



# ST. MARY'S GREEK ORTHODOX CHURCH

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Father George Dokos, Proistamenos  
Father Jason Houck

Dear Parents of Our Summer Campers:

In order to have a successful week at camp, it is imperative that we have our parents support in understanding our rules, expectations and needs. Please read through each of the sections below, review with your child as needed and use the below information to assist in preparing for the camp week.

## **MEDICATION:**

Instead of asking for your child's medications on the registration form, we've found it timelier to have the most current information on the day of departure. Please print and complete the Medication form found on the camp website page and present to the Head Counselor of the cabin on departure day (copies available at camper check-in).

## **LICE:**

A few years ago our camp was tremendously disrupted by a large outbreak of head lice (which we brought up with us). Again this year we are **requiring** that you inspect your child's head carefully before sending him or her on the bus.

Since inspection, treatment and care of head lice is very time consuming, **we WILL NOT be inspecting for, or treating the condition** if it occurs. If any camper develops symptoms and our medical staff confirms the diagnosis, we will have no option but to immediately remove the camper from the general population. At that time a phone call will be made and it is expected that the camper's parent will drive up to camp and bring their child home for treatment. Unfortunately, *we will not reimburse camp tuition once the child has arrived at camp.*

While this protocol may seem extreme, we believe it to be our only option with such a highly contagious condition. Please save yourself and your child the disappointment and expense of premature departure by careful examination of your child's head as they finish school for the summer. If you are unsure what to look for, ask your doctor or school nurse for instruction. God willing, we're confident that with diligent proactive inspection prior to camp, everyone will enjoy a tremendous "pest-free" week!

## **Dress Code**

### **Christian Modesty**

As St. Mary's Summer Campers and Staff we are serving as co-ministers in Christ. Our hope and prayer is that we will all help to provide an environment that seeks to exemplify and develop what is known as inner beauty among our brothers and sisters in Christ. For this reason we ask all of our participants to assist us by serving as role models to one another in highlighting the soul and downplaying body image.

While camping is of its nature informal, Christian modesty should be your guiding principle when packing. Excessively revealing clothing should not be packed as inappropriate clothing will not be permitted to be worn.

**Inappropriate** clothing includes, but is not limited to:

- Open back tops (including racer-razor backs)
- Low-cut fronts
- Skin tight clothing (no yoga pants, leggings or jeggings). Jeans are too tight if you cannot bend over freely, if you cannot pinch the fabric away from your skin at any point, and if you can only put them on by lying on the bed to pull them on.
- Skirt/Dresses for Divine Liturgy and the Senior Grand March while not at all mandatory, must also be modest and at the knee (or below) in length. Tops must be in compliance as stated above and below.
- Half shirts (crop tops), or open arm shirts that expose the torso
- Two-piece bathing suits (or one piece suits with cut outs). Bathing suits must be modest one piece for women and standard loose fitting swim trunks for men.
- Tank tops with less than two finger-width straps, (allowing no visible bra straps).
- Shorts cut shorter than mid-thigh (so they don't creep up when seated or bending over)
- Low-cut waistlines
- Clothing bearing inappropriate logos, sayings or advertising
- Tank-top undershirts
- Athletic bras worn as a shirt
- The only acceptable body piercing is to the ear area
- Tattoos on the shoulders and Trunk area of the body should be covered at all times. And offensive tattoos on other areas of the body should also be covered at all times
- Sagging pants and exposed underwear are a no-no as well.
- At no time should underwear, lingerie, or tightly fitting garments be seen outside the cabin. (This includes spaghetti strap tank tops with bra straps easily seen, loose fitting tank tops that expose athletic bras)
- When in doubt, please leave it out.

*We ask that all attire be a sign of respect for one's own self and everyone else in the community.*

***A good rule of thumb is to say to yourself:  
"Reach for the sky, Reach for your toes,  
If it (your skin) shows, It goes!"***

## **Packing & Schedule:**

Camp is a busy and often intense schedule for all. Activities can include team sports, boating, horseback riding, and swimming as well as campfires, religion, and chapel. As a result packing appropriately is a necessary part of preparation. Please use the below guide.

### **THINGS NOT TO BRING: \*\*\*PLEASE NOTE!! NO ELECTRONICS**

#### **CELL PHONES!!!**

#### **IPods/ MP3 players**

Personal DVD players

Google Glasses

SMART watches

Boom boxes

Amplifiers

Computers/Tablets

Shaving cream (except for personal use)

Excessive junk food, candy, or beverages (The kids need to eat the solid meals that the camp provides.)

Hammocks

Drones

Fidget Spinners

Consequence: **Any of these items may be confiscated by the staff and returned at the end of camp.**

### **THINGS TO BRING:**

#### **CLOTHING - (Please label all clothing)**

Rain gear and cap

Hiking boots or waterproof shoes

STURDY tennis shoes

Warm jacket

3 sweaters or sweatshirts

6 T-shirts

3 pr. long pants/jeans

4 pr. shorts

6 pr. socks

6 pr. underwear

Beach towel

Hand towel and washcloth

*\*swimsuit - a modest one-piece swimsuit for girls; no bikini's or tankinis*

### **PERSONAL GEAR**

Flashlight

Insect repellent

Dirty laundry bag

Pillow

Soap

Shampoo

Deodorant/antiperspirant

Toothbrush/paste

Pajamas, slippers (robe optional)

Medications turned in to Head Counselor

Sunscreen

Refillable, labeled water bottle (suggested)

Fitted twin size sheet (suggested)

Sleeping bag or bedroll securely tied, labeled and sealed in plastic bag

**SPENDING MONEY** Free will offering for missions, Camp clothing is available for sale in the WAPO store. (Canteen is included in the registration)

### Daily Schedule Example

7:00	Wake-Up
7:45	Flag Raising
8:00	Chapel
8:30	Breakfast
9:00	Cabin- Clean-Up/ Staff Meeting
9:30	Religion
10:15	Scheduled Morning Activities
12:00	Lunch
1:00	Quiet Time
2:00	Canteen
2:30	Afternoon Activities/ Swim time
5:00	Dinner
6:00	Orthodox Life (3 <sup>rd</sup> -5 <sup>th</sup> )/ Community (6 <sup>th</sup> -8 <sup>th</sup> ) / Q&A (9 <sup>th</sup> -12 <sup>th</sup> )
7:15	Chapel
8:00	All Camp Activity/ Campfire
9:00	Back to Cabins (3 <sup>rd</sup> -8 <sup>th</sup> )/ 9 <sup>th</sup> Hour Activities (9 <sup>th</sup> -12 <sup>th</sup> )
10:00	Devotions & Lights Out (3 <sup>rd</sup> -8 <sup>th</sup> )/ Meditation & Back to Cabins (9 <sup>th</sup> -12 <sup>th</sup> )
11:00	Lights Out

*\*Pls note the above is a sample schedule- actual schedule may vary.*

#### **Behavior:**

A Behavior Contract which outlines the expectations for the camp week is found on our camp website. Each camper will be required to turn a copy at camper check-in signed by both the camper and parent/ guardian which will set the expectations for the week (copies available at camper check-in).

**If you have any questions or concerns, please contact me at the Church, 612-825-9595 or at [doria@stmarysgoc.org](mailto:doria@stmarysgoc.org) or our registrar can be reached at [camp@stmaryscamp.com](mailto:camp@stmaryscamp.com). Thank you for helping us ensure a safe and spiritually rewarding week for your child.**

In Christ,



Doria Saros  
Camp Coordinator