

POINTERS

to

PARENTS



ROCKY RIVER
★ ★ ★ RANCH ★ ★ ★

Inspiring independent girls since 1953



WELCOME TO THE ROCKY RIVER FAMILY!

We are thrilled that your camper will be a part of over 65 years of camping tradition at RRR.

Our Pointers to Parents is designed to help you better prepare your camper 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 has been collected from campers, parents and staff that have shared their insights with us over the years.

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: info@rockyriverranch.com
Office 1-512-847-2513
Fax 1-512-847-9067

We want to make this first camp experience as easy as possible for your camper and family!

For our returning campers...

Please take the time to review this guide. We are always making updates that affect both campers and parents. While the transition to summer camp is typically easier for those returning to Rocky River, it is still important to prepare your camper for the changes she can expect while here.

We want the best camping experience possible for your camper— 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*

Hannah Brock, *Day Camp Director*

Cameron Campbell, *Communications Director*

Maddie Hamill, *Program Director*



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DAILY SCHEDULE

7:15 am	Wake-Up Call
7:45 am	Flag Ceremony
7:55 am	Breakfast & Announcements
8:30 am	Cabin Capers
9:00 am	First Class
10:00 am	Second Class
11:00 am	Third Class
12:15 pm	Mail Call
12:30 pm	Lunch Announcements/Inspection Report/Care Packages/Singing
1:30 pm	Rest Period
2:45 pm	Afternoon Canteen (by cabin)
3:45 pm	Free Swim at River or Pool
5:00 pm	Afternoon Class
6:15 pm	Supper Sing-Song Practice
7:30 pm	Evening Program
8:20 pm	Cabin Time Showers, Meetings, Get Ready for Bed
9:15 pm	Lights-Out Begins Bedtimes vary by camper age



ROCKY RIVER RANCH

Class Information 2019

9am	10am	11am	5pm
Archery	Archery	Archery	Anything Goes
Baking	Baking	Anything Goes	Blanco Bliss
Crafts	Crafts	Baking	Bracelet Making
Challengers ¹	Challengers ¹	Bracelet Making	Farm Girls
Dance	Doll Making	Challengers ¹	Improv-a-Rama
Doll Making	Discovery Girls	Drama & Tech Theater ²	Letters & Lettering
Horseback: Barn Girls	Fitness	Discovery Girls	Miniatures
Painting	Horseback: Barn Girls	Farm Girls	Pool Games
River Sports	Painting	Horseback: Adv Riding	Random Acts of Kindness
Rocky River Reporters	River Sports	Letters & Lettering	Singing
Sewing	Sewing	Miniatures	Strength & BeYOUty
Sport-A-Day	Strength & BeYOUty	Pool Games	Ukulele 101
Synchro Swimming ⁴ INT/ADV	Synchro Swimming ⁴ BEG	River Sports	Zip Line ³
Ukulele 101	Tennis	Sewing	9G+
Yarn Girls	Yarn Girls	9G+	

Things to consider when choosing classes...

¹Must weigh at least 75 lbs and be going into 5th grade or older. Second week of Sessions 2 and 5, Challengers will be replaced by Climbing Wall class and Screamer class.

²Will be combined for Session 1,3,4,6. Will be two separate classes for 2, 5 and girls must be going into 5th grade or older for tech theater during these sessions. Both classes meet both weeks.

³Must weigh at least 75lbs and be going into 7th grade or older.

⁴Meets both weeks during 2-week sessions.

SEE FOLLOWING PAGES FOR CLASS DESCRIPTIONS

Class Descriptions

ANYTHING GOES Together the class chooses from a list of activities. One day a craft, the next day a game; make ice cream, go for a hike or have a water balloon fight - anything goes!

ARCHERY Bow and arrows aimed at the range targets. 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.

BAKING Girls will learn techniques and tips as they get their hands messy baking tasty treats both sweet and savory.

UPDATED BLANCO BLISS Formerly River Fun this class is for girls who can't get enough of the beautiful Blanco River. Find bliss in a different way each day- from snorkeling and rock-hunting to venturing up and down river.

BACK BRACELET MAKING Create a variety of bracelets using different materials throughout the session to keep for yourself or to pass onto friends.

CHALLENGERS Love a challenge? This class rotates through Climbing Wall, Rappelling, the Screamer and other growth zone experiences - each day a new challenge! (Must weigh at least 75 lbs and be going into 5th grade or older.) *Look for a new "challenge" to be added for summer 2019- TBD

CLIMBING WALL Test your strength, challenge your comfort zone and ring the bell hanging at the top of our 42 foot climbing wall. This is for girls 75lbs and going into 5th grade or older and is only offered during the second week of two week sessions.

