our policy by not sending your daughter to camp with candy.

### **FORMS AND RECORDS**

Camper information must be updated on our new parent portal Camp InTouch. All fees must be paid before the session starts unless prior arrangements have been made with the directors (See Forms and Details).

### **E-MAIL, MAIL, AND PHOTOS**

#### **CAMPER EMAILS**

To send an email to your daughter, you must log into the parent portal on Camp InTouch. Each day, we will print, fold, and distribute all camper e-mails. At the end of each session, we will charge \$1 per e-mail to your daughter's Stock Shop account.

Update: Since emails can only be sent to campers via the parent portal on Camp InTouch, any relatives or friends of campers will only be able to contact them through the US postal service: (Camper Name, 100 Merrie-Woode Road, Sapphire, NC 28774).

Please email or call our office at [annette@merriewoode.com](mailto:annette@merriewoode.com) or (828)-743-3300 if you have any questions or concerns.

**We do not accept e-mails through the camp office e-mail accounts for delivery to your daughter. Telephone and camp e-mail accounts are used for camp business and in the event of an emergency only. Campers may not make or receive phone calls unless cleared by the directors.**

#### **CAMPER MAIL**

We encourage the use of mail for communicating with your daughter at camp. Even veteran campers appreciate old-fashioned letters from their parents and friends. Letters should be addressed as follows: **(Camper Name), Camp Merrie-Woode, 100 Merrie-Woode Road, Sapphire, NC 28774.**

#### **CAMPER PHOTOS**

To view photos from the Session and write-up, you must log on to the parent portal via Camp InTouch. The purpose of this update is so that only parents and campers will have access to the photos from their session. This ensures that our campers, staff, and their families remain protected.

We are confident that you will enjoy the photo sharing process. Please email or call our office at [annette@merriewoode.com](mailto:annette@merriewoode.com) or (828)-743-3300 if you have any questions or concerns.

### **PACKAGE POLICY**

Camp Merrie-Woode has a NO PACKAGE POLICY. Only flat letters may be sent to campers. This policy includes books, magazines, food, candy, and oversized envelopes. Please spread the word to family and friends.

This policy was implemented to keep with Merrie-Woode's noncompetitive focus and emphasis on simple living.

**If your daughter is having her birthday at camp, please mark package "hold for "camper's name" birthday" and drop off at the office tent on the Opening Day of camp. Please do not send food or candy.**

### **TECHNOLOGY**

Camp Merrie-Woode is proud to be "UNPLUGGED." **Please do not bring electronic items to camp.** This includes, but is not limited to the following: cell phones/smart phones, smart watches, iPods/MP3 players, laptops, electronic games, DVD players, electronic readers, cameras with internet-uploading capability.

It is our goal at Camp Merrie-Woode to foster a close camp community. Our campers create friendships at camp that last a lifetime. As the use of technology isolates and distracts our young campers in the outside world, we find it increasingly important to protect what has been cultivated at camp for over 100 years. Camp is a time to connect with friends, experience a variety of activities, and enjoy the natural setting of this beautiful place. With technological distractions, our sense of community is quickly lost and campers lose focus on why they are here.

We realize music at camp is important and is very much a part of our camp culture. Cabins and activity areas do have iPods with appropriate music for everyone's enjoyment. We ask that you support our policy by not sending your daughter to camp with the electronic items listed above. When some campers follow the guidelines and some do not, honesty issues can occur.

In general we discourage our female staff from having contact with campers after camp since we cannot supervise it. We also know that many campers exchange contact information and are on social media sites.

Please note, our male staff are not allowed to contact campers on social media sites. We recommend that you as the parent supervise your child's online activities just as you do other aspects of their life at home.

### **VISITATION**

We are deeply invested in the health and happiness of our campers and the camp community built each and every summer. Due to the short length of the sessions, we do not allow visitation during the June and August sessions. We also ask that all Main session parents, like parents of our other sessions, wait until Closing Day to see their campers.

Obviously some of our Main session campers are involved in particular camp programs each summer, and we do recognize the importance of allowing families to celebrate their daughters' multi-summer accomplishments. Accordingly, families of Would-Be Captains, cast and crew members of the musical, and drill team riders will be permitted to enjoy their daughter's participation in the crew race, the play, and the drill team presentation.

In revising our visitation policy, we want you to be aware of the 2023 Main session dates when visitors will be welcome at camp:

Families of Would-Be Captains should plan to arrive at the beginning of Rest Hour (2:00PM) on Saturday, July 22nd to watch the annual Crew Race (3:15PM).

Families of the musical production's cast and crew may arrive at 7:00PM on Tuesday, July 25th to watch the play (7:30PM).

Families of the Drill Team riders may arrive at the beginning of Rest Hour (2:00PM) on Thursday, July 27th to watch the Drill Team performance (3:15PM).

\*Please note that all visitors should make their way out of camp as soon as the respective presentation is complete. Thank you for your support in this important matter.



An important aspect of Merrie-Woode's legacy is welcoming alumnae back to camp, and that will continue to be the case. Alumnae are invited to Chapel on Sundays and should notify the office before their arrival. However, if you are both a Merrie-Woode alumna and a current camper parent, we do ask that you wait to see your daughter until Closing Day.

### **FIREARMS, VEHICLES, ANIMALS**

In keeping with the American Camp Association standards (and common sense) campers are not allowed to bring firearms, vehicles, or animals to Camp Merrie-Woode.

### **ANTI-BULLYING**

At Camp Merrie-Woode, bullying is inexcusable, and we have a firm policy against all types of bullying. Our Camp philosophy is based on our mission statement which ensures that the physical, intellectual, and spiritual growth of girls and young women through traditional camp activities and outdoor adventures will be nurtured. In this friendly, non-competitive community of simplified living, each individual is valued for who she is and who she will become.

The Leadership Team addresses all incidents of bullying seriously and trains staff to promote communication with their peers and their campers so both staff and campers will be comfortable alerting the Leadership Team to any problems during their camp experience. Every person should expect to have the best possible experience at camp, and by working together as a team, we can help ensure that all campers and staff have a great summer.

Bullying is when one or more people exclude, tease, taunt, gossip, hit, kick, or put down another person with the intent to hurt another. Bullying happens when a person or group of people want to have power over another and use their power to get their way, at the expense of someone else. Bullying can also happen through cyberspace: through e-mails, text messaging, instant messaging, and other less direct methods. This type of bullying can also lead to persons being hurt between the camp seasons and be especially hurtful when persons are targeted with meanness and exclusion.

### **CAMPER HEALTH AND WELLNESS**

#### **Pre-Camp Preparation**

Campers will be required to answer health screening questions on Opening Day. Camper who have had a fever, sore throat, or cough within 5 days of Opening Day may be required to present a negative Covid test prior to entering Camp. Please limit your exposure to others and avoid large gatherings before arriving at Camp.

