

PARENTS' INFORMATION

Information for parents is included on the following pages. You may copy these pages and give them to parents or customize them for your county. In either case, please share this information with your campers' parents so that they will be better able to prepare their children to attend camp.

CLOVERLEAF CAMP

WAHSEGA 4-H CENTER

TALKING ABOUT CAMP WITH CHILDREN

It is common for children to have anxiety about being away from home. For many, summer camp is the first time they have been away from home overnight. When they arrive, the newness of the camp environment, working to make new friends, and a natural longing for familiar surroundings make moments of homesickness a common experience. In fact, we expect most all campers to be a little homesick at some point during the week of camp. However, that does not mean that campers can't continue to have fun.

HOW TO PREPARE YOUR CHILD FOR CAMP:

- Don't worry aloud about being lonely or depressed because your child is away at camp.
- Say sincere positive things about summer camp, 4-H and the adults involved.
- Saying that you are afraid that events won't be fun or safe makes campers feel insecure about camp.
- Be excited that your child is going to camp.
- Talk about the positive opportunity to experience camp.
- Tell your child that you look forward to him or her being back home but that you hope they have a good time at camp.
- Discuss expected camp activities in detail, including departure for camp and arrival back at home at the end of the week.
- Rather than camp being a completely separated experience, talk about the week in the context of the family's life. Even though you aren't together for camp, it is part of what you are doing to give your child a great childhood.
- If you have gone to camp, call it a tradition in your family. If not, call it a new tradition!
- Encourage children by explaining that missing home is OK but that it shouldn't stop them from participating in activities and meeting new people.
- Don't say, "Call me if you feel homesick" or anything like that. Most kids will feel homesick a little. It just means that home is a great place to go back to after the week of camp is over.
- Tell your child that most campers are a little anxious about camp at first and that they have to work at being at camp with a positive attitude.

WRITE ENCOURAGING LETTERS

- If you choose to send a letter to your child while he or she is at camp, ask about camp activities, counselors, special programs and friends.
- Set a positive and encouraging tone in your letter.
- Express your confidence in the camper's maturity and ability to be away from home.
- Tell them that the adults and counselors are there to assist them if they should need anything.

PHONE USAGE

CAMPERS & TEEN LEADERS

Campers and Teen Leaders may not make or receive phone calls while at camp. Campers are not permitted to call home. Direct phone calls from parents to campers are discouraged as they may trigger homesickness or interfere with adjustment to camp.

CALLING WAHSEGA

Parents should expect to:

- Have messages delivered by us to an adult on the same day that you call.
- Leave a voice mail if you are calling Wahsega after business hours.
- After hours, expect to relay emergency messages through the Lumpkin County 911 Center at 706-864-3633

Parents should not:

- Call the 4-H Center to find out if the county has arrived safely. Instead, call the county office.
- Expect a call from a camper during the week. Don't send cell phones to camp. They will not work at Wahsega because we are too remote.
- Expect to call the camp just to check on their child. Instead, call the county office.

OUR LOCATION

Wahsega 4-H Center is 12 miles north of Dahlonega on Forest Rd. 28 one mile from Camp Wahsega Rd. and the entrance to Camp Frank D. Merrill, the Army Ranger Training School. We are in a valley shared by Ward Creek on property owned by UGA in the Chattahoochee National Forest in the North Georgia Mountains.

CONTACT US

Office: 706-864-2050

Local 911 Call Center: 706-864-3633 (If you need to contact us after hours in an emergency)

Website: <http://www.wahsega4h.org>

VISITING THE CENTER & DRIVING DIRECTIONS

To get directions, browse to the Maps webpage on the Wahsega website or call us. Please note that directions given by a GPS device or Google Maps are not good sources of directions. You will need to notify the Extension Office in your county before the week of camp if you are planning to visit during the week.

CAMPER MAIL RECEIVED DURING CAMP

Campers may receive mail during the week of camp at Wahsega's address under the camper's name and county like this:

Camper's name
Camper's county
Wahsega 4-H Center
77 Cloverleaf Trail
Dahlonega, GA 30533

We encourage anyone who sends mail to campers to put letters in the mail the week before camp starts or earlier. Please do not send food to campers.

SENDING MAIL HOME FROM CAMP

Campers may send mail home while they are here. No stamps or stationery is available for purchase at Wahsega and email is not an option. A mailbox near the Bell Tower is available for sending mail home.

WRITING COUNSELORS AFTER CAMP

Youth are encouraged to write counselors after camp. Campers may send letters to the address listed above under a counselor's name or even a counselor's nickname. Campers may also use the counselors' home addresses if they have them or we can forward mail to the counselors if summer camp is over.

