



# Camp Twin Creeks

## Parent Handbook 2009

### Main Office

Until May 15th, 2009:

PO Box 219

Elmsford, NY 10523

Phone: (800) 451-8806

Phone from Overseas: 001 (914) 345 0707

Fax: (914) 345-2120

### Summer Office

As of May 18th, 2009:

HC 82 Box 132 (not PO Box)

Marlinton, WV 24954

Phone : 1 (800) 451-8806

Phone from Overseas: 001 (304) 799-6156

Fax: (304) 799-4949

Summer office hours are 8am-9pm

Voicemail from 9pm-8am

Emergency Calls ONLY between 1am-7am (304) 799-4945

email: [info@camptwincreeks.com](mailto:info@camptwincreeks.com)

website: [www.camptwincreeks.com](http://www.camptwincreeks.com)

During the summer, visit us online at [www.camptwincreeks.com](http://www.camptwincreeks.com)

Dear Parents:

This handbook is intended to serve as a guide for your summer preparations. If you follow the information below, you will hopefully find camp preparations quite straightforward. Feel free, as always, to call on us for assistance anytime.

If you are a returning family, please be careful to note any changes which have taken place since last year.

We are looking forward to another exciting and fun-filled summer and are delighted that your family will be a part of this season at Camp Twin Creeks!

### **IMPORTANT DATES 2009**

ASAP	Order camp clothing and equipment from CLOZ
March/April	Make appointments for medical and dental check-ups
May 12th & 13th	First Time <b>Parent</b> Evenings at Pooks Hill Marriott, Bethesda and Tysons Corner Marriott, Tysons Corner
May 17th	Spring Gathering at a Washington Nationals game
June 1st	Completed medical forms due in summer camp office
June 1st	Transportation forms due in summer camp office
June 12th / 13th	Family Camp Weekend, <b>Friday and/or Saturday</b>
June 13th	Annual Spring Picnic, 11am - 4pm

#### Session Dates

June 21st – July 4th	1 <sup>st</sup> Session
June 28th – July 4th	Dream Week 1
July 5th – July 18th	2 <sup>nd</sup> Session
July 19th – August 1st	3 <sup>rd</sup> Session
August 2nd – August 15th	4 <sup>th</sup> Session
August 9th - August 15th	Dream Week 4

for daily updates and pictures about your child's summer at camp!

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## **CAMP RULES**

We aim to make Camp Twin Creeks as wonderful an experience for your child as possible. In a group living environment such as ours, cooperation is essential and we find that campers are most comfortable when they know what is expected of them. So we ask that you and your child follow some important rules:

1. **Electronics Policy: PSP's and Nintendo DS' are not to be brought to Camp. IPods may be brought to Camp but any video content must be removed prior to arriving at Camp. Any PSP's or DS' or IPods with video brought for the bus journey will be looked after in the office and returned at the end of Camp.**

2. Gratuities: There is NO TIPPING at Camp Twin Creeks. Our staff is aware of this rule and knows that anyone accepting "tips" will be dismissed from the staff.

3. Food: It is against camp regulations to send candy, gum, bottled water or foodstuffs to camp. Campers are not allowed to keep any such items at camp. Foodstuffs attract small animals to the bunk, whilst gum is very difficult to remove from the surface of camp athletic facilities, equipment and furniture.

4. Pocket Money and Valuables: There is no need for money at camp. We cannot assume responsibility for any money or valuables kept by a camper in his or her bunk.

5. Appliances: Electrical power is very limited at camp and we cannot handle the strain caused by appliances. All such equipment, including stereos and electric fans, are not permitted in camp. Special mention should be made of digital cameras. They are expensive and may not hold up under the rigors of camp. Therefore we do not encourage bringing them to camp. A disposable camera works just fine! We are not responsible for any broken or misplaced small electrical items.

