



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
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# IT'S TIME TO GET YOUR SUMMER ON!

Summer Camp Parent Handbook 2023  
NEW CANAAN YMCA



# New Canaan YMCA Summer Camp 2023

## NEW CANAAN YMCA

Enriching all people in spirit, mind, and body...

564 South, New Canaan, CT 06840

(203) 966-4528

[www.newcanaanymca.org](http://www.newcanaanymca.org)

The New Canaan YMCA is a 501(c)(3) not-for-profit organization that relies on private and public support to fulfill its charitable mission of community service.

**Our Promise:** We know that lasting personal and social change comes about when we all work together. That's why, at the Y, strengthening community is our cause. Every day, we work side by side with our community to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive.

**About Camp:** Camping, like many Y programs, is all about learning skills, developing character, and making friends. But few environments are as special as camp, where kids become a community as they learn both how to be more independent and how to contribute to a group as they engage in physical, social and educational activities. There's something about Summer Camp memories that stick with us forever. The friendships we make, the skills we learn, and the confidence we build last long after the summer ends.

The New Canaan YMCA Summer Camps have provided thousands of children in our community with a camp experience they never forget. Our camps offer a variety of experiences for children of all ages and abilities, with each camp offering safe and supervised fun provided by a caring, responsible staff. Each child gains something different at camp: making new friends, learning how to swim, self-confidence, independence, and leadership—skills that last far beyond camp.

Whether it's your child's first camp experience through Camp Mini or an action-packed summer of outdoor fun at Camp Y-Ki or , each of our camps provide an environment where campers are encouraged to grow, have fun, and make those memories that will last a lifetime.

**Note: This is a living document and changes may be made at any time. Any changes will always be communicated to parents.**

## **Camp At-A-Glance**

### **Camp Sessions and Dates**

**Session 1:** June 26– July 7 \*no camp on Tuesday, July 4

**Session 2:** July 10 – July 21

**Session 3:** July 24– August 4

**Session 4:** August 7 – August 18

**\*Note:** Each camper's YMCA membership must remain active throughout the camp session.

### **Camp Mini & Camp Y-Ki Hours**

#### **Camp Y-Ki:**

Full-day: 9:00 AM – 4:00 PM

AM Extended Day: 8:00–9:00 AM

PM Extended Day: 4:00–5:30 PM

#### **Camp Mini:**

Half-day: 9:15 AM – 1:15 PM (3, 4 & 5 year old's)

Full-day: 9:15 AM – 4:15 PM (4 & 5 year old's ONLY)

### **Camp Contact Information**

Camp Directors can be reached by the following phone numbers or emails:

#### **Camp Mini:**

Suzy Pfeifer: 203-920-1649 or [spfeifer@newcanaanymca.org](mailto:spfeifer@newcanaanymca.org)

#### **Camp Y-Ki:**

Phil Prout (Camp Director): 203-966-4528 ext. 193 or [pprout@newcanaanymca.org](mailto:pprout@newcanaanymca.org)

Camp Season 6/12–8/18 (203) 972-4931

John Eng (C.I.T. Coordinator): (203) 966-4528 ext.194 or [jeng@newcanaanymca.org](mailto:jeng@newcanaanymca.org)

Y-Ki Office Phone (during camp season): 203-972-4931

### **Inclusion and Support Services at Camp Mini & Camp Y-Ki:**

Carolynn Kaufman: 203-920-1656: or [ckaufman@newcanaanymca.org](mailto:ckaufman@newcanaanymca.org)

\*Support services are offered to eligible campers on a first-come, first-served basis.

## Required Camp Paperwork

All paperwork must be on file with the YMCA by **June 1st**.  
Children WILL NOT be admitted into camp without their completed forms.

### ePACT:

All paperwork is handled through our online paperwork portal, ePACT. Once your camper is registered, you will receive an email from ePACT to fill out the necessary paperwork.

### Through ePACT, you will complete and upload the following forms:

- 1) Information Authorization Form (please update this yearly), including names of parents and other individuals permitted to pick up the child.
- 2) Upload the camper's Health Assessment Record: Must be valid through sessions attended.  
Camp Mini: valid one year from exam date.  
Y-Ki: valid three years from exam date.
- 3) Please upload a current school photo of your child.

## Groupings & Registration Changes

Camps operate in four, two-week sessions. All groups are co-ed and by age at Camp Mini or by grade at Camp Y-Ki.

Group requests are discouraged. However, if a request is desired, parents may inform us in writing of one child their camper would like to be with. Requests must be mutual and made by both parties. We will do our best to accommodate requests, but they are not guaranteed.

