



# 2011 Monomoy Day Camp

## General Information

### 90 Years of Camping Excellence

*"My children loved every minute of camp; the counselors were all enthusiastic and personable, the activities were well-planned and well-staffed - it was a wonderful experience!"*

- MDC Parent

**Welcome to Cape Cod Sea Camp's Monomoy Day Camp!** We hope your family will be joining us this summer. Please let us know if you have any questions about camp.

To enroll your child, we request a **NON-REFUNDABLE Registration Fee (\$500.)** and **Application Form** to be completed for each child. Our age groups/units are limited in size to provide a quality program. Early registration is of mutual benefit especially with units filling quickly.

CAPE COD SEA CAMPS operated by Cape Cod Sea Camps, Inc., a Massachusetts Corporation, accredited by the American Camp Association, was founded in 1922 by Robert J. and Emma L. Delahanty. Today, the Delahanty family continues camp with the same underlying philosophy of providing an atmosphere that is conducive to fun and learning as envisioned by Capt. and Mrs. Del more than 90 years ago.

**STAFF:** *Monomoy Day Camp* (MDC) is a co-educational camp with a dedicated and talented staff. Nancy W Garran, (Executive Director) is an American Camp Association Certified Camping Professional with a BS from Skidmore College and has worked as a director since 1979. Our *Monomoy Day Camp* director is Rick "Otis" Moyer, M.Ed. Springfield College who has worked at CCSC since 1967.

Many counselors are graduates of our Counselor Training Program with years of camp experience. New counselors are college age or older and are chosen for their interest in working with children. The ratio of staff to campers is approximately 1:5. The average age of our camp counselors and head counselors is approximately 23 years.



**CAMPERS:** The *Monomoy Day Camp* is a co-educational camp for children ages 4 to 17 with approximately 300 campers per week. The geographical distribution of campers is approximately 20% Cape Cod residents, 56% Massachusetts, and 20% from 27 other states and Puerto Rico, and 4% foreign visitors most recently from Canada, England, Singapore, Italy, Spain, South Africa and Switzerland.

**UNITS:** Campers are placed in groups or units according to their age, grade, maturity and friendships. Generally, each unit is composed of about 30-35 campers, with their own Head Counselor, 5-6 counselors and Junior Counselor assistants. The units are designated the **CREW**, ages 4 and 5; **APPRENTICE SEAMEN**, age 6 and 7; **SEAMEN** age 8; **TARS** age 9; **BOSUNS** age 10; **MIDSHIPMEN** age 11; **PETTY OFFICERS** ages 12 and 13; **JUNIOR COUNSELORS** ages 14 - 17.

**CREW:** The 4 and 5 year-old age group (campers in pre-school and entering Kindergarten) is a special part of our *Monomoy Day Camp* program. The unit operates as a self-contained group with their own cabin facility in a camp setting. The day consists of group games, an arts and crafts period, swimming instruction in our pools or at our Long Pond site, and a chance to try different camp activities such as tumbling/movement exploration, tennis, nature or archery. The camper/counselor ratio is approximately 5:1 with 20-25 campers each week.

**ACCREDITATION AND CAMP LICENSE:** The American Camp Association (ACA) accredits CCSC every three years. The ACA's Standards Program is the only nationally recognized program to monitor all aspects of a camp's operation. Less than 2000 camps nationwide have earned this prestigious distinction. Furthermore, CCSC is licensed by the town of Brewster on an annual basis as determined by the MA Dept of Public Health (105 CMR 430.000). Information on these regulations can be obtained by calling 617-983-6761. Parents may request from CCSC (included in our Parent Handbook), copies of our policies on counselor background screening, health care and disciplinary policies.

**CHALLENGE PROGRAM:** Challenge is a unique self-contained program for our 12 and 13 year-old age group. The program is designed to provide an opportunity to enhance personal development, create team building and cooperative activities as well as participating in exciting group adventures. Some activities offered might be orienteering, all day hiking or bicycle trips, water activities such as canoeing, kayaking and recreational sailing, team building on an adventure ropes course, camp civic projects and special educational trips.

**COUNSELOR TRAINING PROGRAM:** The Counselor Training Program is a specialized four-year teen leadership course providing young men and women with the skills and knowledge necessary to become well-qualified camp counselors, leaders and role models. Through a variety of counseling experiences, graduates of this program emerge with the training necessary to work at MDC and at camps throughout the country.

