

Tolbert

Preparatory Academy

Freshman Camp



Trout Lodge ♦ Camp Lakewood

 **YMCA of the Ozarks**
90 Minutes South of St. Louis

A United Way Member
YMCA
of Greater St. Louis
[Home](#)

October 6-10, 2007



YMCA of the Ozarks provides a natural setting for experiential outdoor education, group building, and leadership training. While we are at camp, the students at Tolbert Preparatory Academy will participate in orienteering, geo-caching, cave ecology and exploration, nature journaling, outdoor survival skills, outdoor fire building and cooking, camp fire programs, night hikes, and high and low ropes courses. This booklet will provide an overview of each of these programs, the daily schedule for our week at camp, a list of equipment and supplies your child will need to pack, and all permission and medical forms that each student will need to submit.



Orienteering: Students will learn how to read a map and use a compass and put those skills to use. Using a map and compass, you students will navigate from point to point,

Geo-caching is like modern day treasure hunting using a GPS unit. After learning what a global positioning system is in science class, student will get a chance to use one to navigate around the property to find various hidden treasures



Cave Ecology: In this course, students will learn about cave ecology, wildlife, safety, ethics and exploration. You'll have a chance to visit a nearby cave for an up-close and personal view of life in the dark! The inside of the cave has rocky terrain, narrow passages and some low ceilings.

Observational Drawing: In this course, students will participate in a field ecology seminar where they will make observational drawings of the plants, animals, and insects of the area.





Outdoor Survival: It is important to know how to prevent a walk in the woods from turning into tragedy. Learn how to keep from getting lost, how to find your way back if you do, how to stay dry and warm and how to deal with cold weather and prevent hypothermia. Learn fire-starting skills, signaling methods, shelter-building, and first-aid basics. The instructor will cover how to make a survival kit, suggest survival tools, discuss emergency lighting, communication, and much more. Study the 12 enemies of survival and the common personality traits of people who survive.



Outdoor Cooking: Any meal is more exciting when you cook outside. Students will learn the art of Dutch oven cooking and open-fire cooking. They will prepare their own meal on our final night at camp!



High Elements - High Adventure activities include the climbing wall, ropes course obstacles, and our 50-foot Alpine Tower. High elements are geared to build support among groups, encourage a spirit of adventure, and develop individual strengths. Climbing harnesses and ropes are integral aspects of the High Elements Program.

Low Ropes Course Elements – Group-building activities will focus on strengthening relationships, working together to find solutions, and developing positive communication skills. The low ropes course offers a more advanced challenge. Activities involve spotting, trust and communication. We strongly adhere to safety precautions.



A certified YMCA professional will facilitate all of the outdoor adventure and group-building activities. Each activity will start with an exercise to help the students set goals. At the end of each activity, members of the group will have an opportunity to evaluate how well they worked together to reach their goal, and are encouraged to identify ways they could have improved their efforts.



Nighttime Programming:

Campfire programs – Most evening we will have a campfire with some sort of activity.

Night Hike – We will take a walk under the night skies and get a chance to identify those things that go bump (and croak and screech....) in the night. We will learn about the lives of nocturnal animals and get your own shot at being a night owl.

Night sky program – The night sky in the Ozarks is beautiful. We will use binoculars and telescopes to take a closer look at the celestial bodies that have guided people on their journey's throughout time.

Daily Schedule: Freshman Camp is not about rest and relaxation. It is all about learning about each other, ourselves and the natural world. To make sure we do not miss a chance to learn something great, the schedule is packed. Below is the schedule for the week:

Saturday, October 6th

- 7:00 Meet at Tolbert Preparatory Academy – pack the bus and hit the road!
We will stop for lunch so everyone will need to bring money to pay for lunch
- 1:00 Arrive at YMCA of the Ozarks
Welcome, Orientation and Cabin check-in
- 3:00 Group Initiatives
- 5:30 Dinner at Dining Hall
- 7:00 Crew meeting and Reflection Time
- 8:30 Camp Fire Program w/YMCA Staff or others
- 10:30 Lights Out

Sunday – Tuesday, October 7-9

- 7:00 Wake-up
- 8:00 Breakfast at Dining Hall
- 9:00 Rotation Block
- 12:00 Lunch at Dining Hall
- 1:00 Rotation Block
- 5:30 Dinner at Dining Hall
- 7:00 Crew and Reflection
- 8:30 Night Sky Viewing; Campfire Program, Night Hike
- 10:30 Lights Out

Wednesday, October 10

- 7:00 Wake-up
- 8:00 Breakfast at Dining Hall
- 9:00 Group Challenge Orientation
- 10:00 Group Challenge
- Noon Lunch
- 1:00 Depart YMCA of the Ozarks
- 5:30 Arrive Tolbert Preparatory Academy

Lodging will be in cabins. All Students will be expected to bring the following items:

NEED LIST HERE

Health Forms

NEED FORMS FROM YMCA HERE

TOLBERT PREP LOGO HERE!