## Camp Enrollment/Session Changes

In the event that it is necessary to switch camp sessions or New Canaan YMCA camp programs, notification must be made to the appropriate Camp Directors by:

- June 12 (Session 1)
- June 26 (Session 2)
- July 3 (Session 3)
- July 24 (Session 4)
- This process is not guaranteed and is subject to the approval of the Camp Directors and space limitations.
- The New Canaan YMCA reserves the right to fill open camp spaces by age/grade from the waiting list.
- If Camp Directors feel that the child's enrollment is detrimental to the health or progress of their or other children, and withdrawal is deemed necessary, a prorated refund of the remaining camp fee will be returned to the parent, if applicable.

## Communication

We encourage you to address questions or concerns directly with your child's counselor. If you need further assistance, please do not hesitate to contact Camp Directors Monday-Friday.

## Medication and Allergies

For medication to be administered to a camper, a photo of the child and an "Authorization to Administer Medication Form" must be signed by a physician and parents, and be on file with the Camp Nurse/First Aid personnel. This must be completed and handed in one week prior to the child's first day at camp. These forms are available online through ePACT.

### Medication Requirements:

- **Medication must be in its original container, with original label:** The container must include the child's name, dosage and times of administration clearly marked.
- **Medication can only be administered** by the Camp Nurse/First Aid personnel.
- **Allergies or special situations/conditions:** On the required "Medical Form," indicate any allergies your child may have, as well as remedies. To ensure your child's happiness and safety please indicate any other situations/conditions which may require attention and contact the Directors prior to camp.
- New Canaan YMCA camps are "Peanut/Tree Nut Sensitive" to reduce the risk of anaphylactic conditions.

**Note:** For any medications for emergency situations—including EpiPens—a "standing order" (including steps to be followed) from the child's physician must also be on file.

## Illness Policy

The YMCA reserves the right to deny any child admittance to the program on any given day, for reasons of obvious illness, or to request early departure, should symptoms become obvious during the day.

The child will be sent home from the program if he/she shows evidence of any of the following:

- Is unable to participate in usual daily activities
- Excessive crankiness or irritability
- Axillary temperature (under arm) of 100° or more
- Vomiting
- Diarrhea, defined as an increased number of stools compared with the child's normal pattern with increased stool water and/or decreased form.
- Persistent cough
- Open sores that cannot be covered
- Any contagious disease or infection including; a rash, drainage from the eye or head lice.

**(Continued on next page)**

## Illness Policy (Continued)

The child may return to the program when:

- Temperature has been normal (child has been fever-free) for 24 hours-one full day\*
- Diarrhea has stopped for 24 hours-one full day\*
- Vomiting has stopped for 24 hours-one full day\*
- Persistent cough has been checked by a pediatrician
- Questionable rash has been checked by a pediatrician
- 24 hours after medication for strep, conjunctivitis & any other infectious disease
- After treatment with a head lice medication and staff has determined that the child is lice and nit free
- Children with chicken pox may return after their pox have scabbed over and are no longer open sores.
- Upon request, Physician's note submitted to Director

**\*IF A CHILD IS SENT HOME FROM CAMP, THEY MUST BE OUT FOR ONE FULL DAY.**

**EXAMPLE: IF A CHILD IS SENT HOME ON MONDAY, THE EARLIEST THEY COULD RETURN WOULD BE WEDNESDAY AND ONLY IF THEY HAVE BEEN SYMPTOM-FREE FOR 24 HOURS.**

If a child contracts a communicable disease, parent must immediately notify the Director.

## Illness Refund Policy:

If your child is ill and cannot attend camp, Camps will refund you on presentation of doctors note

**Note:** Please let the Camp Director know when your child will be absent due to illness or vacation. You may email or you may leave a message with the Director.



## What To Bring/Wear To Camp

- **Sneakers:** No open-toed, loose-fitting shoes or flip flops are permitted. It's easier to have a fun, safe, and active day at camp with sneakers on! Slip-on or Velcro are preferred (no Crocs or flip flops for all camps).
- **Sun Block/Insect repellent: A combination of SPF/Insect Repellent is recommended.** Please apply sun block to your camper in the morning prior to the start of camp. Sun block can be brought to camp labeled with your camper's name on it. Camp Y-Ki campers can keep their sun block in their backpacks/bags. Campers will be encouraged to reapply sunscreen throughout their camp day.
- **Sweatshirt/Light Jacket:** For cool or drizzly days.
- **Dry Bathing Suit and Towel:** Campers may wear clean, dry bathing suits to camp in the morning (this saves time, providing campers with longer swim lessons). Be sure to pack appropriate clothing and underwear for them to change into. Children may not wear wet bathing suits throughout the whole camp day. Providing a plastic bag to put wet suits in is also helpful. Two suits per day are recommended for Camp Y-Ki.
  - \***Note:** It is highly recommended that if your camper is attending camp at Camp Y-Ki, that you provide a neon color bathing suit for visibility in the pond.
- **Lunch:** Campers must bring lunch daily in an insulated lunch box/bag clearly marked with their name, counselor's name, and group. Lunches MUST include an ice pack and beverage.
- **Snacks:** Please feel free to provide your child/children with a couple of nutritious snacks to give them energy throughout their active camp day. Snacks should be something that they can keep in their backpacks for quick and easy access separate from lunchbox. Also, please remember that we do have many allergies at camp. Please do not send snacks that contain nuts/peanut butter. Note: Camp Mini provides a snack during the camp day.
- **Water Bottles:** It is beneficial to send your child with a water bottle to camp daily. To keep water cool and refreshing, we recommend putting ice in your camper's water bottle before arriving at camp. You may also want to try adding water to a half-frozen water bottle.
- **Hat:** A hat is recommended to keep cool and block the sun.

