



WELCOME TO THE ROCKY RIVER FAMILY!

We are excited to have your camper at Rocky River Ranch this summer!

Our *Pointers to Parents* is designed to help your child better prepare for life at Rocky River. During our many years of camping, we have found that certain procedures are essential for a smooth transition to camp life. The following information and suggestions have come from our campers, parents and staff that have shared their insights with us.

For those attending Rocky River for the first time ...

Information about all aspects of Rocky River life can be found in this guide. However, if you still have questions, please contact us at info@rockyriverranch.com or call the office (1-800-863-2267) — we want to make this first camp experience as easy as possible for your daughter and family.

For our returning campers ...

Please take the time to review this guide. We've made changes from past summers that affect both our campers and parents. While the transition to summer camp is easier for those returning to Rocky River, it is still important to prepare your daughter for the changes she can expect while here.

We want the best camping experience possible for your daughter — if you have any questions or suggestions, please share them with us.

Here's to another great summer at Rocky River!

Mary Anderson, *Co-owner*

Rue Hatfield, *Executive Director, Co-owner*

Shanna Watson, *Summer Camp Director*

Christen Steen, *Assistant Director*

Erin Wallace, *Office Support*



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DAILY SCHEDULE

7:15 a.m.	Wake-Up Call
7:45 a.m.	Flag Ceremony
8:00 a.m.	Breakfast & Morning Announcements
8:30 a.m.	Cabin Capers
9:00 a.m.	Class
10:00 a.m.	Class
11:00 a.m.	Class
12:15 p.m.	Mail Call
12:30 p.m.	Lunch (Afternoon Announcements, Inspection Report, Care Packages)
1:30 p.m.	Rest Period Afternoon Canteen (by cabin)
3:45 p.m.	Free Swim at River or Pool
5:00 p.m.	Class
6:15 p.m.	Supper Sing-Song Practice
7:30 p.m.	Evening Program
8:45 p.m.	Cabin Time Showers, meetings, get ready for bed
9:30 p.m.	Lights Out Bedtimes differ by cabin



Class Information 2011

Daily Schedule:

9:00	10:00	11:00	5:00
Anything Goes	Anything Goes	Anything Goes	Anything Goes
Archery	Archery	Archery	Cooking
Cheerleading	Cooking	Cooking	Fitness
Climbing Wall	Climbing Wall	Climbing Wall	Journaling
Fishing	*Dance	Doll Making	Miniatures
*Horseback Block - Level 1	Fishing	*Drama	Pool Games
*Horseback Block - Level 3	Health and Beauty	Health and Beauty	Purse Making
Kayaking	*Horseback Block -	Horseback Block - Level 2	Random Acts of Kindness
Knitting	All Levels (1,2,3,4)	Horseback Block - Level 4	River Rats
Newspaper	Kayaking	Kayaking	Singing
Painting	Painting	Purse Making	SIT Class*
Purse Making	Pool Games	Rappelling	Zip Line
Rappelling	Purse Making	*Synchronized Swimming	
Sport-A-Day	Tennis	(Beginner)	
*Stagecraft		Videography	
*Synchronized Swimming (Intermediate/Advanced)			

Things to consider when choosing classes:

- *Classes marked with an asterik (*) meet for both weeks during a two-week session.
- *Campers must be going into 7th grade or older to take the Climbing Wall Class and the Zip Line Class.
- *Campers must weigh at least 70 lbs and be going into 5th grade or older to take the Rappelling Class.
- *Stagecraft is only offered during Sessions 2, and 5 and girls must be 12 years or older.
- *Only SIT 1's may take the SIT class. This class is mandatory for all SIT 1's.
- *There is a \$50 per week fee for Horseback Riding. All Horseback classes meet for two hours per day.

Brief Description of Classes:

Anything Goes - Do something different each day! One day a craft, the next day a game. Make ice cream or go for a hike. Water balloon fights or four square - anything goes! Together the class will choose from a list of pre-planned activities.

Archery - Bows and arrows aimed at the targets down range. Learn everything from the basics of archery to how to improve your skills. Practice each day for the tournament at the end of the week!

Cheerleading - Learn and develop new skills as you cheer, chant, jump and yell. Practice and prepare for the water show performance at the end of the session.

Climbing Wall - Put on a harness and put away your fear of heights! Climb our 40-foot wall, play games and learn different knots. (*Girls must be going into 7th grade or older*)

Cooking - Spend time learning about different types of cooking, planning a meal, understanding recipes, hands on cooking and also enjoying your tasty treats!

Dance - Have fun learning steps from different types of dances (ballet, ballroom, jazz, hip-hop, etc.) as well as learning and practicing a routine to perform at the water show for the parents at the end of the session.

Doll Making - Create your own unique Rocky River Doll as you learn the traditional art of doll making. This class includes stuffing, sewing, and soft sculpture techniques. Great for all ages!

