



PARENT GUIDE

2011

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IMPORTANT CAMP DATES/RATES

Summer 2011

Starter Camp: \$1200 per session (**Ages 7-11 first time campers only!**)
July 2nd - 9th and July 31st - August 7th

Standard Session Dates:

Session One: July 2nd - July 16th
Session Two: July 17th - July 30st
Session Three: July 31st- August 14th

Standard Session Rates:

1 Session = \$2300
2 Sessions = \$4300
3 Sessions = \$6300

Visit online media to view daily photos, email your daughter, enjoy!

Stuff to do:

Reserve travel, complete profile form, make doctor's appt and get physical, complete medical form, read and sign codes of conduct, start packing!

Fall Reunion: TBA through email.

IMPORTANT CAMP CONTACTS

Winter

Camp MoveIT
394 Broadway
5th Floor
New York, NY 10013
Phone: 877-262-6512

Summer

Camp MoveIT
21 County Road #5
Bovina Center, NY 13740

Email: mailbox@campmoveIT.com
Website: www.campmoveIT.com

CAMPER TRAVEL

Modes of travel to and from camp

Driving: Please plan to drop-off your daughter between 2pm and 4pm on the first day of the camp session. For pick-up, please plan to arrive between 9am and 11am on the last day of the session.

Directions

Camp MoveIT is a 3 hour drive from New York City and a 3 hour drive from Springfield, MA.

Escorted buses:

Camp MoveIT will have buses for pick-up and drop-off at the following locations, with prices for each leg of travel listed below. The bus charge will be listed on your final bill:

Air Travel:

If you chose to fly your daughter(s) to and from camp, please have her fly into Summit, NJ (\$125), Penn Station, NY (\$100), Westport, CT (\$90), Newton, MA (\$100)

Syracuse Hancock International Airport, between 10am and 3pm on the first and last day of the camp session. Staff will be on hand to pick-up your daughter from the gate.

Please have her fly as an unaccompanied minor.

Note: There will be a \$ 50 airport pick-up/drop-off fee added to your final bill.

BAGGAGE TRANSPORT

If you wish to mail your luggage to camp, make sure that CAMP Move IT and your daughter's name are visible.

If you are driving your daughter to camp, you may bring her luggage with you.

If you are flying and want to mail your daughter's luggage, the best bet is UPS. When it arrives we will be notified and a representative from Camp Move IT will retrieve them.

UPS STORE

Please call the UPS Store in Oneonta, NY at (800) 742-5877 to arrange for shipment. Please be sure all baggage arrives at Camp before the first day of Camp. Please address UPS baggage, in large, clear font, to:

YOUR DAUGHTER'S NAME
CAMP MOVE IT
2121 County Road #5
Bovina Center, NY 13740

Camp Move IT Travel Form

Name: _____

Session: _____

E-mail: _____

Contact # for Travel Day: _____

**Please list your travel methods below, with flight details if applicable,
and send this form to the camp office before May 1st:**

To camp:

From camp:

Once complete, please send to:

Camp MoveIT - 395 Broadway - 5th Floor - New York, NY 10013

Fax: 917-591-2853

By this time, all camper travel should have been arranged through the camp office. If you have any questions regarding travel, call our office for assistance anytime.

ELECTRONICS & OTHER NON-PERMITTED ITEMS

Most electronic devices are not allowed at camp. As a rule, any item that can send or receive a phone call, play a DVD, access the Internet, or send/receive e-mail is **not permitted at camp**.

ELECTRONIC ITEMS NOT PERMITTED

Cell Phones, DVD Players, Blackberrys Palm Pilots, Sony PSPs, iPad, iPod Touch

OTHER ITEMS NOT PERMITTED

Food, gum, bottled water, electric Fans (battery powered fans are fine)

Cardboard/Plastic Drawers, inflatable chairs.

Music iPods are okay...HOWEVER...the use of these items is allowed only at select times. We cannot allow unsupervised video content to be shared at camp. By complying with this rule you can help protect your daughter and other campers from inappropriate material.