**\*\*\*PLEASE LABEL ALL CLOTHING AND PERSONAL ITEMS, INCLUDING:  
BATHING SUIT, TOWEL, SHOES, LUNCHES, BACKPACKS, WATER BOTTLES, ETC.\*\*\***

### T-Shirts:

All campers will receive a T-shirt during the first week of their first session of camp. Directors may request campers to wear t-shirts on specific days, such as field trips, rainy days, and the first day of each session. Wear your t-shirt proudly!

## What Not To Bring To Camp

Please do not send campers with electronics, including cell phones, toys, or money\* unless otherwise instructed. The New Canaan YMCA is not responsible for lost items.

Please do not bring dogs onto fields, Camp Mini play areas, or to Camp Y-Ki before, after or during camp hours for the health and safety of our campers. This does not apply to service dogs.

## Lost and Found

Each camp has a designated area for lost and found items:

**Camp Mini:** Classroom Area

**Camp Y-Ki:** Merrie Bee Cabin

\*Please check lost and found areas on a regular basis. Items will be kept cleared from lost & found after two weeks and a final clearing on August 18 at 5:30 PM. Unclaimed items will be donated where possible.

## Camp Drop-Off and Pick-Up Procedures

In order to minimize parking problems in the YMCA lot and to accommodate families who may be dropping campers off at the YMCA facility as well as our off-site program at Kiwanis Park, camp start times are staggered:

**Camp Y-Ki:** 9:00 AM – 4:00 PM

**Camp Mini hours:** 9:15 AM – 1:15PM/4:15PM

## Proof of Identification Upon Pick-Up Is Required

At each of our camp programs, parents/guardians are required to provide proof of identification (i.e., photo license) upon pick-up of their child. We also ask that parents/guardians sign out campers at the end of the day. Children will only be released to individuals identified on their Information/Authorization form, or a written note from a parent. This is for your child's safety. Thank you in advance for your cooperation.

## Extended Hours For Camp Y-Ki

In an effort to accommodate working parents, an extended day program is available, for an additional fee at Camp Y-Ki.

**AM Extended Hours:** 8:00–9:00 for Y-KI (Pavilion at Kiwanis Park)

**PM Extended Hours:** 4:00–5:30 for Y-KI (Pavilion at Kiwanis Park)

### Important notes:

- Sign-out and photo identification are required to pick up your camper at all YMCA camps.
- Campers may not be dropped off before the start of the camp day (9:00 AM Camp Y-Ki) unless registered for AM Extended Day. Upon drop off, please bring, and personally deliver your camper directly to their counselor at the designated drop off area.
- If your camper is registered for extended pm, pick up is by 5:30pm. Late fees of \$5.00 per five-minute intervals will be charged for late pick-up.



# Additional Camp-Specific Information

## Inclusion and Support Services at Camp

### New Canaan YMCA Inclusion and Support Initiative:

It is the belief of the New Canaan YMCA that all children are first and foremost children, regardless of need or ability. All individuals are welcome and encouraged to participate in our programming; adaptations and accommodations are available. Individual differences are to be celebrated in an inclusive recreational experience, allowing the YMCA to fully deliver on its charitable mission of “enriching ALL people in spirit, mind, and body.”

### Program Description: Support offered at Camp Y-Ki & Camp Mini

Our 2 traditional YMCA day camps (ages 3-13 yrs.) provides an inclusive summer camp opportunity for children of all abilities.

By providing a 1:1 or 1:2 support, for a maximum of 2 sessions (4 weeks), depending on individual camper needs, children are able to participate in a traditional summer camp program with his/her peers. Support services are offered on a first come first served basis.