We know that you want the best for your child, and we want them to have the best experience possible. Any parent whose child has had a fever or illness within 72 hours of arrival is asked to delay arrival and contact Annette (annette@merriewood.com) in the Main Office to evaluate the best options for everyone's health and safety.

#### **In Camp Preparation**

Merrie-Woode's infirmary, Cloud Nine, is staffed by our licensed registered nurse(s). They screen minor complaints, provide first aid, administer medications, and monitor the well-being of the campers and safety of the camp's facilities. Advanced medical care is available at the nearby Cashiers Medical Center and Highlands-Cashiers Hospital. **A camp nurse or director will notify you by telephone if your daughter spends the night in the infirmary, needs prescription medication, or in case of injury which requires significant medical attention.**

Merrie-Woode's infirmary makes every effort to accommodate the special medical needs of the campers enrolled. The directors and parents will work together to evaluate the camp's ability to meet needs prior to the camper arriving for her session. If necessary, the directors and/or the nurses will contact the parents for further clarification during the session.

Please complete the online Health History forms for your camper via Camp InTouch. This will assist us with your daughter's health needs and prescription(s).

For the health and safety of everyone in camp, both prescription and over-the-counter medications are stored in the infirmary. CBD oil and other products containing CBD oil are not allowed in camp. Only medications prescribed by a physician will be administered at camp. A medication chart will be kept for each camper taking medication. **Please do not send over-the-counter medications or vitamins with your daughter unless accompanied by your physician's written instructions.**

As always, we remain committed to maintaining a clean, healthy, and safe environment for our campers and staff. We are reviewing best practices to ensure that everyone is kept healthy and safe while enjoying their summer camp sessions. These practices include, but are not limited to, being outside as much as possible and healthy hygiene practices with frequent hand washing and access to hand sanitizer. Campers and staff will be monitored throughout the session with regular temperature checks and health screenings. In the event that a camper contracts COVID-19, each situation will be evaluated based on symptoms, test results, and length of session. We will work with parents and our health advisors to determine the best plan of action for all involved.

Our Infirmary will have an adjunct isolation facility for use in the unfortunate event that one or more campers contract COVID-19. Our Infirmary professionals will employ specific quarantine protocols to ensure that illnesses are detected and contained quickly. In the event that an illness presents at Merrie-Woode, our protocol is structured to isolate, confirm, and respond. We will communicate with the camper's family and the camp community as needed. We will handle every situation with compassion, love, and care.

#### **MEDICATION ADMINISTRATION**

Camp Merrie-Woode has specific guidelines for how medications are handled. To improve the efficiency and accuracy of administering medication, we require all of your child's prescription(s) and over-the-counter medications, to be dispensed according to our guidelines.

**The nurses regularly dispense medications four times a day: breakfast, lunch, dinner, and prior to bedtime.** When your camper is on a camp trip, her medication will be dispensed by the trip leader. Unit-dose packaging helps the staff with efficient and accurate dispensing of medications.

All tablet and capsule medications are to be filled by CMW's local pharmacist or the camper's local pharmacist in **unit-dose (blister pack) containers** according to the time medication is taken. The prescription label must be included on the package. This includes prescription and over-the-counter medications taken on a daily basis.

Inhalers, monthly hormonal therapy, creams, ointments, epi-pens, and liquids should be in their original **pharmacy packaging. Be sure that all medications are clearly labeled with the correct name, date, instructions, prescribing physician's name and phone number on the package.**

Medications taken on an "as-needed" basis do not require special packaging but must be in the original packaging with a label. Common medications such as pain relievers, antihistamines, wound ointments/creams, and antacids are stocked in our CMW infirmary. You do not need to bring such medications to camp. Please contact a director should you have any questions or concerns.

**To meet camp's medication administration guidelines, you have two options:**

#### **Option 1 (PREFERRED): Use Camp's Pharmacy**

You may have your physician fax or e-scribe your daughter's prescription(s) for medications and over-the-counter medications taken on a daily basis, to our local pharmacy:

**Cashiers Valley Pharmacy, Cashiers, NC 28717 (Ingles Plaza)**  
**Mailing Address: Post Office Box 246, Cashiers, NC 28717**

**Fax: 828.743.9214 or E-scribe: 828.743.9995 (Member of: Good Neighbor Pharmacy Network)**  
**Phone: 828.743.3114 / letsonrx@outlook.com**

Cashiers Valley Pharmacy personnel will fill the prescription(s) in unit-dose (blister pack) packaging and have it delivered to camp prior to opening day. Please be sure to complete the prescription ordering process by May 1<sup>st</sup>. You may use your insurance card and credit card with the pharmacy or the pharmacy will send an invoice to camp and the cost will be added to her stock shop account. In addition, Camp Merrie-Woode will charge your daughter's stock shop account \$10/medication for each prescription administered to your camper. The pharmacist will contact each parent to confirm medications prior to the start of the camp session. Remember to tell your physician that the quantity needed is as follows: June session – 21 day supply; Main Session – 35 day supply (Note: 2 Rx 30 day and 5 day – depending on the state); August Session – 11 day supply.

#### **Option 2: Use your local pharmacy:**

Ask your local pharmacist to package a supply of any prescription and over-the-counter tablet and capsule medications taken on a daily basis, in unit-dose (blister pack) containers. If your pharmacist does not have unit-dose packaging available please refer to Option 1. Please research Option 2 early, in case your local pharmacy doesn't offer single dose blister packaging. Remember to tell your physician that the quantity needed is as follows: June session – 21 day supply; Main Session – 35 day supply (Note: 2 Rx 30 day and 5 day – depending on the state); August Session – 11 day supply.

#### **ADJUSTING TO CAMP AND MISSING HOME**

While camp offers a whole new world of wonderful opportunities for fun, new friends, growth in self-confidence, and greater self-esteem, leaving home can fill some campers and parents with anxiety. This experience of miss home does not have to be a negative one. Often, missing home is an opportunity for great growth in independence, and parents can help to prepare the way for this to be a positive experience for both themselves and their daughters. This a common feeling for campers adjusting to being away at camp. For some children, it is a mild feeling that goes away in an afternoon. For others, it may linger during the first few days of camp and can result in stomachaches and headaches, often occurring at night, before bedtime, or at rest hour and other quiet times.

We schedule the first few days of camp to keep the girls especially active. Campers are involved in choosing classes with the help of their counselor right away, and the counselors are especially prepared for this adjustment time. While many new and returning campers miss home or have some anxiety as they adjust to a new setting and being away from home, only a few campers experience an on-going difficulty with this feeling.

As parents, there are some ways that you can assist with this adjustment before camp starts. Help your daughter to focus on the activities and new friends that she will meet. Introduce her to other Merrie-Woode campers from your area. Reassure her that you are excited about the opportunities for fun that she will have at camp. Let her know that she may miss home but that you are confident that she can adjust and that her counselor and the camp director will be there to take care of her.

