

# Parent Information Handbook

(Reviewed 9/7/07. Subject to change)

## **“The Mohawk Spirit”**

The Mohawk Spirit is a blend of singing, joy, adventure, love and concern for others. Girls grow at Camp Mohawk. They grow in self-esteem and self-confidence. They grow in their understanding of their relationships with others. They grow in their appreciation of nature.

Girls learn new skills, make new friends and enhance existing abilities while at Camp Mohawk. Through a wide variety of activities a girl can choose activities to suit her personal likes or explore new opportunities. Mohawk is a great place to develop new interests, to risk new experiences and enjoy being with other girls in a relaxed, fun atmosphere.

The “Mohawk Spirit” lasts a lifetime.

## **Camp Mohawk History**

Mohawk was founded in 1919 by the Directors (then called Secretaries) of the New Haven, Litchfield and Fairfield County YMCA’s. Its original purpose was to provide an outdoor camping experience for the young boys and girls of the cities within their counties. For 47 years, Mohawk operated a month for boys and a month for girls each summer. In 1967, Mohawk became an all girls operation.

Camp Mohawk is an independent YMCA with no affiliation with any other YMCA other than the National YMCA of the USA. It is operated by a volunteer Board of Trustees, which hires the Executive Director to implement the program.

## **Mohawk Purpose and Philosophy**

Camp Mohawk provides individuals with a sustained, creative, educational experience in democratic group living in an outdoor setting. Through the use of our beautiful, diverse natural setting and under the leadership of trained, committed leaders, Mohawk seeks to help campers achieve their highest potential in mind, spirit and body.

## **Questions Parents Ask**

**Q: Where is Camp Mohawk?**

**A:** We are located in Northwest Connecticut, approximately 2 hours from New York, one and a half hours from White Plains, one hour and 15 minutes from Wilton, Westport and Springfield and one hour from Hartford. The nearest town of any size is Torrington.

**Q: What facilities are available?**

**A:** Camp Mohawk has 24 camper cabins, barn, stables, tennis courts, basketball and volleyball courts, sports field, archery range, health center, ceramics studio, nature center, crafts center, recreation hall with stage, dining hall, waterfront, darkroom, garden, overnight campsites, hiking trails and numerous support buildings.

**Q: What is the camper-counselor ratio?**

**A:** Overall – 1:4 (includes specialty staff and support staff)

Cabin Ratios: Ages 7 – 9: 1:4

**Q: Where do Mohawk campers come from?**

**A:** Connecticut (primarily Litchfield & Fairfield Counties), New York (primarily Westchester, Nassau, Suffolk Counties and New York City) and several other states and countries.

**Q: What is the size of the camp?**

**A:** 197 Campers per session.

**Q: When is Check-in, Check-out Times?**

**A:** Check-in is between **2:00 and 4:00 PM on the Sunday** that your session begins. The camp security gate will be closed until Check-in begins. Check-out is between **9:30 and 11:00 AM on the Saturday** your session ends. Parents should plan to be off the grounds on **Sundays by 4:15 PM and on Saturdays by 11:15 AM.**

**Q: Can we bring our dog to camp on Check-in and Check-out days?**

**A:** No. There are no dogs allowed at camp.

**Q: I am unable to personally pick up my daughter at Check-out. A friend will be picking her up for me. Do I need to make any special arrangements?**

**A:** Yes. If someone other than a custodial parent is picking up a camper, we must have *written* permission from the parents. This can be done by completing a form available from the Camp Store personnel when you are making your store deposit during Check-in.

If you can't pick up your daughter due to some last minute problem, you may fax permission for someone else to pick her up. Call us at 860-672-6655 or fax us at 860-482-3878. In both cases the person picking up your daughter will need to show identification.

**Q: What are the sleeping arrangements?**

**A:** All campers stay in cabins. There are usually eight campers and one or two counselor in each cabin. Younger campers have more counselors. Campers who are seven to nine years old stay in our cabins which have toilet facilities in each cabin. All cabins are screened in and have electricity - but leave the TV, stereos, **hair dryers, hair straighteners**, microwaves and fans home. A number of cabins have 10 campers and two staff.