For children who attend school ESY (Extended school year) programs in the mornings, Camp Y-Ki offers an adjusted fee for **a half day at camp**. For additional information for all Inclusion and Support Services, contact Carolyn Kaufman, Director of Inclusion and Support Services at 203-920-1656 or [ckaufman@newcanaanymca.org](mailto:ckaufman@newcanaanymca.org).



# Additional Camp-Specific Information

## Camp Mini

### Program Description:

Camp Mini is held at the YMCA facility at 564 South Avenue. Indoor and outdoor facilities are utilized throughout the camp day. Camp Mini specializes in offering children 3-5 years of age (pre-K) a creative, fun summer camp experience.



The happiness, safety, and well-being of each child are the primary objectives of all camp staff. The staff strives to provide a warm, nurturing camp environment which the children will look forward to attending and will remember always.

Activities include Bouncing Bears (gym instruction), arts & crafts, swimming, indoor/outdoor games, music, special events, and theme days. Our recreational activities are all designed to teach new skills as well as provide lots of fun.

On rainy days, Camp Mini's schedules are slightly revised in order to accommodate Y members, campers and staff.

Campers must be completely toilet trained prior to camp!

## Camp Mini Directors

**Suzy Pfeifer (Senior Director of Childcare):** Suzy has been an integral part of childcare and camp programs at the New Canaan YMCA since 1996. Beginning with four years as a toddler teacher in the Rainbow Station Infant-Preschool Childcare program and three years teaching in our 3 year old Y's Little Owl Nursery School, Suzy currently oversees Camp Mini and the Kids Unlimited Afterschool Program. She has been the Director of Camp Mini since 1999. Suzy has her CDA from Norwalk Community College. Affectionately known as Miss Suzy, she looks forward to another summer working with the young campers and their families.

**Nadine Bullerman (Assistant Director):** Nadine has been a part of Camp Mini staff since 2013. In addition to Camp Mini, she has been an integral part of the YNS program. Working at YKI as a one-to-one special cares counselor and after-school programming for our older YNS members. During the school year Nadine is a Special Education assistant at South School. She received her diploma of Early Childhood from Northeast Iowa Community College.

## Camp Mini Drop-Off/Pick-Up Procedures

- The camp day begins at 9:15 AM
- For your child's protection, please walk your child to their counselor. Photo ID required for pick-up.
- Camp rosters and room locations will be posted on the first day of each session.

## Camp Mini Frequently Asked Questions

- Q. Are you peanut/tree nut free?
- A. Yes. Campers must bring lunch daily in an insulated lunch box/bag clearly marked with their name. Lunches MUST include an ice pack. Water bottles clearly marked with their names MUST be sent daily and will be refilled throughout the camp day as needed. Snack will be provided mid-morning and mid-afternoon.
- Q. Does my child have to be toilet trained before attending camp?
- A. Yes, all children must be toilet trained.
- Q. May my child who is turning 3 years old during the summer attend camp?
- A. Your child may attend camp anytime after his/her 3rd birthday.
- Q. I work full-time, is it possible for my child to attend the extended day program (8:15-9:15am & 4:15-5:15pm)?
- A. No. Extended Day options are only available for children attending Camp Y-Ki.
- Q. My child is 5 but has completed Kindergarten. May they attend Camp Mini?
- A. No. Camp Mini is a pre-K camp. If your child has completed Kindergarten, we suggest you register for Camp Y-Ki.
- Q. May my 3 year old attend the Full-day camp day?
- A. No.
- Q. Do I have to send a lunch with my child?
- A. Yes. Campers must bring lunch daily in an insulated lunch box/bag clearly marked with their name, counselor's name and group. Lunches MUST include an ice pack and beverage. Water is provided throughout the camp day, including lunch time. Snack is provided mid-morning and mid-afternoon. Please send your child with a water bottle.
- Q. Will you group friends together?
- A. We will try to accommodate one buddy request if the parents of both children make the same request.
- Q. What is the ratio of campers to counselors?
- A. 1:6. There will be no more than 6 children per counselor.
- Q. What is a typical daily schedule?
- A. Children will enjoy arts and crafts, singing, sports, story time, swimming, Bouncing Bears twice a week, and special events and theme days on Fridays.
- Q. Do the children swim every day?
- A. Yes. Please send a bathing suit, towel and any swim accessories every day.
- Q. Do they receive swim instruction?
- A. Yes. They do receive daily classes by their counselors guided by YMCA swim instructors.
- Q. How much time is spent outside?
- A. Depending on the weather, the children will spend approximately half of their non-swim time outside but will not stay out in the sun for more than 25 minutes at any one time.

