



Mission Statement

The Alabama 4-H Center is dedicated to providing a positive camping experience that combines a relaxing natural setting with an opportunity for personal growth and the development of life skills, such as getting along with others, decision making, communicating, leading and serving.

Our goal is to deliver consistent quality service that enhances the mission of Alabama 4-H youth development and ensures meaningful hands-on activities that support that mission.

We, too, are committed to the motto, "Making the best better."

Sandra Spencer
Manager
Alabama 4-H Center

Summer Camp Events

4-H campers will participate in a variety of activities that promise to be packed with fun and adventure. The experiences at the 4-H Center will give the youth the opportunity to meet new people and make new friends from around the state as they participate in a variety of programs that are based on teaching concept of “Hands-On/Minds-On,” which is the foundation of 4-H programming.

Upon arrival at camp the 4-H center staff will greet counties and take their camp picture. After the county picture is taken campers will be given a tour of the center. During the tour we ask that the person responsible for the county remain in the lodge to register.

Registration

All registration information is due 2 weeks before the week of your scheduled session.

Registration information consists of the following:

- 4-H Summer Camp Group Registration Form
- 4-H Statistical Form
- Late Arrival/Early Departure Form

This will enable the 4-H Center to pre-assign lodging and color groups, thereby making the registration process more time-efficient.

The following information will need to be prepared for the health check –in:

- Please have all paperwork in file folder marked with your county or region. The following completed forms should be in this file:
 - Youth Health Information and Parental Release Form (attach picture)
 - Administering of Medicine Form
 - Alabama 4-H Code of Conduct
 - Alabama 4-H Dress Code
- Please paper clip all campers without medication together and all campers with medication together.
- Please collect all medication from campers, including any over-the-counter medications, which should be clearly marked with the camper’s name and county. If a child has multiple medications, please put all of the medications in a large zip-loc bag or container.

These procedures have been developed to streamline the registration process to save time. It is imperative that all information requested be completed and submitted 2 weeks before your session.

Color Groups

Campers will be divided into three large color groups of red, blue, and yellow. Campers will move with their color group during the day, while participating in the different activities. The agent/volunteer leader will be assigned a color group upon arrival, as well, and will be responsible for all campers in their color group, regardless of which region or county that camper is from. The agent/volunteer leader is responsible for making sure the group arrives at the program area on time and also helps maintain discipline. The campers will participate in the activities described below.

Activities Description

There will be three program areas that the three large groups (Red, Blue, and Yellow), will rotate through during their camp session. Each program block will be 2 hours and 30 minutes, and campers must stay in their designated program area for the entire time. During that time campers can choose two activities to do. The 2 ½ - hour program block will be divided in half, giving each camper the opportunity to choose two of the three available activities.

Before the beginning of each program block, campers and their adult chaperones will meet in front of the Recreation Building. At this time, group leaders will make sure that they have all campers in their group before proceeding to their designated program area. A member of the program staff will meet each group at the recreation building to lead the group to their assigned area. If there are campers who do not wish to participate in their assigned program area, they can choose to participate in Arts and Crafts. One adult from the group must accompany these campers to Arts and Crafts.

The program areas and programs are broken down as follows:

Program Area 1 (High Ropes area)

- Climbing Wall (18 per session)
- Zip Line (18 per session)
- Orienteering (up to 20 per session)

Program Area 2 (Recreation Field)

- Archery (15 per session)
- Nature Hike (Up to 15 per session)
- Radical Reptiles (up to 25 per session)

Program Area 3 (Pool to Canoe Dock)

- Canoeing (up to 25 per session)
- Pool (up to 50 per session)
- Fishing (15 per session)

Arts and Crafts: This activity will be available every program block and will be located in the pavilion. There will be a \$5 cost involved with this program that will be collected before campers can participate in the program.

4-H Field Games: This is an “All Camp” activity and 4-H’ers will be with their color groups. The color groups will participate in different relays to help them build unity within their group. The Second day of field games will end with a Tug of War competition!

4-H Talent Show: This is an “All Camp” activity where 4-H’ers get an opportunity to show off their talent. All talent is welcome and there will be a sign-up sheet in the lobby the first day of camp. We would love for regions and or counties to be represented!

Free Recreation Time: 4-H'ers can choose from free swim*, basketball, volleyball, fishing and/or Mini-Golf.

*During free recreation time, the diving well will be closed at the pool.

Inspirational Moment: 4-H'ers will participate in a moment of inspiration at the outdoor chapel to bring the day to a close. Different stories and skits will be presented from the Character Counts books.

Campfire: This is an "All Camp" event where 4-H'ers will participate in songs and skits led by the 4-H Center staff.

All activities are conducted and supervised by trained staff members.

Lodging

All registration information is due 2 weeks before the week of your scheduled session. This will enable the 4-H Center to pre-assign lodging and color groups.

Specific lodging requests are not accepted for anyone unless the request is due to a medical condition.

Agents are responsible for reminding campers to bring towels, soap, linens or a sleeping bag.