CRAFTS This class is for crafty girls who love hands-on projects. You'll get to unleash your creativity on several projects during the week.

DANCE Learn steps for different types of dance (ballet, ballroom, jazz, hip hop, etc.) and practice for an end-of-session performance.

DISCOVERY GIRLS You'll discover the world around you via fun experiments and hands-on activities in this science-based class!

DOLL MAKING Create your own unique Rocky River doll as you learn the traditional art of doll making. Includes stuffing, sewing, and soft sculpture techniques. Great for all ages!

UPDATED DRAMA & TECH THEATRE

Learn dramatic techniques as you rehearse for the end-of-session performance. The drama staff chooses a script and the girls try out at the beginning of the week. Open to all skill levels with lots of opportunity to learn. During session 1,3,4,6 we will have tech roles such as stage manager, set design and costume design during the class. During session 2 and 5 Tech Theatre will be a separate class for girls going into 7th grade or older.

FARM GIRLS Goats, mini donkeys, a herd of horses, and a few surprise guests...this year's Farm Girls class aims to have lots of fun with some adorable animals! We will learn a bit about farm animal care and agricultural sciences along the way.

BACK FITNESS Explore what it means to live a healthy lifestyle and spend time doing exercises. Format may vary, but can include: kick boxing, pilates, yoga, jogging, water aerobics and more!

HORSEBACK: BARN GIRLS Equine enthusiasts of all ages and levels welcome! Over the course of this one week class we will have lessons dedicated to learning all about life at the barn with our horses! Some days will be riding experiences and lessons, some will be working directly with the horses in "ground" lessons, and some days will be a fun mix of both. If you want some great riding tips, to experience a trail ride, and have a great time loving on some sweet horses...this class is for you! *See Horseback Overview pdf for more info.*

HORSEBACK: ADVANCED RIDING
Sessions: 2,3,5

This class runs the length of the session and is only offered during sessions 2, 3, & 5. New this year, everyone interested will be automatically wait listed and then placed into the class based on their skill level and position on the wait list. This will fully ensure that everyone in the class is of a similar skill set, and so the class will be equally enjoyable to all the riders. This class is designed for girls who are experienced riders. This group lesson will focus on advanced exercises and games. Riders should all have experience with posting trot and canter. *See Horseback Overview pdf for more info.*

IMPROV-A-RAMA In this theater-skills class, girls will enjoy the basics of improv acting and games as well as getting to have fun on stage, learning accents and skits.

NEW

LETTERS & LETTERING We

love snail mail! In this class girls will learn the art of writing letters. They will also learn how to write in different fonts, make and decorate their own envelopes. Campers will write letters to friends and family to send via snail mail or to give out to their friends here at RRR.

MINIATURES Learn how to create teeny-tiny objects for a tiny room you'll love to take home and display.

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 For the camper who loves the water! Structured games each day, diving, volleyball, and much more.

BACK

RANDOM ACTS OF KINDNESS

Kindness is our language here at RRR. In this class girls will do a different act of kindness every day to serve the ones around them, our Rocky River community and beyond.

UPDATED

RIVER SPORTS We've

combined four river favorites in one class; enjoy the Blanco River as you learn how to kayak, cruise on a stand-up paddleboard, balance on a floating log and try your hand at catching a fish! This class cools off in the water and takes an end-of-session river walk.

ROCKY RIVER REPORTERS Get behind and in front of the camera as the class shoots videos and writes articles that make up the Rocky River Round-Up newsletter. Girls will use iPads to edit their work and send out session news to parents.

SCREAMER Put on a harness, get clipped in and then be pulled by fellow campers to the height of your choice, up to 40 feet high! Then you'll pull the release cord and start an exhilarating giant swing over the gully! This is for girls 75lbs and 5th grade and older and is only offered during the second week of a two week session.

SEWING: FANNY PACKS Learn sewing machine skills and express your creativity by completing a camp classic to take home- a fanny pack.

SINGING Sign up for this class if you love singing, want some vocal tips and enjoy performing. Don't worry about your voice- all are welcome and encouraged.

SPORT-A-DAY Learn about and play a different sport each day. Basketball, volleyball, tennis, soccer, and sprinkler kickball - just to name a few.