Drama - This class puts on a performance at the end of the session. Learn dramatic techniques as you rehearse for the final performance. The drama staff chooses a script with many parts and the girls try out at the beginning of the week. There is something for all skill levels and lots of opportunity to learn. During a two week session, this class meets for both weeks.

Fishing - Learn how to bait your own hook, catch fish and enjoy the beautiful Blanco River. Wear your bathing suit and river shoes because you might get wet!

Fitness - Explore what it means to live a healthy lifestyle and spend time doing exercises. Lots of formats including kickboxing, pilates, yoga, jogging, and aerobics.

Health and Beauty - Explore all aspects of beauty - from the inside out! Learn about healthy living, good hygiene habits, and age appropriate beauty tips. Spend time learning and practicing skills to expand your inner beauty as well.

Horseback Riding - SEE HORSEBACK PROGRAM OVERVIEW

Journaling - Spend time making your own journal, learning journaling techniques, and quiet time reflecting on your day. The counselor will guide you if you are new to journaling, or give you your own space if you already have some practice.

Kayaking - Enjoy the Blanco River as you learn how to maneuver a kayak. This class takes a trip down the river at the end of the week and sometimes cools off in the water!

Knitting - Learn the basics of knitting, expand on skill you already have and complete a project at your own pace. Enjoy visiting with friends as you learn skills that will last a lifetime.

Miniatures - Learn how to make teeny- tiny fun things that you will love to display or use in your doll house!

Newspaper - Write articles, conduct interviews, and express yourself in poetry or short stories. This class puts together the camp newspaper, the "Rocky River Roundup" that is distributed to the whole camp at the end of the session.

Painting - Create your own masterpiece! Learn about painting techniques, composition and art history as you express yourself in this class. Your painting will be part of the gallery displayed on closing day.

Pool Games - This class is for the camper who loves the water! Structured games each day, diving, volleyball, and much more!

Purse Making - New Class this year! We will be learning basic sewing techniques as you create your one of a kind purse.

Random Acts of Kindness - Just like the name says - spend your week doing random acts that will benefit the camp community. Together the class will determine what they want to spend their week doing. Past projects have included: encouraging cards written to the kitchen staff, giving the camp dog a bath, planting flowers at the front gate, and much more!

Rappelling - Put on a harness and walk backwards down a cliff. If that sounds like fun, then rappelling is the class for you! Learn how to tie knots, play games, and gain confidence and have fun while pushing your limits.

(Girls must weigh at least 70 pounds and be going into 5th grade or older)

River Rats - If you aren't ready to leave the beautiful Blanco River after free swim - this is the class for you! Enjoy the river a different way each day - kayaking, tubing, snorkeling, and fishing. River Rats can't get enough of the Blanco River!

SIT 1 Class - All campers who are in the SIT 1 program will meet during this hour. Activities and planning sessions designed specifically for group building and leadership development.

Singing - Sign up for this class if you want to sing your Rocky River favorites and learn some "golden oldies". Don't worry about your voice - all are welcomed and encouraged!

Sport-A-Day - Learn about and play a different sport each day. Basketball, volleyball, tennis, soccer, ultimate football, and Frisbee golf - just to name a few.

Stagecraft - The behind the scenes work that makes the Drama Show a success! Plan, organize and design the costumes and props for the closing day performance. This class is only available during two-week sessions and meets for both weeks. Girls must be going into 7th grade or older.

Synchronized Swimming - Split into two different classes (beginner or intermediate/advanced) campers will learn sculling, breath control and water ballet moves. Girls will also learn and practice a routine to perform during the Water Show for the parents at the end of the session. During a two week session, this class meets for both weeks.

Tennis - All levels welcome as you learn, practice, and perfect your tennis skills!

Videography - Be behind the camera, in front of the camera or both as the class takes video around camp. The class will also learn how to transfer to the computer, edit and produce their own RRR video.

Zip Line - Put on a harness, climb the telephone pole, sit on the platform and zip across the gully! This class is for the fearless girls who love excitement.

(Girls must weigh at least 70 pounds and be going into 7th grade or older)

HORSEBACK PROGRAM OVERVIEW

Our Horseback Program contains two part lessons that focus on Western riding and Horsemanship skills. This year we will be starting a new schedule and level system that will allow a better experience for our riders and horses. We now have two-hour class blocks and smaller classes so that each of our campers may have a more in-depth lesson. Our levels, while similar to those in the past, are a more defined stepping stone so that campers may progress through the years to achieve a well-rounded Horsemanship education.

Riding

Campers riding ability is assessed by the forms sent in and over the first lesson period in order to place them in the most appropriate level. We have a four level system that we feel best benefits our campers and horses.

Level 1 Walk - This level is for girls who have never ridden, only been led or have only ridden with another person. This class will allow riders who are not confident in controlling a horse on their own to learn all of the basic skills that are the building blocks of riding. The goal of our first level is to allow our campers to build their knowledge of start, stop, steer and alignment and end their session with an introduction to trotting.

