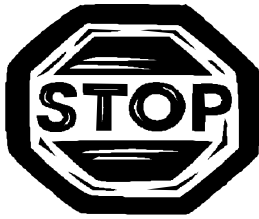


# CAMP TALL TIMBERS INFORMATION BOOKLET

## CELEBRATING 40 YEARS OF GREAT SUMMER FUN



You can complete and submit your **CAMP TALL TIMBERS** forms online!  
Visit the parents section of our website at  
**[www.camptalltimbers.com/parents](http://www.camptalltimbers.com/parents)**  
and follow the link to our handbook and forms page, where you will find all  
our camp forms for download or online submission.

Winter Office  
(until May 31st)  
Camp Tall Timbers  
3735 Spicebush Drive  
Urbana, MD 20714-7879  
Phone: (301) 874-0111  
Fax: (301) 874-0113

Summer Office  
(After June 1st)  
Camp Tall Timbers  
Route 1, Box 472  
High View, WV 26808-9707  
Phone: (304) 856-3722  
Fax: (304) 856-3765

E-mail: [FunCamp@aol.com](mailto:FunCamp@aol.com)      [www.camptalltimbers.com](http://www.camptalltimbers.com)

Camper E-mail: [CTTCampers@aol.com](mailto:CTTCampers@aol.com), for receiving only.

Compiled in these pages is the information you will need to know about the various aspects of preparation for **CAMP TALL TIMBERS**. Keep this booklet handy for current and future reference. We encourage our returning families to review this booklet as some of our policies have been changed.

Also included are the various forms that you may need to complete and return. For your convenience, these forms are on pages 11-20. The **MEDICAL FORM** is very important and must be returned before your child departs for camp. Please schedule a visit with your pediatrician to ensure that your child has a healthy summer.

If we can be of any assistance to you in your preparation for **CAMP TALL TIMBERS**, please feel free to contact us.

Glenn Smith  
Director

Jerry Smith  
Executive Director

Winter Office  
(until May 31st)  
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Urbana, MD 20714-7879  
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**IMPORTANT GENERAL INFORMATION  
FOR PARENTS  
IMPORTANT DATES 2010**

**BEFORE MAY 20TH TUITION BALANCE DUE.**

**ONE MONTH PRIOR TO YOUR CHILD'S ARRIVAL, RETURN PAGES 11-20**

- JUNE 1ST      CAMP OFFICE MOVES TO WEST VIRGINIA
- JUNE 10      HEALTH FORMS DUE. Remember to sign authorization.
- JUNE 11      SHIP UPS LUGGAGE **FIRST SESSION**  
(If you are using UPS.)
- JUNE 11      SEND LUGGAGE KEYS TO WEST VIRGINIA  
(If using a lock.)
- JUNE 17      LUGGAGE SERVICE PICKUP **FIRST SESSION**  
(dates and times will be confirmed, available in Tyson's Corner VA,  
Rockville and Baltimore MD only.)
- JUNE 20      **FIRST SESSION OPENS**
- JULY 3        SHIP UPS LUGGAGE **SECOND SESSION**  
(If you are using UPS.)
- JULY 3        SEND LUGGAGE KEYS TO WEST VIRGINIA  
(If using a lock.)
- JULY 10      LUGGAGE SERVICE PICKUP **SECOND SESSION**  
(dates and times will be confirmed.)
- JULY 10      **FIRST SESSION ENDS**  
Luggage service delivers to camper drop-off point  
30 minutes prior to bus arrival.
- JULY 11      **SECOND SESSION OPENS**
- JULY 31      **SECOND SESSION ENDS**  
Luggage service delivers to camper drop-off point  
30 minutes prior to bus arrival.
- JULY 31      LUGGAGE SERVICE PICKUP **THIRD SESSION**  
(dates and times will be confirmed.)
- AUGUST 1     **THIRD SESSION OPENS**
- AUGUST 14    **THIRD SESSION ENDS**  
Luggage service delivers to camper drop-off point  
30 minutes prior to bus arrival.

## COMMUNICATING WITH CAMP

Our purpose is to provide a worthwhile and stimulating summer experience for your children. Since you are removed from camp during the summer, we ask that you never hesitate to communicate with us regarding any detail, question or concern regarding your son or daughter.

Camp Tall Timbers' Directors and Administrators spend very little time in the office. We stay in close touch with the children by being outside with our campers at activities and programs.