Camp Menu

(Meals are subject to change; these are just examples of camp meals)

First Day

Lunch

Pizza
Corn
Tossed Salad
Fruit
Tea or Water

Dinner

Chicken Fingers
Macaroni and Cheese
Tossed Salad
Dessert
Tea or Water

Second Day

Breakfast

Scrambled Eggs
Bacon, Grits and Biscuit
Cereals (variety)
Juice, Milk or Water

Lunch

Hamburgers
Fries
Tossed Salad
Fruit
Tea or Water

Dinner

Spaghetti
Roll
Tossed Salad
Dessert
Tea or Water

Third Day

Breakfast

Scrambled Eggs
Bacon, Grits and Biscuit
Cereal (variety)
Juice, Milk or Water

Summer Camp 2006 Schedule	
Day One	
11:00 – 12:00	Arrival, Pictures, Center Tour, Registration in Lodge
12:15 – 1:00	Lunch
1:00 – 1:30	Orientation and Camp Rules
1:30 – 2:30	4-H Field Games (Team relays on the recreation field)
2:30 – 3:00	Canteen Open
3:00 – 5:30	Program Block 1
5:45 – 6:30	Dinner
6:30 – 7:45	Free Recreation Time
7:45 – 8:30	Talent Show
8:30 – 9:00	Canteen Open
9:00 – 9:30	Inspirational Moment
9:30 – 10:00	Return to dorms
10:30	Lights out
Day Two	
7:50 – 8:00	Flag Raising
8:00 – 9:00	Breakfast
9:00 – 11:30	Program Block 2
11:30 – 12:00	Break, Clean up for Lunch
12:00 – 1:00	Lunch
1:00 – 2:30	Free Recreation Time
2:30 – 3:00	Canteen Open
3:00 – 5:30	Program Block 3
5:45 – 6:30	Dinner
6:30 – 8:00	Team Games on the Rec. Field (Relays and Tug of War)
8:00 – 8:30	Canteen Open
8:30 – 9:15	Campfire
9:15 – 9:45	Inspirational Moment
9:30 – 10:00	Return to dorms
10:30	Lights out
Day Three	
7:00 – 7:50	Pack up and load belongings into vehicles
7:50 – 8:00	Flag Raising
8:00 – 9:00	Breakfast
9:00 – 9:30	Closing at Chapel, Goodbyes
9:30 - 10:00	Canteen Open
10:00	Depart for home

*** Campers may not move into lodging until county registration is complete.**

*** Please DO NOT ARRIVE before 11:00 am on check-in days!**

Agent and Volunteer Checklist and Information

Important Information

- Camp fee is \$65 per person.
- Please put a photograph of each camper on the health card.
- A talent show will be held the first evening of camp (make sure campers bring whatever they need for their performance).
- Circulate the Center number for emergencies to the parents. The number is (205) 669-4241. Please note that this number is not for personal phone calls, but for emergencies only.
- Make sure that all 4-H'ers bring extra money for crafts, as well as for snacks and souvenirs.
- Agents and volunteer leaders should dress casually.
- Agents and volunteer leaders will be assigned a color group and will move with that group during the session. Agents and volunteer leaders will be responsible for all 4-Hers in their color group! **During orientation all of the agents and volunteer leaders will sign up for which activities they are going to help with, as well as their designated observation spot during Free Recreation Times.**
- **All of the agents and volunteer leaders are expected to stay with the groups and chaperone them at all times.**
- Remind campers to bring an extra pair of tennis shoes for canoeing, just in case.
- **It is mandatory that you have a 1:8 adult-camper ratio, so please take that into consideration before arriving at camp. (ACA, Standards for Camp Accreditation, HR-9)**
- One volunteer per every 25 campers from each county may attend at no charge.

Checklist

Friday, April 14, 2006

- Non-refundable camp deposit of \$25 per person Total: \$ _____
(Pre-assigned camper slots that do not have a deposit by this date will be released to the counties on the waiting list)

Information required 2 weeks before camping session consists of the following:

Due Date: _____

- 4-H Summer Camp Group Registration Form
- 4-H Statistical Form

Information required on first day of camp:

- Youth Health Information and Parental Release Form (attach picture)
- Administering of Medicine Form
- Alabama 4-H Code of Conduct
- Alabama 4-H Dress Code
- Also all medication, prescription and over the counter, labeled with camper's name and county
- Late Arrival/Early Departure Form

4-H Summer Camp 2006

What to Bring	DO NOT bring the following items to camp
<ul style="list-style-type: none">• Alarm clock• Clothes—change of clothes for 3 days (Please refer to the Alabama 4-H Dress Code to make sure clothing is appropriate)• Fishing equipment and bait, if desired• Flashlight• Insect repellent• Linens—sleeping bag or sheets and blanket, bath towels, pillow• Musical instrument, if desired• Plastic Garbage – for wet clothing and shoes• Shoes—for hiking and playing sports (No sandals for activities or hikes). Bring an extra pair of tennis shoes for Canoeing.• Swim suit— (you will likely swim each day). A cover-up and shoes are required when you leave the pool area.• Toiletries—soap, deodorant, toothpaste, toothbrush, hairbrush, etc.	<ul style="list-style-type: none">• Candy• Expensive jewelry• Firecrackers• Food• Gum• Guns• Knives• Paint ball guns• Radios• Shaving cream,• Silly string• Skateboards, rollerblades• Tobacco products• Water balloons

***Label luggage with your name and county.**

***Please limit luggage to 1 bag.**

***Health forms—2 copies. Staple a picture of yourself to one of the copies.**

****Label and pack all medications where they can be easily reached. The nurse will collect ALL medications at registration!**