Because of the nature of camp life, these items are often misplaced or lost and we cannot be responsible for them. We caution you against sending these items. We strongly urge you to send only a simple inexpensive camera to camp. Simple, throw-away cameras are absolutely your best bet.

CELL PHONES

While we fully recognize that many of our campers have cell phones, please respect our policies and **DO NOT SEND A CELL PHONE TO CAMP**. This contradicts our missions of increasing camper's independence while away from home. For a multitude of reasons, regular phone calls home diminish a camper's ability to grow independently.

Please don't put us through the uncomfortable position of looking through your daughter's belongings in search of a cell phone. Your cooperation is appreciated and sends the right message to your daughter. If your daughter brings a cell phone to camp for use on the bus ride or during travel to camp, upon her arrival at camp it will be turned off and stored in a secure location until the end of her time here.

CLOTHING & LINEN

Laundry is done once a week and is returned the same day. Our laundry cannot handle nylon, silk or woolen clothing.

The camp is not responsible for lost clothing; however, we do everything possible to return lost items. All articles of clothing and bedding must be NAME-TAPED and all other items labeled. This is to help your daughter keep track of all her belongings throughout the summer.

Each camper has her own cubby (closet) for clothing, bedding, and towels. There is also a shelf next to her bed for books, flashlights, and other personal items. She will also have hooks inside and outside the bunk on which to hang towels, jackets, etc. as well as an under the bed storage bin.

If you have any questions regarding camp uniform or what to bring, call our office anytime.

COMMUNICATING WITH CAMP

Our purpose is to provide a worthwhile and stimulating summer experience for your daughter. Since you are removed from camp during the summer, please do not hesitate to communicate with us regarding any question concerning your daughter.

Camp Move IT's Directors and Administration stay in close touch with campers by spending time with them at activities and programs. Should you need to contact us, please call the office and leave a message with a receptionist. We will return your call as soon as we can.

Please give us time to check into any issue. We pride ourselves on the very personal atmosphere at Move IT and we will do our best to resolve anything which might arise.

In most cases, if you were to receive a "sad" letter, by the time you receive it, any "issue" has long been resolved. We prefer to attempt to solve problems during the summer instead of hearing about difficulties after the summer has ended.

Again, if you need to speak with Jill or your daughter's Inspirer, please call the office and we will be happy to return your call.

COMMUNICATING WITH YOUR DAUGHTER AT CAMP

We have thought long and hard on working with and learning from campers, families, staff and colleagues to develop our Communication Policies. Please familiarize yourself with our policies in order to maximize your daughter's summer experience.

Phone calls can be an emotional time for campers and parents. For this reason, and due to evening programs and the number of lines available to us in our rural area, **we limit phone calls to: two (2) for 2nd – 6th graders and one (1) phone call for 7th – Seniors.** Older campers are allowed fewer phone calls as they can call parents while out of camp during their extended trips.

Unlike phone calls, letters and emails are something your daughter can "hold onto." Letters and emails from home are an important part of the camp experience, as they are your daughter's primary connection to home during the summer. Their contents can either help your daughter's adjustment by focusing on and supporting her camp experience, or hinder it by focusing on home and how much you miss her. She needs to read about how proud you are that she swam across the pool, not that you just ate at her favorite restaurant or that you are so sad and missing her so much.

Please remember that phone calls can be very emotional for you and your daughter.

Phone calls can be an emotional time for campers and parents. For this reason, and due to programs and the number of lines available to us in our rural area, we limit phone calls to one per child per session, with the exception of birthday phone calls.

Your daughter loves getting mail and e-mails! Please write as often as you can. We saw many sad faces when the emails and letters were handed out and certain campers got nothing. Please don't let that be your child.

LETTER WRITING

Campers will write at least two letters per week to their parents and are encouraged to write daily. Camp provides postage for all letters that are sent home. Please send plenty of stationary. Camp Move IT stationary may also be purchased in the canteen. We recommend sending pre-addressed labels for younger campers.

