

Camp TEAM

“It’s
outta
this
world!”

Training
manual
2011

Camp T.E.A.M.

Together Everyone Achieves More

What's Up Camp!

Camp T.E.A.M. is an overnight camp for teens and adults with developmental disabilities and Western Washington University students.

Offered for the first time in 2002, Camp T.E.A.M. is a multi-agency effort with the coordinating committee consisting of members from Western Washington University Recreation Program, Skagit County, and Bellingham Parks and Recreation. Four of the leadership positions for Camp T.E.A.M. are held by senior-level Recreation majors from Western; activities, cabin groups and program planning are done by junior-levels students.

Camp T.E.A.M. fills a social need for community members and provides a training ground for Western students. Community members have the opportunity to experience a variety of camp-related activities as well as learn crafts, sport skills, and environmental games with carry-over value. Most importantly, community members have the opportunity to hang out in a natural way with other teens and adults. Western Recreation students leave the experience with a broader view of friendship and community as well as a greater understanding for serving persons with developmental disabilities in their home communities.

Program Objectives:

1. To provide an opportunity for both persons with developmental disabilities and Western Washington University students to experience an integrated group camp experience.
2. To provide the opportunity for persons with developmental disabilities to learn new recreation activities in a supportive and safe environment.
3. To allow students the opportunity to learn and practice skills that will allow them to create inclusive experiences for other communities.
4. To provide a fun and meaningful program that bridges Western Washington University with surrounding communities.

"I looked into his eyes while he was speaking and saw my brother, my sister, and my friends. My ill presumptions quickly dissipated and a true respect and yes, love, grew like an ember being blown by the wind on a dying flame. I pulled him towards the dance floor and danced several dances with him. I honestly have never enjoyed dancing as much as I did at that moment. I hugged his armless body with confidence, respect, and love. What a gift this was. I faced a gross injustice that burrowed in some dormant space, a prejudice camouflaged as acceptance in my heart. I am so humbled." – Phase I student reflection

Staff and Student Leaders Responsibilities and Contact Info

Amanda Grove
Bellingham Parks & Recreation
Handles publicity & promotion, camper registration, camper information forms, and medication.
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Peter Wold
Skagit Valley Hospital
Member of coordinating committee handles Skagit County campers, and student training.
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Jill Heckathorn
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Program Directors

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Camp Team training schedule 2011

April 4th- Monday

- ✓ Intro to camp and leadership team
- ✓ Camp Game (1 big group game, 4 small group games)
- ✓ Activity descriptions
- ✓ Hand out Camp TEAM manuals
- ✓ Hand out selection sheets (surveys)
 - Give 5-10 minutes
- ✓ "What's UP!" slide for next Wednesday – roles and group assigned

April 6th- Wednesday (9am)

- ✓ Roles assigned on note cards (description and group)
- ✓ "What's up!" slide: bring ideas to share for next group meeting

April 11th- Monday

- ✓ "What's up!" slide: SPIN DANCE (time and date) mandatory, what's happening that day and next week, skits
- ✓ Break into small groups
 - Getting to know group- ice breakers, goals, ideas for roles, general questions
- ✓ Camp Scenario skit prep (fun skits done by group and leader a few minutes in length, to be presented the 25th)

*****April 15th- Friday** T-shirt designs due to NASA!!

April 18th- Monday

- ✓ "What's up!" slide: Spin dance reminder, revised draft due April 25th
- ✓ Panel with Community Members
- ✓ **Short planning worksheet due**

April 25th- Monday

- ✓ Come up with phase goals for Camp TEAM
- ✓ Go over facilities @ camp
- ✓ Spin Dance info
- ✓ Skits presented
- ✓ "What's up!" slide: Papers will be given back April 27th, next week schedule overview
- ✓ **Individual & group plan draft due**

April 27th- Wednesday

- ✓ Give drafts back

May 2nd- Monday

- ✓ Go over schedule in detail
- ✓ What to pack for camp
- ✓ Q & A
- ✓ "What's up!"- CAMP'S UP YO!! Reminder of spin dance, directions time, what to wear etc.
- ✓ **Final plan/draft due (2 copies)**

To infinity... and beyond!!