RULES FOR CAMPERS

1. Respect all living things here whether it's plants, snakes, newts, other campers or adults. This includes the non-venomous water snakes.
2. You may pick up rocks and look at them, but place them back on the ground rather than throwing them.
3. Shoes or sandals with a heel strap must be worn at all times even if they are wet. Flip-flops or sandals without a heel strap may be worn from the cabin to the bathhouse.
4. Keep one pair of shoes dry at all times.
5. Pillows are for sleeping rather than fighting.
6. Keep food out of the cabins. If food is in the cabins, it will attract mice, which can attract snakes and other animals.
7. Stay at Wahsega the whole time unless you are accompanied by an adult.
8. The climbing wall and other high- and low-ropes course elements are off limits unless a counselor is present.
9. Only look inside Turtle-topia rather than reaching in or getting inside of it.
10. If you go onto the trails, you must have an adult with you.
11. You may only go as far as the deck at the waterfalls without an adult.
12. There must be at least two adults present plus the lifeguards to get in the falls or swim in the pond.
13. When the bell rings, hurry to where you need to be.
14. When it is your turn for KP, try to be already waiting at the Dining Hall when the KP bell rings.
15. Coffee served in the dining hall is for adults only.
16. Invite adults to go to the front of the line ahead of you at meal times to receive their food first.
17. Chewing gum is not allowed at Wahsega.
18. Phones are only for adult use.
19. Only go into your own cabin rather than other people's cabins.
20. Keep your money with you rather than leaving it in your cabin.
21. Put all of your trash in trashcans.
22. Put your plastic bottles in the recycle bins. Pour all the liquids out and throw the cap in the trashcans. Keep up with your bottles.
23. When instructors raise their hands, please be quiet so you can hear what they have to say.
24. Wear your nametag.
25. Camp Head decorations should be thrown in the trash instead of swimming down the shower drains.

WHAT TO PACK – GETTING READY FOR CAMP

LABEL EVERYTHING

- Mark all clothing, shoes and other items with the camper's name using a waterproof marker.
 - Label luggage
 - Label trash bags used for dirty clothes with colorful duct tape and the camper's name and county.
 - Label bags used for medication with the camper's name and county
- Trash bags of dirty clothing can be confused with trash and thrown away. Be sure to label the bags well.*

CHOOSING THE RIGHT KINDS OF CLOTHES

- Do not pack clothing that violates the dress code. Dress code information is available from the County 4-H Office.
 - Be aware of requirements in the dress code regarding swimsuits.
 - Underwear should be worn at all times and should not be visible.
 - Campers are rough on clothes. We recommend older clothes that can get wet or muddy.
 - Pack more socks and underwear than you would normally need for 5 days and 4 nights.
 - Plan to wear shorts that extend at least to the mid-thigh on the high-ropes course.
- Cheerleading shorts are not long enough to wear on the high-ropes course.*
- Shoes to keep dry (tennis shoes for running around, hiking, climbing, and times when they won't get wet)
 - Shoes to get wet (old shoes that can be thrown away or sandals with a heel strap).
- Explain to children that wearing wet socks, shoes or sandals all day causes blisters.*

WHAT TO PACK

- Hillbilly Costume for the Costume Party on Wednesday night.
 - Sleeping bag – strongly recommended. Twin-size sheets will work (No linens or blankets are provided by Wahsega)
- Chaperones may request a blanket if one is needed.*
- Pillow (No pillows provided)
 - Towels & washcloths
 - Soap & toiletries (shampoo, soap, deodorant, toothbrush, toothpaste, etc.)
 - Basket or bag to carry bath supplies when walking to the bathhouse
 - Daily change of clothes and underwear (pack clothes that can get dirty)
 - Old shirts & jeans (for ropes courses)
 - Shoes & extra socks (no flip flops; sandals must have a heel strap)
 - Swimsuits or swim trunks and cut-off jeans for the waterfall.
 - Jacket or sweatshirt (for cool mornings and nights)
 - Rain jacket
 - Insect repellent
 - Water bottle
 - Waterproof sunscreen
 - Laundry bag (for wet and dirty clothes)

OPTIONAL ITEMS

- Money for the Canteen (coins and one dollar bills for the vending machines)
- Talent Show props, sheet music, CD's, costumes, etc.
- Sandals (no flip flops or *any* sandals without a heel strap)
- Disposable camera
- Shower shoes (flip flops allowed in showers, but not around camp)
- Paper, stamps, envelopes if you plan to write home (stationery is not sold in the canteen)