Responsibilities and privileges are carefully balanced to ensure both challenges and rewards. Activity skills, teaching hours, counseling experience, behavioral/attitude requirements and service projects help JCs to meet standards for counselors set by the American Camp Association. We believe strongly that this goal-oriented program helps young people to establish leadership skills, values and self-discipline necessary for success in later life.

*New Applicants may join the program when entering 9th or 10th grades. All JCs are full season campers (7-weeks). No refunds are provided for JCs attending camp for less than 7 weeks. For more information, please contact the camp office.*

**CAMP SEASON:** The camp season is 7 weeks long, June 27<sup>th</sup> to August 12<sup>th</sup>, Monday through Friday (full days only) from 9AM to 3PM. Campers may enroll for any number of weeks, one to seven. However, we suggest a minimum of two weeks to allow your child an opportunity to adjust and gain as much as possible from their new environment. One week limits a camper's ability to participate in all desired activities.

**VISITING CAMP:** We encourage new campers and families to visit camp to discuss our philosophy, program, meet staff and tour the facility. You will want to call in advance for a tour appointment. Visits during the camp season can be arranged from 10AM to 11:30AM or 1PM to 2:30PM, Monday to Thursday. Please contact the camp office for visits at other times.

**OPEN HOUSE:** On Saturday, May 14<sup>th</sup>, 12PM to 3PM, we will have an informal Open House for families to tour the camp grounds, talk with other camp families and meet the directors and some day camp staff. If you are unable to make this date you are welcome to arrange for another time to visit.

**TUITION:** Tuition includes the cost of transportation and lunch. A \$500. NON-REFUNDABLE registration fee in US Funds is required for each child to be enrolled at camp. The registration fee is applicable towards the tuition for the current summer or the following summer only. To ensure your child's enrollment, **the full tuition is due by April 1<sup>st</sup>. Failure to meet the April 1<sup>st</sup> deadline may result in cancellation of enrollment and forfeiture of any tuition discounts.**

Camp Tuition does not cover optional trips, medical bills due to illness or store/canteen charges. Changes in enrollment are accepted **without penalty prior to February 1<sup>st</sup>**. After Feb. 1<sup>st</sup>, if a change in enrollment occurs, there will be a \$50. cancellation fee incurred for each week dropped.

*No refunds are granted for cancellations after April 1st. No refunds or discounts are available for late arrival, absences, suspensions, dismissal, withdrawals or early departure.*

**Any changes in enrollment after April 1<sup>st</sup> or withdrawal after the start of the camp session will forfeit the full camp fee.** No reduction in tuition will be made for not using transportation or lunch, or withdrawal due to camper or parent "homesickness". Tuition insurance is available.

A discount is given on the tuition of each camper when two or more children are enrolled from the same family at the day camp and/or Days A-Way.

**LUNCH:** Cape Cod Sea Camps contracts with the Chartwell Group to provide a full service dining experience. There are always plenty of choices including fresh fruit and salad bars daily. Special diets can be arranged for campers with medical needs. The dining hall strives to be a NUT FREE dining hall, but we caution that Days Away campers may receive care packages in the cabins which could contain nuts.

**TRANSPORTATION:** Bus transportation is available at designated stops located in the following towns: Barnstable, Brewster, Chatham, Dennis, Eastham, Harwich, Orleans, Truro, Wellfleet and Yarmouth. Transportation is included in the cost of the tuition.

**HEALTH:** **In order to attend camp, campers are required to have a completed health waiver on file by June 1<sup>st</sup>.** Forms are available upon request and will be sent to all registered campers.

If a child has had a complete physical examination within 24 months, have your physician fill out the form and return to camp, signed. For a child with a history of health problems, we request a completed health record within 30 days after your child's camp registration to review the medical record and to review the recommendations of you and your physician.

All campers are covered within limitations for accidents, less a deductible per accident. Parents or emergency contacts are notified immediately in the event of illness or accident.

**DISCIPLINE AT CAMP:** The ultimate goal of all discipline is self-control. Eventually, any outward sanctions utilized for discipline are replaced by inner controls that regulate behavior according to each situation a child encounters. Children need time and firm but fair discipline to serve as a guidance element for their behavior. Our goal in discipline is not to punish but to teach (from the Latin “disciple” - teacher) correct behavior. Children need to develop responsibility for their actions. Discipline at CCSC is circumstantial. Each and every circumstance is treated a little differently depending on the severity of the behavior. A complete description of our Disciplinary Code as well as the Camper Code of Conduct is available in the Parent Handbook.

