



# Welcome!



## IN THIS WELCOME PACK YOU WILL FIND:

- Camper Dropoff & Pickup Info
- Basic Camp Rules & Expectations
- Lunch & Snack Policy
- Camper Medication Policy
- Camp Session Counselor Names
- Camper Activities and Groupings
- Printable 'What to Bring' Checklist
- Session 1 Bonus Content



## Dear Camp Session 1 Families,

Welcome to Camp Carondelet!

On behalf of my summer camp staff and our broader school community, I would like to thank you for registering to join us for this kickoff week of our fifth summer season. It will be fun and action-filled and we hope your daughters have so much fun.

**Please read through and review this welcome packet in detail**, in particular, if you are new to our camp to become familiar with need-to-know information. If your camper is returning, the information is still worth reviewing as some details may have changed since last year.

**For emergencies, early pickup/late drop-off requests due to appointments, or any other concerns during the week, please call/text me on my work cell at 925-257-4302.**

My team and I look forward to seeing you on Monday!

Best,

-Kimber



# Camp Arrivals & Departures

## Camper Morning Drop off Information:

Daily camper arrivals/dropoff takes place at the Carondelet Main Campus, **located at 1133 Winton Drive**. Campers are permitted to begin checking in with their designated cohort counselors at 8:40 AM. All morning activities begin each day at 9:00 AM. Parents/Guardians will need to sign in their campers each morning at their group's check-in station in the front landing of the parking lot based on their camper's cohort.

## Camper Afternoon Pickup Information:

Daily camper departures/pickups take place at the Carondelet Athletics Complex, **located at 3737 Valley Vista Road** (directly across from Boundary Oak Golf Course). Parents/Guardians should plan to arrive at 3:50 PM each day to ensure a smooth and timely pickup and to sign out campers with their counselors for the day. **Camp Carondelet is a full-day camp experience. There are no 'half-day' options available at this time. Camp hours are 9 AM-4 PM, Monday-Friday.**

## Signing Your Child in and Out of Their Camp Day

Safety is our top priority and we also very much enjoy getting to know our Camp Parents while they are on campus. You will be asked to sign your child in and out each day of their session(s) as a protocol to ensure only authorized persons are picking them up and on our campuses. **Please review and ensure ALL persons authorized to sign out your child are included on their profile in the portal.** Any unknown/unlisted signers at checkout will be subject to an ID-check before release.



## Safety When Exiting Campus Parking Lots

Carondelet parking lots at both facilities are ONE WAY ONLY.

**SPECIFICALLY, DO NOT attempt to turn around and exit through the front entrance once you have dropped off your camper(s) at the Main Campus as cars frequently come in from Winton.**

Please take the parking lot around the full length of the building and exit through the back sliding gate at the Main Campus OR around the loop and through the common gate at the Athletics Complex.

# Basic Camp Rules & Policies

## Lunch & Snacks

Camp Carondelet has a 'Bring Your Own Lunch and Snacks' policy. We ask that you send your child to camp each day with a bagged lunch (including a beverage) and recommend that they also bring 2-3 snacks for the day. We also kindly ask that you refrain from sending your child to campus with tree nut-based or shellfish-based lunch items out of respect for fellow campers and staff who have allergies.

## Medication at Camp

If your camper has a need for required medication during the camp day, please plan to pack the correct dosage for them each day. **Camp staff are not permitted to provide any medications (including OTC) to campers**, however, we can watch and assist as needed during self-administration by the camper. Please let your camper's counselors know about any medications they need to take during the day at check-in.

## Cellphone/Electronic Devices

Campers are permitted to bring their cell phones to camp for emergency use only. Cell phones are prohibited for use during any instructional time in the mornings or activity time in the afternoons so that campers can experience Camp Carondelet in all aspects and out of respect for activity leaders that have put so much effort into creating these activities.

Similar to our policy for our high school students, Carondelet reserves the right to have activity leaders or your camper's designated counselors temporarily collect a camper's cell phone if it is being used outside of its designated purpose.

Collected cell phones will be returned to parents at the end of the day. **Please discuss this policy with your camper if they plan on bringing a cell phone to camp because it will be enforced strongly by camp staff, without exception.**

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## EpiPen Check-in at Camp

If your camper carries an EpiPen, **please plan to check it in with one of their designated counselors on Monday who will keep it for the week (it will be returned to you on Friday at pickup).** All counselors are trained in administering EpiPens and can assist your camper with use if it is needed. As we often have multiple EpiPens checked in each session, please ensure your camper's pen/pen container is clearly labeled to be easily identified.

# Session 1 Camp Counselors



Brooke. [REDACTED] Head Counselor (All Groups)

## 3rd & 4th Grade Counselors



Juju  
[REDACTED]

Designated Counselor



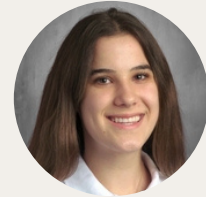
Ava  
[REDACTED]

Designated Counselor



[REDACTED]  
[REDACTED]

Designated Counselor



[REDACTED]  
[REDACTED]

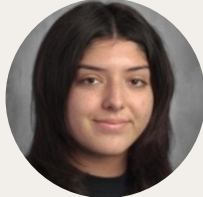
Counselor-in-Training

## 5th & 6th Grade Counselors



Cassie  
[REDACTED]

Designated Counselor



Izabella  
[REDACTED]

Designated Counselor



[REDACTED]  
[REDACTED]

Designated Counselor



[REDACTED]  
[REDACTED]

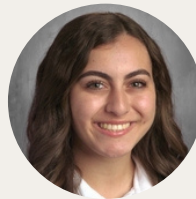
Counselor-in-Training

## 7th & 8th Grade Counselors



Somachi  
[REDACTED]

Designated Counselor



[REDACTED]  
[REDACTED]

Designated Counselor

\*\*\*CAMP MILESTONE MOMENT [REDACTED] was the FIRST PERSON/CAMPER to ever enroll in Camp Carondelet when we launched our programming on 2/7/2020. We are beyond thrilled that she enjoyed her time enough to want to return as a counselor in training and super excited to celebrate this first ever full-circle moment for a staff member. We hope your daughters will also one day return to camp as a member of our staff, just like her. ❤️



# Session 1 Activities & Groups

## 3rd & 4th Graders

### Mornings

- Cafe Carondelet
- Improv, Comedy, and More!