6. Weapons: No firearms, crossbows, knives, slingshots, or weapons of any type are permitted at camp.

## **ROLLER HOCKEY EQUIPMENT**

In order to be able to play roller hockey or to inline skate, campers are required to bring the following equipment:

- Roller Blades
- Protective Knee Pads
- Protective Wrist Pads

For campers playing street hockey, helmets will be provided.

## **DRUG / TOBACCO / ALCOHOL POLICY**

No smoking or possession of any tobacco or alcohol products or any controlled substance will be tolerated at anytime by any camper or staff member. We are a non-smoking, non-alcoholic and drug-free environment. Camp Twin Creeks staff are also subject to random drug testing throughout the summer.

Any camper or staff member violating any of the above policies is subject to immediate dismissal from Camp Twin Creeks.

for daily updates and pictures about your child's summer at camp!

## **HEALTH CARE**

Each camper's medical history is reviewed carefully by our Medical Staff prior to camp's opening. Please keep in mind that the more we know about the health habits and history of your child, the better care we can take of him or her. Any and all information pertaining to your child's psychological development (including any counseling) is enormously helpful as we work to maximize your child's experience at Camp Twin Creeks. Be assured this information is treated in a totally confidential manner.

If required, both medical forms must be filled out completely and returned to our office by June 1st. We advise that you make your appointments now in order that you may complete your medical form by June 1st. Campers who do not have a completed medical form at camp will not be permitted to participate in camp activities. We strongly suggest you keep a copy of this medical form for future use or in case of lost paperwork.

To further help us in this area, we ask you to adhere to the following guidelines:

1. Abbreviated medical forms from your physician may not be substituted in place of our own required form.
2. West Virginia makes mandatory the listing by physicians of immunization dates for diphtheria, measles, mumps, polio and rubella. Anti-tetanus injections must be given where needed.
3. Special medications being sent to camp should be accompanied by full instructions on the medical report. The medical staff must be made aware of any and all medications provided for your child. Medications should be given to your child's bus counselor or be sent to camp prior to your child's arrival.
4. Dental and orthodontic work must be completed before camp. Please send special instructions from your orthodontist should adjustment or treatment be necessary.
5. For those campers that wear glasses, please send a second pair of glasses
6. Please note any special diet instructions on the medical form.
7. Advise camp of any contact your child has had with any contagious disease after June 1st.
8. Due to recent epidemics of head lice we suggest that your child's hair be shampooed with the appropriate medicated shampoo immediately before departure for camp. Tea Tree Shampoo can also be used to treat and prevent. Kindly consult your pediatrician for their recommendation. To be safe we check all campers during the summer.
9. West Virginia's Department of Health annually inspects all health records, grounds and facilities of Twin Creeks. These reports are on file at the Department of Health's Regional Office in Marlinton, WV 24954.

During the summer, visit us online at [www.camptwincreeks.com](http://www.camptwincreeks.com)

## **MAIL**

Parents should provide an adequate supply of postage and stationery for their children, as well as pre-addressed envelopes for younger campers. Campers are required to write 5 letters home. International campers may purchase stamps from the camp office.

For families using 'Pigeon Post' please note that this stationery will be used for Red Letter Days only (Monday, Wednesday, Friday of week 1 and Sunday and Tuesday of week 2).

If you are traveling anytime during your child's camp session, please provide the camp, as well as your child, with an itinerary complete with phone numbers of where you can be reached in case of emergency.

## **E-MAIL and WEBSITE**

During the summer, you will be able to see highlights from camp, updated daily. Stay tuned to [www.camptwincreeks.com](http://www.camptwincreeks.com) for more information!

We do accept e-mail for campers via our website. Campers do not, however, have access to reply to emails sent.