Level 2 Trot - This level is for girls who have the basic skill set of start, stop and steer, and who have been introduced to trotting but are not yet confident controlling their horse at a trot. This class will work on continuing our campers' comfort with their basic riding skills and work on improving these skills in the trot.

Level 3 Trot - This level is for girls who have the basic skill set of start, stop and steer, and who are comfortable controlling their horse at a trot. This class will allow the riders to learn and perfect additional riding skills at the trot before moving onto to a higher gait. The campers will be given introduced to the 7-7-7 test and be given opportunities to prove their efficiency at these skills.

Level 4 Canter - This level is for girls who can control their horse at both a walk and a trot, and who have passed the 7-7-7 test (or who posses the skills required - the ability to stand, post, and sit a trot). These riders will be in an advanced class that will work to improve their overall skills, introduce them to new techniques, and give them an opportunity to learn about the different Western riding events, such as an introduction to barrels.

Horsemanship

In addition to riding skills, we give our campers an opportunity to improve their horsemanship knowledge with a short lesson each day on the understanding the communication and care of our horses. They learn about tack, grooming, the horse's body and body language and other horse management skills. This allows the campers to interact with our horses in a series of ground lessons that improves the horse and rider trust and relationship.



HORSEBACK RIDING (LEGAL INFORMATION)

Please read carefully before signing. Serious injury may result from your participation in this activity. Rocky River Ranch does not guarantee your safety.

This agreement shall be legally binding upon, me the registered rider, and the parents or legal guardians thereof if a minor, my heirs, estate, assigns, including all minor children and personal representatives. The term "stable" herein shall refer to Rocky River Ranch. The term "horse" herein shall refer to all equine species. The term "horseback riding" shall refer to riding or otherwise handling of horses whether from the ground or mounted. The terms "I," "me," "my" herein shall refer to the above registered rider and the parents or legal guardians thereof if a minor.

I understand that this stable chooses their horses for their calm disposition and sound basic training and that this stable follows a rigid risk reduction program. Yet no horse is a completely safe horse. Any horse can, at any moment revert from its training and act on its natural instincts. These could include but are not limited to bucking, shying, rearing, biting and/or bolting back to the barn. Horseback riding is classified as a "rugged adventure sports activity," and there are numerous obvious and non-obvious risks always present in such activities despite all safety precautions. Horseback Riding is defined as the only sport where one much smaller predator type animal attempts to exert its will and control over one much larger prey type animal each with a very limited understanding of the other. Horses are 4-5 times faster and 10-15 times stronger than a human. A fall from a horse could be at a distance of 4-6 feet and could result in serious injury or even death to a participant. Your participation in this activity may expose you to some of the following situations plus others too numerous to list: rough, slippery or wet terrain; public and private roadways; other riders; walkers or bikers; areas of heavy traffic motorized and non-motorized vehicle; trees and bushes; domestic and wild animals and sudden weather changes. Arena rides will be conducted in an enclosed 100' x 200' enclosed area with sand footing.

I agree that in consideration of this stable allowing my participation in this activity, under the terms set forth herein, I, the rider, for myself and on behalf of my child and/or legal ward, heirs, administrators, personal representatives, or assigns, do agree to hold harmless, release and discharge this stable, its owners, agents, employees, officers, directors, representatives, assigns, members, owners of premises, owners of trails, affiliated organizations, and insurers, and others acting on its behalf (hereinafter, collectively referred to as "Associates"), or and from all claims, demands, causes of action, legal liability, whether the same be known or unknown, anticipated or unanticipated, due to this stables and/or its associates ordinary negligence; and I do further agree that except in the event of this stables gross negligence and willful and wanton misconduct, I shall not bring any claims, demands, legal actions and causes of action, against this stable and its associates as stated above in this clause, for any economic and non-economic losses due to bodily injury, death, property damage, sustained by me and/or my minor child or legal ward in relation to the premises and operations of this stable, to include while riding, handling or otherwise being near horses owned by or in the care, custody and control of this stable whether on or off the premises of this stable.

Note: Under Texas code (chapter 87, civil practice and remedies code) An equine professional is not liable for any injury to or death of a participant in equine activities resulting from the inherent risks of equine activities.



CLIMBING WALL & HIGH ROPES COURSE

CLIMBING WALL *(for campers 7th grade and up)*

Combining the skills of rock climbing and rappelling, our climbing wall allows our older girls a chance to better their rappelling skills and prepare for the High Ropes Course. Due to time and program constraints, participation is limited to those campers who are older. We still offer rappelling at our river cliff for those over 70 lbs and in 5th grade. Please read the following legal information concerning the climbing wall and sign the appropriate portion on the general permission form.

Rocky River Ranch's 40 foot climbing tower and zip line is a component to our summer programming and will allow campers to experience both the challenge and success of a high ropes element. This course is only for our older campers and has limited space.

