



2011 Monomoy Days A-Way

"A Weekly Sleep Away Experience (Ages 8-13)

*Resident Camping Monday through Friday and home for the Weekends.
A wonderful blend for a Summer Camp Vacation!*

THE DAYS A-WAY PROGRAM: This innovative camping program offers campers the opportunity to participate in a residential camping experience on Mondays through Fridays and then join their families for the weekends. The Days A-Way (DAW) program is a wonderful introduction to a resident camping experience, or an action packed alternative for children vacationing with their parents on Cape Cod.

Campers may enroll for 1 to 3 sessions in our DAW program. Enrolling for more than 2-3 weeks indicates your camper is ready for a full residential camping experience. **Campers who request more than 3 weeks will be placed on a waiting list for additional sessions.**

Campers may also sign up for DAW in conjunction with stays at the Monomoy Day Camp (MDC). The program operates in combination with the MDC, sharing their staff and facilities during the days and then offering a unique Days A-Way program each evening.

ENROLLMENT PROCEDURE: To enroll your child, we require a **NON-REFUNDABLE Registration Fee (\$500.) in U.S. Funds** and a signed **Application Form** to be completed for each child. Our age groups/units are limited in size to provide a quality program. Early enrollment is of mutual benefit and avoids disappointment should an age group become full.

SPACE AVAILABILITY: *DAW Spaces are very limited.* There are four cabins available for the DAW program. Each cabin accommodates approximately 12 campers and there are 2 cabins for boys and 2 cabins for girls. Generally, the unit placement in each cabin is as follows:

UNITS	CABINS	CAMPERS
Seaman, Tars, Bosuns	1 boys & girls cabin	12 each
Mids, Pos	1 boys & girls cabin	12 each

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 89 years ago.

STAFF: The Monomoy Day Camp is a co-educational camp with a dedicated and talented staff. Nancy W. Garran, (CCSC Executive Director) is an American Camp Association Certified Camp Professional, with a BS from Skidmore College and has worked as a director since 1979. *MDC Director; Rick "Otis" Moyer; M.Ed.* Springfield College who has worked at CCSC since 1967 oversees the Days A-Way program. The DAW program will have DAW Head Counselors and 10-12 counselors working with this special program.

Many counselors are graduates of our Junior 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.

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.

THE CABINS: Campers are housed in four comfortable Day Camp cabins accommodating approximately 10-12 campers and 3 staff members. The cabins are screened and have electricity. Bathrooms and showers are directly adjacent to the cabins.

CAMPERS: The *Monomoy Days A-Way Program* is a co-educational camp for children ages 8-13 with approximately 45 campers per week. Many campers are involved in the day camp program throughout the summer and choose the DAW program as an introduction to the longer and more traditional resident camp programs offered by CCSC.

UNITS: Campers are placed in groups or units according to their age, grade, maturity and friendships. The Days A-Way campers join their Day Camp friends during the Day Camp's hours and then have special activities offered for the afternoons and evenings.

DAW CAMP SEASON: The camp season is seven weeks long, June 27th to August 12th, Monday through Friday. Campers arrive between 7:30 and 8:30 on Monday Mornings. The DAW program will conclude on Fri. at approximately 3 PM after the Spirit Assembly. *Accommodations for families who are unable to pick-up their campers by 3 PM on Friday can be made on an individual basis. Campers are welcome to take advantage of the Monomoy Day Camp bus transportation on Mondays and Fridays.*

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 an appointment. All visitors must register at the main office. Visits during the camp season can be arranged from 10AM to 11:30AM or 1PM to 2:30PM, Monday through Thursday. Please contact the camp office for visits at other times.

OPEN HOUSE: On Saturday, May 14th, 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 day camp staff.

TUITION: The full tuition (less the \$500 NON-REFUNDABLE registration fee which is due upon enrollment) is payable in full by April 1st. Failure to meet the April 1st tuition deadline may result in cancellation of enrollment and forfeiture of any tuition discounts. Tuition covers transportation by Monomoy Day Camp bus routes on Monday and Friday, meals, snacks, housing, bedding,

nursing coverage and camp health center care, accident insurance, unit trips, program materials and all in-camp activities.

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 1st. After Feb. 1st, if a change in enrollment occurs, there will be a \$50. cancellation fee incurred for each week dropped. **Tuition insurance is available.**

No refunds on any fees for DAW will be made after April 1st. No reduction in tuition is made for a camper not using transportation or meals, arriving late, absences, dismissal, suspensions, withdrawal or departing early due to camper or parent "homesickness". **Any changes in enrollment after April 1st or withdrawals after the start of the camp session will forfeit the camp fee.**

A tuition 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 DAW program.

TRANSPORTATION: As campers become familiar with the Days A-Way Program, you might find it convenient to use the Monomoy Day Camp transportation on Monday mornings and Friday afternoons. Bus transportation is available at designated stops located in the following towns: Barnstable, Brewster, Chatham, Dennis, Eastham, Harwich, Orleans, Truro, Wellfleet and Yarmouth. There would be no charge for the use of our Monomoy Day Camp transportation.

HEALTH: **In order to attend camp, campers are required to have a completed health waiver on file June 1st.** 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 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.

