Alabama 4-H Youth Development Center

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Mission Statement

The Alabama 4-H Center is dedicated to providing a positive learning experience that combines a relaxing natural setting with an opportunity for personal, professional and intellectual growth.

Our goal is to deliver consistent quality service that enhances the goals of 4-H youth development and ensures meaningful hands-on environmental education for students of all ages.

We will strive to exceed the expectations of our guests. We, too, are committed to the motto—Making the best better.

Sandra Spencer
Alabama 4-H Center
(205) 669-4241

Summer Camp Events

Four-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 activities on water, in the air, and on land.

Water Activities

Basic Canoeing—This fun and exciting activity will teach youth basic paddling strokes and launching techniques that are vital to canoeing safely and responsibly. In addition, this activity will help develop leadership, interpersonal skills, and enhance their ability to work with others.

Flying Friends—Four-H'ers will ride a pontoon boat up and down the lake, as they learn about the different types of flying friends (migratory birds) in the area.

Advanced and Beginners Swimming—Four-H'ers will learn to swim using a kickboard, various strokes, and breathing techniques. However, advanced swimming will be offered to more seasoned swimmers.

Air Activities

Air activities are great for youth development, self-esteem, and interpersonal skills that are essential for everyday life. Four-H'ers will enjoy the feeling of power and strength while climbing great heights on our aerial activities. All activities are conducted and supervised by trained professional staff members.

Climbing Wall—The climbing wall is one of the Center's highlights. Four-H'ers can choose from three different climbing variations. This will help increase confidence and encourage striving for goals that may seem out of reach.

Zip Line—The zip line is approximately 30 feet off the ground and extends 100 yards downhill through the woods. This activity is a crowd pleaser for all ages. Youth will have the opportunity to soar through the air as they push themselves to the limit.

2-Wire—The 2-wire is an aerial activity that is 20 feet in the air. This activity will give youth the opportunity to improve balance and self-esteem.

Land Activities

Uniquely located throughout the grounds are the land lovers' activities that are sure to please. Youth will focus on interpersonal, motivational, and team-building skills.

T-Shirt Art—Youth will get the opportunity to design their own T-shirts by using their creative imagination. The cost of this activity is $4 per person.

Bluebird Houses—Youth will construct and learn about the basic principles of construction and design of a bluebird house. The cost of this activity is $5 per person.

Putt-Putt Golf—Four-H'ers continue to enjoy the putt-putt golf course at the Center. This activity is located in a well-shaded area that provides a cool environment when the sun has peaked and is available for night activities.

Low Ropes—Four-H'ers will enjoy this initiatives course that will challenge them physically and mentally. Ropes course activities such as nitro crossing, wild woozy, and the tire swing will teach 4-H'ers how to work as a team and develop deductive reasoning skills.

Pioneer Village—The second morning of camp, we will make one trip to the pioneer village. Four-H'ers will tour the gristmill, general store, pioneer home, and blacksmith shop. This will be a walking tour. Comfortable shoes will be needed.

***Archery and Riflery—**Four-H'ers will be trained in the safety and basic skills of becoming a true marksman or archer.

Orienteering—Compass reading. Four-H'ers will learn how to use a compass and find their way.

*Tentative

Nighttime Activities

The first night of camp will be fun 4-H trivia competition between counties. This will involve agents, volunteer leaders, campers, and counselors.

The second night, 4-H'ers will hike to the bluff where they will have the experience of a campfire. Stories will be told and skits performed by the counselors and by the counties; so please prepare a skit for your county before you come to camp. Special accommodations will only be made for those who are physically unable to hike to the bluff.

The last morning of camp, 4-H'ers will have a choice of attending the reptile program, raptor program, or *Hillbilly Holler.* Hillbilly Holler will give 4-H'ers a glimpse into the past of the pioneer ways of living.

Lodging

Upon arrival at the 4-H Center, notice the beautiful trees, landscape, and nature around you. Also, you will find comfortable accommodations. There are two dorms, five cottages, and guest rooms. The dorm rooms have air conditioning, showers, carpet, and large lobby areas for fun and relaxing conversations. The dorms sleep four youth per room. The cottages sleep twelve youth and one adult per cottage. The guest rooms accommodate adults only. It is the agent's responsibility to make sure that all the necessary room assignments are made prior to arrival at camp. It is also the agent's responsibility to make sure an adult monitors each youth activity. Junior leaders are not allowed to supervise 4-H'ers in lodging.