Camp Itinerary

THURSDAY:

- ~2 pm NASA and Jall in Black arrives at Camp Kirby
- 6:00 pm Phasers arrive
- 6:15 pm Camp game (hosted by NASA)
- 6:30 pm Camp Tour Race
- 7:00 pm General Camp Preparation
 - ☀ Checking cabins (mattresses, etc)
 - ☀ Activity area safety check and prep
 - ☀ Cabin decorating launch!
- 8:00 pm Let the potluck begin!
- 8:45 pm Decorate the dining hall
 - ☀ Poster making
- 10:00 pm Space Jamz!
- 10:30 pm Campfire hosted by NASA

FRIDAY:

- 8:30 am Breakfast
- 9:00 am Training:
 - ☀ Phasers role at camp
 - ☀ Appropriate (person-first, etc.) language
 - ☀ What to expect when community members/bus arrives
 - ☀ Cell phone policy
- 9:30 am Prevailing Presentation Performed by PETER!
- 10:30 am Phase Picture
- 10:40 am Cabin prep
 - ☀ Name tags for cabin groups
- Activity area preparation
- Finish posters
- 11:30 am Bus phasers (5) leave for Max Higbee Center [meet Amanda at 12:15]

Noon	Lunch time! Feeding frenzy!
12:30 pm	Super Final Prep!
	<ul style="list-style-type: none"> ☀ Clean up all remaining supplies etcetera ☀ GET STOKED! (declared by Jill)
2:00 pm	Bus rolls into camp
2:15 pm	Welcome! Activity by Phasers
	*MIB Rap
2:30 pm	Cabin Teams and Activity
3:30 pm	Everyone meets in the Dining Hall
	<ul style="list-style-type: none"> ☀ Snack ☀ Activity preview skits ☀ Activity choice signup ☀ Free-time with buddy
4:30 pm	Activity Session #1
5:30pm	Wash hands/ get ready for dinner
5:45 pm	Assemble in front of the dining hall
	Camp chant/song/getting stoked for dindin/etc.
6:00 pm	Pre-dinner activity
6:10 pm	Dinner
7:00 pm	Buddy chill time
	Phaser activity prep
7:30 pm	Karaoke*
8:30 pm	Campfire*
9:30 pm	Everyone gathers at campfire for closing
10:00 pm	Mosey to cabins to get ready for bed
	Cabin group debrief
10:30 pm	Lights out SATURDAY:
7:30 am	Good Morning World!
	NASA make rounds that everyone is up and at 'em!

*Karaoke and
Campfire will run
simultaneously until
cabin time.

- 8:00 am Camp chant or Song lead by pre-meal activity group (in the dining hall)
- 8:15 am Breakfast!
- 9:00 am All Camp Activity
- 10:00 am Congregate in front of dining hall
- Activity Session #2
- 11:00 am Cabin Cleanup
- 11:45 am Gather round the dining hall
- Camp chant
- Pre-meal activity
- 12:15 pm Lunch
- 12:45 pm Cabin groups bring gear to cabin posts by dining hall
- 1:00 pm Closing Activity
- 1:45 pm “say so” open mic reflection lead by NASA and Jill
- 2:00 pm Bus Departure
- Phaser bus riders return to Max Higbee Center with community members
- After bus departure, camp cleanup begins!
- ☀ Cabin final sweeps
 - ☀ Activity and common camp area cleanup
 - Dining hall
 - Bathrooms
 - Trash pick-up on beach, fields, etc.

Cabin Leader Description

- ⇒ Partner up with another cabin leader
- ⇒ Facilitate buddy match-up, document, and give to unit leader
- ⇒ With your partner, write an activity plan for opening and closing activity with your cabin group. Each partner will lead one of the two.
- ⇒ With your partner, create a cabin theme that goes with the concept of “Outta’ This World”
 - Decide how this cabin theme will be expressed – i.e. nametags, signs on cabin, decorating bunks, costumes, etc.
 - You will be given an allowance to buy supplies to support your cabin theme
- ⇒ Support activity leaders when they need someone to hang out with their buddy, i.e. hang out with them yourself or help find someone who can if you are unable for any reason
- ⇒ Check in with unit leaders Friday night after end of day activities