The inherent risks and other risks of this program may include falls, heat stroke, hypothermia, anxiety and other fear responses, elevated heart rates, collisions with objects or other people, unsafe acts by other participants, acts of nature related to being in out door venues, and other risks that may or may not be noted by participants and staff.

Safety is an important priority in the facilitation and management of all levels of programming; however, even with the adherence to recognized risk management practices in adventure programming, accidents do occur. Participation in this activity and element may result in injury, fatigue, psychological stress, or even death, not totally unlike other physically and emotionally demanding activities of various natures. The level of participation in our programs is entirely voluntary and under individual choice at all times and of ALL aspects of the program. As with any program of this nature, there is a risk which must be assumed by each participant in the event that she may experience any emotional or physical injury or death.

If I do voluntarily choose to allow my daughter to participate in Rocky River Ranch, Inc.'s challenge course, I recognize that there is a significant element of risk in any adventure, sport, or activity associated with outdoors. Knowing of the inherent and other risks, dangers, and rigors involved in the activities, I represent that my daughter is fully capable of participating in the activities.

LOW AND HIGH ROPES COURSE *(for campers entering 9th and 10th grades)*

During each session, our Trainees (those campers who entering the 9th grade in the fall) and our SIT1s (those entering the 10th grade in the fall) are given an opportunity to go to a ropes course. Through Texas State University's GOAL program, each camper learns more about individual challenges, as well as working as part of a team. Held just a few miles down the road, this course is great component of our trainee program.

The course is \$30 for those campers wishing to participate. Please read the following legal information concerning this course and sign the appropriate portion on the general permission form:

I understand that Rocky River Ranch uses Texas State's GOAL course as part of its leadership program. I understand that parts of the program may be physically demanding. I affirm that my child does not have any medical physical limitations, disclosed or undisclosed that might endanger her health or that of other participants. I recognize the inherent risk of injury in such activities. I understand and acknowledge that Rocky River Ranch and Texas State University does not offer any medical insurance to protect against such risks, makes not claim to do so, and has no responsibility for any medical expenses that might incur. I choose to assume such risks and such financial responsibility.



CHECK-IN PROCEDURES

The first day of camp is important for everyone — especially for campers and their families. We have a streamlined check-in process in order to help relieve the anxiety of the first day and shorten or eliminate standing in lines.

All balances and paperwork must be in our office no later than May 1st. All information (cabin assignments, final receipt balance, official check-in time, and paperwork received) will be emailed at least two weeks before the session begins.

The required paperwork (medical recommendation, health history, general permission and camper profile) can be accessed through your account on our website. When arriving at Rocky River, take your daughter directly to her assigned cabin. Due to our narrow entry and road, we have spaced out our campers' arrival times. Please do not bring your daughter before her scheduled arrival time. We have scheduled cabins specifically to prevent unnecessary congestion — please help us by arriving at your assigned time.

Beds are preassigned and the bunkmate requests made during registration are taken into consideration. There is no need to arrive early to save beds. Please do not arrive before your scheduled time. Our staff are often busy preparing for the session and are not even in their cabins until approximately 15 minutes before their cabins' scheduled arrival time. In order to make a positive, caring impression, we ask that you honor our arrival times. If you're checking in siblings, please wait to bring your other daughter to her cabin until her actual check-in time. Feel free to stop at the Canteen Store, tour the camp facilities, or shop on the Wimberley Square, while waiting for your check in time to begin.

Our counselors will be at the cabins to greet you, check your daughter into her cabin, and help you fill out a required basic health screening. They will also have a checklist of paperwork to ensure that all paperwork has arrived and been filed. If you have medications (must be in the original containers) or other special instructions, please visit the nurse in the Forty Niner. You may also leave letters and packages in the Forty Niner. Packages will not be delivered on Sundays or on the last day of any session. You may order or mail packages, but packages that are left on check-in day **must be limited to 2 per week due to space issues.**

After you have checked in at your daughter's cabin, helped her settle, and dropped off any medications, you have completed the check in process and are free to leave.

Arrival Times

Please note: the front gate will be locked until the first arrival time.

1:30 p.m. SIT 1, SIT2, Western Empress
2:30 p.m. Circle B and Wagons and Bar Nada
3:00 p.m. Lazy D and Bar K





ROCKY RIVER POLICIES

Admission as a camper carries many privileges and responsibilities. We expect campers to participate in the total life of camp — to work, play, and live together. We reserve the right to dismiss a camper without refund if a behavior problem affects their ability to work with other campers or if a camper becomes a risk to themselves or others.

Please supervise what your child brings to camp. We have no tolerance for and do not allow cell phones, tobacco, alcohol, illegal drugs or weapons to be brought on the campsite. Bringing these items may result in dismissal from camp without refund.