# Additional Camp-Specific Information

## Camp Y-Ki

### Program Description: A Summer To Remember!

Swimming, archery, arts and crafts, sports, nature, camp songs, team building, and special events... The traditional summer camp experience of Camp Y-Ki provides kids with the fun, friends, and personal growth that only summer camp can provide. Held at Kiwanis Park, Camp Y-Ki is an exciting outdoor camp experience for school-age children, offering a variety of activities which help campers build self-esteem, confidence, independence and responsibility—all while enjoying the outdoors with friends.

### TW Time (Grades 3 and 4)

We are always striving for innovation at Camp Y-Ki and this summer we are excited to offer a brand new program for our Timberwolves! During this time the T.W.'s will be split into two groups with one group doing a large T.W.-wide game and the other group doing a craft or creative project. This will be held Tuesday through Friday and will be during the first period of the day.

Younger campers in the Cougars and Crocodiles groups, will participate in traditional camp activities throughout the day.

### Specialty Camps (Grades 5 and up)

Eagles and L.I.T.'s will be able to register for two specialty camps a session with sign ups happening every Monday morning. The camps will run from Tuesday through Friday during our second morning period of the day.

**Sports/Non Traditional Sports • Nature/Science • Arts/Community  
Outdoor Education • Water Sports**

### Special Events

Campers will have fun at weekly special events and weekly themes throughout their summer. Be sure to check out your specific camp calendar so your camper can participate.

### Calendar of Events and Activities

An event calendar will be emailed to each Camp Y-Ki camper's Parent/Caregiver prior to first day of camp to inform you and your campers of session themes and special events.



## Leaders-In-Training (L.I.T.s)

The L.I.T. Program has been designed to teach our oldest campers about the importance of responsibility, empathy, and working with others while having fun at camp! L.I.T.-focused activities will be similar to regular camp activities, but will be tailored to meet the needs of our oldest campers. Participants will also have two periods of swimming each day, and will sign up for a different specialty camp each week. The L.I.T.s will also attend two field trips. Past field trips include Escape New Haven and IT Adventure Ropes Course.

### L.I.T. ONE

Led by the L.I.T. counselors and coordinator first-year L.I.T.s will blend regular camp activities and some L.I.T. focused activities to slowly introduce more freedom and group choice. First-year participants will complete a Red Cross Babysitting Certification course, enabling them to better understand how to properly and safely care for children. They will also spend time shadowing our Camp Specialists learning what makes a true leader. The L.I.T. program is a great way for older children to get out and enjoy the summer, while learning valuable life lessons and making quality friendships.

### L.I.T. TWO

Designed specifically for L.I.T.s who have attended the program before! Led by the L.I.T. counselors and coordinator this format will provide returning participants with greater independence and responsibility. The group will blend camp/community enrichment projects with fun age-focused activities. L.I.T.s will also spend time shadowing camper groups and counselors, as they further develop their child supervision skills. Beyond the regular camp activities, L.I.T.s will spend time planning and implementing camp/community enrichment projects focused on reinforcing one of the Y's areas of focus: social responsibility.

## Counselors-In-Training (C.I.T.s)

Our C.I.T. program offers teenagers ages 14-15 the opportunity to make a difference in our community, while developing leadership skills and learning to become an impactful counselor and role model to younger campers. As a C.I.T., participants gain experience working in varied environments and with different ages at Camp Y-Ki, Camp Mini, and in addition to their C.I.T. volunteer experience, participants enjoy special activities including guest speakers, lunches, and an end of the season field trip. 2023 CIT Coordinator: John Eng( 203) 966-4528 ext. 194.

### COUNSELOR-IN-TRAINING: FIRST YEAR

Participation in the CIT program will feature leadership training, where participants develop skills and peer relationships in a fun camp environment. Evaluations are conducted throughout the camp sessions.

### COUNSELOR-IN-TRAINING: SECOND YEAR AND BEYOND

C.I.T.s who have already successfully completed one year of our C.I.T. program will participate in our Second Year and Beyond program. This program will feature a training refresher with evaluations during the first session. The following sessions will feature hands-on experience working with leadership staff to plan and implement activities. This will enable the more seasoned C.I.T.s to have the additional opportunity to practice their skills as future counselors and leaders.

**L.I.T. and C.I.T. programs help develop the following assets:**

Studies at The Search Institute show that the more developmental assets youth receive in their life, the greater the chance is that they will develop into self-confident, well-rounded, community-minded individuals.

**Empowerment:**

- #7– Community Values Youth
- #8– Youth as Resources
- #9– Service to Others

**Boundaries & Expectations:**

- #14– Adult Role Models
- #16– High Expectations

**Constructive Use of Time:**

- #17– Creative Activities
- #18– Youth Program

**Positive Values:**

- #26– Caring
- #30– Responsibility

**Social Competencies:**

- #32– Planning & Decision Making
- #33– Interpersonal Competence
- #34– Cultural Competence

**Positive Identity:**

- #38– Self Esteem
- #39– Sense of Purpose
- #40–Positive View of Personal Future



For more information visit [search-institute.org](https://search-institute.org).