**Q: What are the toilet arrangements for the older girls?**

**A:** Campers in Utes, Mohican, Oscadee or Senior Units use a central toilet and shower facility. It is located just a short walk away from each unit. It is called the "Lighthouse" because the large lights on the outside are left on all night. This facility was completely renovated several years ago.

**Q: What is the religious and ethnic composition of the camp?**

**A:** Campers at Mohawk reflect a variety of faiths. Our program is a YMCA program and recognizes that at any given time in camp we will have children who are Jewish, Christian or any one of the varieties of faiths. Therefore, our program is non-denominational and open to all. Catholic campers are transported to mass at St. Anthony's in Litchfield. A charge of \$5.00 is made to each camper's store card to help pay for the bus and to allow each camper to put \$1.00 in the collection plate.

**Q: Can I request that my daughter be assigned to the same cabin as her friend(s)?**

**A:** One of the best experiences of summer camp is making new friends. However we do understand that it may be easier if they have someone familiar to share the experience with. Therefore, Camp Mohawk will do it's best to fulfill a camper's bunkmate request if the following conditions are met:

1) The request must be on all three campers' forms. Frequently one camper requests another camper without discussing it with that camper. If the request is not mutually agreed upon by all campers and their parents, this can create unhappy situations between all parties. So please take the time to confirm your bunkmate request before putting names down.

2) Campers are placed in cabins according to **age not grade**. Therefore, all campers must be approximately the same age. We will not put girls together in the same cabin that are more than 12 months apart in age. For example we will not put a 10 year old with a 12, an 11 with a 13. In cases where there is a difference of 12 months, the older camper will be placed with the younger camper's age.

3) We can only honor three bunkmate requests-your daughter and 2 friends. Please understand it is not beneficial to have 4-6 girls from the same town or school in the same cabin. All requests must be mutually agreeable. If A, B, and C want to bunk together A must request B & C, B must request A & C and C must request A & B.

Campers should not come to camp expecting to be in a particular Unit since the makeup of each Unit changes from year to year and session to session based upon enrollment and ages of all campers.

Due to last minute enrollment changes, cabin assignments are done just before Check-in day. If you call in advance to check in on your daughter's cabin, we will not be able to tell you. If you would like to send your daughter a letter or package for her to receive on her first day, put her name, YMCA Camp Mohawk, P O Box 1209, Litchfield, CT 06759 and our office staff will make sure that it gets to your daughter.

**Q: Where do your counselors come from?**

**A:** A number of our counselors come up through the ranks of Mohawk camper, counselor-in-training participant, junior counselor and then counselor. Other counselors are recruited from colleges throughout the United States and from other English speaking countries. Counselors are selected based on experience with children, maturity, leadership skills, sense of humor, energy, creativity, particular skills and their desire to share with children. Cabin counselors are a minimum of 18 years old. Junior counselors are 16 and 17 years old.

**Q: Is a medical exam required?**

**A:** State of Connecticut law requires that a camper have an examination by a physician prior to attendance. Medical forms are provided for this purpose in yellow confirmation book or at our website at [www.campmohawk.org](http://www.campmohawk.org). Please mail your completed Health Form, your Health Exam, your "As Needed Medications" form and your Authorization for Administration of Medication form to the camp office by June 1. If your daughter is taking something that is not listed on our "As Needed Medications" Form, vitamins for example or Claritin, you will need your physician to fill out an "Authorization for Administration of Medication" form. Your child's health examination MUST be within two years of her date of attendance.

**Q: Is a nurse on duty 24 hours per day?**

**A: Yes.** Our Camp Nurse lives at camp in our well-equipped Health Center. At Check-in many of you will meet the Camp Nurse for your brief medical check-in.

**Q: What if my child takes medications?**

**A:** All medications, *both over the counter and prescription*, must be given to the Camp Nurse at Check-in and are kept in the Health Center. In some instances, both the nurse and the parent must count out the actual number of pills at the time of Check-in and Check-out.