STUDENT/PARENT FULL-PARTICIPATION CONTRACT

I, _____, a student at Tolbert Preparatory Academy, and _____

_____, parents/guardians, understand that full participation at Freshman Camp is important for my success now and in the future. Full participation means contributing to the group in positive ways at all times. This is not only an expectation but a requirement. We understand that for some of us, staying positive at all time will be as much of a challenge as participating in some of the adventures provided at camp. Therefore, we accept the "Challenge by Choice" expectations of the Tolbert Preparatory Academy and the YMCA of the Ozarks staff and will participate fully as a Crew member from the time we leave Kansas City to the time we return home.

As part of our commitment to this "Challenge by Choice" commitment, we understand that dangerous play, disrespectful behavior, use of drugs and alcohol, and sexual activity are prohibited at camp. We understand that if the staff of the YMCA of the Ozarks and/or Tolbert Preparatory Academy determines that the behavior of

_____, places myself or others at risk of harm, we will be responsible for providing transportation home from the YMCA of the Ozarks in Petosi, Missouri within 24 hours of the initial phone call. I, _____, the parent/guardian, understand that I will make the appropriate transportation arrangements and be fully responsible for the cost of these arrangements.

Student Signature _____ Date _____

Parent Signature _____ Date _____

**MEDICAL AUTHORIZATION FOR TREATMENT
STUDENT PARTICIPANT**

I request and authorize the leaders of field work events sponsored by Tolbert Preparatory Academy, hospitals, medical staff personnel, agents and employees, to provide all medical care including but not limited to hospital tests, such as pathology, radiology, and anesthesia, surgery, and prescriptive drugs advisable for the health of my child. I acknowledge that no representations, warranties or guarantees as to result or cure will be made.

The name of the individual covered by this authorization is:

Name _____

Parent/Legal Guardian _____

City _____ State _____ Zip _____ Phone _____

Business Address _____

City _____ State _____ Zip _____ Phone _____

Parent/Guragdian Signature _____ Date _____

Witness _____ Date _____

In Case of Emergency Contact:

Name _____

Day Phone _____ Evening Phone _____

Health Care Information

Name of Dentist/Orthodontist _____ Phone _____

Name of Family Physician _____ Phone _____

Is the participant covered by family medical/hospital insurance? Yes _____ No _____

If so, indicate: Carrier _____ Policy/Group # _____

Date of last Tetanus Shot? _____

Are you under the care of a Physician for:

Epilepsy? Yes _____ No _____

Diabetes? Yes _____ No _____

Other? _____

Recommendations and Restrictions:

Any medications: _____

Any allergies (drugs, food, plants, insects, etc.) _____

Additional Health Information (surgery or serious injuries, chronic or recurring illness/medical condition, psychiatric counseling or indications, etc.) _____

Parent/Guardian Signature: _____ Date _____

HEALTH HISTORY FOR YOUTH PARTICIPANT
Tolbert Preparatory Academy

Name: _____ Birthdate _____ Age _____

Address _____ Phone _____

Parent/Legal Guardian _____

Business _____ Phone _____

Emergency Contact: _____

Home Address _____ Phone _____

Business Address _____ Phone _____

HEALTH HISTORY:

Check, and give approximate dates:

_____ Frequent ear infections	_____ Heart defect/disease
_____ Convulsions	_____ Diabetes
_____ Bleeding, Clotting Disorders	_____ Hypertension
_____ Mononucleosis	_____ Psychiatric Treatment

DISEASES:

_____ Chicken Pox	_____ Measles
_____ German Measles	_____ Mumps

ALLERGIES:

_____ Hay Fever	_____ Poison Ivy, etc.
_____ Insect/bee stings	_____ Penicillin
_____ Other Drugs	_____ Asthma
_____ Other: _____	_____
_____	_____

Has the participant ever required psychiatric counseling or hospitalization? _____

Explain _____

Operations or serious injuries?(dates) _____

Disability or recurring illness? _____

Activities encouraged or limited by physician? _____

Dietary modifications? _____

Current medications? _____

Other diseases or details of above? _____

Date of last medical exam? _____

Suggestions on health related information for school personnel:

This health history is correct so far as I know. I hereby give permission to the medical personnel selected by the teacher/leaders to order X-rays, routine tests, treatment and necessary transportation for the youth participant. In the event of an emergency I hereby give permission to the physician selected by the expedition leader to secure and administer treatment, including hospitalization, for my child/ward as needed. The completed forms may be photocopied if necessary.

Signature of Parent/Guardian: _____ Date _____