

**The Experience That Lasts a  
Lifetime**

**Summer 2010**

**Parents Survival  
Guide for Your Child**

**Minot Family YMCA  
PO Box 69  
3515 16<sup>th</sup> St SW  
Minot ND 58701  
(701)852-0141  
[trianglecamp.org](http://trianglecamp.org)**

## **Triangle Y Camp**

Dear Parents or Guardians:

Thank you for enrolling your child in Triangle Y Camp this summer.

- ❖ Enclosed in this packet you will find a camper health form and camper information form.
- ❖ These forms along with your final payment and Trading Post payment should be mailed in the return envelope provided.
- ❖ These forms and your payment must be in our office at least 2 weeks prior to your child's session.

If you have any questions please call the Minot Family YMCA and ask for Cindy. (701)852-0141

**Once again your  
registration has been  
processed and we look  
forward to seeing you this  
summer.**

### Special Thanks

Triangle Y Camp is supported through the generous volunteer efforts of the Minot Y's Men's and Colin Brown Y's Men's Clubs in Minot. Camperships are provided by local businesses and individuals who support our annual campership program.



If you have any questions please  
call the  
Minot Family YMCA  
(701)852-0141  
Cindy Mueller

Be sure to read this entire booklet as some things have  
changed since last year

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### **Camp Staff**

The success of any child's camping experience depends upon who is leading the way. Over 40 people comprise the staff at Triangle Y Camp. Much time is spent searching for individuals with just the right qualifications to give campers the best possible experience.

We know how important it is that the people who work with the kids be the best role models available.

Staff members are selected for their ability to work with kids, their maturity, patience and spiritual depth. They undergo professional and in-depth training prior to the camp season. Under YMCA direction, many innovative ideas have been implemented both in facilities and programs. Triangle Y has become a leader in the field of resident camps.



### **Camp Scholarships**

Through generous donations financial assistance is available through our Campership program. It is our goal to never turn a child away due to an inability to pay the fee. Call the YMCA for more information.

### **Trading Post Camp Store**

Our Trading Post is a general store that is open at select times during each camp session. Campers may purchase snacks during their assigned times each day. Our Trading Post will be providing a variety of items. Campers will be allowed a limited amount of candy and pop. The majority of our items will be healthy snacks.

For security and convenience campers are not allowed to have spending money at camp. Each camper may put money in an account with our Trading Post to use during the week. The maximum amount each camper may deposit is \$12.00.

There will be no refunds given on unused Trading Post money. All unused funds will be transferred to our Campership program for the following year.

There will be a variety of souvenir items for sale at the time of check in check out.

### **Deposits/Refunds**

All camps require a NON refundable deposit of \$75.00  
Deposit is required to reserve your spot at Camp.  
Balance of camp fees are due 2 weeks before your child attends camp.

**Deposits & Camp fees are NOT refundable or transferable.**

### **Go to Camp for FREE**

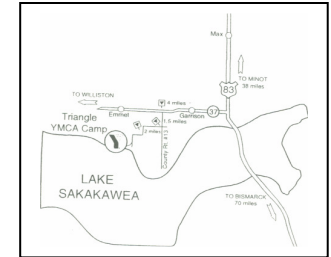
Participate in our fund raising candy sales and “earn” your way to camp. The full price of the candy must be paid at the time you pick up the candy. When you pay for the candy ½ of the amount paid will immediately be applied to your camp fees. **No candy may be returned once bought.**

Candy may be purchased at the Minot Family YMCA during facility hours.

Seller must be registered for camp before candy is picked up.

### **Location of Triangle Y Camp**

Triangle Y Camp is located on Lake Sakakawea approximately 10 miles southwest of Garrison North Dakota on County route 13. Camp signs are posted on Highway 37 starting 4 miles west of Garrison.



### **Directions to Triangle Y Camp**

#### **From Minot**

Take Highway 83 south to route 37 west (toward Garrison). Follow route 37 approximately 4 miles past Garrison & look for “Youth Camp” sign and county road 13. Follow Triangle YMCA Camp signs to Camp.

#### **From Bismarck**

Take Highway 83 north to to route 37 west (toward Garrison). Follow route 37 approximately 4 miles past Garrison & look for “Youth Camp” sign and county road 13. Follow Triangle YMCA Camp signs to Camp.

#### **From Williston**

Highway 1804 (east) to route 23(New Town). Follow route 23 to route 37. Continue on route 37 towards Garrison & look for “Youth Camp” sign and county road 13. Follow Triangle YMCA Camp signs to Camp

## Check in/Check out Times

### Check in times

Sunday 2:00-4:00pm

### Check out times

**Mini Camps**

**Wednesday 2:00-4:00pm**

**All other Camps**

**Friday 3:00-5:00pm**

Access to camp will not be allowed until 2:00pm on Sunday. Follow the guides and park in the designated areas.