All prescription medications must be in their original containers, clearly labeled, and must be accompanied by written instructions from the child's physician. A form is provided in your confirmation package. If your daughter is taking something that is not listed on our "As Needed Medications" Form, vitamins for example, you will need your physician to fill out an "Authorization for Administration of Medication" form. Medications are administered after each

meal and before bedtime as called for by the physician's orders. In the event special arrangements need to be worked out, please call our Camp Nurse no more than one week prior to attendance.

**Q: Will I be notified if my daughter is sick?**

**A:** Anytime a girl needs to spend the night in the Health Center or needs to be seen by the camp physician or it is the opinion of the Camp Nurse that it is in the best interest of the child, we will make every effort to contact the parent.

**Q: What precautions are taken regarding Lyme's Disease?**

**A:** We follow a four-stage program to reduce the probability of a tick attaching itself to a camper and possibly causing Lyme's Disease:

1. Daily, each camper is observed in a state of undress (as discreetly as possible) by her cabin counselor for purposes of noticing any rashes, infected bug bites, sores or other unusual skin conditions. If anything of concern is noted, the counselor makes a note on the camper's daily health check form that is reviewed by the Camp Nurse at breakfast daily. The Camp Nurse then follows up as appropriate.
2. Campers involved in activities outside of the core and mowed areas of Camp, such as nature walks, are informed at the meal preceding that activity to wear appropriate clothing (long pants and sneakers) and apply bug lotion to exposed skin just prior to participation. The activity instructor reinforces this procedure at the time of the activity. We suggest loose fitting, light colored pants, which can be tucked into a camper's socks if necessary.
3. Campers involved in overnight tenting activities such as a cabin or Outdoor Living Program overnight take the same precautions as Number 2 above plus visit the Camp Nurse for visual inspection for ticks upon their return to camp.
4. In all activities, where any sports equipment (soccer ball, field hockey ball, softball, Frisbee, etc.) goes into brush or an unmowed grass area, staff retrieve the equipment, not campers.

**Q: West Nile Disease is a hot topic. How do you deal with it?**

**A:** The Torrington Area Health District provides us with timely, professional advice regarding action needing to be taken in the event the West Nile Disease is considered to be a threat to our staff and campers here at Camp Mohawk.

We do advise that all campers bring to camp sufficient insect repellent for their stay and we constantly remind campers to apply the insect repellent at appropriate times especially during evening programming. Parents should consult with your physician if you have any concerns about acceptable application levels of insect repellents containing the very effective active agent Deet. All cabins are screened.

**Q: Why do you require information about my health insurance carrier?**

**A:** We do not carry camper health and accident insurance since the overwhelming majority of our campers are covered by a parent's policy. Should your child require medical treatment by a doctor, we will make the necessary arrangements and implement follow up care in our health center as necessary. **Any expenses incurred (physician, hospital, lab, prescriptions, etc.) are the responsibility of the parents or guardians.** Camp Mohawk will send out a Litchfield County Pediatrics Registration/Billing Information form to provide payment directly to the Physicians office. In some instances, the health care provider can save the parent time if the health insurance information is available at the time of service. In the event that Camp Mohawk needs to pay for a camper's health related needs, the parent will be sent a copy of the invoice as soon as possible and reimbursement must be made to Camp Mohawk by Check-out.

**Q: What if my child is homesick?**

**A:** It is not unusual for even the veteran camper to feel homesick the first few days away from their family. It is a normal healthy response just as painful as a stomach ache. Parents of younger and first time campers should expect it. Please remember that overcoming homesickness is an important part of growing up and is something your child may need to experience and see through

to the finish if she is to attain the degree of independence which is necessary to make her a self-reliant, mature individual.

Parents can help by emphasizing the wonderful camp experience your daughter will have at Mohawk. We strongly discourage parents from telling your camper that she can come home after a few days if she is homesick. This actually encourages homesickness and often makes the child unhappy. It is also difficult to try and help the child make it through, if she knows she can go home. Parents should understand that the initial letters you receive might invoke strong homesick feelings. Please don't be alarmed. What was a crisis on day two may have been forgotten by day four. Write a reassuring letter back urging them to stick with it and have a great time.