STRENGTH AND BEYOUTY Beauty comes from the inside and this class will be all about confidence, individuality, kindness and independence. Discussions and activities centered around topics such as healthy living (nutrition, exercise, hygiene) and how to foster self confidence.

SYNCHRONIZED SWIMMING Split into two different classes (beginner or intermediate/advanced)- you'll learn sculling, breath control and water ballet moves. You will also learn and practice a routine to perform during the Water Show at the end of the session. (This class meets both weeks of 2-week sessions.)

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

NEW

UKULELE 101 In this class

girls will be taught Ukulele basics while having fun. All levels of musicians are welcome! Ukuleles will be provided by RRR for the girls to learn and practice while here.

YARN GIRLS Learn the basics of knitting, crocheting or embroidery as well as expand skills you already have. Complete a project at your own pace while you visit with friends and learn skills that will last a lifetime!

ZIP LINE Put on a harness, climb the telephone pole, sit on the platform, and zip across the gully! This class is for fearless girls who love excitement. Girls must be going into 7th grade or older.

UPDATED

9G+ Learn, play and hone your skills in active and fast-paced games - Ga-Ga, 9-Square, murbles, sprout ball and more! All ages and abilities welcome.



Ride 'em, Rocky River Girl!

HORSEBACK OVERVIEW BARN GIRLS (ALL SESSIONS)

Our main focus is on Western riding and Horsemanship skills. Our riding lessons are built around teaching the Secure SeatSM skill-driven system* from the American Association for Horsemanship Safety. Through these lessons, we hope to teach and improve each rider's balance and basic skill set, so that they can be successful in any equestrian discipline they choose to pursue.

Because our program caters to a wide variety of riders, most of whom are beginners, our priority is always

safety. Unlike traditional lesson barns, many of our campers' only opportunity to ride is during their week at Rocky River Ranch. Due to this, we try to conduct our lessons at a pace where every camper can excel.

Our Barn Girls class gives both equine enthusiasts, as well as those new to horses, various ground and riding activities through which to learn. Riding activities will include lessons on Secure-Seat riding skills, a trail ride through the pasture,

and a chance to ride multiple horses.

Our ground lessons will cover tack and equine knowledge while participating in activities and games with our incredibly patient and calm horses.

All levels of riders are welcome!

ADVANCED HORSEBACK RIDING (SESSIONS 2, 3, 5)

Our main focus is on Western riding and Horsemanship skills. Our riding lessons are built around teaching the Secure SeatSM skill-driven system from the American Association for Horsemanship Safety. Through these lessons, we hope to teach and improve each rider's balance and basic skill set, so that they can be successful

in any equestrian discipline they choose to pursue.

Unlike traditional lesson barns, many of our campers' only opportunity to ride is during their week at Rocky River Ranch. Due to this, we try to conduct our lessons at a pace where every camper can excel. Our priority is always the safety of the rider.

*The Secure Seat Method was developed by equine professionals as a step-by-step lesson program that teaches balance and control through the rider's seat. Some of these steps include teaching proper alignment, a steady lower leg, posting, standing and sitting trot, and canter/lope.

BARN APPAREL

THE BASICS

At the barn, campers are required to wear appropriate pants, boots and helmets. They are welcome to bring their own boots and helmets, but if they do not already have them, *we have plenty for campers to borrow!*

REMEMBER TO PACK...

2 pairs of long pants, e.g. denim jeans, or genuine breeches/riding pants. Shorts, capris (denim or other fabrics), yoga pants and athletic leggings **are not** suitable; bare skin blisters against tack and leggings are too slippery on saddles.

A correctly-fitted ASTM/SEI-Certified riding helmet. Bicycle and other sports helmets are not suitable for horseback riding. NOTE: If you do not already have an ASTM/SEI-Certified riding helmet for your camper, we have plenty for girls to borrow!

A pair of Western "cowboy" boots or English riding boots (1-inch heel, little/no tread). Boots with tread and/or no heel can lead to a rider's foot getting caught in a stirrup. Boots with high-stacked heels make it hard for a rider to find the correct heels-down position. NOTE: If you do not already have boots for your camper, we have

plenty for girls to borrow!

A tote bag for your camper, in case she needs to change clothes between classes.

FAQs ANSWERED

What is the Secure SeatSM Method?

The Secure Seat Method was developed by equine professionals as a step-by-step lesson program that teaches balance and control through the rider's seat. Some of these steps include teaching proper alignment, a steady lower leg, posting, standing and sitting trot, and canter/lope.

What is the 7-7-7 test?