To help at check in on Sunday all payments and paperwork must be turned in to the YMCA 2 weeks before your camp session.

Triangle Y Camp souvenirs will be available at check in and at our Trading Post during the week.

Camp is scheduled with rentals beginning on Fridays at 7:00pm. Please observe our check out time and do not be late picking up your camper. Campers being picked up by anyone other than authorized parent or guardian must have written permission.

Parents, other family members and friends are welcome to visit camp at check in and check out. For the security of your child we do not allow non campers on the property during the week. If you wish to visit camp during the session please contact the Camp Director.

## Cabin Assignments

Campers are assigned to cabin groups on the basis of age and gender. Assignments are made in advance so please notify us in writing of any cabin mate requests at least 3 weeks before your session. We will do our best to honor requests but we cannot guarantee your selections.

## Camp Expectations

We expect campers to be willing to attend and participate in the many activities, share in the daily responsibilities (making beds, keeping cabins clean, assisting at meal time, etc) and learn to get along with others.

We do not allow possession or use of tobacco products, alcohol, illegal drugs or weapons. Campers in possession of any of these items will result in camper being sent home early. **Bullying will not be tolerated.** If camper behavior is causing threat or serious danger to themselves or other campers they will be sent home. No refund will be given in the event of early departure from camp. We reserve the right to refuse future attendance to camp due to such instances.

### **Lost & Found**

Please be sure to label every article your child brings to camp. Have your child help with the packing so they know what is being sent to camp with them. Any items left will be kept at camp for 1 week to be claimed by camper. Items not claimed will be donated to good will.

### **Mail/Telephone Calls/Visitors**

Every camper enjoys receiving mail while at camp. Letters and packages are delivered to campers at lunch time each day. Mail received after your child's session is over will be returned to the post office in Garrison. Address all mail to:

**My Campers Name**  
**Triangle Y Camp**  
**1251 A 47<sup>th</sup> Ave NW**  
**Garrison ND 58540**

Except in the case of emergency we discourage telephone calls to or from parents. If you have any concerns, you are encouraged to call the camp office at (701)337-5735. If you are connected to our answering machine it is because we are taking care of your child. Please leave a message and we will get back to you. In the case of an emergency you may call our Camp Directors cell phone at (701)720-7979.

### **Health History Form**

At the heart of everything is the safety of each individual we serve. The staff are trained in CPR & first aid procedures, lifeguards and tower staff are certified, and our on site Health Specialist treats minor ailments in our well equipped health lodge. A doctor and emergency room is available 24 hours a day and is only 10 miles away.

If your child will require any medication while at camp, please indicate it on your health form that is enclosed in this packet. All medications must be turned in at Camp check-in to be administered by our Health Specialist. Campers are NOT allowed to keep medication, prescription or non-prescription, in their cabins. Violation of this will result in your child being sent home from camp early.

In the event of illness or accident requiring medical attention we will attempt to contact parent/guardian first. Medical facilities are available in Garrison. Medical expenses are the responsibility of the camper's family.

The health history form must be completed and returned to the YMCA in Minot at least 2 weeks prior to your child attending camp. The parent's authorization must be signed before your child can be admitted to camp. If you have any doubt that the camper is not in good health please have the camper checked by your physician and attach the report to the health form.

## Clothing and Equipment

This is a suggested list of items to help guide you as you prepare your child for camp. Quantities listed are for a one week session. Make sure your campers name is on each item. Remember camp is a place to wear "old things". The camp is not responsible for loss or damage of any items brought to camp. Campers are encouraged **NOT** to bring any items of value to camp.

Items that you should bring:

- Sleeping bag or bedding
- Pillow
- Clothing for each days(include clothes for all weather)
- Bath towel
- Swimming towel
- Swimming suit
- Lifejacket(optional)
- Jacket
- Shoes
  - Sandals
  - Boots for riding horse
  - Tennis Shoes for climbing tower
- Sleepwear
- Shower items
- Sunblock/chap stick
- Non-aerosol insect repellent
- Flashlight
- Rain gear
- Hat with brim

Optional Items allowed at Camp

- Camera
- Compass
- Roller Blades

Items NOT to bring to Camp

- Any knife or weapon(violation will result in your child being sent home early)
- Cell phone
- MP3 player/radio
- Video games
- Fireworks
- Valuables including cash

**Any items left will be kept at camp for 1 week to be claimed by camper. Items not claimed will be donated to good will.**