Keep in mind that while some letters you receive will be filled with excitement and love, others may be quite the opposite. Sometimes kids “pour their hearts out” during the quiet time of letter writing. Feeling much better after the letter, they go about their daily routine of having fun and making friends. Please don’t panic if you receive a “home missing” letter. Rest assured that if your daughter is having any serious problems adjusting to camp, someone from camp would have already contacted you. However, if you are concerned – call us. You have trusted us with your daughter’s well-being and we value that trust. We will do all we can to ensure your daughter’s summer at Move IT is fun and safe.

It is equally important that your daughter receive mail from home regularly. Some parents like to send a letter prior to the start of camp, so your daughter has a letter waiting for her, or soon after her arrival. All mail should be addressed:

YOUR DAUGHTER’S NAME
2121 County Rd #5
Bovina Center, NY 13740

E-MAIL

If you would like to email your daughter, you are welcome to do so. The address is Mailbox@CampMoveIT.com Please put your daughters name in the subject line. The e-mail will be printed and delivered during traditional mail call each day. E-mails received after **6:00PM** are delivered the next day

CAMP MOVE IT PHOTOS

The Camp Move IT Photos from each day will be posted on the web each day’s end. You may view them on the **PASSWORD PROTECTED** sight Flickr.com
Details will be sent prior to the summer.

INTERNET SOCIAL NETWORKING & BLOGGING POLICY

PLEASE READ, UNDERSTAND AND REVIEW OUR UPDATED INTERNET POLICIES WITH YOUR DAUGHTER:

If a camper chooses to identify herself as a Move IT camper on the Internet (such as myspace.com and facebook.com), some readers of such websites or blogs may view your daughter as a representative or spokesperson of the camp. As such, we require, as a condition of participation at camp, that campers observe the following guidelines when referring to the camp, its program, or its campers and/or staff, in a blog or on a website:

1. Campers must be respectful in all communications, blogs and pictures related to or referencing the camp, other campers and camp staff.
2. Campers must not use blogs or personal websites to disparage the camp, other campers, or camp staff.
3. Campers must not use obscenities, profanity or vulgar language.
4. Campers must not use blogs or personal websites to harass, bully, or intimidate other campers or employees of the camp. Behaviors that constitute harassment and bullying include, but are not limited to, comments that are derogatory with respect to race, religion, gender, sexual orientation, or disability; sexually suggestive, humiliating or demeaning comments; and threats to stalk, haze or physically injure another person.
5. Campers must not use blogs or personal websites to discuss conduct that is prohibited by camp policies including, but not limited to, the use of drugs and alcohol, sexual behavior, sexual harassment, and bullying.

Any camper found to be in violation of any portion of the Social Networking and Blogging Policy may not be allowed to attend camp.

PACKAGE POLICY – PLEASE READ CAREFULLY

NO FOOD! We are a nut free camp and it is imperative that we keep our allergic campers safe.

- Packages create materialistic competition among campers so please be sensitive to your daughter bunkmates.
- It becomes difficult to store items that are sent and packing to go home becomes problematic so please minimal items.
- The anticipation of receiving packages threatens to switch the emphasis at camp from participating in fun activities and friendships to “waiting for packages to arrive.”

Our no package policy applies to all parents, friends and relatives. In order to ensure fairness, this policy will be strictly enforced. Your cooperation is greatly appreciated.

WHAT IS ALLOWED?

- Regular first class envelopes.
- Magazines, books and photographs can be sent *occasionally*. Candy and food items will not be given to your daughter. Please cooperate so your daughter will not be disappointed.

BIRTHDAYS AT CAMP

We celebrate camper birthdays with announcements, songs, cake and a cabin party! We also have a “Birthday Board” in the Dining Hall. Campers are allowed to have one special birthday phone call. Call the front office to set up her birthday call.

Your daughter’s birthday photo will also be posted on Flickr.