Many riders struggle with the ability to properly post and/or sit the trot. Stride and rhythm differ horse to horse, sometimes making it difficult for riders to adjust.

In order for any rider to canter/lope in our program she must be able to safely and competently trot 7 strides posting, 7 strides standing (with the saddle horn),

and 7 strides of sitting. This is our 7-7-7 test. If the rider can proficiently perform these skills, she can safely transition in and out of higher gaits on any horse.

QUESTIONS? We're eager to answer! Please email info@rockyriverranch.com.



ADVENTURE CHALLENGE ACTIVITIES

Climbing Wall | Zipline | Screamer | Rappelling

Our adventure classes all include harnesses, helmets and opportunity for challenge by choice. Due to time and program constraints, participation is limited to those campers who are in 5th grade or older. Campers also must weigh 75 pounds or more to participate in these activities safely. Please read the following legal information concerning the adventure classes and sign the appropriate portion of the online general permission form, if your camper may take one of these classes.

Rocky River Ranch's 40-foot climbing tower, zipline, 25-foot natural rappelling cliff and giant swing (aka The Screamer) allow campers to experience both the challenge and success of high ropes elements.

The inherent risks and other

risks of this program may include falls, heat strokes, 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 outdoor 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 distress, 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. 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 camper 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 the outdoors. Knowing of the inherent and other risks, dangers, and rigors involved in the activities, I represent that my camper is fully capable of participating in the activities." ***(Please sign this statement on the online permission form.)***

All Trainees (Rising 9th Graders) and SIT 1s participate in a Low- and High-Ropes Course at the Texas State Goal Program

For campers in the leadership program entering 9th and 10th grades...

During each session, our Trainees (campers entering 9th grade in fall) and our SIT 1s (those entering 10th grade in fall) participate as a group in 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. Just a few miles from RRR, this course is a great component of our leadership program. The course fee

is \$35. Please read the following legal information concerning this course and sign the appropriate portion on the online Team Building Release Form.

I understand that Rocky River Ranch uses Texas State University'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 limitations, disclosed or undisclosed, that might endanger her health or that of

other participants. I recognize the inherent risks of injury in such activities. I understand and acknowledge that Rocky River Ranch and Texas State University do not offer any medical insurance to protect against such risks, make no claim to do so, and have no responsibility for any medical expenses that might incur. I choose to assume such risks and such financial responsibility. ***(Please sign this statement on the online Team Building Release Form.)***



CHECK-IN PROCEDURES

We understand how important the first day of camp is for our campers and their families. Sixty-five years of experience have helped us develop a streamlined check-in process. We want to help relieve the anxiety of the first day, and also shorten (or eliminate) standing in lines.

That's one reason we require all balances and paperwork be turned in to our office no later than **May 1st**. The required paperwork (Medical Recommendation, Camper Health History, General Permission and Camper Profile) can be easily accessed in the online Document Center.

STICK TO THE SCHEDULE...

When arriving at Rocky River, please take your camper directly to her assigned cabin. Due to our narrow entry and road, and limited parking space, we have assigned campers' arrival times to prevent unnecessary congestion. ***Please do not bring your camper prior to her scheduled time.***

KEEP IN MIND...

There is no need to arrive early to save beds, as they are preassigned and bunkmate requests made during

registration are taken into consideration.

If you're checking in siblings, please wait to bring your second camper to her cabin at her actual check-in time. Feel free to stop by the Canteen Store, tour the camp facilities, or shop at the Wimberley Square if you have a significant wait.

WHAT TO EXPECT...

Upon arrival at your cabin, counselors will facilitate check-in and help you fill out the required health screening. They will also have a checklist to ensure that your paperwork has arrived and been filed. If you have medications (***original containers required***) or other special medical instructions, you can visit the nurse in the Forty Niner.

LETTERS & CARE PACKAGES

You may leave letters and packages for your camper in the Forty Niner. Many parents like this option, especially in the shorter sessions, as it ensures delivery on designated days. Note: Packages will not be delivered on Sundays or on the last day of any session. You may order or mail as many packages as you like, but because we have limited

storage, packages left on check-in day **are limited to two per week and must be in a sealed envelope (see care package info)**. We cannot accept more than two packages per camper per week. This limit is for packages only; letters are not limited as they are much easier to store.

After you've checked in at your camper's cabin, helped her settle in, kissed her goodbye and dropped off any medications/mail, you have completed the check-in process and are free to leave. Your camper will move on to having a swim check, lice check, and getting to know her cabin group.