**Please do not tell a child that she can come home if she doesn't like camp. That will only impede her adjustment to camp making her focus on home rather than on remaining at camp.** If you feel anxious about camp, please try not to share that with your daughter. We are happy for you to call us, a camp parent, or the representative in your area. If your child knows that you feel anxious about her leaving, she may feel guilty.

During the first few days of camp, some campers may write some dramatic letters home. We even have a collection of letters that longtime campers wrote to their parents during their first week at camp. Don't be shocked if you get a letter like this:

*Dear Mom and Dad,*

I hate it here! My counselor doesn't like me, and the rest of the girls in my cabin won't talk to me. The food stinks and last night I threw up and went to the infirmary. Please come get me! There's nothing to do here. I hate all the activities. All I do is sit on my bed and cry. If you love me, you'll come and get me soon! With Tears, *Claudia*

How do you respond to a letter like that? Hopefully, like Claudia's parents responded, by giving their daughter confidence in her own ability to deal with the situation. An email or letter like this can be a real encouragement to a struggling camper:

*Dear Claudia,*

We got your letter yesterday and were impressed with your ability to say how you were feeling so clearly. We know that it is not easy for you. You miss us a lot and wish you were home. We love you too, and have confidence in your ability to make this a good summer for yourself. Love, *Mom and Dad*

Children need parents to show they understand their feelings and predicament, and who can help them feel like they can do something about their own situation. It is not helpful to argue or make promises. It does not make a child feel better to be told: "We miss you too. The house sure is empty without you. If you stay one more week, we'll come get you before the session ends." Although sincere, these words reinforce a child's attempt to manipulate her parents. Likewise, it only makes a child feel unsettled to read that a parent is lonely too. She needs a show of parental strength.

We can also help you by talking with you over the phone. If you receive a discouraging letter, call the camp office, and we can let you know more about how your daughter is doing. Many times the situation has turned around by the time the letter has actually reached home. We have found that phone calls are not helpful to a child who misses home. **Phone calls to campers are allowed only in the event of an emergency.**

### **FORMS AND DETAILS**

You can help us to prepare for your daughter's arrival and camp experience by looking over all of the information provided and by completing the online camp forms on your parent portal on Camp InTouch. The online forms contain the following Sections listed below. **These should be completed by May 1<sup>st</sup>.** Additional camp information may be found on our camp website ([www.merriewood.com](http://www.merriewood.com)) – Navigate to the **Parent** Tab.

**Please complete all of your camper forms via Camp InTouch by May 1<sup>st</sup>.** Know that we treat all information with respect and confidentiality. Do not hesitate to call Robin at the camp office if you have any questions or concerns that you would feel more comfortable discussing over the phone.

### **MEDICAL FORM/HEALTH HISTORY SECTION**

So that we can take care of your daughter, **we require a current Medical Form for each camper that can be accessed by logging into your Camp InTouch account.** We cannot use the health form from the previous summer. It is a good idea to make your appointment with your doctor in the early spring and to check immunization records. If your daughter's exam is scheduled after May 1st, please make sure we receive her Medical form before she begins her session. Please notify camp with any health changes or medication instructions if there are changes to the health information prior to your daughter's arrival to camp. You are also required to sign the HIPPA statement on the online form. This statement is to ensure confidentiality. ***Campers may not begin their camp session until we have signed consent form in our office.***

## **CAMPER INFORMATION & CABIN REQUEST FORMS**

Please fill out the camper information section of the online form. This information is a valuable source of information and helps your daughter have the best camp experience possible. Your daughter's counselor will review this information before your daughter arrives, so it's important to be as thorough as possible.

## **PERMISSION SECTION**

Complete your daughter's online permission form via your parent portal on Camp InTouch. This provides permission for her to participate in camp activities, with special permission for riding, boating, and climbing activities. Your daughter will not be able to participate in these activities without permission.

## **TRAVEL SECTION**

**Please complete the travel section, even if your daughter will be driven to camp.** We account for each camper's travel plans. Include any special instructions regarding how your daughter's trunk and duffel will leave camp, especially if you are sending it through [www.shipcamps.com](http://www.shipcamps.com) (see below). If your shipping plans change, you must call the main office. Your child will only be released to the person on the form. If your plans change you must contact the main office.

## **TRAVEL BY PLANE**

All airline reservations should be made to and from the **Asheville, North Carolina** airport, as our camp staff will assist campers and provide transportation to and from the Asheville airport on opening and closing days at no extra charge. Flights into Asheville, NC are limited; therefore, make airline reservations early. So we can get campers to camp in time for opening activities, we request that you reserve flights that arrive at the airport before 12:00pm. Please mail or bring all return tickets/itinerary to the main office; we hold all tickets/itineraries/passports in the office until the departure date.

Be sure to check with the airlines about "Unaccompanied Minor" forms and pay all associated fees when you book your tickets, for both arrivals and departures. Attach these forms to the return portion of the tickets as the airlines do not accept minors without them. **Do not assume that the airline does not require a fee because the booking agent does not mention it.** Campers have missed flights in the past because parents have tried to avoid unaccompanied minor charges. **Use Robin Walker as the name of the person meeting your minor camper on the unaccompanied minor form.**

On Opening Day, camp will assume responsibility for your daughter when a CMW staff member meets her at the Asheville airport. Before getting in the van, your daughter will be advised of the camp transportation policies. This includes, but is not limited to, vehicle safety procedures, seatbelt usage, and unruly behavior repercussions. Campers usually get to camp 2-3 hours after arrival and the office will call to confirm. On Closing Day, CMW staff will supervise transportation to the airport and escort campers onto their flights. They will be on hand at the airport all day in case of delays.

## **TRUNKS AND DUFFELS – [www.shipcamps.com](http://www.shipcamps.com)**

You may ship your daughter's trunk and duffel to camp up to two weeks in advance of her session by using [www.shipcamps.com](http://www.shipcamps.com). If you plan to ship the trunk and duffel home from Camp, again use [www.shipcamps.com](http://www.shipcamps.com). Mark all trunks and duffels clearly with your **daughter's name, Camp Merrie-Woode and session.**

**If your daughter is traveling by plane,** she should have a small carry-on bag with a camp uniform, bathing suit, towel, and toiletries in case her bags arrive after she does.

## **PLEDGE (CAMPER & PARENT)**

Complete your daughter's pledge form through Camp InTouch. In an effort to maintain our camp philosophy and continue to foster this close camp community, we ask that all campers adhere to the policies contained in our Camp Merrie-Woode Camper Pledge.

## **OPENING DAY AND CLOSING DAYS**

Arrival times for Opening Days will be assigned and staggered, and parents may need to remain in or near their cars when dropping off. The Inn Site is the staging area for Opening and Closing Days, and parents will be able to come into Camp to meet their camper's counselor(s). Closing Days will be similar, but parents will be able to sign up for their pick-up times. Detailed information can be found in the PDF links on our website.