TRANSPORTATION

We will pick up campers at the airport in Austin. We **MUST** be notified in writing or by fax at least 48 hours in advance. **Please confirm arrival of written notification by phone.** There is a \$30 fee per person for each trip to the airport. If your child is underage, please call us in advance to secure the name of the person picking her up. Due to increased security and changing transportation rulings, please check with your airline about unaccompanied minors.

PACKING FOR CAMP

Campers may NOT bring any electronic equipment to camp. (This includes cell phones, iPods, iPads, iTouch, laptops and all video games.) If found in the cabins, we will pick up these items and keep them in the office until the end of her session, but we cannot take responsibility for their safety. Bringing these items could result in dismissal from camp without refund. Please do not put your camper in a difficult position by asking her to hide a cell phone in her belongings.

A suggested list of clothing and supplies to pack for camp is at the back of this packet and is also downloadable on the Parent Center page of our website. We suggest packing in a trunk, old suitcase, or a duffel bag. If you wish, you may send a small chest of plastic drawers. Luggage is placed under or at the foot of the child's bunk (13.5" high). If your child is in the Wagons, please pack her in a duffel, suitcase, or set of stackable drawers that can be unstacked and placed singly under her bunk. The Wagon bunk clearance is not enough for a trunk.

Involve your child in selecting clothes. Do the packing together so that she is aware of what is in the suitcase. Many parents spend a lot of money on new clothes for camp; we suggest sending the old stuff. Allow your daughter to help mark her clothing with her name with a laundry marker or labels. Gang-related attire and paraphernalia are not allowed. Do not bring shirts with questionable graphics or words printed on them. Campers are not allowed to bring pocket knives, large camping knives or weapons of any kind.

If your child is in, or might switch into, a horseback class, jeans or long pants are required. Helmets and cowboy boots with a smooth hard sole and at least 1-inch heel are also required. We have helmets and cowboy boots to loan; please do not feel the need to purchase a pair for your daughter. If you want her to have her own boots, Payless and Goodwill have inexpensive ones. Due to safety issues, no lace up boots or thick rubber sole hiking boots are allowed for horseback.

We do not assume liability for any camper's personal property. If a camper wishes to bring a musical instrument, it must be turned into the office for safekeeping. It will be for your child's use only, and not shared with anyone else.

Articles of value should be left at home. There is no need for special jewelry at camp.
Campers may NOT bring cell phones. (This includes everyone!) If you have any questions about this



please contact a director.





ROCKY RIVER POLICIES (CONTINUED)

ELECTRONIC ITEMS



CAMPERS MAY NOT BRING ELECTRONIC EQUIPMENT TO CAMP. Electronic items such as cell phones, iTouch, iPads, laptops, electronic games, CD players, DVD players, iPods or MP3 players are not allowed on our campsite. Each cabin will be equipped with approved music for the cabin to enjoy. We have clocks, ceiling fans, and air conditioners in each cabin. Compact personal battery-operated fans are allowed.

Because we cannot properly supervise the sharing of content and we cannot limit the access to the internet or monitor communications, we can no longer allow electronics of any kind (*digital cameras are allowed*). If you have any questions or concerns about this, please contact a director.

LAUNDRY

Please send a laundry bag with the child's name printed in large letters on the outside of the bag. Please label all items with your child's name.

- One-week and ten-day campers should bring the amount of clothes needed for their session
- Two-week campers will be able to have laundry done once while at camp. Laundry is \$12 per camper and will be applied to the canteen charges.

CAMP PICTURES

During each session, a photographer will take each camper's picture and a group picture of the cabin and counselors. The 4x6 group photo will be given to you at check-out for no charge. Purchasing the individual photo is optional and can be done through your account at www.rockyriverranch.com. We will be uploading snapshots of the activities of each session and these may be purchased online also. Sending an inexpensive disposable camera is a great way to allow your daughter to record her own special memories of camp - and we sell them in the camp store as well.

LOST AND FOUND

Please label all items with your child's name. We will make every attempt to reunite lost items with the rightful owner before campers depart. If items are left at camp, please write and describe (in detail) the missing item and we will try to locate it. Please include postage money or ask for a large items to be sent via UPS, cash delivery.

Part of camp life is trying to teach your child to be responsible for her belongings. It helps her to be involved in labeling and packing her own clothes, towels, and bedding so that she will be aware that they belong to her if they show up in the lost and found. If items are not claimed by September 1, they will be donated to the local woman's shelter.



ROCKY RIVER POLICIES (CONTINUED)

VISITING

For the safety of all our campers, we do not allow any visitors during our sessions. We do not have a parent's day during sessions — campgrounds are open to parents on opening and closing days only.

Experience has proven that campers respond more easily to camp routine without the emotional interruption of visits. We do not allow visitors due to the disruption of the flow of camp, the loss of independence, and the feelings of homesickness and anxiety experienced by other campers. For campers staying more than one session, we ask that, if you visit, you visit during the break between the actual sessions.