**To email your camper:** Log on to [www.camptwincreeks.com](http://www.camptwincreeks.com). Click on "The Creeks". Enter username (the) and password (creeks). Click on: 'email your camper'

**We ask that your emails be positive and encouraging for your child. For example:**

**"We miss you, we hope you are having fun, and we cannot wait to see you" is more beneficial to the feelings of your camper than "We are so lonely here without you."** Letters that are encouraging and upbeat allow your child to focus on the positive aspects of the camp experience as opposed to feeling guilty for not being home.

## **FAX**

Fax service is available into and out of our camp office 24 hours a day during the camp season for parents traveling outside North America and our international families. The camp fax number is (304) 799-4949.

## **PACKAGES**

In the interest of placing the emphasis in camp on activities, programs and friendships, we like to avoid the inevitable competition caused by the receipt of toys, video games, water guns and the like. Books, magazines and toiletries are fine but please do not send packages with "gifts" for your child or his/her fellow campers.

**Food, candy, bottled water, gum, make up and nail polish are not allowed at Camp Twin Creeks. Snacks sent for the bus ride home should not be excessive.**

We reserve the right to check all incoming packages. The campers are aware of this policy. PLEASE HELP US BY ALERTING RELATIVES AND FRIENDS.

### **If shipping using UPS:**

Camp Twin Creeks  
9 miles East of Marlinton on Rt 39  
Minnehaha Springs, WV 24954

### **If shipping using FedEx:**

Camp Twin Creeks  
HC 82 Box 132  
(Note: this is not a PO Box)  
Marlinton, WV 24954

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## **PHONE CALLS**

**We suggest that parents allow for 2 or 3 days of camp before calling Gordon to find out how their child is adjusting.** This allows campers sufficient time to settle into the routine of camp. Please be assured that we will call you before this time if needed.

Campers are typically allowed one phone call per session. Please ensure we have the correct number to reach you . **In order to arrange a phone call, please contact the summer office as of Monday June 15th so we can schedule the call at a specific time.** Phone calls will be scheduled from Thursday of the first week through Thursday of the second week of the session.

Note: When there is a divorce, each parent is entitled to a phone call. An extra call can also be arranged for a child celebrating a birthday in camp.

**Needless to say, we will contact you if we feel that a phone call between you and your child will help to resolve any in-camp problem.**

We do use an answering machine between the hours of 9 PM and 8 AM.

If you have any questions or concerns about this policy please do not hesitate to call.

## **MISCELLANEOUS**

Canteen: All in-camp canteen charges are included in our tuition. **If campers require one of these items or sundries (toothbrush, soap, etc...) please let them know to notify his/her counselor and we will purchase the item for them** as opposed to your child writing home to you.

**CLOTHING AND PACKING -** Our packing list is available inside the Cloz catalog.

Preoccupation with clothing and makeup is not a part of life at Camp Twin Creeks. Makeup and nail polish are not allowed and no dressy clothes are needed. We provide laundry service twice per session, on camp, and we ask that you send color-fast items only. To help you with your packing, please note the following:

**1. All campers should bring a water bottle to camp.**

2. We recommend the use of one large sports equipment bag or soft trunk, available in the Cloz catalog, if you are purchasing new luggage. For storage, durability and ease of handling they are superior to the standard camp trunk.

3. Valuable jewelry, expensive watches, etc...are not needed and not permitted in camp. We cannot be responsible for any damage or loss for such items.

4. Please remember to enclose an accurate list of what your child has packed inside his or her luggage.

**5. We request that you mark every packed item with your camper's last name to omit any confusion over lost property. Please also mark the outside of luggage with a camper or family name.**

6. At the end of each session, any lost property that is clearly marked with a camper's name will be returned.

7. **Order early** from the CLOZ catalog to ensure that your child receives his/her clothes in time for camp. Cloz supplies campwear for various camps. As a result, the majority of their customers order from the catalog at the same time.

8. **PARENT SUGGESTION** - "we have added bug spray, a twin size bed pad, a beach towel in addition to a bath towel, a plastic cup for teeth brushing and a box of kleenex!"