Our traditional "Meet & Greet" event in Cashiers, NC on the evenings before Opening Day will be held this year. Watch for more details regarding location and time.

## **STOCK SHOP**

The Merrie-Woode Stock Shop sells articles to campers, including toiletries, stationery, stamps, flashlights, batteries, and Merrie-Woode clothing (i.e. sweatshirts, t-shirts, and hats). It is open on Opening Day and most days after lunch. The Incidental/Rental section of the online form offers further explanation about the camp store and any incidental expenses. Our Stock Shop is now online too, should you want to purchase items before your daughter's session. **Please talk to your daughter about being fiscally responsible when shopping at the Stock Shop. It is difficult for our counselors to monitor your daughter's spending habits.**

## **FEES**

The only expenses not included in the camp tuition are uniform rental or purchase and Stock Shop account funds. Any bills for medical care due to illness or accident will be forwarded to you for submission to your insurance company.

## **UNIFORMS**

All Merrie-Woode girls wear the camp uniform. The June and Main session uniform is the grey middie blouse, green tie, and dark green shorts. These can be purchased from *Everything Summer Camp, Inc.* or rented from Camp Merrie-Woode. The August session uniform is the grey Camp Merrie-Woode t-shirt (which must be purchased through *Everything Summer Camp, Inc.*) and dark green shorts. All sessions wear Sunday white shirts, green ties, and white shorts. Because camp uniforms are made to order, **we emphasize the need to place your uniform order with *Everything Summer Camp, Inc.* (800-535-2057 or [www.EverythingSummerCamp.com](http://www.EverythingSummerCamp.com)) promptly** if you plan to purchase uniforms. You may order by phone or online by going to [www.merriewoode.com](http://www.merriewoode.com) and clicking on the Parent Tab and then clicking on the Uniform Orders button. **Campers often wear a t-shirt under their uniform; these are limited to Merrie-Woode t-shirts or white t-shirts.**

## **WHAT TO BRING**

As you pack your daughter's trunk, please remember to mark **everything** with her name and list all personal items on a piece of paper attached to the inside of her trunk. Campers wear their uniforms almost all of the time; therefore, we discourage parents from sending their daughters to camp with nice new clothes. They will return "dingy" after many days of hard playing! **Leave valuables at home and only send durable items.** As in the past, we welcome items for the costume room or the library, so bring along any costumes you've outgrown or books you've finished. There is the tendency to want to pack additional items; however, we ask that you bring only what is listed below, as space is limited in the cabin. Also remember, children who are less than age 8 and less than 80 pounds must bring a weight appropriate child restraint or booster seat certified to meet federal motor vehicle safety standards.

## **JUNE AND MAIN**

- 4-5 Grey Merrie-Woode Middies
- 2 Merrie-Woode Ties
- 4-5 Green Shorts (Soffe)
- 1- 2 white Sunday shirts (Sunday white shirts should have a collar, no tank tops or sleeveless shirts.)
- 1-2 white Sunday shorts

2 sweatshirts, wool sweaters, or fleece jackets/pullovers  
 2-3 pairs of jeans  
 2 pairs of sturdy shorts  
 1-2 pairs leggings  
 7 short sleeve shirts (white or light colored)  
 2 long sleeve shirts (white or light colored)  
 1 Dri-Fit t-shirt  
 10 pairs of underwear  
 10 pairs of socks (knee-high for riding and mountaineering)  
 2 pairs of wool socks  
 3 pajamas  
 1 bathrobe  
 2 swimsuits (conservative bathing suits, **no string bikinis**)  
 Raincoat or rain poncho  
 2 pairs of sturdy tennis shoes  
 1 pair of water sandals (or old pair of tennis shoes for wading)  
 1 pair of shower shoes  
 Footlocker or large duffle  
 1 pillow  
 2 pillowcases  
 4 towels and washcloths  
 2 sets of twin sheets, 1 mattress pad  
 2 blankets (one can be a comforter- no shocking motif, please)  
 1 laundry bag  
 1 20<sup>0</sup> synthetic sleeping bag (not cotton-filled)  
 1 backpack (daypack for hiking/campouts)  
 Flashlight  
 Sunscreen (non-aerosol)  
 Toiletries  
 Shower caddy  
 2 Water bottles

Crazy Creek Chair (optional but popular with campers and may be purchased at our camp stock shop)  
 Booster Seat (children less than 8 years old and less than 80 pounds)  
 Pull-ups (if your daughter uses at home please send some to camp)  
 Fan (optional, but must be small, clip-on type)  
 Closing night Banquet attire (optional-casual dress: sundress, capris and blouse, sandals) Remember:  
 We celebrate the 4<sup>th</sup> of July and Christmas in July, feel free to pack patriotic clothing and a Christmas  
 sweater (optional)

## AUGUST

4 Grey Merrie-Woode T-shirts (must be purchased from Everything Summer Camp)  
 1 Merrie-Woode Tie  
 4 Green Shorts (Soffe)  
 1 white Sunday shirt (Sunday white shirts should have a collar, no tank tops or sleeveless shirts.)  
 1 pair white Sunday shorts  
 2 sweatshirts, wool sweaters, or fleece jackets/pullovers  
 2 pairs of jeans  
 2 pairs of sturdy shorts  
 1-2 pairs leggings

- 3 short sleeved shirts (white or light colored)
- 2 long sleeved shirts (white or light colored)
- 1 Dri-Fit t-shirt
- 10 pairs of underwear
- 8 pairs of socks (knee-high for riding and mountaineering)
- 2 pairs of wool socks
- 2 pajamas
- 1 bathrobe
- 2 swimsuits (conservative bathing suits, **no string bikinis**)
- Raincoat or rain poncho
- 2 pairs of sturdy tennis shoes
- 1 pair of water sandals (or old pair of tennis shoes for wading)
- 1 pair of shower shoes
- Sunscreen (non-aerosol)
- Footlocker or large duffle
- 1 pillow
- 2 pillowcases
- 4 towels and washcloths
- 2 sets of twin sheets, 1 mattress pad
- 2 blankets (one can be a comforter - no shocking motif, please)
- 1 laundry bag
- 1 20<sup>0</sup> synthetic sleeping bag (not cotton-filled)
- 1 backpack (daypack for hiking/campouts)
- Flashlight
- Toiletries
- Shower Caddy
- 2 Water bottles

- Crazy Creek Chair (optional but popular with the campers and may be purchased at the camp stock shop)
- Booster Seat (children less than 8 years old and less than 80 pounds)
- Pull-ups (if your daughter uses them at home please send with her to camp)
- Fan (optional-but must be small clip-on type)
- Closing night Banquet attire (optional-casual dress: sundress, capris and blouse, sandals)

**Also useful during all sessions are the following:**

Writing materials, camera/film, tennis racket, musical instrument, sketching materials, summer reading, sunglasses, hiking boots, riding helmet and boots (also provided by camp).