## Camp Staff

Our camp staff is chosen on the basis of experience, specific skills, and the commitment to camp philosophies. Our high percentage of returning staff ensures continuity and leadership experience. All staff participate in a comprehensive orientation session prior to camp. We pride ourselves in having committed, caring, and responsible staff. Learn more about each of our camp directors below!

### Camp Y-Ki Directors and Senior Camp Staff:

#### **Phil Prout (Youth & Camp Y-Ki Director):**

Phil rejoined the Y in February 2023. He grew up in New Canaan and Norwalk and was actively involved with the Y in middle school and high school. After attending Springfield College, Phil led other Y camps including Camp Hi-Rock in the Berkshires, his “home away from home”, and Camp Hale outside of Boston. Phil developed his Summer Youth Leadership Curriculum while at the Boston Y. It is now widely referenced and used as a guide for teen leadership programs at 18 different summer camps. Phil has been a camp and youth professional for over 15 years with non-profit, public and private organizations.

#### **Gillian Kane (Assistant Director):**

Gill is a 2022 Springfield College graduate with a bachelor's in physical and health education. Gill was a 4-year member and 2-year captain of the Springfield Softball team as a pitcher. This is Gill's 5th summer at Y-Ki, and I've loved every second of it. Gill hopes to eventually become a teacher and coach after finishing my graduate program! Gill's favorite food is chicken cutlets!

#### **Victoria McCaffrey (Assistant Director)**

Victoria McCaffrey will be leading for her sixth summer at Camp Y-Ki! She just graduated with her degree in early and elementary education. In her free time she likes to go on walks and bake. Some of her favorite camp activities include assembly and arts and crafts. She's looking forward to an amazing summer at Y-Ki!

#### **John Eng (C.I.T. Coordinator):**

John has been a part of Y-Ki the longest starting as a cougar in 2003. He's been a camper or counselor for every age group, a CIT specialist, and senior leadership. Currently John works year-round with the Y as a Youth Program Associate and helps to lead the KU afterschool program. John is excited to lead the CIT program again and share his many summers of accumulated camp knowledge with the next generation of counselors. John has a BA in psychology from Saint Michael's College and a masters in clinical mental health counseling from Fairfield University. His favorite camp activity is Nature, particularly on mud days and riverwalk days. John has many hobbies but has the most passion for a card game Magic the Gathering.

#### **Mason Capozza (L.I.T. Coordinator)**

Mason is excited to be joining the Camp-Ki team this year. He has been working for YMCA's for 10 years and has a passion for youth programming. Mason currently works year-round as a Youth Program Associate and leads pre-school and school-aged programs. He has experience in a variety of YMCA programs including aquatics, fitness, membership, and childcare. As a youth development professional, Mason says his personal mission is “To enrich youth through equitable opportunities that promote diversity, inclusion, and self-expression”. Some of his hobbies include hiking, collecting cards, hanging out with his dog, and listening to music.



## **Drop-Off/Pick-Up Procedures for Camp Y-Ki**

**In order to ensure campers, parents, and staff safety we are asking parents must park their cars in the parking lot and exit their vehicles for both pick up and drop off.**

### **AM Drop-Off:**

Please park in lot and walk your camper to their counselor or leadership staff by 9:15 AM.

### **PM Pick-Up:**

Please park in lot and stop at the table by the camp office. Please have a photo ID with you. Only authorized persons specified on Authorization Form can pick up campers.

### **Late Arrival or Early Dismissal:**

In either case, campers must be signed in or out at the camp office. A camp staff will bring your camper to their counselor.

\* Please have ID with you for Early Dismissal and when possible, notify staff ahead of time.

## **Office Hours**

The camp office is open 8:00 AM–5:30 PM Monday through Friday during the camp season. The camp phone, 203-972-4931, will be active as of Monday, June 12.

If you would like to contact Camp Y-Ki Directors and you do not reach them directly, please leave a message on their voice mail and they will return your call as soon as possible. Please be aware the directors are often out on camp grounds and are not always able to get to the phone.

In case of an emergency, call the New Canaan YMCA's Front Desk at 203-966-4528.

## Y-Ki Mail Box

Kids love to get mail!

Drop off a letter, note, or thought for your child to read during the camp day to let them know that you are thinking of them. Each day the mailbox will be emptied at 11:30 AM and your mail delivered to your camper(s) during lunch. The mailbox is located in front of the camp office. Please address your mail with the name of your child and their counselor, with a return address of your name. No stamp is required.