Camp Menu

First Day

Lunch	Dinner
Hot Dogs	Chicken Fingers
Baked Beans	Macaroni and Cheese
Chili and Chips	Tossed Salad
Pudding (vanilla or chocolate)	Dessert
Tea or Water	Tea or Water

Second Day

Breakfast	Lunch	Dinner
Scrambled Eggs	Pizza	Burgers
Bacon, Grits and Toast	Corn	Fries
Cereals (variety)	Salad	Brownie
Juice, Milk or Water	Dessert	Dessert
	Tea or Water	Tea or Water

Third Day

Breakfast
French Toast
Bacon
Fruit (bananas, apples, peaches, etc.)
Cereal (variety)
Juice, Milk or Water

Summer Camp Schedule

First Day

11a-1p	*Check-in, orientation, health check with nurse in lodge, county pictures, swim test, free swim
12 noon-1:00p	Lunch
1:00p-2:00p	Swim test, free swim, agents meet with staff
2:00p-2:30p	Return to rooms to get dressed, snack bar opens
2:30p-2:45p	Rec. building ramble (meet in rec. building)
2:45p-4:00p	1st program
4:00p-4:15p	Rec. building ramble
4:15p-5:30p	2nd program
5:30p-6:30p	Dinner
6:30p-7:45p	Outdoor recreation (fishing, softball, basketball, putt-putt golf)
7:45p-8:15p	Snack bar opens
8:15p-9:45p	Free swim
9:45p-10:00p	Walk to chapel, vesper program
10:30p	Lights out

Second Day

7:50a	Flag raising
8:00a-9:00a	Breakfast
9:00a-9:15a	Rec. building ramble
9:15a-10:30a	3rd program
10:30a-10:45a	Rec. building ramble
10:45a-12:00 noon	4th program
12:00p-1:00p	Lunch
1:00p-1:30p	Talent show
1:30p-1:40p	Rec. building ramble
1:40p-2:55p	5th program
2:55p-3:10p	Rec. building ramble
3:10p-4:25p	6th program
4:30p-5:15p	Souvenir shop open

5:30p-6:30p	Dinner
6:30p-8:00p	Outdoor recreation (fishing, softball, basketball, swimming)
8:00p-8:30p	Snack bar opens, get dressed for night hike
8:30p-9:45p	Night hike to the bluff
9:45p-10:00p	Vesper program at chapel
10:30p	Lights out

Third Day

7:50a	Flag raising
8:00a-8:45a	Breakfast
8:45a-9:00a	Pack up and load belongings in vehicles
9:00a-10:00a	Snakes of AL, Raptor Program or Hillbilly Holler
10:00a	Depart for home

* Campers may not move into dorms or cottages until cleared through front office.

Souvenir shop will be open on second day **only.**

Agent and Volunteer Checklist

Agents, start your engines. It's time to get the youth to camp. In order to make sure they have a fun and exciting adventure, there are a few things that you (agents) must have already checked off prior to your arrival on campus.

- Camp deposits ($10 per person) are due at the Center by May 1.
- One week prior to your arrival, we will need the number of youth, adults, and seniors attending camp.
- Please put a photograph of each camper on the health card.
- A talent show will be held after lunch on the second day of camp (make sure campers bring whatever they need for their performance).
- Have health cards, release forms, and code of conduct cards signed by their parent(s) or legal guardian only. (Agents, students, and volunteer leaders cannot sign their cards.)
- Preassign housing for campers in groups of four for the dorms or in groups of twelve for cottages.
- Circulate the Center number for emergencies to the parents. The number is (205) 669-4241. Note, 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.
- Adult supervision at program activities will be assigned upon arrival.
- Remind campers to bring two pairs of tennis shoes.

What to Bring

Linens—sheets, blanket, bath towels, pillow (sleeping bag optional)

Toiletries—soap, deodorant, toothpaste, toothbrush, hairbrush, etc.

Clothes—change of clothes for 3 days (No short shorts allowed)

Shoes—for hiking and playing sports (No sandals for activities or hikes). Bring an extra pair of tennis shoes in case you get wet.

Fishing equipment and bait, if desired

Swim suit (you will likely swim each day). A cover-up and shoes are required when you leave the pool area.

Ball and glove, if desired

Musical instrument, if desired

Flashlight

Alarm clock

Insect repellent

Label luggage with your name and county. We request you only bring 1 bag.

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

Pack all medicines where they can be easily reached. The nurse will ask to see the medicine when you check in at camp. Prescription drugs will be kept by the nurse.

Do **NOT** bring the following **items** to camp:

Expensive jewelry

Candy and food

Firecrackers

Shaving cream, silly string, balloons

Guns, knives, etc.