We treat our homesick campers with sensitivity, reassurance and special attention. Often a peer or sibling is helpful. If a situation requires further attention, the Unit Leader is called to help and if necessary the nurse is called in for some TLC. We will try to make your child's experience at Mohawk satisfying before we call you. We frequently speak with parents regarding their child's homesickness while discouraging the child to speak directly to the parent.

**Q: Can parents visit during a session?**

**A: NO. There are no visiting days.** Campers who are attending *more than two weeks* are free to visit with or leave the camp with parents during the change over weekend. Parents and other visitors should not interrupt their daughter's camp routine by "dropping in" during a session.

**Q: Can I send my child a "care" package?**

**A:** Sure, as long as it **does not contain food**. Books, small games, stationery, stamps, stickers, etc. are all welcome. *Do not send food. It attracts animals to the cabin, creates a mess, causes upset stomachs, cannot be stored properly, and presents a serious threat if peanut products or other foods are shared with a camper who is allergic.* All food will be confiscated from campers and given to the staff for the staff lounge. Campers will not have access to foods.

**Q: Can my daughter bring a cell phone?**

**A: No. Cell phones are not allowed at camp.** Cell phones will be confiscated and kept safely in the Directors office till Check-out day. Our apologies for being blunt but if your daughter feels that she must have a cell phone we recommend you do not send her to Mohawk.

**Q: What about mail?**

**A:** By all means, write to your daughter while she is at camp. Include cheerful news but don't go into too much detail about how much you miss her. Remember to list your daughter's cabin number next to her name on the address, i.e.:

Camper's Name, Cabin #  
YMCA Camp Mohawk  
PO Box 1209  
Litchfield, CT 06759

Our United Parcel Service (UPS) address is:

1 East Cornwall Road  
Litchfield, CT 06759

Our address for Federal Express and other overnight delivery services is:

246 Great Hill Road  
Cornwall, CT 06753

Counselors encourage girls to write home at least once a week. Don't worry if you don't get a letter for a week or so. Writing is a chore. You can help by packing self-addressed, stamped envelopes with paper inside. If you get a note from your daughter saying something to the effect of "Dear Mom, they say I'll have the cast off by Labor Day," or "Dear Dad, don't worry, I was able to save your sleeping bag after the fire in our cabin," please call and we'll have a word with your joker.

**Q: Can I fax my daughter at camp?**

**A: Yes.** You are welcome to fax her at 860-482-3878. There is a 25 cent charge to your daughters store card for each fax received.

**Q: Can I email my daughter at camp?**

**A: Yes.** Mohawk in association with e-camp, a camp based technology firm will offer one way e-mail to your camper. E-mail messages are delivered by 1:00 PM each day, printed, and placed in mailboxes for your daughter to receive at regular mail call after dinner. For more information please visit our website at [www.campmohawk.org](http://www.campmohawk.org) and click on One way Email for Campers. There is a fee to use this service.

**Q: How much should I deposit in store account?**

**A:** That depends on how long your daughter is staying. Typically, \$30.00 is adequate for a two-week stay. If your daughter is staying for longer than one session, you will need to add money for laundry cost (min of \$8.50 + \$0.85 over 10 lbs.) Participants in the Senior Program should deposit \$65.00 or \$75.00 if participating in Cape Cod trip.

**Q: Do I send sheets or just a sleeping bag?**

**A:** Send sheets, blankets, pillow and a sleeping bag if you have one. It will reinforce what you do at home to require the girls to make their bed daily. Sleeping in sheets is also more comfortable and makes bedtime a bit more like home. A sleeping bag is great for extra warmth on cool nights and is also necessary if your daughter elects to participate in the Outdoor Living program, which includes an overnight away from the cabin.

**Q: What about laundry?**

**A:** Campers attending for just two weeks should pack for the entire session and not require laundry services: however, laundry services are available to all if necessary. Campers bring their laundry to the office on Monday morning and it is returned by Tuesday dinner hour. Laundry service is charged to your camper's store card as follows: minimum charge of \$8.50 plus \$0.85/lb over ten pounds of laundry. If your child is staying for more then one session please pack a cloth laundry bag with your daughter name prominently placed. Camp Mohawk cannot be held responsible for lost or damaged clothing.