ACTIVITY SELECTION, SCHEDULE CHANGES & ATTENDANCE POLICIES

We are proud to provide you daughter with the opportunity to develop a schedule that fits her interests. She will set her schedule on the evening of her arrival. Your daughter will be assigned to an Inspirer who will have fully read her Camper Profile and will work closely to fine tune an excellent camp schedule. If for some reason she doesn't like one of her electives, we will do everything we can to accommodate moving her schedule to meet her needs.

Skipping activities or consistent lateness will not be tolerated. It is not only unsafe, but demeans the integrity of the activity and the camp experience.

PERSONAL, TRIP & OUTING EXPENSES

1. **TRIP DAYS** – Throughout the summer, we take the campers on Day Trips to various areas and towns in beautiful upstate New York, and to amusement/water parks, bowling etc. These are not “shopping” trips, and campers are not allowed to bring food/candy back to camp.
2. **Overnight Field Trips** – We will take one overnight trip per session.
3. **CANTEEN** – Campers can restock on personal items such as toiletries, batteries, pens, etc. throughout the summer.
4. **POSTAGE** – Camp will provide all outgoing postage. There is no need to send stamps.

The Personal, Trip and Outing Expense is all-inclusive and covers all camper needs for the season, with the exception of “third party” expenses, such as eyeglass repair or orthodontic work. Third party expenses will be billed to you throughout the summer.

VALUABLES & CASH

As mentioned before, you have already pre-paid a Canteen Fee for your daughter. For this reason, she essentially needs **NO CASH AT CAMP**.

Please do not send your daughter with expensive jewelry, watches, etc. They are not needed at camp and may be lost or damaged.

The camp is not responsible for lost jewelry, watches, clothing or money.

PARENT VISITATION

Parent, relatives and siblings of campers may visit their daughter at 4PM on the day before camp ends. Please do not abuse this rule, as it is unfair to all parents and children who comply.

A few notes on Visiting Day:

- Visiting Days: Session one - July 9th @10am and July 15th; Session two - July 23rd @10am and July 29th; Session three - August 5th @10am and August 13th.
- Camp performance starts at 6PM
- Friends and Family cookout will follow the performance
- No smoking on camp grounds
- No pets are to be brought to camp.
- Please do not offer tips or gifts to any staff member. Our staff contract states that they cannot accept gratuities. This is to maintain a sense of fairness among staff, all of whom work very hard to care for your daughter.
- If you have not made any accommodation arrangements, we encourage you to do so immediately.
- ^AIf you have a daughter/niece older than six years old as of June 1, 2011, she may spend the night at camp the day of your visit. Please look for additional information regarding Little Sis Sleepovers in future mailings.

You will be sent a notice to you in early June with further details.

LOCAL ACCOMMODATIONS

Binghamton (78 miles/Hour and a half)

Days Inn Binghamton (607) 724-241

Clarion Collection The Grand Royale Hotel (607) 722-0000

Fairfield Inn Binghamton (607) 651-1000

Ramada Hotel & Conference Center (607) 722-7575

Holiday Inn Hotel Binghamton (607) 722-1212

Econo Lodge Inn & Suites (607) 724-1341

Super 8-Front Suite (607) 773-8111

Oneonta (30 miles/45 minutes)

Clarion Hotel (607) 432-7500

Oneonta Hampton Inn (607) 433-9000

Town House Inn Oneonta (877) 747-8713

Super 8 Oneonta (607) 432-9505

Rainbow Inn & Suites (607) 432-1280

Holiday Inn Oneonta (607) 433-2250

Fleischmanns (20 miles/30 minutes)

Northland Motel (845) 254-5125

Breezy Hill Inn (845) 254-5615

Oppenheimer's Regis Hotel (845) 254-5080

Andes (7 miles/10 minutes)

Andes Hotel 845-676-4408

Liberty (55 miles/70 minutes)

Days Inn Liberty (845) 292-7600

Howard Johnson Liberty (845) 292-7171

Budget Inn (845) 292-6620

Liberty Motel (845) 295-3013

Catskill Motel (845) 292-6040

Lincoln Hotel (845) 292-4700

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HEALTH CARE INTRODUCTION

Safeguarding the health and wellbeing of your daughter is our most fundamental concern and responsibility. With this in mind, we have prepared this Health Reference to help you better understand our health and medical policies.