During the summer, visit us online at [www.camptwincreeks.com](http://www.camptwincreeks.com)

## **BAGGAGE INSTRUCTIONS**

Campers who are not taking the bus to camp should arrive at camp with all of their luggage and personal items with them. Campers who are taking the bus should arrive at the bus pick-up location with all of their luggage and personal items with them. Two pieces of hand luggage are permitted per camper on the bus. Larger luggage will go under the bus and be taken directly to camp. Upon arrival at camp, counselors will help all campers transport their luggage to their cabin and get settled in. Please ensure luggage is marked with camper names.

## **TRANSPORTATION / DEPARTURE**

1. All Transportation forms must be returned by June 1st. Please notify us on this form if your camper will be taking the bus or being driven to camp. This information can be provided online, under the 'Current Families' & 'Forms' section.

2. (Any questions at all pertaining to travel should be directed to us at the office anytime)

### **For metro DC area families:**

The bus will leave from Isaac Newton Square (North) in Reston, VA at 9:30am. Exact departure details will be on our transportation form and website. A reminder email with this information will be sent a few days before each session starts.

Campers must arrive at least 30 minutes before departure so that luggage may be loaded.

There will be a Senior Staff member present who will be the designated Trip Leader. Check in with the Trip Leader and have your child go directly to his or her assigned bus with any carry-on luggage.

### **For US families from other areas:**

The bus from Reston, VA is also available to you at no extra charge. Reston is located on the western outskirts of Washington DC. If you drive your child to camp plan on arriving between 12pm and 2pm and use the driving directions on our website.

### **For International families & US families flying to Camp:**

Where possible book flights into Washington DC Dulles Airport (IAD) to arrive around midday and early afternoon. If you are booking flights and are unsure of suitability simply call our office to confirm beforehand.

3. **Bus riders; please provide your child with a bag lunch, including a drink.** Please do not send excessive food and candy on the bus; this will minimize the possibility of motion sickness. **Please also refrain from sending candy to camp for the bus ride home for the same reason.**

4. **Bus riders:** Medication should be properly packed, labeled with your child's name and special instructions, and given to the bus counselor.

5. **Bus riders:** Please limit carry-on luggage to 2 pieces per camper.

6. **Bus riders:** The bus will return to the same location at around 1:30 pm (depending on traffic.)

7. Dream Week Transportation picks up and drops off at the same time and location as other sessions.

8. **French Families - please check with your airline to determine if your child needs a visa to visit the USA.**

**NOTE: If you should miss the camp bus, please call camp immediately at 304 799 6156 for further instructions. We suggest putting this number in your cell phones ASAP, just in case.**

for daily updates and pictures about your child's summer at camp!

## **DIRECTIONS TO TWIN CREEKS**

### **From Washington, DC**

Take Interstate 66W to Interstate 81S to Rte. 257 (exit 240). Go W 4 miles to Bridgewater, turn left on Rte. 42S through Goshen to Rte.42S / Rte. 39W to Millboro Springs. Continue on Rte. 39W through Warm Springs. Camp Twin Creeks is 5 miles over the WV state line on Rte. 39 in Minnehaha Springs on the right.

### **From Virginia**

**Virginia Beach & Richmond** - Take Interstate 64W towards White Sulphur Springs. Take Rte. 92N to Rte. 39W toward Minnehaha Springs. Camp Twin Creeks is on the right.

### **From Pennsylvania**

**Pittsburgh** - Take Interstate 79S toward Sutton to Rte. 19. Go S towards Summersville to Rte. 39E to Minnehaha Springs. Camp Twin Creeks is on the left.

**Philadelphia** - Take PA Turnpike W toward Harrisburg to Interstate 81S to Rte. 257 (exit 240). Go W 4 miles to Bridgewater, turn left on Rte. 42S through Goshen to Rte.42S / Rte. 39W to Millboro Springs. Continue on Rte. 39W through Warm Springs. Camp Twin Creeks is 5 miles over the WV state line on Rte. 39 in Minnehaha Springs on the right.