**Q: My daughter's birthday falls during the time she will be at camp. Will anything special happen?**

**A:** At lunch or dinner, her counselor will present her with a birthday cake while the entire camp sings. She is also presented with a special birthday hat.

**Q: Is there a uniform?**

**A:** No, Camp apparel is displayed and for sale only during Check-in on Sunday and Check-out on Saturday. No uniform is required.

**Q: How is the food?**

**A:** We are proud of the food that our kitchen staff serves. There is something available for everyone including our salad bar, which is available every lunch and dinner. Meals are served family style with each cabin eating together. Girls take turns setting the table, serving the food, and clearing the table. See the appendix at the end of this booklet for a sample week menu.

**Q: What about discipline?**

**A:** Campers at Mohawk are expected to exhibit positive behavior, respect the rights of others and treat all as she would like to be treated. Discipline is handled in a fair, consistent manner appropriate to the behavior. If a girl behaves in such a way that her actions are having a negative affect on others, this individual is dealt with by her counselor, Unit Leader, and Camp Director, often in consultation with the parent. Campers dismissed for disciplinary reasons are not allowed

back for the remainder of the summer and Camp Mohawk reserves the right to not ask the camper to return to camp in the future.

**Q: If my daughter stays for two sessions what happens between sessions?**

**A:** Girls that are staying for longer than two weeks have several options. You can come and get them to bring them home for the weekend. They will be ready to be picked up at 9:30 AM on changeover Saturdays and must be back by 4:00 PM on Sunday. You can take her out just for the day on Saturday; however, she must be back in camp by 4:00 PM on Saturday afternoon. You can also pick them up on Sunday and have them returned to camp by 4:00 PM.

Campers can stay with us for the entire weekend. Those that do stay enjoy a quiet Saturday afternoon and then pizza and a movie in Torrington in the evening. Sunday morning is a sleep-late morning with brunch served at 9:00AM. There is a \$45.00 Change-over fee to cover the costs of the weekend to be paid in advance at Check-in. (Change-over constitutes a camper staying overnight Saturday to Sunday) Campers staying over often help new campers get settled in and guide others on tours of camp.

**Q: What is the Senior Program?**

**A:** The Senior Program is for campers who will be a minimum of 14 years old by the first day of the session. Please refer to separate material explaining the Senior Program. If it is not enclosed in this information package, please call us toll free at 800-842-1143.

**Q: Why is Mohawk for girls only?**

**A:** The Board of Trustees, the administration, campers' parents and the campers themselves all agree: Mohawk provides an opportunity for girls to enjoy the friendship of other girls, the leadership of positive female role models, and the growth that occurs in an accepting atmosphere free from the worry or concern about how the opposite sex will perceive their looks, their actions or their ideas.

This is not to say that Mohawk presents a shelter for girls to "hide" from boys. More, it is a place to discover personal strengths, become more confident and develop an enhanced sense of self. In cabin discussions with older campers, these girls expressed the following: At Mohawk they don't have to worry about "competing" for a certain boy, they don't worry about the boys getting more attention from the staff in the activities and they don't spend as much time with how they appear because they are not trying to impress a boy. The girls also expressed that they feel less inhibited at Mohawk and freer to express themselves, whether in the cabin Talent Show, in group conversations, or in classes. There is a small number of male staff working at Mohawk in support positions.

**Q: My daughter has just begun having her period. What if she has her period while at camp?**

**A:** Mohawk counselors are prepared to help your daughter deal with her period if it occurs while at camp. You can help by sending appropriate sanitary protection when packing for camp. If necessary, counselors can pick up more from the camp store. Since menstruation can begin between the ages of 10 and 16, it is appropriate for you to speak with your daughter about this natural occurrence even if she has not had her first period. Our nurse is always available to assist the counselors and campers. Parents will be notified if a camper has her first period while at camp.