## 5th & 6th Graders

### Mornings

- Cafe Carondelet
- Summer Scavenger Hunt

## 7th & 8th Graders

### Mornings

- Improv, Comedy, & More!
- Summer Scavenger Hunt

## Afternoon Activities - All Campers

Following morning activities, all campers rotate through fun recreational afternoon activities with their cohort group including outdoor/indoor gym play, swimming, and Arts & Crafts.

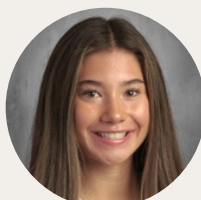
All swimming activities are supervised by actively certified Lifeguards and managed by our Water Polo Coach.

All Camp Carondelet Staff are CPR certified.

# Session 1 Pool Lifeguards



Ashley



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## Camper Groupings



**Note:** All campers are automatically grouped with other children of their incoming grade cohort during registration. For most campers who attend with friends, this allows for automatic pairing in the same group. "Crossover" group pairings (*i.e. an incoming 4th grader requesting to be paired with an incoming 5th grader*) may not be honored at the discretion of the Camp Director to account for group capacity.



# Recommended Camper Packing List

Your camper should plan on bringing the following items each day. Please double-check each morning to ensure your camper has these items each day:

- Small Backpack or Tote Bag
- Personal Refillable Water Bottle (We have filling stations on campus)
- Individual Snacks (2-3 per day) **AND** a daily packed bag lunch with beverage (*Thanks in advance for being considerate regarding food allergies of other campers when selecting snacks to bring*)
- Required medication (Includes EpiPens. **Please list all required medication on your camper's medical form. These will be checked in with your camper's designated counselors on Day 1 and checked out on the last day of camp.**)
- Bathing Suit/Trunks/Preferred Swim Clothes
- Swim Goggles - **NOTE: Our pool often experiences high and low cycles of chlorine filtering.** Goggles are highly recommended if your child has a sensitivity to Chlorine. At this time we do not provide goggles for campers.
- Eyedrops (**highly recommended if your camper is sensitive to Chlorine**). Your child's camp counselors can help advise with the administration of eye drops and other medicines.
- Towel
- Flip flops (*not recommended for field activities to avoid injury!*)
- Sunscreen (**Sprayable versions preferred when possible to avoid the need for others to apply to your camper at close contact. Campers will not be permitted to share sunscreen unless they share a household.**)
- Eyeglasses or Contacts (*If applicable*)
- Sunglasses (*Optional*)
- Extra change of clothes (**Optional, but HIGHLY recommended for 3rd-6th graders since they have an activity after the pool rotation**)
- Plastic Bag for wet clothes (*Highly Recommended*)

# Other Information to Know

## Hydration Breaks



Please remind campers that water access is unlimited for them while onsite. If they need more water at any time, all they need to do is ask their designated counselors and they will help them refill their bottles at one of our water stations on campus.

We are happy that campers will be having fun and may forget, but good hydration during the summer months is critical, especially before and after their outdoor rec/sports games rotation. **Thanks in advance for reminding them to drink water and drink it often while at camp.**



## Camp T-Shirts

All 2024 campers will receive a commemorative t-shirt on the first day of their first session of camp that matches their grade group cohort. **Campers are welcome to wear their t-shirts as they wish, but we usually request all campers wear their shirts on Fridays for our ongoing tradition of ' Weekly Camp Spirit Day'.**



*See you next week!*





# SESSION 1 BONUS CONTENT: CONGRATULATIONS BROOKE!



It is not normal practice for me to single out staff members in our content, but for just this once, I will make an exception. I wanted to create a space here to acknowledge and celebrate the upcoming graduation of our beloved long-term Head Counselor Brooke [REDACTED] from the University of Oregon. #GoDucks

Brooke started at camp in its initial year in 2020, serving as a designated counselor to just 12 campers as we navigated unprecedented times. Similar to so many her age, having to make the big leap from high school to college in the middle of a pandemic was bittersweet and filled with uncertainty, but she navigated it with ease as she headed off to Oregon. Since being promoted to Head Counselor in 2021, she has become a staple at our camp for returning and new families alike and is a treasured go-to person for our staff, known for her compassion and ability to quickly solve problems. And it goes without saying *how much our campers ADORE HER*.

For me, she has been the world's **GREATEST** right-hand woman, confidant, and support system. Iron definitely sharpens iron and I have grown to be a better person and leader from working with her.



She will be at camp *for most of Session 1* and will return in the middle of Session 2. Additionally, she has some fun plans after graduation and *MIGHT* actually be available to return for one more summer in 2025 (*THANKS IN ADVANCE FOR LOBBYING HER FOR THIS*). 😂

I AM SO PROUD of you Brooke. Thank you for everything.

Onward.