ARRIVAL TIMES

Note: the front gate will be locked until 1:00pm. Initials indicate first letter of last name.

- 1:00:** All SIT 2's,
Western Empress (A-L)
- 1:30:** Western Empress (M-Z)
- 2:00:** All Circle B Porch,
All Circle B Up,
Lazy D (A-L)
- 2:30:** All Circle B Down,
All Circle B Deck,
All Wagons
Lazy D (M-Z),
- 3:00:** Bar K (A-L),
Bar Nada (A-L)
- 3:30:** Bar K (M-Z),
Bar Nada (M-Z)



ROCKY RIVER POLICIES

Admission as a Rocky River camper carries many privileges and responsibilities. We expect campers to participate in the total life of camp — to work, play, and live together. Almost all girls are able to do this with little to no issues. However, if after intervention and in partnership with the parents, if a camper is unable to assimilate to camp life, or if a camper becomes a risk to herself or others, we reserve the right to dismiss her without a refund.

Please supervise what your child packs. We do not allow: cell phones, tobacco (including e-cigarettes), alcohol, drugs or weapons. Bringing these items may result in dismissal from camp without a refund.

TRANSPORTATION

We are happy to transport campers to and from the Austin airport. We just need notification in writing by email at least two weeks in advance. **Please confirm with us by phone to discuss more details.** There is a \$30 fee per person for each trip to the airport. Please check with your

airline about rules regarding unaccompanied minors traveling.

PACKING NOTES

A suggested packing list for camp is included on the last page of this packet. We suggest packing in a trunk, small stacking plastic drawers, a suitcase, or duffel bag. Campers place their luggage under or at the foot of their bunk. Due to the unique design of our Wagons, they cannot accommodate trunks. If your camper is in the Wagons, please pack her belongings in a duffel, suitcase, or plastic drawers that can slide underneath her bunk (13-inch clearance).

We recommend including your camper in selecting her clothes and packing. Please don't go buy new items for camp - we suggest sending old or inexpensive items. We also highly recommend labeling each item she brings with her name. Labels or permanent markers work great for this!

We have clocks, ceiling fans, and air conditioners in each cabin. Battery-operated personal fans are allowed.

WHAT NOT TO PACK

- Cell phones*
- Electronic devices (see: *Electronics*)
- Clothing with questionable graphics or words
- Tobacco products (any/all)
- Alcohol or drugs
- Knives (pocket, camping)
- Cash
- Weapons of any kind

If found, these items will be confiscated and kept in the office until the end of session, but we cannot take responsibility for their safety. Furthermore, bringing any of these items could result in dismissal from camp without refund, so please pack with your camper. ***Cell phones are NOT ALLOWED. This includes everyone, especially girls in the Leadership Program! If you have any questions regarding this policy, please contact the camp director prior to arrival or on check in day.**

ELECTRONICS

Camp is all about unplugging from the digital world and plugging into real conversations, experiences and skill development. Because we cannot properly

supervise the sharing of content or monitor communications, and to help campers focus on the camp experience, we do not allow electronic devices, e.g. cell phones, smart watches, iPod Touches, Kindles, laptops, tablets, electronic games, CD players, DVD players, iPods or MP3 players. **Digital cameras are allowed**, but not permitted for use inside cabins. Each cabin is equipped with approved music for campers to enjoy. If you have questions or concerns about this policy, please contact the camp director.

HORSEBACK, MUSICAL INSTRUMENTS AND JEWELRY

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 them for your camper. Due to safety issues, lace-up boots and/or thick rubber-sole hiking boots **are not** suitable.

If a camper wishes to bring a musical instrument (which we love), it can be kept in the office for safe-keeping and not shared.

We hope you understand that we cannot assume liability for any camper's personal property. For this

reason, please leave articles of value (monetary or sentimental) at home.

LAUNDRY

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

- One-week and campers should bring the amount of clothes needed for their entire session.
- Ten-day campers can choose to pack for the entire session or have laundry done once for an additional fee.
- Two-week campers will have laundry done once over the weekend while at camp, included in tuition.

CAMP PHOTOS

During the session, a photographer will take each camper's photo and a group photo of the entire cabin and counselors. A 5x7 printed group photo will be given to you at check-out for no charge. Purchase of your camper's individual photo is optional and can be done through your account at rockyriverranch.com. We will upload snapshots of activities during each session — these may be purchased and downloaded as well. Packing an inexpensive disposable camera or inexpensive digital camera will allow your camper to record her own special memories of camp too.