**Q: How does the program work?**

**A:** Girls are allowed to select four elective activities each week. These activities are instructional in nature and are held for a period of approximately 55 minutes per class Monday through Friday. Girls may change their elective activities each week. Afternoons include a short siesta after lunch, an elective period, cabin activity time and a recreation period. Girls can pursue any of the dozen activities (including swimming) offered daily during the recreation period and may switch activities each day.

Evenings are spent in a variety of activities with the Cabin group, the Unit group or the entire camp. Favorite evening activities include the Talent Show, the Indian Ceremony, and a dance with nearby boy's camp (older girls only), campfires and sleeping out.

Some activities require a two-week commitment. The drama program that culminates in a production, ceramics and the advanced outdoor living programs are all two-week programs.

**Q: How are waterfront activities conducted?**

**A:** Our waterfront is located on 25 acre Mohawk Pond. There is no other development on the pond. Our swimming area is divided into swimmer and non-swimmer areas. Girls are tested on the first day of camp and given "Buddy Tags" that reflect their swimming ability. Recreational swims are conducted by our certified waterfront staff daily. All recreational swims are conducted using the "buddy" system with a strict check-in and buddy check policy.

Boating activities are available according to a girl's swimming level:

Rowing	All Campers eligible
Canoeing	Intermediate Level (blue swimmer)
Kayaking	Advanced Level (green swimmer)
Sailing	Advanced Level (green swimmer)
Windsurfing	Advanced Level (green swimmer)

In order to provide a safe and appropriate aquatic experience for your child, each camper must participate in a swim test on check-in day.

The test is conducted as an assigned time between 3:30pm and 6:10pm. The testing procedure is as follows:

- 1: Review of waterfront rules.
- 2: Explanation of the "Buddy System"
- 3: Expectations regarding skin protection and the use of sunscreen.
- 4: Swim Test:
  - A. Campers are asked to swim from shallow end docks to the ropes and back (approx. 21 yards)
  - B. If a camper has demonstrated the skills and stamina to proceed to the next level, she will be provided the opportunity to take the Blue Test. If not she will be classified a Red Swimmer.
  - C. The Blue Test consists of 4 non-stop laps of our 25 yard swim area for a total of 100 yards. This must be swum using freestyle (face in water, rotary breathing) for two consecutive laps and breaststroke for the other two laps.
  - D. If a camper has demonstrated the skills and stamina to proceed to the next level, she will be provided the opportunity to take the Green Test. The Green Test includes a total of 10 non-stop laps of 250 yards (6 freestyle, 2 breaststroke and 2 laps of swimmer's choice).

The Waterfront Director reserves the right to require additional testing including swimming more laps, demonstrating competence swimming backstroke, treading water skills and any other proficiency she feels necessary to ascertain the ability and competency of the camper. Campers may request a retest during afternoon Optional Rec.

**Q: What is the Farm Program like?**

**A:** Girls can sign up for Farm as one of their elective activities. During this time they learn basic animal care and enjoy feeding, cleaning and caring for the lambs, goats, chickens and turkeys. Girls who are not signed up for Farm can still enjoy the farm animals during the afternoon recreational period.

**Q: How is Equestrian Camp different than Traditional camp?**

**A:** Equestrian Camp is an intensive equestrian program. Girls 11 years old (by the first day of session chosen) to 15 are eligible. Participants must also be able to canter and perform low jumps

and wish to spend a majority of their time at the stables. Participants in the program spend up to six hours a day at the stables and only have one elective activity per day. Campers planning on signing up for Equestrian Camp will need a reference from their most recent Riding Instructor (other than Camp Mohawk) stating their level of riding ability before being accepted into the program.

Only six campers per week are accepted into the Equestrian Program.

**Q: What's involved in horseback riding lessons?**

**A:** All campers are welcome to participate in our Riding Lessons. Riding Lessons begin with basic skills such as mounting, dismounting, and helping girls feel comfortable around the horses. Campers soon learn proper foot and hand positions, how to maintain balance in the saddle, and the basics of controlling a horse. Intermediate classes move on to posting trot, gymkhana games, and fieldwork.

Advance classes offer instruction designed for each individual rider's ability level including dressage, jumping and trail rides.