## Y-Ki Family Picnic

Camp Y-Ki will hold its **annual Family Picnic on Thursday, July 27th from 5:30 PM to 7:00 PM**. This is a great way to get to know the Y-Ki staff and experience a ton of camp fun. Pack your family a picnic basket, and join us on the beach! Don't forget to wear camp attire, and bring your bathing suit and towel for a Y-Ki dip.

## Y-Ki Chuck Wagon BBQ

**The Camp Y-Ki Chuck Wagon BBQ** has been a Y-Ki tradition since 2008. This event will be held on **Wednesday, July 19th** during the camp day. Lunch will include a hot dog on a bun from **Super Duper Weenie**, chips and s'mores for dessert. If you would like your child to eat the BBQ lunch, a \$7 fee is required. If none of the above items are appetizing to your camper, please feel free to pack a lunch for them; they will still have a great time! Parents are more than welcome to join us.

## Y-Ki Spirit Day

Spirit Days are a foundational part of the traditional camp experience and is the ingredient that makes camp so memorable and special. Every week this summer will have a different theme ranging from Superhero Week to Dinosaur week. Campers are encouraged to show their camp spirit no matter what the day is. They may choose whether they wear a dinosaur t-shirt or their favorite hero's mask. On certain days we will have a camp wide event or activity revolving around a theme like our Costume Show during Halloween week, these days are on our calendar and participation in these camp wide activities is optional.

## Y-Ki On Site Events

To avoid any long, hot bus trips we will be bringing the field trips to camp this year for our Cougars, Crocodiles, Timberwolves, and Eagles! We have several fun events planned at camp this summer including a rock wall, inflatable slides, extreme slip and slides!

## Y-Ki Camp Newsletter

Each session, Y-Ki distributes a newsletter to keep parents up to date on the goings-on at camp. Along with our weekly emails about what is happening at Camp Y-Ki we are going to be introducing a new photo sharing website available exclusively to Y-Ki parents/guardians. An email regarding the website will be shared prior to the first day of camp along with a password for you to see what your camper is up to!

## Inclement Weather

Camp Y-Ki will operate at the Kiwanis Park facility whenever possible. Please keep in mind that Camp Y-Ki is an outdoor camp and that staff and campers may get wet.

If inclement weather occurs during the camp day, it is at the Directors' discretion to move the camp indoors. Campers are then bussed to New Canaan High School.

\*Please refer to Rainy Day Protocol received via email for specifics on pick up and drop off.

If you have questions regarding drop-off or pick-up location, please call Camp Y-Ki or the New Canaan YMCA Front Desk.

**NOTE:** Decisions regarding morning drop-off location will be made by 7:30 AM whenever possible. Parents will also be notified by email as to the rainy day decisions. We appreciate in advance your patience with us during rainy day decisions, as weather can be unpredictable. Please make sure we have your most up to date contact information at all times for notifications.

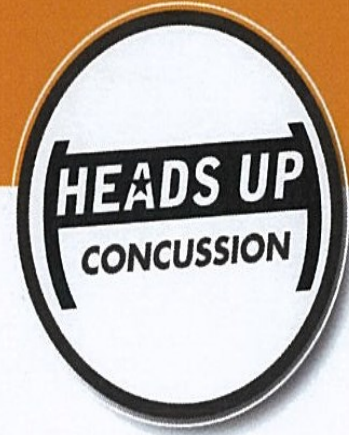
# CONCUSSION FACT SHEET FOR PARENTS



## WHAT IS A CONCUSSION?

A concussion is a type of traumatic brain injury. Concussions are caused by a bump or blow to the head. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious.

You can't see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.



## WHAT ARE THE SIGNS AND SYMPTOMS OF CONCUSSION?

If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs of a concussion:

### SYMPTOMS REPORTED BY ATHLETE:

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not "feeling right" or is "feeling down"

### SIGNS OBSERVED BY PARENTS/ GUARDIANS:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes





## ANGER SIGNS

Be alert for symptoms that worsen over time. Your child or teen should be seen in an emergency department right away if s/he has:

- One pupil (the black part in the middle of the eye) larger than the other
- Drowsiness or cannot be awakened
- A headache that gets worse and does not go away
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Difficulty recognizing people or places
- Increasing confusion, restlessness, or agitation
- Unusual behavior
- Loss of consciousness (even a brief loss of consciousness should be taken seriously)

## WHAT SHOULD YOU DO IF YOU THINK YOUR CHILD HAS A CONCUSSION?

### 1. SEEK MEDICAL ATTENTION RIGHT AWAY

A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to regular activities, including sports.

### 2. KEEP YOUR CHILD OUT OF PLAY.

Concussions take time to heal. Don't let your child return to play the day of the injury and until a health care professional says it's OK. Children who return to play too soon - while the brain is still healing - risk a greater chance of having a second concussion. Repeat or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.