**PROGRAM - SAMPLE DAY:** Below is a model of a typical day for each age group and varies according to weather, special events or unit trips.

***Crew Unit (Ages 4-5)***

9:00 AM Campers Arrive, Council Ring  
 9:30 Art or Swim Period  
 10:30 Art or Swim Period  
 11:30 LUNCH  
 12:00PM Quiet Play, Story Time  
 12:30 Activity Period  
 1:30 Games Period  
 2:00 Snack  
 2:30 Council Ring  
 2:55 Campers to buses or waiting parents

	<b><u>Apes-Seaman</u></b>	<b><u>Tars-Bosun</u></b>	<b><u>Mid-PO</u></b>
	<i>(Ages 6-8)</i>	<i>(Ages 9-10)</i>	<i>(Ages 11-13)</i>

9:00AM	Campers Arrive, Council Rings,	Planning	
9:30	SWIM/GAMES	GAMES	OCCUP.
10:30	SWIM/GAMES	OCCUP.	GAMES
11:30	LUNCH	LUNCH	LUNCH
12:30PM	ELECT.	ELECT.	SWIM
1:30	OCCUP.	SWIM	ELECT.
2:40	Campers Return to Council Rings		
2:55	Camper to buses or waiting parents		

***Junior Counselors (Ages 14-16)***

9:00AM Campers Arrive, Council Ring, Planning  
 9:30 ELECTIVE  
 10:30 ELECTIVE  
 11:30 LUNCH  
 12:30 ELECTIVE  
 1:30 ELECTIVE  
 2:40 Campers to Council Rings  
 2:55 Campers to buses or waiting parents

**CAMP PROGRAM:** Each day is divided into four periods as follows:

- GAMES**
- ELECTIVE** (daily activity selection)
- SWIMMING**
- OCCUPATION** (weekly activity selection)

Games period is when each unit participates in a group game or unit activity. Elective and Occupation periods are specific activities campers choose from many different offerings on a daily (Elective) and weekly (Occupation) basis. Activity periods are approximately 1 hour long. Some weeks have designated themes such as Circus Week, The Olympics etc. that provide special events, activities and trips.

**ACTIVITIES:** Monomoy Day Camp is a general activities camp offering group instruction in a variety of activities. Campers choose their own activities from many offerings on a weekly and daily basis in unit council ring each morning.

Some activities offered each week or daily might include the following: Archery, Arts & Crafts, Creative Drama, Riflery, Sailing, Tennis, Woodworking, Cooking, Watersports, Wilderness Adventure, and many different team sports such as Baseball, Basketball, Soccer, Softball, Kickball, and Volleyball. ***Space will be limited in some activities due to safety standards, staff and equipment availability, weather, and instructional methods.*** We cannot guarantee camper participation in all activity areas. Activity offerings change daily and weekly.

**Participation in the following activities requires passing the stated American Red Cross swim rating:**

**SAILING - ARC Level II**  
**CANOE - ARC Level II**  
**WINDSURFING - ARC Level V\***

**\*These activities have limited space due to program, equipment and staff availability.**

**SAILING:** Sailing is offered on Cape Cod Bay or at our fresh water site on Long Pond for a double period in the morning or afternoon. To choose sailing, a camper must have completed the American Red Cross Level 2 rating.

**SWIMMING:** Swimming is a daily activity period offered to all campers. We utilize the American Red Cross system for teaching with certified Water Safety Instructors, Life Guards as well as auxiliary staff. Swimming is taught in our two fresh water pools, at our Long Pond site and/or in Cape Cod Bay.

**WATERFRONT ACTIVITIES:** Some waterfront activities such as windsurfing, waterskiing, snorkeling, canoeing or kayaking are offered on a limited basis depending on programming, equipment and staff availability, safety standards and instructional methods.