**Please do not bring the following:**

Food, candy, gum, valuables such as jewelry, money, and other expensive equipment. Please do not bring electronic items to camp. This includes, but is not limited to the following: cell phones/smart phones, smart watches, iPods/MP3 players, laptops, electronic games, DVD players, electronic readers, cameras with internet-uploading capability. Merrie-Woode cannot replace items such as these that may be misplaced. We ask that campers not bring aerosol sprays.

Merrie-Woode supplies almost all of the necessary equipment for our activities. Some programs require more specialized personal gear such as the activities offered by our mountaineering program. This program is described in the Activities section of the handbook and a list of those items that campers may want to bring is included. Merrie-Woode cannot replace personal property that may be lost or damaged.



## **SCHEDULE AND ACTIVITIES**

### **ACTIVITY SIGN-UPS AND OPENING DAY**

The first day of each session is spent helping campers settle into their cabins to begin adjusting to the camp life-style. Classifications are held prior to lunch for swimming. Every camper must check in at the swim dock for the swimming classifications. During the afternoon, the campers sign up for their activities, pick up rental uniforms (if applicable), and go through a health screening at the Infirmary. The campers' daily activities begin the second day of camp.

### **DAILY SCHEDULE**

#### **June/Main Session**

8:00 Wake-Up  
8:30 Breakfast  
9:00 Cabin Cleanup  
9:45 Castle (Morning meeting)  
10:15 – 12:30 Activities (1 & 2)  
1:00 Lunch  
2:00 Rest Hour  
3:15 – 5:30 Activities (3 & 4)  
5:30 Free Time & Free Swim  
6:30 Dinner  
7:00 Free Time & Free Boats  
8:15 Evening Program  
9:30 Taps

#### **August Session**

7:45 Wake-Up  
8:15 Breakfast  
8:45 Cabin Cleanup  
9:15 Castle (Morning meeting)  
9:45 – 12:30 Activities (1, 2, & 3)  
1:00 Lunch  
2:00 Rest Hour  
3:15 – 5:00 Activities (4 & 5)  
5:00 Free Time & Free Swim  
6:00 Dinner  
6:30 Free Time & Free Boats  
8:00 Evening Program  
9:00 Taps

### **SUNDAYS**

Sundays are structured differently from the normal camp day. The worship service is held at 11:00 am in the Chapel area. After the Chapel service, campers will sign-up for special afternoon activities, led by staff members. These activities start after rest hour. This afternoon schedule provides campers the opportunity to pursue a special interest or to try something new. Campfires, generally held Sunday evenings, are a special reflective time for the entire camp community.

### **ACTIVITIES**

Camp Merrie-Woode offers a variety of activities to all campers. June and Main session campers choose eight activities which meet every other day (four on Monday, Wednesday, and Friday and four on Tuesday, Thursday, and Saturday) and the August session campers take a total of five activities that meet every day from Monday –

Saturday. Activity classes are led and taught by qualified instructors and counselors. CMW campers take a balanced schedule of both traditional and adventure based activities. With so many activities to choose from, there are always exciting things going on at Merrie-Woode!

Some programs offer out of camp trips in addition to the normal meeting times. Trip eligibility requirements differ from activity to activity and are specifically outlined under each activity. All counselors leading camp trips are qualified in the areas they teach. Camp vehicles transport campers to and from locations. Counselors are equipped with satellite or mobile phones for emergency assistance. Each trip that leaves camp follows a trip requirement protocol that states: trip itinerary, designated camp vehicle number, list of campers participating, health form copies (applicable for trips that meet/exceed 3 days), the nature of specific activities to be engaged in, the degree of difficulty or physical challenge of these activities on trip, risks known to be associated with these activities, emergency procedures and contacts, and the availability and accessibility of emergency assistance closest to the trip destination. All passengers are advised of the transportation policies of the camp. This includes, but is not limited to, vehicle safety procedures, seatbelt usage, and unruly behavior repercussions.

Campers sign up for their activities on Opening Day. If there are any activities you feel strongly about your daughter taking, we ask that you submit that request in writing so that we will have it in your daughter's file.

### **CMW TRADITIONAL PROGRAMMING: SPORTS, NATURE, ARTS, & PERFORMING ARTS**

Whether you are interested in athletics or artistic pursuits, you are sure to find a niche at Camp Merrie-Woode! Merrie-Woode has a long standing tradition of instilling within our campers an appreciation of the beauty of our natural setting, the importance of a healthy and active lifestyle, and the significance of the arts. Instruction in these activities focuses on personal growth and technical skill building.

#### **SPORTS**

##### **Archery**

Archery has been a popular activity at Merrie-Woode since the 1920s. Instructors use target-sport games to develop campers' shooting skills with compound bows. Scored shooting is based on National Archery Association levels. All bows are retrofitted with additional arrow guides and campers are required to wear safety glasses.

##### **Landsports**

Merrie-Woode's Landsports program incorporates a variety of sports and games, in which teamwork, sportsmanship, and fitness are promoted through play. Sports include kickball, lacrosse, soccer, softball, volleyball, and basketball, among others.

##### **Tennis/Pickleball**

Tennis classes are divided by skill level and experience allowing campers to develop their techniques. Whether you have never picked up a racket before or have played most of your life, you can have an awesome time on the Merrie-Woode tennis courts! Experienced instructors lead a variety of games and drills designed for overall play. Camp does supply rackets for campers to use, but campers may want to bring their own rackets and appropriate footwear. (Merrie-Woode cannot replace items such as these that may be misplaced or damaged.) Many campers choose to progress through Merrie-Woode's Tennis Program levels, working to achieve the levels of Jack, Queen, King, and Ace! Ace level classes receive instruction from a local tennis pro. The much anticipated Camper-Counselor Tennis Tournament is held at the end of the June and Main sessions. We also now offer Pickleball, where campers can learn how to play the game, improve their skills, and play in fun class tournaments!

##### **Tumbling**

Merrie-Woode's Tumbling Program offers campers a general tumbling experience in floor routines. Instructors teach basic skills and techniques to create a routine for performance at the tumbling show at the end of each session. Classes are divided by skill level. From beginner to advanced levels, correct form is taught and emphasized which gives campers a sense of accomplishment.

## **NATURE**

Merrie-Woode's Nature program seeks to provide campers with the opportunity to develop a general appreciation and connection with nature, while learning about ecosystems found in Western North Carolina. Campers are encouraged to use their new skills and knowledge to affect change in both the CMW community as well as the communities in which they live. On various hikes around camp, campers learn how to identify various plants, trees, and critters native to our Merrie-Woode landscape. Visiting instructors also come to Nature activities to teach about various animals including birds of prey and reptiles.