### 3. TELL YOUR CHILD'S COACH ABOUT ANY PREVIOUS CONCUSSION.

Coaches should know if your child had a previous concussion. Your child's coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

## HOW CAN YOU HELP YOUR CHILD PREVENT A CONCUSSION OR OTHER SERIOUS BRAIN INJURY?

- Ensure that they follow their coach's rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.
- Make sure they wear the right protective equipment for their activity. Protective equipment should fit properly and be well maintained.
- Wearing a helmet is a must to reduce the risk of a serious brain injury or skull fracture.
  - However, helmets are not designed to prevent concussions. There is no "concussion-proof" helmet. So, even with a helmet, it is important for kids and teens to avoid hits to the head.

## HOW CAN I HELP MY CHILD RETURN TO SCHOOL SAFELY AFTER A CONCUSSION?

Children and teens who return to school after a concussion may need to:

- Take rest breaks as needed
- Spend fewer hours at school
- Be given more time to take tests or complete assignments
- Receive help with schoolwork
- Reduce time spent reading, writing, or on the computer

Talk with your child's teachers, school nurse, coach, speech-language pathologist, or counselor about your child's concussion and symptoms. As your child's symptoms decrease, the extra help or support can be removed gradually.

JOIN THE CONVERSATION → [www.facebook.com/CDCHeadsUp](https://www.facebook.com/CDCHeadsUp)

TO LEARN MORE GO TO >> [WWW.CDC.GOV/CONCUSSION](https://www.cdc.gov/concussion)

Content Source: CDC's Heads Up Program. Created through a grant to the CDC Foundation from the National Operating Committee on Standards for Athletic Equipment (NOCSAE).

# HEADS UP

# EVERYBODY BELONGS HERE

## The New Canaan YMCA's 2023 Annual Support Campaign

At the Y, strengthening community is our cause. Every day, we work side by side with our members, volunteers, and other community organizations to ensure that everyone—regardless of age, income, background, or ability—has the opportunity to learn, grow, and thrive.



The Y's Annual Campaign supports our charitable mission of community service by funding these charitable initiatives:

- **Membership and Program Scholarships:** The New Canaan YMCA awards approximately \$250,000 in financial assistance each year.
- **Programs for those with special needs**
- **Cost subsidies for essential mission-based programs,** keeping them affordable to all.
- **Seed funding for new programs** that respond to our community's changing needs.
- YMCA **World Service** initiatives.



When you give to the Y, your gift will have a meaningful, enduring impact right here in your own neighborhood.

Yes, I'd love to help the New Canaan YMCA.  
Enclosed is my gift of \$ \_\_\_\_\_

No gift is too small, and every gift makes a difference!

Ways Your Gift Can Help Campers This Summer:

Scholarships for financially deserving families

- \_\_\_\_\_ \$815 (1) session at Y-Ki or
- \_\_\_\_\_ \$865 (1) Full Day session at Camp Mini
- \_\_\_\_\_ \$100 Summer Youth Membership
- \_\_\_\_\_ \$ Other amount

Special needs programming

- \_\_\_\_\_ \$300 Special Event at Teen Camp
- \_\_\_\_\_ \$400 for Art therapy and supplies
- \_\_\_\_\_ \$950 1:1 aide at camp

Camp Programming/Equipment

Below are a few items from our director's "Wish Lists"

Camp Y-Ki

- \_\_\_\_\_ \$150 - New quirky games
- \_\_\_\_\_ \$350 - Stand up Paddleboard
- \_\_\_\_\_ \$900 - Nine Square
- \_\_\_\_\_ \$2000 - Inflatable Equipment for Pond

Camp Mini

- \_\_\_\_\_ \$50 - 2 Spin Art Machines
- \_\_\_\_\_ \$100 - 4 Spin Art Machines
- \_\_\_\_\_ \$225 - Carnival Games
- \_\_\_\_\_ \$600 - Petting Zoo Special Event

Please contact your camp director if you have any questions or are interested in making a donation.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Payment Method:

\_\_\_ Check Enclosed \_\_\_ Credit Card

Card Number \_\_\_\_\_

Expiration Date \_\_\_\_\_

CVC \_\_\_\_\_

Please include this slip with your donation and forward to the Y's Development Office:  
564 South Avenue, New Canaan, CT 06840





**FOR YOUTH DEVELOPMENT®**  
**FOR HEALTHY LIVING**  
**FOR SOCIAL RESPONSIBILITY**

## **NEW CANAAN YMCA**

564 South Avenue, New Canaan, CT, 06840

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[www.newcanaanymca.org](http://www.newcanaanymca.org)

Enriching all people in spirit, mind, and body...