

CAMP CHIEF HECTOR YMCA SUMMER CAMP PARENT NEWSLETTER



MARCH 2024

What's Inside:

GENERAL INFO

EMOTIONALLY PREPARING FOR CAMP

SIX TIPS FOR SUCCESS AT CAMP

BEGINNER HORSEMANSHIP PROGRAM

MEET THE STAFF & ALLYSHIP

KID'S CORNER

ALUMNI

CONNECT WITH US

PG 2

PG 3

PG 4 -5

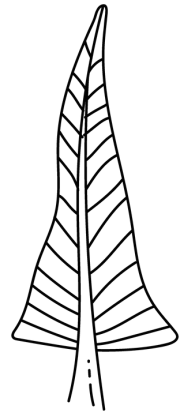
PG 6 - 7

PG 8

PG 9

PG 10

PG 10



A note from the Summer Camp Team:

While we enjoyed the past few days of spring like weather-- summer camp finally feels like it is on the way! This month, we are focusing on Preparing Emotionally for Camp-- we hope that this issue of the parent newsletter will help shake some of the nervous bugs fluttering in you and your camper's stomachs so we can get you all to be just as excited as us!



In the spirit of Reconciliation, we acknowledge that we live, work and play on the traditional territories of the Treaty 7 Nations. These are the Ancestral Lands of the three Bands of the Stoney Nakoda Nation: Chiniki, Goodstoney and Bearspaw, the Blackfoot Confederacy: Siksika, North and South Piikani Nations and the Kainai Tribe, the Tsuut'ina Nation of the Dene people, as well as the Metis Nation of Alberta, region 3. We gratefully acknowledge that this camp is named after Stoney Nakoda Chief Hector Crawler and that we are the current stewards of the land on which our camp sits. We are committed to exploring and understanding the historical roots of the YMCA relationship with the Stoney Nakoda people.

Newsletter Information

Each month, we will email registered participants a newsletter (and post on our website!) with information to prepare you and your camper to attend summer camp.

Each month will have a theme of topics it will cover. Please refer to these newsletters for all information.

February

First Steps After Registration



March

Preparing Emotionally for Camp

April

Packing Information & Camper Information Forms

May

Communication: with us and your camper during summer

June

Last steps! Camper Check Lists and Final Reminders



HOW TO PREPARE FOR CAMP

EMOTIONALLY



Attending camp for the first time can be both exciting-- and nerve wracking. If your camper (or you!) is starting to have some butterflies about the experience, please know that you are not alone!

This section will give you some tips to best set you all up for success to manage these emotions and shift into excitement about the big adventure.

First to note-- validating the feelings is an important way to help cope with the big emotions. Let your camper know that there are LOTS of others in their shoes, and while there is so much fun to have at camp it is okay to be nervous or to miss home.

On the next page, we have given you some tips for success. We wanted to highlight the most important one here first!

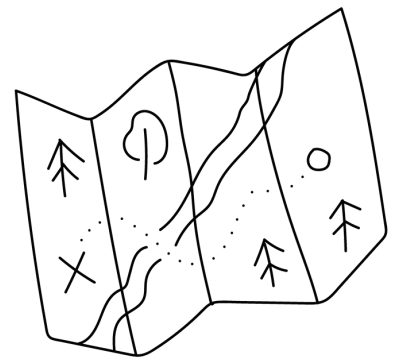
OUR NUMBER 1 TIP FOR SUCCESS: PRACTICE SLEEPOVERS!

If your camper has never had a sleepover or attended overnight camp before, it is important to do so before attending camp.

Camp is a great opportunity to build on this skill, however research shows that campers who have not had this experience before are most likely to be homesick or not be able to complete their session at camp.



SIX TIPS FOR SUCCESS



1 READ NEWSLETTERS TOGETHER

Each month, our newsletters feature a page dedicated to sharing with your camper. We also feature some staff pictures and biographies, so they can start to get to see some familiar faces. Sharing these newsletters with your camper is a great way to structure a conversation with them about attending camp, and to have a positive outcome of the conversation!

2 VISIT CAMP AHEAD OF TIME

There are two great ways to visit camp ahead of time this spring!

FIRST - Our [Family Getaway Program](#) - join us for a weekend of fun with the whole family! It is a time for you to see the fun, but also to ease the transition for your camper to be able to come alone this summer.

SECOND - Our [Spring Open House](#) - join us for some tours, meet some staff, see some activities and ask ALL of your questions before summer!

[Open House 2024](#) → [May 5th](#)

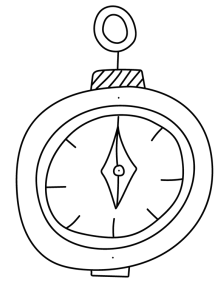
3 GET OUTSIDE AND PRACTICE DISCONNECTING

At camp, there is no technology available for camper's during their stay. We believe that camper's get the best experience when they are immersed in the natural world, free from technology. Did you know, campers spend almost the entire day outside playing and exploring?

To help them with this transition, practice technology free times at home throughout the week, and try to get outside for at least 1 hour a day together.