We will not allow any camper to leave the campgrounds with anyone except her parents and camp personnel, except with written permission from a parent or guardian.

HOMESICKNESS

Sometimes a camper has a touch of homesickness for the first night or two. Almost all children have some mild homesick feeling when they are away. You may receive a “come and get me” letter, but usually this feeling has passed by the time you receive it. Please resist that tug at the heart, as well as the parental urge to rush to Wimberley. Campers soon understand that they have the sympathy, respect, and friendship of the entire staff. If we are unable to help a child adjust to camp life, be assured — we will be in touch with you.

Including your child in decisions about camp and classes will give them some control. Help younger campers understand the length of a camp session by comparing a week to something she can relate to. Assure your child that you know when to pick them up, and that you will be there. Making a calendar for their week of camp is great with beginning and ending time marked.

Practice being away from home. Talk through some strategies for dealing with their feelings while they are here. What works for some (pictures, letters, etc.) does not work for all. If you're anxious about camp, talk to the directors. Please don't expose your daughter to your own anxiety.

Please do not allow your child to bring a cell phone to camp. She will not be permitted to use or even keep it in her cabin. Bringing a cell phone may result in dismissal from camp with no refund. A phone call might reassure you of their well being, but it could easily bring on a twinge of homesickness in the child, as well as in the cabin. Most campers, given the opportunity, will want to call home, too, and will want to use the available cell phone. One of the reasons they are in camp is to learn to live independently for just a little while. Tell your child that you are proud that she is becoming more independent and able to take care of herself. If you are concerned about something or your child writes you about something we should know, feel free to call the camp directors.

Do not suggest to your child that she can call home if she gets homesick. That is a statement that she will never forget. Camp policy states that no child is allowed to use a phone; only the director and staff. Discuss this with your child and help her understand that she will not be able to call home. Please keep in mind that we will contact you if there is a problem with your daughter.

Finally, please don't make any deals with your child about early pickup. Do not say to her, “If you don't like it, I will come get you” — it sets them up for disappointment and keeps them from focusing on solutions at camp. After discussing the many possibilities, if you decide to take your child home because of homesickness, the camp fee will not be refunded. However, most campers adjust and enjoy their summer camp experience.



ROCKY RIVER POLICIES (CONTINUED)

MAIL

Mail Call is one of the most important times of each day. It is wonderful to see smiles on campers' faces when they receive a letter or email. Stamps and stationary are sold in the Canteen, but (especially for younger campers) we suggest self-addressed, stamped envelopes be sent with your child. (Place them in a zip-lock bag to prevent moisture from getting to them.) If you do not send self-addressed envelopes, or teach your child how to write your address, you may never receive your precious letter!

The lack of letters home indicates your child is having a good time and is too busy to write. The first few letters home may be hard to bear; most are written shortly after you leave, before the child makes friends and gets busy. Call the directors and talk to one of them if you have concerns, but write back positively about your confidence in your child and excitement about her session. We urge campers to write often and suggest that you and other relatives write often to your camper. Please leave out the "we miss you unbearably" variety and avoid telling the child what they are missing while they are away at camp. Sometimes parents write that they cannot get along without their daughter. We understand this feeling, but it is not what your child needs to hear.

If you have any negative news that must be shared with your child (such as the death of a pet, or something happening to a friend), please call the directors so that they can help the camper deal with it. Better yet, consider saving such news for when you are with your child. Parents, this is very important — please think about how your words will affect your child. If you are unsure about news, please call the directors and they will be glad to discuss it with you.

The first day (Monday) is an excellent day for mail. It gives special attention to your child, and makes her feel good because you wrote on the first day. Letters and packages may be left in the Forty Niner on check-in day and will be delivered upon the requested day of the week. Packages left in the Forty Niner must be limited to 2 per week due to space issues.

Our address for letters is:

<insert camper's name>

<insert cabin>

P.O. Box 109

Wimberley, TX 78676

E-MAIL

Rocky River will print and deliver emails to your daughter during mail call; however, all email must be sent through your account on www.rockyriverranch.com. Once you have logged in, click the "email a camper" button on the left-hand side of the screen. Emails are purchased in \$5 blocks, one dollar per email. Emails will be printed at 11 am. daily. Emails will not be delivered on the last day of each session.

Please note: Your daughter will not be able to write any emails to you while she attends camp.



ROCKY RIVER POLICIES (CONTINUED)

CARE PACKAGES

If you send a care package from home, please place candy or food in an airtight container such as tin or plastic to discourage ants and other bugs. Campers are asked to share their 'bounty' so that food does not go back to the cabin. Please do not send gum; keep the candy and food to amounts that can be eaten in one sitting.

Just a suggestion — send a small package the first day or two and save a special one for the last couple of days at camp. For a child experiencing a little homesickness, a letter suggesting a surprise at the end of the stay gives them something to look forward to.