LOST & FOUND

Camp life strives to teach your child to be responsible for and take care of her belongings. It helps for her to be involved in labeling and packing her own clothes, towels, and bedding so she will be aware that they belong to her if they show up in the Lost & Found.

Please label all items with your child's name. We will make every attempt to reunite lost items with the rightful owner before the session ends. If items are left at camp, please contact us and describe (in detail) the missing item, and we will contact you in regards to shipping cost.

Items not claimed by September 1st will be donated to a local women's shelter.

VISITING

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

Experience has proven that campers adjust more easily to the camp routine without the emotional interruption of visits. We do not want to disrupt the flow of camp, lose the sense of independence, or increase feelings of homesickness and anxiety that can be experienced when visitors

come during session. We will not allow any camper to leave the campgrounds with anyone except her parents, or camp personnel without written permission from a parent or guardian. **Please update your authorized pick-ups in your online RRR account.**

HOMESICKNESS

Sometimes a camper has a touch of homesickness the first night or two. Almost all children have some feelings of homesickness when they are away. You might receive a “come and get me” letter, but usually this feeling has passed by the time you receive it. Please resist that tug at your heart, as well as the parental urge to rush to Wimberley. If you have concerns, you are encouraged to contact the office. Campers soon understand that they have the sympathy, respect, and friendship of the entire staff. If we are unable to foster a child’s adjustment to camp life, be assured — we will not hesitate to contact you.

Including your child in decisions about camp and classes is vital to her success and sense of autonomy. Help younger campers understand the length of a camp session by comparing a week to something to which she can relate. Assure your child that you know when to pick her up, and that you will be there.

Provide your camper

with away-from-home experience — we don’t recommend that camp be her first sleepover experience. Talk through some strategies for dealing with her feelings while she is here. What works for some (pictures, letters, etc.) does not work for all.

If you are anxious about camp, talk to the directors; it’s important to avoid exposing your camper to your own anxiety. If you are feeling anxious, we recommend the following books written for parents: *Homesick and Happy: How Time Away from Parents Can Help a Child Grow* by Michael Thompson, and *The Summer Camp Handbook* by Christopher Thurber and Jen C. Malinowski. These can be great resources to read before your camper comes to camp.

Please do not allow your child to bring a cell phone, as she will not be permitted to use it, or even keep it in her cabin. Furthermore, bringing a cell phone may result in dismissal from camp with no refund. A phone call or text might reassure you of her well-being, but it could easily bring on a twinge of homesickness for your camper, as well as others. Given the opportunity, most campers will want to use the available phone to call home or a friend too.

One of the reasons they are in camp is to experience living independently for

a short 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 specific or your child writes you about something you feel we should know, please call our office.

Do not tell your camper that she can call home if she gets homesick. She will never forget it, and it will hinder her adaptation to camp life. Camp policy states that no child is allowed to use a phone; only directors and staff. Discuss this with your camper and help her understand that she will not be able to call home. Please keep in mind that *we will always contact you* if there is a problem.

Finally, please don’t make any deals with your camper about early pickup, e.g. “If you don’t like it, I will come and get you.” It sets her up for disappointment and keeps her from focusing on solutions at camp.

After discussing the many possibilities, if you decide to take your camper home because of homesickness, the camp fee will not be refunded. It’s important to note that most campers adjust and enjoy their summer camp experience. If your camper is struggling with homesickness, we will make every effort to help her cope and move forward so that she enjoys a positive RRR experience.

MAIL

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

That said, often a lack of letters to home indicates your child is having a grand time and is too busy to write. Or you might receive a letter saying your child is homesick. Most of these types of letters are written shortly after arrival, before your camper has made friends and become busy. Call the directors 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're missing while they are away at camp. Sometimes parents write that they cannot get along

without their camper. We understand this feeling, but it is not what your child needs to hear while at camp.

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 they can help the camper deal with it. Alternately, 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 how to communicate news, please call the camp director and make a plan together of how (and when) would be best.

The first 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 on the requested day of the week. Due to storage issues, packages left in The Forty Niner are limited to two per week and must be in a sealed envelope (see Care Package Info, page 8). You may leave unlimited letters (6x8 inch envelopes or smaller). Our address for letters is:

<Camper's Name>

<Cabin>

P.O. Box 109

Wimberley, TX 78676

E-MAIL

We will print and deliver

emails to your camper during Mail Call. Emails are sent via your account on rockyriverranch.com. Once you have logged in, click the "Email a Camper" button under the "Additional Options" menu. Emails are purchased in \$5 blocks, \$1 per email. **Emails are printed at 10:30am daily.** Note: there is no Mail Call on check out days, so emails cannot be delivered. Remember: Your camper cannot send you emails while she attends camp.