SIX TIPS FOR SUCCESS



4 KEEP CONVERSATIONS POSITIVE & CALM

While discussing fears and anxieties your camper may be feeling - it's important to keep the conversation positive and calm. Acknowledge their feelings, and then help by re-directing the conversation to things they may be excited about. When campers are homesick at camp, we follow this method as well so it will feel familiar to your camper if they experience these feelings here.

5 ENCOURAGE INDEPENDENCE IN YOUR CAMPER

At camp, your camper is responsible for their own belongings AND to contribute to the group's responsibilities. Things they do here that might be different than at home are: table setting and clearing, carrying food/gear for the group on expedition, picking out their daily outfits, and keeping track of all of their belongings!

You can help them prepare for this by starting to introduce these tasks at home!

6 FOLLOW THE PACKING LIST & PACK THE ESSENTIALS!

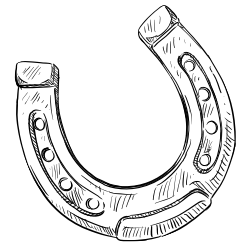
Our packing lists are found on our website! These are guides to help inform your packing and getting ready for camp. The clothing and gear listed are items that help ensure your camper is prepared for activities in any weather.

Things that are helpful to pack a potentially homesick camper include: a stuffed animal, a soft blanket for their bed, a journal or a book they want to read, and/or a picture of their family and pets they can look at!

You will be able to send your camper an electronic letter while they are here as well. You can let them know ahead of time that is an option they can look forward to!



NEW SPRING PROGRAM!



BEGINNER HORSEMANSHIP CLINIC SERIES

Divided into four sessions that are 3.5 hours each, this is a wonderful opportunity for people interested in learning more about horses and horsemanship. Time will be spent in the arena and on trail, as well practicing groundwork to develop connection with your horse.

Day One

Participants will meet their instructors and be paired with one of our beginner-friendly horses that will be their horse for their time with us. They will learn to safely approach and move around horses both loose and tied. They will learn to catch, lead, and tie, groom and saddle before going for a ride in the arena and a short trail ride.

Day Two

Participants will be introduced to the herd and learn about herd dynamics, and the humans' role in it. They will revisit catching, tying, grooming, and saddling. They will be introduced to bridling before they go to the arena. They will practice their skills from the previous week in addition to independent steering, and then hit the trails.



NEW SPRING PROGRAM!

BEGINNER HORSEMANSHIP CLINIC SERIES

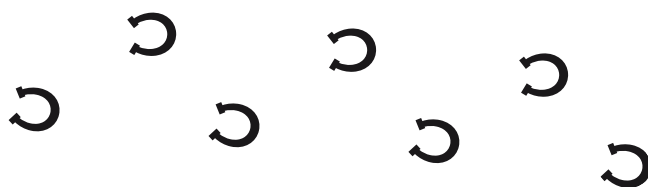
Day Three

Participants will learn about common groundwork used in preparing a horse to ride, and what to look for when mounting. They will have the chance to try trotting (comfort dependent) and learn about the different ways to ride the trot. They may trot on trail, dependent on group comfort and trail conditions.

Day Four

Participants will have the chance to go on a longer ride. Riders will have the opportunity to lead the trail ride and learn what that entails. Trail etiquette will be discussed, as well as wildlife awareness.

FOR AGES 10 TO ADULT



MEET THE STAFF

Each month we will feature some staff members at CCHY. We can't wait to meet you!



Katie

Administrative Coordinator

Favourite Camp Activity:
Horses & Orienteering



Rosie

Lead Wrangler/Horse Coordinator

Favourite Camp Activity:
Horses & Climbing

ALLYSHIP

Centre
for Sexuality



Camp Chief Hector YMCA is dedicated to providing an inclusive program for all participants. Our team works with the Centre for Sexuality to continually develop our program and spaces to reflect this mission. If you would like to connect with someone at CCHY to discuss your camper's needs, please email taylor.hodson@ymcacalgary.org prior to your camper's session.

This year, Camp Chief Hector YMCA is partnering with the Centre for Sexuality to host Camp fYrefly. If you would like to learn more about this program or apply to attend, please check out this website: [**Camp fYrefly**](#)



CAMPER'S CORNER

Share this page with your camper to get them excited for camp!



RIDDLE ME THIS...



What grows when it eats,
but dies when it drinks?

a fire

JUST FOR LAUGHS

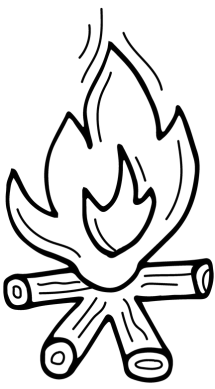
Why can't pine trees sew?
They always are dropping
their needles!



Which animal tracks do you
spot in this picture? Hint:
this animal lives at camp!

snow shoe hare





STAY CONNECTED

We know you are a parent of a camper but did YOU also go to Camp? Did you work at Camp? We are growing our Alumni Database and we'd love to include you and hear your Camp story(ies).

Reconnect with us by filling out the short Alumni Survey and joining the CCH Alumni Facebook Group.

[ALUMNI SURVEY](#)

We are also planning an Alumni Work Day this April! Come out for the day to help give back to the camp community. For more details, please see here:

[Alumni Work Day Event Sign-Up](#)

Alumni Work Day
Saturday
April 20th



CONTACT US

Shine On 

CAMP@YMCA CALGARY.ORG