The goal of our riding program is two fold. We want campers to be safe and we want them to have fun as they ride. Horseback riding can be a lifelong form of exercise and enjoyment. We aim to introduce this sport in a way that will nurture a girl's interest in horses. Riding lessons are taught in the English Hunt Seat style. We provide hard hats with safety straps and all other safety equipment. Boots are available if needed but please bring a pair of boots or shoes with heels if you have them. This is important for proper foot placement in the stirrup. Our stable area consists of a barn specially designed for our riding and farm program, a paddock area, two riding rings, fieldwork area, and a small brook. Small group lessons are taught in riding rings with three instructors for each twelve students.

Grooming and feeding of the horses are not required parts of our riding classes. However, those girls who wish to assist with these aspects of horse care are welcome to do so. They merely need to speak to the riding director to express their interest. The director will schedule a time when the girls can work along side the riding staff as they care for the animals. Campers are also invited to become involved in animal care through our farm program, which includes sheep and fowl.

**Q: Does Camp Mohawk allow gratuities?**

**A:** We have a "no tipping" policy with our staff. Our counselors appreciate a sincere thank you for a job well done. Contributions may be made to our Counselor Appreciation Fund, which is used for funding special events for the counselors such as a day at Lake Compounce.

**Q: What is Camp Mohawk's telephone policy?**

**A:** There is an office staff on duty in the office from 8:00 AM to 10:00 PM while Camp is in session. The phone number for the summer is (860) 672-6655. We will be happy to discuss any questions or concerns you might have during your daughter's stay with us. Campers, however, are not permitted to receive or make phone calls. Campers will not be called to the phone. Messages to your daughter will be given to her counselor at next meal. Counselors will call back as soon as possible unless it is an emergency. After 10:00 PM, calls are forwarded to the Directors cabin or in some instances, an answering machine may pick up.

**Q: How do I get to camp?**

**A:** Directions to Camp Mohawk:

**From Fairfield County and Points South:**

Go North on Route 8. Get off at Exit 42. Turn left at end of exit ramp onto Route 118 West. After going over the overpass, Route 118 will bear left. Follow Route 118 to Litchfield. Route 118 will end at the junction with Route 202 (look for the big white church at the top of the hill). Follow Route 202 West till the light immediately after the Stop and Shop. Turn right onto Milton Road and follow detailed instructions below.

**From Hartford and Points East:**

Take I-84 West to Farmington/Route 4 exit. Follow Route 4 West to Route 118 in Harwinton. Where Route 4 goes right at the Immaculate Heart of Mary Church, go straight on Route 118. Follow Route 118 to Litchfield and then see directions above.

**From the North:**

South on Route 7 to Route 63 to Route 43. Follow Route 43 to the junction of Routes 128, 43 and 4. Go straight on Route 4 West and take the first left (towards Mohawk Ski Area). Go past the ski area and bear left at the Boat Launch sign and left again at the top of the steep hill at the intersection of Great Hill Road and College Street. Camp is approximately 5 miles from Route 4.

**From New York City:**

Take I-84 to Waterbury or I-95 to Bridgeport. Pick up Route 8 North (Note: the exit for Route 8 North off of I-84 is a left lane exit.) Follow directions from "From Fairfield County & Points South".

**Detailed Directions from Route 202 in Litchfield:**

From the right at the traffic light on Route 202 onto Milton Road, set your odometer to "0". Almost immediately you will see Beach Street bearing to the right. DO NOT take Beach Street – bear left and stay on Milton Road. At the sharp corner at 3.0 miles, bear right past Bunnells big red barn. You will be on Maple Street for a very short time before quickly bearing left back onto Milton Road. Be sure to bear left on Milton Road and DO NOT go straight on Maple Street. At 4.4 miles, bear right. At 5.6 miles, bear right onto East Cornwall Road. At 7.5 miles turn right onto Camp Mohawk driveway.