We ask for your cooperation on the following items:

- Please provide us with a complete HEALTH EXAMINATION FORM, and COPY OF INSURANCE CARD no later than June 1st. This is necessary in order for your daughter to receive proper and/or emergency care.
- Please send the CVS form to CVS/Pharmacy in Augusta by May 1st. Even if your daughter does not take regular prescription medication, please return the form to CVS, so that in the event your daughter needs a prescription medication during camp, CVS has your insurance and billing information.
- Other than emergency medications, such as inhalers or epi-pens, do not send your daughter to camp with any medications – you must go through CVS pharmacy.

Please read the Health Care information on the following pages.

CVS/PHARMACY

Move IT is pleased to use the direct services of CVS/Pharmacy in Margaretville, NY to provide the convenient service of dispensing and packaging medication for our campers this summer. This includes prescription and non-prescription medications, and vitamins. They provide safe, fast, and efficient medication service to campers.

Please note:

- **All parents are required to complete and return the CVS Camp Information Form.**
- Your daughter's prescriptions and prescription insurance information must be processed by CVS pharmacy.
- Non-emergency medications **must not** accompany your child to camp. Our Health Center is fully stocked.

INSTRUCTIONS:

For campers who DO regularly take medications - vitamins, prescription and non-prescription:

1. Complete and fax/mail CVS Pharmacy Camp Information Sheet to Margaretville CVS.
2. Mail/fax your daughter's **prescription(s)**, or vitamin/non-prescription medication dosage instructions, to Margaretville CVS. The prescription can come directly from her doctor's office.
3. Medications will be packaged, sealed and dated according to date and time of administration and sent directly to Camp Move IT's Health Center.

For campers who DO NOT regularly take medication:

1. Fill out the CVS Pharmacy Camp Information Sheet and mail/fax to Margaretville CVS. This provides CVS with your daughter's insurance and billing information in case prescription medication is needed during the summer.

We appreciate you sending in your forms in a timely manner. We look forward to another safe, healthy and exciting camp season!

CVS/Pharmacy Margaretville, NY
Phone: 845-586-2955
Fax: 845-586-2955

CAMP MOVEIT: Medication - Account Set-Up Form with CVS



CVS Pharmacy
A Uf[UfYhville, BM %&())
Phone: ', ()!', *!' *%

To order Medication: Please mail/fax your prescription to CVS, or have your doctor call in the prescription once this form has been sent in

Name of Camper _____ Camp Session _____

Address _____

City, State, Zip _____

Phone Number _____

Date of Birth _____

Allergies to any Medication _____

Primary Care Doctor _____

Primary Care Doctor Phone number _____

Insurance _____

please provide a photo copy of both sides of your insurance card so we can make sure we are billing properly

Payment: Credit Card Type _____

Credit Card Number _____

Expiration Date _____

Name on Credit Card _____

Please fax or mail the completed form to **CVS/pharmacy** in 'A Uf[UfYhville, BM

REQUIRED HEALTH FORMS

A note on Health Forms:

You will notice that on our Health History and Examination Form and again on your daughter's Personal Profile Form, we ask you for specific, personal information about your daughter, from allergies and medication to hobbies, interests and character. We ask for this information *for one reason only – to make sure we are prepared for your daughter in every way in order that she has the smoothest transition to camp possible.*

There have been times when parents are reluctant to share sensitive information for a number of reasons. In some cases parents have told us that their daughter has sworn them to secrecy because she is too embarrassed and does not want anyone to know about things like bedwetting or professional counseling.