CARE PACKAGES

There are several ways to provide care packages for your camper...

(1) Order through our Canteen Store online at rockyriverranch.com. There are several care packages to choose from and each one is filled with exclusive goodies. You can easily purchase them ahead of time, on check in day, or during a session. **If ordering during a session, your order must be placed by 9:00pm to be delivered the next day.** Remember, no letters or packages will be delivered on check out day!

(2) Buy items in the Canteen on check in day and assemble your own care package. Our camp store will be open from 1:00-4:00 pm.

(3) Create your own care package at home and drop it off in the Forty Niner on check in day after your camper is settled in her

two packages per week in the *Forty Niner*. Packages must be in a sealed envelope (either 8.5x11 or 10.5x15). You can purchase these at Target, Walmart, etc. or purchase one in the *Forty Niner* for 50¢.

(4) Assemble a care package at home and ship.

FOR SUCCESSFUL SHIPPING...

Anything sent via US Postal Service must be sent to our P.O. box or it will not be delivered.

<Camper Name>

<Cabin Name>

P.O. Box 109

Wimberley, TX 78676

If you use another delivery service, i.e. UPS, FedEx, etc., you must use our physical address or it will not be delivered. *Rocky River cannot be responsible*

for missing packages.

<Camper Name>

<Cabin Name>

100 Flite Acres Road
Wimberley, TX 78676

If you want to send care packages, we suggest sending a small package the first day or two, and saving 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 session gives her something fun to look forward to.

CANTEEN

Campers enjoy canteen time each day after rest period (by cabin) where they can choose an ice cream, candy or snack item. Cabins are able to shop for T-shirts and souvenirs once a week. Your camper's

canteen account is included in camp tuition and set up as a debit system. We will be able to give her an accurate accounting of funds available, should she ask. Campers are not allowed to keep cash in their cabins. We will encourage your camper to spend her Canteen money during her session. However, if she has any money leftover, you will have the option to spend it on check out day or donate it to the Campership Fund.

REFUND POLICY

Cancellations received in writing by our office prior to May 1st will receive a full refund (minus the nonrefundable deposit). Cancellations after May 1st are not eligible for refunds.

WEBSITE RESOURCES

Things you can do through your account at rockyriverranch.com...

- Edit/change classes (up to one week prior to your camper's session)
- Pay your session balance **before May 1st**
- Fill out all forms: Health History, Permission, Camper Profile **before May 1st**
- Print out Medical Recommendation Form for your doctor to complete; upload it and Vaccination Records at least 2 weeks before your camper's session
- Edit medications
- Email your camper
- List persons authorized to pick up camper
- View and purchase photos of your camper
- Make a Campership Fund donation to help send less-fortunate kids to camp (Under Additional Options menu, select Donations)



HEALTH INFORMATION

There are two medical forms required:

(1) Health History Form

This form can be completed online via your RRR account. Just log-in, click on Document Center (under Additional Options menu) and complete the information for each camper. This form must be completed by May 1st.

(2) Medical Recommendation Form

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

LET US KNOW...

What medications your camper will take while she is at camp. You can do this via your online account. Just click on your camper's name from the account detail page. On the lower left you will see a "Manage Medications" button. Please enter the name and dosage for each medication. *This info can be edited on your account until 1 week prior to your session.* Please

email if any changes occur after this time.

Your camper's health is very important to us, and we will follow the instructions 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. We do not accept expired prescriptions.**

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. Please check that the instructions you leave match the doctor's dosage. 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 medications 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 director will notify parents if (1) a camper exhibits symptoms that are deemed worthy of off-camp medical treatment, (2) a camper has any illness that prohibits participation in the majority of camp and cabin

activities for over 24 hours, or (3) head lice was found on a camper at the check-in day lice check.

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 new and physically demanding camp environment 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 from 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.

BED WETTING

If your child has experienced bed-wetting accidents recently, please send a waterproof pad and an extra set of sheets. In case of an accident, a staff member will change the bed and wash the soiled sheets. We will do everything we can to be as discreet as possible.

You may also want to consider the 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, and discuss with the cabin counselors at check in.