## **ARTS**

### **Arts & Crafts**

Cutting, pasting, painting, gluing, glittering...the instructors in our Arts & Crafts Hut will help you make all kinds of projects to take home! Campers are encouraged to explore their artistic skills through drawing, painting, and other creative crafts. Imaginative pieces made by campers are showcased in the camp Arts Show at the end of each session.

### **Ceramics**

Get ready to mold clay, throw pots, and get your hands messy in Ceramics! In the ceramics studio, campers learn skills in both hand-building and wheel-thrown projects. Pieces are designed, built, glazed, and fired in time to take home at the end of the session.

### **Jewelry**

The jewelry program teaches campers basic skills in both silversmithing and bead-working. Projects range from earrings to necklaces to rings. You wouldn't believe some of the beautiful pieces of jewelry coming out of the Merrie-Woode Bang Shop! Because of the use of tools, this activity is limited to campers age 12 and over.

### **Knitting**

Campers learn to knit, purl, caste on and caste off, using both straight and circular needles. Girls design their own projects as well as using prepared patterns. Past campers have made all sorts of projects, including hats, scarves, headbands, socks, teddy bears, and other fun animals.

### **Photography**

The Photography Program introduces campers to basic photography skills and techniques through shooting pictures with DSLR cameras, the art of photo composition, and the digital development process of editing photos in Adobe Lightroom. This activity is limited to campers age 11 and over.

### **Stained Glass**

Girls learn to design their own stained glass projects by using a prepared pattern or by creating their own pattern. Campers develop skills to cut, break, sand, polish, and solder glass. Some truly beautiful pieces have come out of the Glass Shop in recent summers! This activity is limited to campers age 12 and over.

### **Sewing**

Learning both hand stitching and machine sewing, campers work to complete projects such as sock monkeys, fun pajama pants, colorful aprons, and crazy bags!

### **Weaving**

The Weaving Program provides campers, age 11 and over, the opportunity to experience a variety of techniques through the completion of projects. Progression includes moving from a lap loom to making stools and chairs.

### **Woodworking**

Build something! Under the direct supervision of the woodworking staff, campers work in our Wood Shop. Campers enjoy building creations like jewelry boxes, name tags, birdhouses, picture frames, and mirrors. Learn to wood burn your own designs into your project to add a personal touch!

## **PERFORMING ARTS**

### **Dance**

In our dance studio, you can find jazz, tap, hip hop, contemporary, ballet, Broadway styles, and Zumba. Instructors teach campers basic techniques and choreograph dances, which are performed at Final Shows at the end of each camp session. The dance course offerings vary each year depending on scheduling and instructors.

### **Drama**

Get on stage and let your inner star shine! Merrie-Woode's Drama Program familiarizes campers both with the performance and technical aspects of theatre. Performances include one-act productions during the June and August sessions and a full-length musical production during the Main session, all complete with sets, costumes, lights, and sound. Other classes offered include Drama Games, Improvisation, Scene Study, and Directing. Technical Theatre classes focus on stagecraft, costume design, stage lighting, and running the production backstage. The Theatre Program encourages campers to work together as a team and become creative thinkers.

Like many of our programs at Merrie-Woode, Drama is a program that offers progressive levels. Many campers in the Drama Program, particularly during the Main Session, are working to become King's Players, the highest achievement in the program. Campers work to earn a set number of points within four categories: Performance, Technical Theatre, Directing, and a Camp Service Project. A camper's final project before becoming a King's Player is her Directing Project where she will work to study a script, hold auditions, cast and rehearse a scene, and then present her scene to the camp near the end of the session.

### **Music**

Music has always been an important and valued part of the camp community. The Music Program offers campers classes in vocal and instrumental instruction. The camp glee club, The Next Caliber, performs on Sundays at our Chapel services and works all session to prepare an amazing collection of songs for Final Shows. They are often accompanied by campers in our ukulele and guitar classes, who also work to perform their own pieces at Final Shows and throughout the camp session.

## **CMW ADVENTURE PROGRAMMING: RIDING, MOUNTAINEERING, BOATING, & SWIMMING**

At Camp Merrie-Woode, we feel that adventure programming provides some of the most influential and meaningful experiences that young people can have. The history of adventure programming at Merrie-Woode goes back decades. For years, Merrie-Woode girls have been exploring the rivers and trails of the western North Carolina mountains on foot, horseback, and by boat. Shining Rock Wilderness Area, Pisgah National Forest, Linville Gorge, and numerous area rivers are among the places visited by Camp Merrie-Woode throughout the summer. Instruction in these activities focuses on personal growth, instilling a lasting appreciation for the environment, and technical skill building.

### **Horseback Riding**

Merrie-Woode's hunt-seat riding program offers campers the opportunity to not only hone their skills in the ring, but also learn to jump and trail ride as their skills permit. Classes are divided by skill level. The riding level requirements provide a structured outline that enable campers to continue building their skills from one year to the next. Camp Merrie-Woode has both an open and covered riding ring, as well as miles of trail leading to an on-campus shelter for overnight trail rides. Riding instruction is technically grounded in the English riding style. In the June and Main Sessions our advanced riders work to complete a Drill Team performance that is presented at the end of the session.

Campers can progress over the years through four different riding skill levels: Page, Yeoman, Squire, and Knight. These levels culminate with the prestigious title of Horsemaster. Becoming a CMW Horsemaster traditionally takes multiple summers to complete and is an achievement to be proud of!

All campers are required to wear jeans or breeches, knee-high socks, riding boots, and ASTM approved helmets. We do have a number of ASTM helmets and riding boots available.. If your daughter has her own helmet, riding boots, or breeches, she should bring them to camp. Merrie-Woode cannot replace items such as these that may be misplaced. The activity of horseback riding has certain inherent risks, including the possibility of the horse behaving in ways that may result in injury to persons on or around it and the unpredictability of a horse's reaction to such things as sounds, sudden movement, unfamiliar objects, persons or other animals. If you do not want your child participating in any horseback riding, please let us know. Specific parental permission is required for any jumping while horseback riding.

### **Mountaineering**

Camp Merrie-Woode has a long-standing tradition of adventure activities as part of the Mountaineering Program. Mountaineering activities include rock climbing, high and low ropes challenge courses, caving, hiking, multi-day backpacking, and orienteering. Instruction in these areas focuses on skill building and proficiency, instilling a respect for the natural environment, and having fun! The pre-requisites for participation in the Mountaineering Program vary with the activity. Merrie-Woode's mountaineering program is available to campers of all ages. The high ropes course is limited to campers 13 and over, subject to specific parental permission. Rock-climbing also requires specific parental permission. Although appropriate safety gear and qualified staff supervision is provided for all Mountaineering activities, there are certain inherent risks associated with these activities.