Care packages are available to purchase from the Canteen portion of our website. There are several to choose from and each one is filled with exclusive goodies. You can easily purchase them ahead of time or during your session. You can also assemble items in our camp store to make a care package. Our camp store will be open from 1:30 - 3:30 on check-in days.

Please send your daughter's care package to the correct address!

Anything sent by the post office (or US Postal Service) *must* be sent to our post office box. If you use another delivery service (such as UPS, Fed Ex, etc.), you *must* use our physical address. Rocky River is not responsible for missing packages.

MAILING ADDRESS

For the USPS/Post Office

<insert name>

<insert cabin>

P.O. Box 109

Wimberley, TX 78676

PHYSICAL ADDRESS

For ground or air services, such as UPS, Fed Ex

<insert name>

<insert cabin>

100 Flite Acres Road

Wimberley, TX 78676

CANTEEN

We have canteen time each day. After rest period, the canteen is open for campers (by cabin) to purchase a cold drink, an ice cream, frozen fruit bar, candy or a non-candy item. Each cabin is able to shop for T-shirts and souvenirs once a week. Your daughter's canteen account is set up as a debit system, and we will be able to give her an accurate accounting of her money should she ask. In addition to canteen purchases (in a two-week session) laundry will come out of her canteen account. Campers are not allowed to keep cash in their cabins. We will encourage your daughter to spend her Canteen money during her session. However, if she has any money left over, you will have the option to spend it on check-out day or to donate it to the Campership Fund.

REFUND POLICY

All cancellations must be submitted in writing to our office no later than May 1. At that time, all money (minus the original deposit) will be returned.



HEALTH INFORMATION

HEALTH INFORMATION

There are two medical forms required:

Health History Form– This form can be completed online through your account. Just log into your account, click on Document Center on the left hand side and complete the information for each camper. This form must be completed by May 1, 2011

Medical Recommendation Form – This form must be downloaded, printed, completed by your doctor's office and returned to the RRR office. In the Document Center of your online account, you will find the Medical Recommendation Form on the right hand side. This form can be mailed, faxed or emailed back to the RRR office and must be received 2 weeks prior to your camper's check in day.

You will also need to let us know what medications your camper will take while she is at camp. You can do this through your online account. Just click on your camper's name from the account detail page, and then on the lower right you will see a blue edit button under medications. Please enter the name and dosage for each medication.

Your camper's health is very important to us and we will follow the special recommendations of your doctor and your suggestions while she is at camp. Please note that all medications (including vitamins) must be in the original bottle or container from the pharmacy. By state law, the nurse will not distribute medications that are not in the original containers. Prescriptions must have the camper's name and dosing instructions on the label. They must be turned into the camp nurse upon your camper's arrival. The information will be entered in the nurse's ledger to ensure that the meds are given to your camper as required. If necessary, these forms also serve as permission to treat your camper in the event of an emergency.

MEDICAL TREATMENT

Our camp nurse or directors will notify parents if 1) a camper exhibits symptoms that are deemed worthy of off-camp medical treatment or 2) a camper has any illness that prohibits participation in the majority of camp and cabin activities for over 24 hours.

Please do not send your child to camp if she is running a fever or is in poor health. The chances of making a speedy recovery while in the physically demanding environment of camp are very slim. We try to provide the safest and healthiest environment for all campers. In an effort to keep everyone in good health, we ask that you consult a doctor before bringing your child to camp if she has recently suffered or been exposed to an illness. We also ask that you check your child for lice several times in the weeks leading up to camp.

NOTE:

If your child has a tendency towards bed-wetting, please send a waterproof pad and an extra set of sheets. A staff member will change the bed when everyone is out of the cabin and bring the soiled sheets to be washed. We will do everything we can to keep from embarrassing your camper. There may be a small charge for the laundry. There are several good products now available for kids to wear to bed without calling attention to themselves. Please make sure to mention the bed-wetting to the nurse or a director.



CHECK-OUT PROCEDURES

All Sessions end with our Parent/Camper Cookout and Water, Drama and Horse Shows.

All Sessions (except Session Three) end on the last Friday afternoon of each session.
Session Three (the ten-day session) ends on Tuesday, July 5th.

Our front gate will open at 1:30 pm. There is no reason to arrive before this time. For safety reasons, we will not open the gate before we have all of the campers located in one area. We realize that parking and waiting on the road is an issue and we are working on finding a solution. Details will be given to you when you arrive for check-in. Once inside the gate, please park near your daughter's cabin and head straight to check-out. The check-out line will be on the way to the pool. Once you have gone through check out, your camper will be waiting for you at the meet and greet cook out above the pool before the Closing Ceremony begins. This is a great opportunity for parents to interact with the RRR staff and enjoy performances by their campers. The Closing Ceremony will begin at 2 p.m. There will be a short break before the Horse Show and Drama Show begin to allow time for the girls who are in both shows to change into their riding attire or costumes. You will receive an email a few days prior to check-out day with a program for the closing day activities. If your daughter is participating in one of the shows, you will find her name listed in the program along with the time and place of her performance. The Horse Show will take place in the two arenas at the barn and the program will tell you what arena your daughter will ride in. The Drama Show will take place in the Forty Niner.

