

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 & Program Director*

Cameron Campbell, *Communications & Assistant Director*

Maddie Hamill, *Waterfront & Leadership Director*



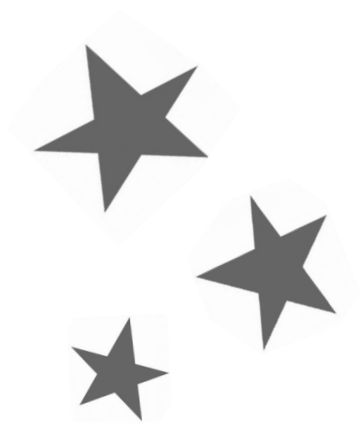
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DAILY SCHEDULE

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 (varies by camper age)





ROCKY RIVER RANCH

Inspiring independent girls since 1953
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Class Information 2018

9am

Archery
 Baking
 Challengers¹
 Dance
 Doll Making
 Fishing
 Ga-Ga Ball/9-Square
 Horseback: Barn Girls
 Painting
 River Sports
 Rocky River Reporters
 Sewing: Accessories
 Sport-A-Day
 Stagecraft²
 Synchro Swimming⁴ INT/ADV
 Yarn Girls

10am

Archery
 Baking
 Challengers¹
 Crafts
 Dance
 Doll Making
 Fishing
 Ga-Ga Ball/9-Square
 Horseback: Barn Girls
 Painting
 River Sports
 Sewing: Accessories
 Strength & BeYOUty
 Synchro Swimming⁴ BEG
 Tennis
 Yarn Girls

11am

Anything Goes
 Archery
 Baking
 Challengers¹
 Drama⁴
 Drawing
 Farm Girls
 Fishing
 Horseback: Advanced Riding
 Horseback: Barn Girls
 Miniatures
 Pool Sports
 River Sports
 Storybook
 Sewing: PJ Shorts
 Yoga

5pm

Anything Goes
 Crafts
 Discovery Girls
 Farm Girls
 Ga-Ga Ball/9-Square
 Improv-a-Rama
 Miniatures
 Pool Games
 River Fun
 Screamer¹
 Singing
 Strength & BeYOUty
 Zip Line³

Things to consider when choosing classes...

- ¹ Must weigh at least 75lbs 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.
- ² Only offered for 2-week sessions: 2, 5. Girls must be going into 5th grade or older.
- ³ Must weigh at least 75lbs and be going into 7th grade or older.
- ⁴ Meets 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, next day a game; make ice cream or go for a hike; water balloon fights or four square — 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!

NEW! **BAKING** This summer our Cook Nook will produce lots of yummy baked goods! Girls will learn techniques and tips as they get their hands messy baking tasty treats.

CHALLENGERS Love a challenge? This class rotates through Climbing Wall, Rappelling, and The Screamer swing experience — each day a new challenge! (Must weigh at least 75 lbs and be going into 5th grade or older.)

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 Learning 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!

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. This year we're adding tech roles such as stage manager, set design and costume design in an effort to give more behind the scenes learning opportunities.

DRAWING All levels welcome — beginner to advanced artists will enjoy this class! With a sketch pad and pencils, you'll have an opportunity to learn new techniques and time to free sketch.

NEW! **FARM GIRLS** Learn fun facts about agricultural science and enjoy time with adorable farm animals. Aiming to add rabbits, goats, mini donkeys and more to the ranch in 2018.

FISHING Learn how to bait a hook, catch fish, and enjoy the beautiful Blanco River. Wear a bathing suit and river shoes — you might get wet!

GA-GA BALL/9-SQUARE Learn, play, and hone your skills in active and fast-paced games — Ga-Ga and 9-Square. All ages and abilities welcome!

HORSEBACK: BARN GIRLS Equine enthusiasts of all ages and levels welcome! Classes are divided between riding and grounds activities. 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 and 5. Designed for girls who have experience riding. This group lesson will focus on

advanced exercises and games. There will be a riding test on the first day to determine if a camper has the needed skills. 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.

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

PAINTING Create your own masterpieces! 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!

POOL SPORTS Cool off in the pool while trying new sports — water aerobics to basketball, water polo to volleyball. This active class will be lots of fun in the sun!

NEW! RIVER FUN For girls who can't get enough of the beautiful Blanco River. Explore it in a different way each day — from snorkeling and rock-hunting to venturing up and down river!

RIVER SPORTS We've combined three river favorites in one new class; enjoy the Blanco River as you learn how to kayak, cruise on a stand-up paddleboard, and balance on a floating log! This class cools off in the water and takes an end-of-session river trip!

