



BEST SUMMER EVER

Welcome to Cape Cod Sea Camps!

This will be the first day of overnight camp for your child and they are going to love it!! Camp is the most amazing place in the world and they will certainly have their "Best Summer Ever"!! Welcome to our 96th camping season at Cape Cod Sea Camps and celebrating our 95th Anniversary year!

Talking about Camp with Your First-Time or Return Camper

You've done your research, worked as a family to find the right camp for your child's experience, and signed up for the experience of a lifetime! Naturally, he or she might have questions, just like the first day of school. Even as a return camper, we encourage talking about feelings, and you can use this guide to help with the adjustment to camp!

Who will be my friends?

Reassure your camper that camp is all about making new friends! Some campers know each other from past summers or from school, but many come to camp in order to meet new friends. Camp counselors will help him or her make friends the very first day of camp. It's nice to have winter friends and summer friends — other kids with whom your camper shares special experiences.

Who will help me have fun at camp? How do they know how to care for me?

Unit counselors are selected because they love working with kids. In fact, counselors are one of the best parts of camp! They are trained before camp begins to help campers have a good time, make new friends, and enjoy a variety of activities. Their job is to help campers have fun, be safe, and know their limits. They spend a lot of time before camp learning to do all these things for campers. And they love to have fun, too!

What if I have a problem?

There are lots of people at camp, besides counselors, to help take care of campers, depending on what they need. Let campers know that there is a nurse if they don't feel well, and a special place, sometimes called a health center, to rest until they are better. Campers can count on the grownups-counselors, directors, dept heads- that are at camp to help them with any problem they may have.

Will I be alright while I'm away from home?

Remind your camper of other times in his or her life that were spent away from home — sleepovers, a weekend at grandma's, or even class trips. There's no pressure to be anything but yourself at camp! The main point is just to relax and have fun. Remember to stay excited and positive about the camp experience. Talking at length about how much you will miss your camper can increase his or her anxiety.

Working through homesickness?

Campers and parents should be ready to undertake the resident camp experience. In some cases, being separated can cause a great deal of anxiety that may interfere with a camper's ability to fully benefit from the development of independence through camp life. Please do not make "deals" with your camper that you will "rescue" them and pick them up from camp if they feel a little homesick. These decisions should be made with the directors. We also ask parents to avoid multiple or repeated visits to camp as this is disruptive and not fair to campers who do not have visitors. The CCSC staff will work very hard to help every camper enjoy their stay at camp, but sometimes campers do not respond to our help or coaching. When campers are unable to respond to the coaching of counselors and staff, they are probably not benefiting from the camp experience, or they are preventing another camper from enjoying their stay. At that time we would generally recommend that a camper return home. Regardless, communication is the key! Encourage your child to seek out help when feeling sad or unhappy so we can help make the camp experience a wonderful one for your child.

OPENING DAY ARRIVAL

Campers register at the main office, "Big House" before joining the camp community. An escort will be provided to assist your family through the registration process including a visit to the health center, tour of the camp grounds, introduction to unit counselors and assistance with settling into the cabin area. **Opening day jitters** are a natural feeling for everyone. Parents may feel lost and insecure about leaving their most precious possession in a strange, unfamiliar place. Remember your child will sense your uneasiness and be reflected in their behavior. After your child is reasonably settled in the cabin, with a counselor and new friends, slip away as quickly as possible. You should be prepared to say your "good byes" before setting foot on camp grounds. Opening Day arrival times are anytime after 8AM and before 5PM.

Camper Visitation Policies - Refer to Parent Handbook for details

RESTRICTED VISITATION PERIOD—FIRST 7 TO 10 DAYS

To help foster our camp goals of Independence, Self-Reliance, Self-Confidence, Exploration, and Respect for your child's camp experience, we restrict visitations and telephone calls to campers during the first 7 to 10 days of a camper's session. If you have a concern, please give the directors a call/email.

GENERAL VISITING

After the restricted visitation period, parents and guests may visit camp. Remember the camp day is very busy and full of activities. We encourage families, friends and alumni to visit on weekends, keeping visits short and not too frequent, utilizing escorted tours while on camp grounds, providing personal identification to assist us in keeping our community safe and lessen distractions within the camp community while maintaining our camp culture. **There are no overnight or "all-day guests" allowed for campers or for Junior Counselors.** Parental supervision on camp grounds is required for visitors under the age of 18.

Family pets are welcome on camp grounds if they are on a leash or appropriately constrained.

VISITING HOURS – SATURDAY AND SUNDAY

Saturday Visiting Hours

Lower Camp (Jrs, JScts, Sct, Mids, GU, PO)	12-2:20 PM / 5:20-8 PM	Upper Camp (Srs, JC's)	12-2:20 PM/5:30-8:30 PM
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Sunday Visiting Hours

Lower Camp anytime between	9 AM to 8 PM	Upper Camp anytime between	9 AM to 8:30PM
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Visiting Hours On Campus

All visitors must leave the camp grounds by 5:30 PM. After 5:30 PM, visits must be limited to the Big House only.

OVERNIGHT OFF CAMPUS POLICY

OVERNIGHTS ARE ALLOWED ONLY WITH PARENTS. Overnights ARE NOT ALLOWED with relatives (aunt, uncle etc.), friends, or friends parents. No camper, Junior Counselor or AC may leave for an overnight with anyone except his/her own parents.

VISITOR IDENTIFICATION

1. All visitors must register, sign-in and sign-out, at the main office (Big House)
2. All visitors must wear a name tag while on camp grounds.
3. Verification of camper visitors will be administered through the main office.
4. There are no overnight or "all-day guests" allowed for campers or counselors.

RESIDENT JUNIOR COUNSELOR CURFEW PRIVILEGES

Monomoy and Wono JCs are permitted to be out of camp with approved visitors beyond the 8:30 pm return to camp time indicated for Upper Camp campers. They must be back at camp, signed in (in the JC Corps sign-out/in book located on the back porch of the Big House) and in their cabins by the following times:

JC I - 9:30 PM

JC II - 10:00 PM

JC III - 10:30 PM

AC (JCIV) – 11:00PM