CAMP PROGRAM: Each day is divided into six Activity Periods as follows:

- GAP (Unit games period)
- ELECTIVE (daily activity selection)
- SWIMMING
- OCCUPATION (weekly activity selection)
- SPECIAL ELECTIVE (daily activity selection)
- EVENING ACTIVITY

GAP is a group game or unit activity period. Elective, Special 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. Every week there are designated themes such as Circus Week, Olympics etc. which provide special events, activities and trips.

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.

- 7:00 AM REVEILLE and Cabin Clean up
- 7:30 BREAKFAST
- 9:00 **Council Rings, Planning Sessions**
- 9:30 **1st Activity Period ***
- 10:30 **2nd Activity Period ***
- 11:30 **LUNCH**
- 12:30PM **3rd Activity Period ***
- 1:30 **4th Activity Period ***
- 2:40 **Campers Return to Council Rings**
- 3:00 Snack, Rest Period
- 4:30 5th Activity Period (Special Elective)
- 5:30 DINNER
- 6:30 Evening Activity
- 7:30 Evening Council Ring/Campfire
- 8:30 Showers and Quiet time
- 9:00 TAPS and lights out

***Days A-Way campers join their Monomoy Day Camp units for corresponding activities during the day.**

ACTIVITIES: MDC 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. Activities offered each week or daily might include the following: Archery, Arts & Crafts, Creative Drama, Riflery, Sailing, Bicycling, 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 and instructional methods.** The Elective periods allow campers daily opportunities at activity selection. Activity offerings change daily and weekly

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.

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.**

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

EVENING ACTIVITIES: The evening activities begin after dinner and include such things as unit games, scavenger hunts, beach fires, evening sails, cookouts, intra-camp competition, dances, pool parties, camp fires and night walks. Most evening activities are organized as a group as an opportunity to enhance unity and spirit.

FRIDAY SPIRIT ASSEMBLY: Friday afternoons, parents and friends are invited to our special all-camp assembly, beginning at approximately 2:00 PM. **The length of the assembly varies each week and may delay bus departures on Friday afternoons.**

BEDDING, TOWELS and LINENS: CCSC provides a pillow, pillowcase, sheets, blankets and daily towels for showering. Campers may wish to bring along personal bedding items to make them feel at home. As the camp towels are small and only for showering, it is best to bring along a large beach towel.

FOOD: 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 provide a NUT FREE dining hall, but we caution that Days Away campers may receive care packages in the cabins which could contain nuts.

CLOTHING & EQUIPMENT: Campers will need to pack enough clothing for the 5 days and 4 nights of the week. (Our camp laundry service is always available for emergencies) The Parent Handbook will include a detailed clothing list, however suggested items are indicated below:

Bathing Suit (2)	Shorts (4)	T-Shirts (6)
Long Pants (2)	Underwear (6)	Pajamas (1)
Sweatshirts (1)	Beach Towel(1)	Hat (1)
Rain Gear (1)	Sneakers (1)	Socks (6)
Sandals (1)	Flashlight	Duffel Bag
Toiletries	Insect Repellent	Sun Screen
Camera	Long Sleeved Shirt (1)	

CCSC provides all athletic equipment, but some campers feel more comfortable with their own tennis racquets, sailing life jackets, or baseball gloves. Valuable personal articles **must not** be brought to camp, i.e., electronic games, cell phones, electronic equipment, \$90 sunglasses 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.

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
Website: 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

If interested in running your own clinic or camp, contact Groups@capecodseacamps.com

RENTAL OF FACILITY OR FIELD TRIP OPPORTUNITIES AT CCSC

Thousands of children and families join their schools, churches, families and civic 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 or www.capecodfieldtrips.com

ADDITIONAL RESIDENT CAMP PROGRAMS AT CCSC

In addition to a fine Day Camp experience, CCSC has been providing one of the best Resident Camp programs in the country for more than 85 years. Now involving 3rd and 4th generation campers, the traditions at CCSC have a proud history dating back to 1922.

When you and your child are ready, we would suggest looking into one of the following resident/overnight camping experiences:

Campers A-Way: (Ages 8-11) This is an introductory resident camping experience associated with our Resident Camp Programs. Campers attend the resident camp for a **10-day session** in our Lower Camp units. Much like the Days A-Way program, these units have high staff to camper ratios to ensure the attention necessary for a successful first time resident camping experience. Space is very limited in this program so early decisions are necessary.

General Sessions: (Ages 8-13) Campers may attend the CCSC resident camp programs for either a full session of **7 weeks or a half session of 3 1/2 weeks.** Some campers have attended Monomoy Day Camp for half the summer and entered the resident camp for the other half. Most new campers opt for a shorter stay and return for full seasons in subsequent summers.

Junior Counselor Training Program: (Ages 14-17) More than 100 young men and women are involved in this nationally recognized leadership program each summer. While expectations of the JC's accomplishments are high, the responsibilities accepted by these teens are very rewarding. In addition to the hard work, many social events are scheduled to ensure very memorable summers on Cape Cod for these very special people.

For more information on any of these programs, please contact the Resident Camp Directors, Sherry Mernick or Dave Peterson at our camp offices. We hope you will consider the benefits of a Resident Camp experience when your children are ready.

CAPE COD SEA CAMPS MONOMOY - WONO

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