CHECK-OUT PROCEDURES

IN ORDER TO CHECK OUT, YOU (OR ANY AUTHORIZED PICK-UP PERSON) MUST HAVE A PHOTO ID

All authorized persons must be listed on your online RRR account (rockyriverranch.com)

All sessions end with a Parent/Camper picnic and Water, Drama, Singing and Dance Show. All sessions except Session 3 end on the last Friday afternoon of the session.

Session 3 (the 10-day session) ends on Tuesday, July 2nd.

On check out day 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.

Details will be given to you when you arrive for check-out. Once inside the gate, please park near your camper's cabin and head straight to check-out. You

will be able to pack your camper's things in the car after she has finished participating in the shows. Parking will be tight; please be considerate of others as you park.

The check-out station 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 picnic 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 pm. There will be a short break before the Drama Show begins to

allow time for the girls who are in both shows to change into their costumes.

After the closing ceremony at the pool, check-out activities will move to the Forty Niner and Canteen Store area. The Drama Show will take place in the Forty Niner.

You will receive an email ahead of time with a program for the closing day activities. If your camper is participating in one of the shows, you will find her name listed in the program.





FREQUENTLY ASKED QUESTIONS

What are the cabins like?

All cabins are air-conditioned bunkhouses. Cabin placements are determined by age and grade. Rocky River honors bunkmate requests as much as possible for girls who are up to one year apart in age. Housekeeping duties in each cabin are shared by campers and staff. Cabin photos are on the Facilities page of our website under “About.”

When are my balance and camp forms due?

All balances and forms are due by May 1st. You can make payments online through your account and find the required forms in the Document Center.

What does the camp fee cover?

Room, board, cabin group photo, canteen credit, laundry during Sessions 2 & 5, and camp activities are covered. Ropes Course (Trainees and SIT 1’s only), Horseback and laundry during Session 3 are an additional fee.

Can I call my camper 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.

Can I visit my camper while she’s at camp?

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

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

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

This will be my camper’s first camp experience. What can I do to prepare her for camp life?

The best thing to do is talk to your camper 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 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 cabins, where classes are held, where campers eat, etc. Pack for camp with your camper — 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. Allowing her to see the camp and know what she’ll be doing and what she is bringing will help alleviate any natural anxiety she may be experiencing, enabling her to have the best time possible while here.

I have two campers attending. 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.

My camper wants to change her class schedule — is this possible?

Absolutely. Campers can change their schedule online via your account on rockyriverranch.com any time until the week before arrival. Class info online is in real-time and waiting lists are managed if classes are full. Also, your camper will have the option to change her classes at her session until Tuesday at noon.

What happens if my camper gets sick at camp?

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 season. All of our counselors are trained in CPR and First Aid. Should any concerning health issue arise, a staff member will contact the parents.



ROCKY RIVER PACKING LIST

This is a *suggested* checklist for a one-week camper. Adjustments should be made for a ten-day and two-week camper. Laundry will be done over the weekend during Sessions 2 and 5 only.

REQUIRED

- Water bottle (with camper's name)
- River shoes (*not flipflops or crocs*) that stay securely on feet with a back strap or back panel, e.g. old athletic shoes, "water shoes" with back strap, etc.
- Sunscreen

RECOMMENDED

BEDDING

- Pillow with pillowcase
- Set of twin sheets
- Blanket or comforter
- Favorite stuffed animal/blanket

CLOTHES

- Shorts (5 pairs)
- T-shirts (6)
- Light sweatshirt/jacket
- Hat/cap
- Swimsuits (3-4, old ones are fine)
- Athletic shoes (1 pair)
- Socks (5 pairs)
- Denim jeans (2-3 pairs, for horseback)
- Pajamas (2 pairs)
- Undergarments

TOILETRIES

- Shower towels (3)
- Washcloths (2-3)
- Toothbrush & toothpaste
- Body wash/soap
- Shampoo & conditioner
- Detangler spray
- Hairbrush or comb
- Hair ties (long hair must be pulled back for Challengers, Horseback, and swimming in the pool)
- Shower caddy
- Feminine hygiene products (*if needed*)

OTHER

- Swim goggles
- Beach towels (3)
- Tote bag (for clothing changes between classes, e.g. swimming to horseback)
- Flashlight (with extra batteries)
- Pre-addressed, stamped envelopes
- Laundry bag (with camper's name on outside)

OPTIONAL

- Disposable or inexpensive digital camera
- Stationary, pens and pencils
- Bug spray
- Costume, musical instrument or props for the Talent Show
- Theme Day outfits