**FRIDAY SPIRIT ASSEMBLY:** Friday afternoons, parents and friends are invited to our special all-camp assembly, beginning at approximately 2:00 PM. *Should the assembly run long it may delay bus departures on Friday afternoons.*

**CLOTHING & EQUIPMENT:** Monomoy Day Camp does not have a camp uniform, but offers camp clothing through the camp store or a clothing brochure. Campers need to bring a bathing suit, towel and a change of clothes each day. *Mark all clothing and equipment with camper's name.* Most all facilities and equipment are provided for the children except when personal items are requested such as a tennis racquet, baseball glove or bicycle for all day bike trips. Valuable personal articles must not be brought to camp, i.e., electronic games, \$90 sunglasses, CELL PHONES etc.

To maintain our distinctive camp environment, we do not allow campers to utilize or have in their possession cellular telephones, pagers, or electronic email devices while at camp. Counselors and staff are also restricted in their use of cellular phones or other electronic devices while on campus.

## OPTIONAL DAY CAMP PROGRAMS

**DAY CAMP OVERNIGHTS: (Ages 6-17)** As an introduction to resident camping for all age groups except the Crew, overnights are offered as well as specific overnights for our Junior Counselor unit. Dinner, breakfast and linens (if needed) are included with the fee. Parents should register children in advance due to limited space for these very popular nights.

**TRIPS:** Special unit trips are scheduled once a month as a change of pace from our regular routine, and included in the tuition, to our Long Pond site, Bay Beaches, and/or Nauset Beach. We also offer optional trips during the summer for an extra charge. Some of the trips available include, Nantucket, a Cape Cod Theater presentation, Battleship Cove, Harbor cruises and Whale Watching.

### *“A Weekly Sleep Away Experience”*

**Monomoy Days A-Way: (Ages 8-13)** A weekly 5-day overnight experience offered in conjunction with our Monomoy Day Camp. Campers live in cabins in the Day Camp area and participate with the day camp units during the day. After day camp hours, the Days A-Way campers enjoy a snack time and special elective activities. Some evening activities may include special events or group games, along with campfires, smores and songs. Campers

stay at camp Monday - Thursday nights and are home for the weekend. *Contact the office for more detailed information and availability.*

**POST SEASON CAMPS:** Cape Cod Sea Camps leases its facilities to specialty Sports Camps at the end of the summer, which *offers both resident and day programs.* For more information contact:

**Paul Turner's Ultimate Soccer Academy (Co-ed)**

**Paul Turner, Director** Phone: 508.394.9232

PO Box 119, S. Yarmouth, MA 02664

Email: [Paul@ultimatesoccer.org](mailto:Paul@ultimatesoccer.org) Web [www.ultimatesoccer.org](http://www.ultimatesoccer.org)

**The Cape Cod Running Camp (Co-ed)**

**Roy Harrison, Director,** Phone: 203.334.8411

143 Berkeley Road, Fairfield, CT 06825

Email: [roy.harrison@quinnipiac.edu](mailto:roy.harrison@quinnipiac.edu)

If interested in running your own clinic or camp, contact [Groups@capecodseacamps.com](mailto:Groups@capecodseacamps.com)

## RENTAL OF FACILITY OR FIELD TRIP OPPORTUNITIES AT CCSC

Thousands of children join their schools and church groups for camping experiences here at the Cape Cod Sea Camps during the Spring and Fall. To find out more about hosting a group call 508-896-3451 or email [groups@capecodseacamps.com](mailto:groups@capecodseacamps.com) or [www.capecodfieldtrips.com](http://www.capecodfieldtrips.com)

### CCSC's RESIDENT/OVERNIGHT PROGRAMS

CCSC has been providing one of the best Resident Camp programs in the country for nearly 90 years. When you and your child are ready, please consider one of the following resident camping experiences:

**Campers A-Way: (Ages 8-11)** An introductory resident 10 day to 2 week camping experience in our Lower Camp units with excellent staff ratios to ensure the attention necessary for a successful first time resident camping experience. Space is very limited in this program.

**General Sessions: (Ages 8-13)** Campers may attend for either 7 weeks or 3 1/2 weeks. Some campers attend Day Camp for half the summer and the resident camp for the other half.

**Counselor Training Program: (Ages 14-17)** More than 100 young men and women are involved in this nationally recognized leadership program for 7 weeks each summer. Very limited space available.

**For more information, please contact the Resident Directors, Sherry Mernick or Dave Peterson at camp. Email: [Info@capecodseacamps.com](mailto:Info@capecodseacamps.com)**

## CAPE COD SEA CAMPS MONOMOY - WONO

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