Please park your car on the campsite and head directly to the pool. You will be able to pack your camper's things after she has finished participating in the shows. Parking will be tight; please be considerate of other cars as you park. After the closing ceremony at the pool, check out will move to the Canteen.

IN ORDER TO CHECK OUT, YOU

(OR ANY OTHER AUTHORIZED PERSON)

MUST HAVE A PHOTO ID.

All authorized persons must be listed in your account on www.rockyriverranch.com.

Things to do through your account on www.rockyriverranch.com:

- Edit/change classes (up to one week prior to your camper's session)
- Pay your session balance **before May 1**
- Fill out all forms: Health History, Permission, Camper Profile **before May 1**
- Email your camper
- View and purchase photos of your camper
- Get driving directions
- Make a donation to our Campership Fund to help send a less-fortunate child to camp.



FREQUENTLY ASKED QUESTIONS

What do the cabins look like?

All cabins are air-conditioned bunkhouses. Cabin placements are determined by age and grade and Rocky River honors bunkmate requests as much as possible. Housekeeping duties in each cabin are shared by campers and staff. There are pictures of our cabins on the Facilities page of our website under Summer Camp.

What does the camp fee cover?

The camp fee covers room, board, cabin group photo and camp activities. It does not cover Ropes Course (Trainees and SIT1s only) , Horseback, or laundry (two-week campers only).

What happens if my daughter gets sick?

Rocky River takes health care very seriously. Our wellness center is well equipped, staffed, and maintained for our campers who need special care, and our camp doctor is on-call throughout the camping season. Our counselors are trained in CPR and First Aid. Should a serious emergency arise, Rocky River Ranch will contact the parents.

My daughter has never been to camp before. What should I do to help her prepare for camp life?

The best thing to do is to talk to your daughter about what camp life will be like. Explain to her that she will not be able to see or talk to you while at camp and that you know that she will do great while here. Call to set up a time before the summer to visit the camp and speak with a director — we'll be able to show you where her cabin is, where her classes are, where she'll eat meals, etc. Pack for camp with your daughter — allow her to write her name on her clothing, choose a special stuffed animal to bring, and which books she'd like to read during down time. By allowing her to see the camp and know what she'll be doing and bringing, her anxiety level will go down, enabling her to have the best time possible while here.

I have two daughters that are going to Rocky River. Can I drop them off at the same time?

Only if they are in the same cabin. Please follow our check-in schedule as our summer staff are often out on the campsite until just before your scheduled arrival time and we want to make the best first impression we can.

Our summer plans changed. Can I get a refund for camp?

Rocky River will refund the tuition (minus the original deposit) until May 1. Please submit your cancellation in writing so that we can process your refund as quickly as possible.

My daughter wants to change her class schedule. Can she do that?

Absolutely. Campers can change their schedule online through your account on www.rockyriverranch.com any time until the week before their arrival. Class information online is in real-time and waiting lists are managed if classes are full. Also, your daughter will have the option to change her classes at camp up until Tuesday morning.

Can I visit my daughter while she's at camp?

For your daughter's safety, Rocky River does not allow visitors on the campsite while camp is in session.

Can I call my daughter while she's at camp?

Rocky River campers do not have access to phones while here. If you have a question, or would just like to check in, feel free to call the office. A staff member will be happy to call you back within 24 hours to answer any questions you may have.



ROCKY RIVER PACKING LIST

This is a *suggested* checklist for a one week camper.
Adjustments may be made for a two-, three- or four-week camper.

- 5 to 7 pairs of shorts
- 6 to 8 t-shirts
- 1 light sweatshirt / jacket
- 2 swimsuits (old ones are fine)
- 1 pair river shoes (old tennis shoes
OR river shoes with a backstrap)
- 1 pair tennis shoes
- 5 pairs of socks
- 2 - 3 pairs of jeans (for horseback)
- 2 pairs of PJs
- undergarments
- 1 pillow / pillowcase
- 1 set of twin sheets
- 1 blanket / bedcover
- 3 towels
- 3 beach towels
- 5 wash cloths
- toothbrush / toothpaste
- favorite stuffed animal
- shampoo / conditioner
- hair brush
- hair ties (long hair must be pulled back to swim in our pool)
- flashlight (with extra batteries)
- sunscreen
- laundry bag (with camper's name on the outside)
- water bottle (with camper's name)
- 1 tote bag

OPTIONAL

- 2 disposal cameras
- hat / cap
- stationary
- pre-addressed, stamped envelopes
- bug spray
- pens / pencils
- goggles
- costume or musical instrument for talent show