### **From Ohio**

**Columbus** - Take Interstate 70E to Interstate 77S. Take Interstate 77S to Interstate 64. Go E toward White Sulphur Springs. Take Rte. 92N to Rte. 39W toward Minnehaha Springs. Camp Twin Creeks is on the right.

**Cleveland** - Take Interstate 77S to Interstate 64. Go E toward White Sulphur Springs. Take Rte. 92N to Rte. 39W toward Minnehaha Springs. Camp Twin Creeks is on the right.

**Cincinnati** - Take Rte. 32E to Rte. 23 S to Interstate 64. Go E on Interstate 64 to White Sulphur Springs. Take Rte. 92N to Rte. 39W toward Minnehaha Springs. Camp Twin Creeks is on the right.

**From Georgia - Atlanta** - Take Interstate 85N to Interstate 77N. Take Interstate 77N towards Beckley and get on Interstate 64E to White Sulphur Springs. Take Rte. 92N to Rte. 39W toward Minnehaha Springs. Camp Twin Creeks is on the right.

**From North Carolina - Raleigh/Durham** - Take Interstate 85W to Rte. 220N. Take Interstate 81N to Interstate 64W to White Sulphur Springs. Take Rte. 92N to Rte. 39W toward Minnehaha Springs. Camp Twin Creeks is on the right.

**From Florida - Miami** - Take Interstate 95N to Interstate 26N towards Columbia. Take Interstate 77N towards Beckley and get on Interstate 64E to White Sulphur Springs. Take Rte. 92N to Rte. 39W toward Minnehaha Springs. Camp Twin Creeks is on the right.

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## Where to Stay

### **Hotels and B & B**

	<b>Address</b>	<b>City</b>	<b>Phone</b>	<b>Distance from Twin Creeks</b>
Carriage House Inn	Route 39	Marlinton, WV	(304) 799-6706	5 minutes beyond Camp
Naturally You	Route 39	Marlinton, WV	(304) 799-5471	15 minutes beyond Camp
Old Clark Inn	3rd Avenue	Marlinton, WV	(800) 849 4184	15 minutes beyond Camp
Jerico Bed & Breakfast	Route 219 S	Marlinton, WV	(304) 799 6241	15 minutes beyond Camp
The Inn at Gristmill Square	Route 220	Warm Springs, VA	(540) 839-2231	45 minutes before Camp
Hidden Valley Bed & Breakfast	Hidden Valley Rd	Warm Springs, VA	(540) 839-3178	45 minutes before Camp
Meadow Lane Lodge	Route 39 W	Warm Springs, VA	(540) 839-5959	45 minutes before Camp
Three Hills Inn	Route 220	Warm Springs, VA	(540) 839-5381	45 minutes before Camp
King's Victorian Inn	Rte 2 Box 622	Hot Springs, VA	(540) 839-3134	45 minutes before Camp
Vine Cottage Inn	US Highway 220	Hot Springs, VA	(540) 839-2422	45 minutes before Camp
Elk River Inn & Restaurant	Route 219 N	Slatyfork, WV	(304) 572-3771	45 minutes beyond Camp
Sweet Thyme Inn	Route 92	Green Bank, WV	(304) 456-5535	45 minutes beyond Camp
White Oaks Bed & Breakfast Big Draft Road	White Sulphur Springs, WV		(800) 536-3402	1 hour beyond Camp
Milton Hall Bed & Breakfast	207 Thorny Lane	Covington, VA	(540) 965-0196	1 hour beyond Camp
<b>Resorts</b>				
The Homestead	US Highway 220	Hot Springs, VA	(540) 839-1766	45 minutes before Camp
The Greenbrier	300 W Main St.	White Sulphur Springs, WV	(304) 536-1110	45 minutes from Camp

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