### **Climbing**

Access to amazing natural resources is something that truly sets Camp Merrie-Woode apart. In camp sits a 700 foot-tall granite faced mountain, known as "Old Bald," where rock climbing opportunity abounds. There are over a dozen established single and multi-pitch routes available to campers at a wide range of skill level and ability. In addition to the natural rock features, CMW has an indoor climbing facility where much of the beginner instruction and rainy day climbing activities take place. Campers of all ages can learn skills in climbing, rappelling, belaying, and other technical areas while also developing an appreciation for the outdoors and minimizing the impact on natural resources.

### **High and Low Ropes Courses**

Camp Merrie-Woode has both a high and low ropes challenge course to offer its campers. The Low Ropes Course is a very popular activity for all ages that helps build teamwork and communication skills. The High Ropes Course has a minimum age of 13 years old. Campers can test themselves against challenge events such as the Burma Bridge, the Postman's Walk, and the ever-popular Zip-line!

### **Caving**

Caving is the perfect excuse to go play in the mud and has been very popular since its addition to the Mountaineering program about 10 years ago. Very few activities have such a genuine feel of exploration as finding your way through a limestone cavern carved out by an underground river. Camp Merrie-Woode utilizes a cave near Elizabethton, Tennessee, known as Worley's Cave. Campers get to see firsthand the formation of underground stalagmites and stalactites, as well as other formations such as the Organ, the Ship's Prow, and the Railroad Passage.

### **Hiking and Backpacking**

There are few better places to go bounding down the trail than in the Blue Ridge Mountains of North Carolina. Camp Merrie-Woode campers have the opportunity to sign up for both day hikes and multi-day backpacking trips. Age requirements and pre-requisites for these activities vary with the length of the trip and difficulty of the terrain. Popular local hikes include Whiteside and Chimney Top Mountain, while longer trips are taken to sections of the Smoky Mountains, Appalachian Trail, Linville Gorge, and other parts of Pisgah National Forest. Campers can learn skills in backcountry cooking, navigation, and shelter building. Hiking and backpacking trips range from 1 to 5 days in length.

If your daughter plans to go on overnight hikes with the mountaineering staff, please bring the following items, (which are also useful in camp):

- Sturdy hiking boots or shoes
- Warm hiking socks (made of wool, Thorlo, or smart wool; NOT cotton)
- Sock liners
- Rain jacket (waterproof/breathable)
- Warm hat and wool sweater or fleece
- Non-cotton pants (i.e. nylon running pants)
- Mid-weight polypropylene/capilene long underwear (top and bottom)
- Lightweight capilene t-shirts
- \*Merrie-Woode cannot replace items such as these that may be misplaced or damaged.

### **Boating**

Like many of our camp programs, Boating is a program with progressive levels. The Program encompasses skills in flat water canoeing and kayaking, whitewater canoeing and kayaking, sailing, rowing, and swimming. Camp Merrie-Woode's boating staff is dedicated to your daughter's success on the waterfront. Each boating staff member works to help campers move through the requirements, build confidence and have fun. Many of our staff members hold outdoor certifications including Wilderness First Aid, American Canoe Association Instructor certifications and American Red Cross Lifeguarding certifications. While most of our boating staff are former campers who went through the Boating Program, we also have dedicated river staff who are outdoor professionals.

### **History of CMW's Captains Program**

A long-standing tradition with older campers during the Main Session is Merrie-Woode's Captains Program, which incorporates canoeing, kayaking, sailing, swimming, and first-aid skills. It allows interested campers to build their boating skills over several summers in order to reach the highest level of Captain.

Unique to Merrie-Woode, The Captains Program was created by Anne Otter Downs in 1938 as a flat water canoeing program with requirements that focused on safety, proficiency of strokes, and self-confidence. It was originally composed of 21 requirements and 8 insightful principles that guide the program's purpose by encouraging friendship, character and leadership. The program has evolved into 178 requirements divided into the program aims to capture Downs' original goals as well as keeping up with safety requirements mandated by the American Canoe Association and new developments in the sport. Our program emphasizes proficiency of strokes, not perfection. Our staff teaches campers to execute strokes and skills effectively while emphasizing proper form and safety. Early lake skills feed into more advanced river skills. The 8 insightful principles remain the centerpiece to the program's purpose where leadership is by example.

### **Canoeing and Kayaking**

Canoeing and Kayaking are favorite activities for many campers. This program offers challenges and adventures for all levels of boaters. Classes are divided into skill levels, with an instructor working with a small group of campers to enable them to receive close attention and guidance from experienced paddlers. Campers' progress from learning the basics of forward paddling and turning to doing landings at the dock and navigating the slalom course at the head of the lake. Weather permitting, boating classes are conducted on the lake during every available class period at Camp. Campers can also paddle on Lake Fairfield without signing up for a boating class during a very popular time known as 'Free Boats' that is routinely held after dinner.

### **Whitewater Paddling**

Camp Merrie-Woode has been operating a whitewater boating program for over 50 years and the tradition is still going strong today. Paddling whitewater is a significant way in which Camp Merrie-Woode fulfills its mission of providing adventure education to its campers. The rivers of western North Carolina, in addition to offering stunning views and exciting rapids, are perfect for instruction at a wide variety of skill levels. The Nantahala, French Broad, Green, and the Chattooga Rivers are all frequented destinations by Merrie-Woode boaters. These

ivers have rapids ranging from Class I to Class III difficulty. Campers of all ages can go on river trips and can choose to participate based purely on interest in a specific trip, or more regularly as part of the boating levels program. Environmental education and fostering a love of the outdoors are also core values of the boating program. Whitewater paddling also requires specific parental permission. Although we require the use of approved personal flotation devices and provide qualified staff supervision for all boating activities, boating on a whitewater river carries certain inherent risks of injury.

### **Sailing**

Sunfish and Lasers are used in Merrie-Woode's Sailing Program. Campers begin with lessons involving safety protocols, nomenclature, and basic wind positions. Sailing takes place on Lake Fairfield with occasional trips to Lake Glenville. While on the water, much attention is paid to the practical application of sailing terms, knots, and principles.

### **Swimming**

Merrie-Woode's swimming program adheres to the standards of the American Red Cross program. Swimming is a fundamental skill that we want all of our campers to master during their time at camp. Swimming evaluations are held on Opening Day (in some cases the first day of classes) of each session for every camper to evaluate their comfort and ability in the water. Results of the swim evaluation inform our lifeguards and other waterfront staff of campers who may need additional supervision and support while swimming. Any camper who does not demonstrate proficiency during the evaluation will be required to take Swimming as one of their scheduled camp activities. Beyond our leveled swimming courses, other popular classes include Water Games and Synchronized Swimming. Most days, before dinner, a Free Swim time is offered for campers to enjoy swimming and playing in Lake Fairfield while the docks are attended by lifeguards and lookouts.

## **CAMP COUNSELORS**

### **JUNIOR COUNSELORS (JCs)**

The Junior Counselor (JC) Program is offered during our June and Main Sessions. JCs are rising seniors in high school and must be previous CMW campers. Limited JC spaces are available for each session and applicants need to apply as soon as the online registration opens – the day after the August Session closes.