All Camp Description

- ⇒ With selected buddy, pick activities that they are interested in and participate together, unless you are unable to because you’re leading another activity at that time
- ⇒ Know of adaptations for activities
- ⇒ Have back up activities and be flexible
- ⇒ Keep accessibility in mind

Camp TEAM Supply List

PEHR Cages

Footballs

Cones

Foam Balls

Frisbees

Jump Ropes

Stop Watches

Tape Measures

Bellingham Parks and Recreation Department

(there is no guarantee of any particular color of any item)

Small paint brushes

Paints: acrylic, tempura, watercolor, poster

Tape – scotch, masking

Pens, pencils, crayons, markers

Glue (Elmer’s)

Hole punches

Packing tape

Newspaper

Ribbon (assorted)

Yarn

Tissue paper scraps

Scissors

Butcher paper

Glitter

Cones

Bent-up hula hoops (about 5)

Bunches of tiny beads (the size of the head of a pin) in a variety of colors

Wine corks

Clothes pins

Random rubber stamps

Pipe cleaners

Picture frame mats

Felt scraps

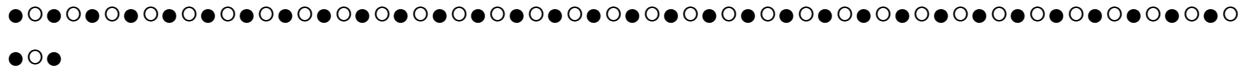
Pine cones

Foam (art)

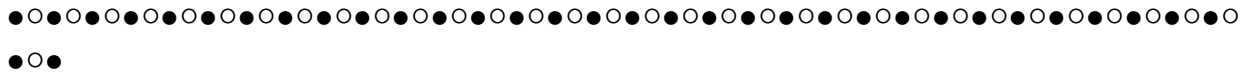
Buttons

Camp T.E.A.M. Student Reflections

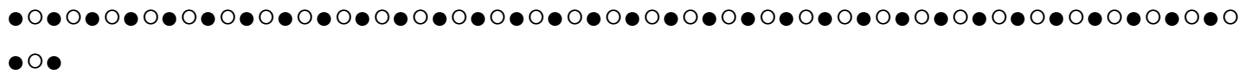
"One thing that Camp T.E.A.M. has helped me to realize is that I have the ability to reach many more populations through outdoor recreation than I previously realized; not only that, but I want to."



"When I was younger I went to basketball camps and softball camps. I had been in a dorm with other people my age, and I remember feeling somewhat out of place. At Camp T.E.A.M., I felt like I had found my place. This is the type of atmosphere I want to work in. One of openness without judgment, filled with positive vibes and outrageous support. I don't only want to work in such an environment; I want to create that environment."



"So, in the end this so called 'amazing opportunity' did have a lot in store for me. The feelings I experienced are something that can't be laid out like a set of paints, it had to be created and lived through, and by my choice alone. My technical wisdom is great for class discussions, being politically correct, and test, but nothing can prepare you for Camp T.E.A.M. like Camp T.E.A.M. itself. Are my inhibitions, fears, and anxiety wiped away? Not even close, but I now see that my heart is big enough to do my best and help everyone recreate no matter their capabilities. 'Paper assignment? No. No. No. Camp T.E.A.M. please.'"



"There was a genuine experience at camp that still sticks with me that proved I had extinguished the socially imposed barriers between me and people with disabilities. A (community member) was singing karaoke when I sat down to rest my knee. I remember sitting alone watching her have the time of her life regardless of how she sounded. I was expecting negative thoughts or feelings regarding her abrasive vocal performance, but they never came. I just sat and watched her for who she was in the moment: happy and alive. I was very proud of myself because I didn't have to trick myself into believing I enjoyed watching her sing. It was authentic."

Supply Request Form

Group Name _____

Please be as specific as possible, especially when color, size or number are essential to the success of your activity. We will do our best to get you what you need. Please be aware that we may not be able to get you exactly what you need and we will let you know ahead of time what we can and cannot get. Remember, we need to have these request forms by Friday April 28, in order to get everything you need, otherwise, you will be responsible for getting the things you need.

Supplies needed: PEHR CAGES

Item	Number of Item	Colors	Other Information

Supplies needed: Bellingham Parks and Rec:

Item	Number of Item	Colors	Other Information