**Q: What is Camp Mohawk's Cancellation and Refund Policy?**

**A:** 1. Any cancellation received in writing or email ([info@campmohawk.org](mailto:info@campmohawk.org)) *prior to May 1<sup>st</sup>, 2008* (April 1<sup>st</sup>, 2008 for Equestrian Camp and Senior Cape Cod program participants) will result in a refund of all fees paid minus the \$200.00 deposit regardless of reason of cancellation.

2. **Prior to attendance:** NO REFUNDS will be made for cancellations received after May 1<sup>st</sup>, 2008 (April 1<sup>st</sup>, 2008 for Equestrian and Senior Cape Cod program participants) except in cases of documented medical reasons. In the event of documented medical reasons for cancellation, a refund will be issued for 50% of fees paid after the deposit has been subtracted.

3. Once a child has begun her camp experience, no refund will be issued for any part of camp fees paid if the child leaves camp before the session(s) she is registered for are completed except in the case of a documented medical reason. Any camper withdrawn from camp for reasons related to homesickness will not be issued a refund. In the event of a documented medical reason other than those related to homesickness, a refund will be issued for 50% of the prorated fees minus the deposit

4. **Riding Fees:** If inclement weather results in a camper being unable to ride for more than two days in a one week period, a refund equal to 1/5 of the weekly riding fee paid will be refunded upon request for each subsequent day that a riding lesson participant cannot ride due to weather related causes.

5. If you are uncomfortable with the above Refund Policy, please consider camp cancellation insurance or perhaps another camp program. Information about camp cancellation insurance is available at [www.mycampprotector.com](http://www.mycampprotector.com) or [www.travmark.co](http://www.travmark.co).

**Rules of Acceptance**

Participation at Camp Mohawk is the same for everyone without regard to race, creed, color, handicap, religion or natural origin.

**Sample Menu  
Week Two**

<b>Sunday</b>	Brunch: BAKED EGGS & CHEESE & SAUSAGE orange juice assorted fruit jelly, assorted muffins, cereals, milk	Afternoon Snack: Fresh Fruit Juice	Dinner: BAKED CHICKEN, rice and potatoes, green beans, cranberry sauce, Homemade bread and butter, salad bar, Congo Bars, beverages.
<b>Monday</b>	PANCAKES, orange juice, blueberry, butter, syrup, assorted cereals, milk, coffee and tea for staff, hot chocolate served to campers on cold mornings.	SLOPPY JOE'S on a ROLL, French fries, ketchup, salad bar, chilled melon wedge, beverage	LASAGNA/meat and cheese, garlic bread, salad bar, chocolate chip cookies, beverage
<b>Tuesday</b>	SCRAMBLED EGGS, apple juice, toast, butter, jelly, assorted cereals, milk, beverage	CHICKEN PATTIE/roll lettuce, sliced tomato, pickles, mayo, potato puffs, ketchup, salad bar, gelatin with whipped topping, beverage	ROAST BEEF, baked potato, buttered corn, corn bread, Salad bar, cake (Chef's Choice) beverage
<b>Wednesday</b>	FRENCH TOAST, orange juice, butter, syrup, assorted cereals, milk	PIZZA salad bar, Hermits or butterscotch squares, beverage	Outside Cookout BARBEQUE CHICKEN, macaroni or pasta salad, baked beans, Potato chips, corn on the cob, assorted fresh fruit, watermelon, beverage
<b>Thursday</b>	EGGS, orange juice, assorted muffins, butter, jelly, assorted cereals , milk	GRINDERS (make your own) cold meats, cheese, lettuce, tomato, mayo, pickles, French Fries, ketchup, fruit, salad bar, beverage	STUFFED SHELLS Marinara sauce, Italian sausages, garlic bread, salad bar, brownies, beverage
<b>Friday</b>	PANCAKES, apple juice butter, syrup, assorted cereals, milk	HAMBURGER/roll, relish, ketchup, pickles, lettuce, tomato, cheese, salad bar, ice cream novelties, beverage	ROAST TURKEY, gravy, cranberry sauce, whipped potatoes, green beans, rolls and butter, salad bar, cup cakes, beverage.
<b>Saturday</b>	DANISH PASTRY, orange juice, assorted cereals, milk		Notice: menu is subject to change without notice.