ROCKY RIVER REPORTERS Get behind and in front of the camera as the class takes video in small groups around camp. Produce a week-in-review video of your camp session, as well as news stories that can be sent out in the camp newsletter. You'll learn how to edit your own video using iPads and iMovie.

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 gulley!

NEW! SEWING: ACCESSORIES Learn sewing machine skills and express your creativity by completing multiple projects throughout the week. Take home fun accessories just as headbands, hair scrunchies and/or small bag or coin purse.

SEWING: PJ SHORTS Learn how to create your own clothes! Come away with a finished pair of pajama shorts, (a sleeping mask, if time allows) and skills that will last a lifetime.

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 welcome and encouraged!

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

STORYBOOK Let your creativity run wild as you come up with an idea for your own storybook and make it a reality! Write and illustrate a book all your own as you learn what it's like to be an author.

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

YOGA Learn basic yoga positions and postures, breathing techniques, and ways to improve balance. The class will focus on positive energy and participate in guided meditations and various relaxation exercises.

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



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 permissions 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 Low- and High-Ropes Course at the Texas State Goal Program

For campers in the leadership program entering 9th/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 why we require all balances and paperwork be turned in to our office no later than **May 1st**. The required paperwork (medical recommendation, health history, general permission and camper profile) can be easily accessed through your online account.

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 pre-assigned 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 at the Canteen Store, tour the camp facilities, or shop at the Wimberley Square, if you have a significant wait.

Staff will not be in the cabins until approximately 15 minutes before the cabin's scheduled arrival time, and want to be fully present to greet your camper.

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 that are left on check-in day **are limited to two per week. Also we ask that each package be in an envelope (see care package info).** This rule is strictly enforced so please make sure all packages are in sealed envelopes and do not bring more than two packages per person per week. We cannot accept more than this limit (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.

ARRIVAL TIMES

Note: the front gate will be locked until 1:30.

1:30 pm: SIT 2's, Western Empress, Bar O

2:00 pm: Circle B and Wagons

2:30 pm: Lazy D and Bar K



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, alcohol, illegal 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 fax or email, at least two weeks in advance. **Also, please confirm arrival of faxed or emailed notification by phone.** 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 illegal 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, smartwatches, 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. It will be for your child's use only and not shared with anyone else.

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 ten-day campers should bring the amount of clothes needed for their entire session.
- Two-week campers will have laundry done once over the weekend while at camp.

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 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 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 online Canteen Store at rockyriverranch.com. There are several 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 9pm 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 out day and assemble your own care package. Our camp store will be open from 1:30-3:30 pm.

(3) Create your own care package at home and drop it off in the Forty Niner after your camper is settled in her cabin. *You may leave up to two packages per week in the*

Forty Niner. Packages must be in a sealed postal envelope (either 8.5x11 or 10.5x15). You can purchase these envelopes 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, ie 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 1**
- Fill out all forms: Health History, Permission, Camper Profile **before May 1**
- Print out Medical Recommendation Form for your doctor to complete; upload it and Vaccination Records
- 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 1.

(2) 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 (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" button under medications. 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 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 director 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 or 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 new and 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 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 3rd.

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-in. 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 cars 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 will move to the Forty Niner and Canteen area.

You will receive an email 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 along with the time and place of her performance. The Drama Show will take place in the Forty Niner.





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 “Summer Camp.”

What does the camp fee cover?

Room, board, cabin group photo, canteen credit, and camp activities are covered. Ropes Course (Trainees and SIT 1’s only), and Horseback are not covered.

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 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 camp 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. 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 may be made for a ten-day and two-week camper. One laundry service is provided during the session for two-week campers only.

REQUIRED

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

OPTIONAL

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

RECOMMENDED

- Shorts (5 pairs)
- T-shirts (6)
- Light sweatshirt/jacket
- 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
- Pillow with pillowcase
- Set of twin sheets
- Blanket or comforter
- Bath towels (3)
- Washcloths (5)
- Swim towels (3)
- Toothbrush, toothpaste
- Favorite stuffed animal
- Shampoo, conditioner
- Detangler spray
- Hairbrush, comb
- Hair ties (long hair must be pulled back for Challengers, Horseback, and pool swimming)
- Swim goggles
- Hat/cap
- Tote bag (for clothing changes between classes, e.g. swimming to horseback)
- Flashlight (with extra batteries)
- Laundry bag (with camper's name on outside)
- Pre-addressed, stamped envelopes
- Feminine hygiene products (*if needed*)