WHAT NOT TO PACK

- Knives, firearms, fireworks or any other dangerous items or weapons
- Electronic devices such as video games, music players, digital cameras or cell phones
Cell phone service is not available at Wahsega because it is too remote
- Medications – Give it to an adult at the county office
- Jewelry, large amounts of money or other items of value
We are not responsible for anything that is lost or stolen

REMINDERS

PACK A PILLOW & SLEEPING BAG OR SHEETS AND BLANKET

Pillows and sheets are not provided. Take a pillow and sleeping bag or twin sheets and adequate covers for the bunk beds. Blankets are no longer provided on the beds.

PACK TOILETRIES

Towels, washcloths, soap, shampoo, toothbrushes, toothpaste, deodorant and other toiletries are not provided.

MONEY FOR THE CANTEEN

We sell souvenirs, clothing and snacks in the canteen. Caffeine-free soft drinks are available for \$2.00. The vending machines only accept coins and \$1 bills.

PACK OLD CLOTHES & SHOES

Pack old clothes and shoes that can get dirty. Pack old shoes for attendance in the Stream Ecology class.

PLAN TO WEAR SHOES OR SANDALS WITH A HEEL STRAP

Only sandals with a heel strap are allowed at Wahsega. To prevent injury, you must wear shoes that will stay on your feet.

STATEMENT REGARDING PERSONAL ITEMS

Please leave personal electronic devices at home unless authorized by and used under direct supervision of an adult. Campers are discouraged from having cell phones at 4-H camp. 4-H'ers are not allowed to have skates, roller blades, bicycles, laser pointers or other personal items that would make safety an issue.

ACTIVITY & CLASS DESCRIPTIONS

NIGHT RECREATION

There is a Hillbilly Costume Party on Wednesday night following the talent show. Also, many activities are available at the same time:

- *Canteen* – Purchase souvenirs and snacks.
- *Rec Hall* – Dances and crazy games are a tradition at 4-H camp
- *Arts & Crafts* – Craft activities will be available in the classroom
- *Outdoor sports* – Basketballs, volleyballs, Frisbees and footballs are available
- *Camp Head* – Wild hair decoration station.

TALENT SHOW

If you have it, share it. Dancers, singers, actors, piano players or campers with any other talents are encouraged to sign up.

CAMPFIRES & ASTRONOMY

On Monday and Tuesday, campers either attend a campfire with their Family Group or head out to the Rec. Field to learn some astronomy.

SWIMMING & WATERFALLS

During swim times, campers can choose to swim in the pond or slide down the waterfalls.

HILLBILLY GAMES

A hot summer afternoon, 200 kids and a bunch of crazy games.

MORNING FAMILY MEETINGS

Start the day with an overview of what's happening that day. Special visitors may drop by.

4-H ASSEMBLIES

What's 4-H all about? Recognition of active 4-H'ers and skits give campers a look at what else 4-H has to offer.

THURSDAY NIGHT SLIDE SHOW

Celebrate the week of camp on Thursday night at the slide show.

THURSDAY NIGHT CAMPFIRE

The big finale for the week is the Thursday Night Campfire.

ARCHERY

Learning to shoot a bow and arrow makes this class a great challenge.

STREAM ECOLOGY & GOLD PANNING

Campers learn about the wildlife habitat in Ward Creek, which runs right through Wahsega and then pan for gold.

CHALLENGE COURSE

The low-ropes course has challenges designed to turn a group of kids into a thinking team.

FOREST ECOLOGY & HERPETOLOGY

While hiking our extensive trails, campers are introduced to wildlife habitats. Herpetology, the study of reptiles and amphibians, is part of this class. Campers have an opportunity to touch and hold turtles and non-venomous snakes.

ULTIMATE FRISBEE

Counselors teach campers to throw a Frisbee and let them practice. Then two teams go at it with rules similar to soccer. Youth at any level of skill or ability have fun playing this game.

HIGH-ROPES CHALLENGE COURSE

- *Climbing Wall* – Wearing a harness and attached to a belay system, campers face the daunting challenge of climbing a 30-foot wall holding onto nothing but rocky hand holds.
- *Zip-Line* – Climb the pole. Jump. Zip. It's easy. Campers wear a harness attached to a belay system and are transferred to the Zip-line by a counselor stationed at the top.
- *Dangle Duo* – A huge ladder with rungs 4 feet apart hanging on swinging cables. Two campers help each other climb to the top.