We want you to think of us as your partner in your daughter's welfare. We can keep our end of the partnership *only if we have the information to prepare our medical staff and/or your daughter's Group Leader to ensure your daughter is well cared for and free to have the best summer of her life!* Please especially keep in mind any recent changes in medication or traumatic experiences. Once you share information with us, our promise is to share it only with the adults most closely responsible for your daughter. Call us if you would like to discuss anything in greater detail or if you would feel more comfortable talking to us rather than putting it on paper.

HEALTH CARE FAQ'S

Q: How is the Health Center staffed?

A: Move IT's Health Center is staffed by Dr. Paul Berkner, who head Colby College's Health Center. Our physician visits camp daily and is on call 24/7. There is also a live in nurse on duty 24/7 who handles all the day to day issues and medication.

Q: When would my child see the doctor?

A: Most visits to the Health Center are treated by our nursing staff. When our nurses determine that a child should see the doctor, we schedule an appointment.

Q: How will I know if my daughter is not feeling well, or is seen by the doctor?

A: We will call you under the following circumstances:

- When your daughter spends the night in the Health Center.
- Before your daughter sees any outside professional.
- If your daughter sees the camp physician for anything other than normal camp ailments.

Note: We will not call you with information about minor items (bruises, scrapes, fatigue and the like).

Q: Should I send over the counter medication to camp?

A: **NO.** While we know it's tempting to send band-aids and other "OTC" meds to camp, please do not. We have first aid kits in all cabins and at all departments and we want our medical staff to see every scrape and bruise, no matter how small.

Q: What about Prescription medication?

A: You must send all prescriptions to CVS/Pharmacy in Margaretville. They will fill your daughter's prescription there, where it will be picked up by camp and delivered directly to our Health Center. Prescriptions can be sent directly from your doctor to CVS. Prescriptions must be accompanied by the CVS Camp Form.

Q: When/where will my daughter's medication be administered?

A: Medications are dispensed either at breakfast, lunch, or dinner in the Dining Hall. Medications that must be taken directly before bed are brought around to the cabins by nursing staff.

Q: What kind of medication can my daughter keep in her cabin?

A: The American Camping Association and New York Department of Health require that all camper and staff medications be kept in the Health Center.

Q: What about Inhalers?

A: Please send two inhalers for your daughter if she requires an inhaler. One will stay in the Health Center and one will be packed when your daughter leaves on a trip. Please contact us if your daughter requires her inhaler to be kept in her cabin.

Q: How does insurance work?

A: Most regular nurse and doctor visits and non-prescription medications are provided at no cost to you. We will require your family prescription and medical plan for anything more involved, such as visit to the dentist, x-ray, etc. **It is very important that you send a photocopy of your daughter's insurance card to camp and CVS/Pharmacy in Margaretville.**

Q: What if my daughter needs an x-ray?

A: Once determined by our medical staff that a child needs an x-ray, she is taken to the hospital with a staff member. Once there, either the emergency room (if the injury is emergent) or the radiology department will take an x-ray. The results will be available in the severity of the injury and how busy the ER happens to be.

Results from an x-ray may be available within the hour, or it could take several hours, or even overnight, for a radiologist to read the x-ray and dictate the results to the prescribing physician.

Again, it is imperative that we have your insurance information. We will contact you immediately if your daughter needs an x-ray. Your daughter's treatment can be delayed if we do not have your insurance information and are unable to reach you.

Please be patient during this process. We understand you will be anxious to get results of an injury and we will get you information as soon as it is available. Rest assured, in any emergent situation, the ER acts very quickly. Please also understand that very often, the ER may splint a bone until an x-ray is read. If there is indeed a fracture, an orthopedic consult is made and an appointment is scheduled based on the type of injury...often waiting a few days for the swelling to go down. Once again, this is fairly standard procedure for many types of injuries.

You can be assured that if your child requires an x-ray, it is given the full and complete attention of our medical staff. Our goal is to have your daughter back participating in activities as soon as possible.