The JCs learn leadership skills, assist in activity areas, and work with two "buddy cabins" each week. JCs live in a cabin together along with two JC leaders. JCs pay a reduced camp tuition and are subject to guidelines and policies set for campers. JCs wear blue shirts (provided by camp) and khaki shorts. JCs should arrive at camp the same date and time as other campers in their session.

### **COUNSELORS IN TRAINING (CITs)**

Rising high school seniors have an additional avenue to develop their Camp Counselor skills: by being a Counselor In Training (CIT)! If a rising high school senior is unable to apply to be a JC, is on the JC waitlist, or is excited to participate in this shorter commitment development opportunity, she can apply to be a CIT.

CIT Programming takes place only during August Session. CITs gain first-hand experiences living/working with campers in a cabin, alongside a counselor who serves as a mentor and role model. CITs also assist with teaching activities and have a leadership sessions each day. CITs must be previous CMW campers and fill out an online application. CITs arrive to Camp for an Orientation the day before August Session begins. CITs wear polo shirts (provided by camp) and khaki shorts. They are compensated a \$300 stipend (or approved volunteer hours) and are subject to guidelines and policies set for campers.

### **COUNSELOR ASSISTANTS (CAs)**

Merrie-Woode offers a small number of places in each session to Counselor Assistants (CAs). Former campers who have graduated from high school and have been leaders in camp are eligible to apply as CAs by filling out the staff application. CAs are paid a stipend and live in a cabin as a co-counselor with an experienced staff member. With parent permission, CAs may take non-chaperoned, scheduled days off. CAs follow policies and guidelines set for staff members.

## **COUNSELORS**

Merrie-Woode counselors must be 19 year of age or completed their first year of college. In certain cases, with proper training and experience, counselors may be 18 years old. Our counselors bring enthusiasm and activity experience to the camp community. Many staff members are former campers or friends of counselors and camp family members. We welcome from you any names of individuals whom you might recommend to us as counselor applicants.

## **DIRECTIONS/ACCOMMODATIONS**

### **From Knoxville, TN**

Take I-40 East toward Asheville. Take exit 27 to Hwy 74 west, follow 74 West to exit 85 to Sylva (following signs to Western Carolina University), at second stoplight turn left on to Hwy 107 South approximately 25 miles to Cashiers. At the stoplight in Cashiers, turn left onto US-64 East. Travel 3.0 miles.

### **From Asheville, NC**

Take Exit 40 (airport exit) off of I-26. Follow Highway 280 to Brevard, picking up US-64 West in Brevard. Stay on US-64 West through Brevard and continue for approximately 25 miles toward Sapphire. The camp road is on the right.

### **From Greenville/Spartanburg, SC**

Take I-85 South to I 385. Continue to Hwy. 183 Follow Hwy. 183 to Hwy. 178. Turn left on Hwy. 11. Continue on Hwy. 11 to Hwy. 130 (Whitewater Falls Road). Go 9.5 miles, take a left turn (Hwy. 413 or Wigington Road)-follow signs to Cashiers, and travel for 2 miles. Turn right onto Hwy. 107. Travel 9 miles to Cashiers and at the stoplight in Cashiers, turn right onto US-64 East. Travel 3.0 miles. The camp road is on the left.

### **From Charlotte, NC**

Take I-40 west to Asheville. Take I-26 south to Exit 40 (airport exit) off of I-26. Follow Highway 280 to Brevard, picking up US-64 West in Brevard. Stay on US-64 West through Brevard and continue for approximately 25 miles toward Sapphire. The camp road is on the right.

### **From Atlanta, GA**

Take I-85 to Exit 1 in SC. Turn left onto SC-11 and continue for 33 miles. Turn left on Highway 130. Go 9.5 miles, take a left turn (Hwy. 413 or Wigington Road)-follow signs to Cashiers, and travel for 2 miles. Turn right onto Hwy. 107. Travel 9 miles to Cashiers and at the stoplight in Cashiers, turn right onto US-64 East. Travel 3.0 miles. The camp road is on the left.

### **From Chattanooga, TN**

Take I 75 North; Exit US-64 Bypass toward Cleveland, TN. Follow US-64 Bypass to US-64 East (follow signs toward the Ocoee River). Stay on US-64 East through Murphy, Franklin, Highlands, and Cashiers. Once in Cashiers go straight through the traffic light for 3 miles. The camp road is on the left.

## **AREA ACCOMMODATIONS**

The surrounding area offers many accommodations near Camp Merrie-Woode. We are located in Sapphire, NC. You can find Cashiers, NC only 10 minutes away from camp. Highlands, NC and Brevard, NC are about 30 – 45 minutes away.

Hampton Inn, Sapphire: (May require a two night minimum) 828-743-4545

Wells Inn (Formally the Luralwood Inn): 828-743-9939

Hotel Cashiers: 828-743-7706

Old Edwards Inn and Spa: 866-526-8008



The Greystone Inn at Lake Toxaway: 828-966-4700

Hampton Inn, Brevard: 828-883-4800

Pebble Creek Village: 828-743-0623

Black Bear Lodge in Sapphire: 828-553-6535

The Cabins at Seven Foxes 828-877-6333

### **AREA RESTAURANTS**

Buck's Coffee, at the intersection of 64 and 107. Coffee and breakfast and lunch

Cashiers Valley Smokehouse – 281 Hwy 64 – Great BBQ, casual dining

Cornucopia 828-743-3750 Hwy. 107-S – Great sandwiches for lunch, serves dinner

Crossroads Custard and Cold Brew, Slabtown Plaza, Hwy 107

El Manzanillo Mexican Restaurant 828-743-5522 – 30 Hwy 64

The Library Kitchen & Bar Restaurant 828-743-5512 – 184 Cherokee Trail, Sapphire. Dinner/reservations

Las Margaritas 828-745-6900 – 127 Hwy 64

Mica's Restaurant 828-743-5740 Hwy. 64 W – across from Jennings Builder Supply

Orchard Restaurant 828-743-7614 Hwy. 107 S- Fresh Mountain fare. Dinner/reservations

On The Side BBQ (At the Farmer's Market – At the intersection of 64 and 107 – Lunch and Dinner

Slab Town Pizza 828-743-0020 Hwy 107 Pizza, Wings, Salads

Slopeside Tavern 828-743-8655 217 Sapphire Valley Road, Sapphire. Casual dining, lunch and dinner

Subway (national chain) 828-743-3100 Hwy. 64 W – Sandwiches

The Fix Bar & The Fix Restaurant (Formally Cork and Barrel Lounge & Table 64) Hwy. 64-W

Ugly Dog Public House 828-743-3000 Local pub featuring drinks, food and sometimes music

Whiteside Brewing Co. 828-743-6000 Restaurant and craft beer