Tobacco products

Gum

Radios

Skateboards, rollerblades

Paint ball guns

Alabama 4-H Camp Event
Health Statement and Parent's Release

Name of Camper _____Birth Date _____ Sex _____

Home Address _____
(No and Street) (City) (State) (Zip)

I, the undersigned, acknowledge that injuries or loss can result from participation in this 4-H camping event and hereby give permission for my child, named above, to participate in this event. I, therefore, assume all risk of injury, loss of life, and loss or damage to property arising out of participation in this program. I grant permission for him/her to receive any medical attention deemed necessary by adult chaperones for injury or sickness that occurs during this event and will be responsible for all medical costs. Furthermore, I release the Alabama 4-H Foundation, Auburn University, its Board of Trustees, Faculty and Staff, the Alabama Cooperative Extension System, and the Alabama 4-H Center and its employees from all liability as to any right of action that may accrue to myself, my child, his/her heirs or representatives, for any such injuries or loss that he/she may suffer while being transported or engaged in this activity.

Parent's Signature _____ Date _____

Work Phone _____ Home Phone _____

If any of the conditions listed below apply to the 4-H'er entering this event, answer "yes" in the blank provided. If the answer is "yes" to any of the following, give the details in the space provided, indicating diagnosis, date of illness or injury, name of hospital, length of hospitalization, name of doctor, and any medicine currently being taken by the participant. Fill out the date of the last tetanus shot, and please enclose the name and number of your insurance provider along with a copy of the insurance card.

Answer Yes or No

1. Nervous or mental symptoms such as epilepsy, breakdown, convulsion, loss of consciousness, dizziness, paralysis ....._____
2. Lung disease: asthma, blood spitting, persistent cough, tuberculosis.._____
3. Disease of the heart or blood vessels: increased or abnormal blood pressure ....._____
4. Pain in chest or shortness of breath ....._____
5. Stomach or intestinal troubles ....._____
6. Arthritis, rheumatic fever, goiter, diabetes, kidney or bladder disease _____
7. Hay fever or allergy ....._____
8. Any surgical operations, accidents, or injuries ....._____
9. Impaired sight or hearing, chronic ear infections ....._____
10. Any infectious disease or contact with infectious disease in the week prior to this ....._____
11. Skin diseases ....._____
12. Allergy to medicines or foods ....._____
13. Currently taking medicine ....._____
14. Under the care of a physician ....._____
15. Requires a restricted diet ....._____
16. Date of last tetanus shot ..... _____

If you answered "yes" to any of the above, please give detailed explanation here: _____

_____
_____
_____
_____

Alabama 4-H Camp Event
Activity Release Form

Name of Camper _____Birth Date _____ Sex _____

Home Address _____
(No and Street) (City) (State) (Zip)

I, the undersigned, acknowledge that injuries or loss can result from participation in 4-H Camp events such as the Climbing Wall, Zip Line, 2-Wire, Canoeing, Riflery, Archery, Low Ropes, Fishing, Volleyball, Basketball, Softball, Swimming, and any other camp programs that are implemented by the Alabama 4-H Center and hereby give permission for my child, named above, to participate in these events. I, therefore, assume all risk of injury, loss of life, and loss or damage to property, arising out of participation in this program. Furthermore, I release the Alabama 4-H Foundation, Auburn University, its Board of Trustees, Faculty and Staff, the Alabama Cooperative Extension System, and the Alabama 4-H Center and its employees from all liability as to any right of action.

Parent's Signature _____ Date _____

Work Phone _____ Home Phone _____

Code of Conduct for 4-H Camp

1. Campers are expected to participate in all parts of the planned program.
2. Campers are expected to respond to requests and directions of all adults and counselors in charge.
3. Campers will behave in a way that is safe to themselves as well as others.
4. Boys are not permitted in girls' lodging areas nor are the girls permitted in the boys' area of lodging.
5. Public displays of affection, fighting, crude gestures, or vulgar language are all unacceptable forms of behavior.
6. Campers will leave the camp in good or better condition than when they found it (no vandalism or littering).
7. Possession or use of alcoholic beverages, drugs, narcotics, tobacco products, firearms, knives, and/or other weapons is strictly prohibited at all times. (Violators will be sent home at their own expense).
8. Gambling is not permitted.
9. Campers are encouraged to have fun that is safe and clean, so leave shaving cream, water balloons, etc. at home. *(Parents, you will be billed for any damages done to the room while your child is at camp.)*
10. Leave valuable jewelry, radios of any size, Walkmans, video games, cell phones, etc. at home. Any items that can be disruptive to the camping experience for others will be taken from the camper.

I have read the Code of Conduct for camp and agree to follow these and any other guidelines that are established for my safety and others at the 4-H Center. I realize that my failure to do so could result in a loss of privileges during camp and/or in the future.

Camper's Signature _____ Date _____

As the parent or guardian of _____ , I have read the 4-H Camp Code of Conduct and will support the adults in charge in the performance of their responsibilities to see that appropriate behavior is maintained.

Parent or Guardian Signature _____

Printed Name _____ Date _____

Home Phone _____ Work Phone _____

Notes

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