To facilitate excellent communication between parents and the camp, you should feel free to call or write us anytime. In almost all cases, if you were to receive a "sad" card or note, by the time you receive it, any "problem" has long been resolved. We do welcome the opportunity to attempt to solve problems during the summer instead of hearing about difficulties after the summer has ended. If you become aware of something negative during the summer, please bring it to our attention.

When you call, you will speak with a secretary who will take a message or you may leave a message on our answering machine. Someone will return your call within 24 hours. Please give us some time to check into any issue. We pride ourselves on the very personal atmosphere at Camp Tall Timbers and our staff will do their best to resolve any difficulties that might arise.

**MAIL:** Our campers are required to write home at least three times a week. We know how important their mail is to you, and we do everything in our power to see that letters and cards are mailed on time. The High View Post Office is a country post office which becomes extremely busy in the summer. Mail is picked up at camp only once a day so that a letter that misses the morning mail will not go out until the next day. We recommend that for our younger campers, you send along pre-addressed envelopes or postcards. Generally once mail leaves camp it takes from three to five days to be delivered within the United States and Canada. Please note that the July 4th holiday weekend significantly slows the mail to and from camp. We ask you to consider these things before becoming concerned because you have not heard from your child.

**HAPPINESS IS RECEIVING MAIL!:** Mail received by campers on a regular basis is important to their camp adjustment and happiness. Camp-wise parents begin sending letters a week before their child leaves for camp to ensure mail in those first few critical days. Frequent short letters and cards are better than long occasional letters. Make your letters newsy, but directed toward what your child has been doing at camp and is going to be doing at camp. It is important that your letters be positive and encouraging. **Please avoid lengthy discussions of your own good times at home or of any vacation you may be taking.**

**PACKAGES FROM HOME:** Our food is planned for a properly balanced diet. **PLEASE DO NOT SEND FOOD OR CANDY TO CAMP.** Remember that it is difficult for your child to receive a package with items (food and candy) that he or she may not keep. Your child will ask you to send food to camp and we ask you not to. Over the years packages of food have created nothing but problems for our campers and administration at camp. This policy is for your child's safety and the safety of others. Food allergies can be serious for campers who eat foods that may have hidden food ingredients. You may mail some type of non-edible gift such as clothing, games, or books if you wish. **WE ASK EVERY PARENT TO GIVE THIS MATTER THEIR FULL COOPERATION.** Campers are permitted to keep chewing gum. **ALL CANDY AND FOOD PACKAGES WILL BE CONFISCATED.** Please notify all relatives of this policy.

**TELEPHONE CALLS:** Telephone calls to campers are usually very disruptive to the camp program and could have adverse effects if the child is having any adjustment problems. Also we are not equipped with telephone lines that could facilitate all of our campers. Therefore, we do not permit campers to receive phone calls. Also, **CELL PHONES ARE NOT PERMITTED AT CAMP.** If you have any concerns, please feel free to call the camp directors at (304) 856-3722. We also have a fax line at camp. The number is 304-856-3765. The Camp Tall Timbers E-mail address is FunCamp@aol.com - any questions or camp business should use this address. **Our camper E-mail address is CTTCampers@aol.com.** Make sure that your campers name and cabin (when possible) are in the subject line. We will retrieve messages each morning. Please feel free to use our fax line and E-mail to communicate with your children. **Campers are happiest receiving mail through the U.S. Postal Service.**

## HEALTH CARE

**MEDICAL EXAMS:** Each camper is required to have a complete medical examination within six months prior to their arrival at camp. Please make an appointment with your physician for a pre-camp physical. It is most important that your physician completes the medical form carefully with the dates of all shots and any sensitivity to drugs, foods, and other items. Our camp nurse and doctor check each form carefully before treating any child. This medical record is their guide.

We have resident nurses and physicians in camp throughout the summer. There is also a well-stocked and equipped health center at Camp Tall Timbers. The excellent medical facilities in Winchester, Virginia are only 20 miles away.

Camp insurance does not cover in-and-out hospital expenses, prescriptions, or visits to Dr.'s office. All medical expenses except for services performed by our camp staff are charged to you or to your insurance company. Please make sure we have the correct and complete insurance information on the medical card.

You will receive a letter or call from our medical staff in any of the following situations:

Your child spent a night in the infirmary and then returned to his or her cabin.

Your child received a tetanus booster.

Your child was placed on medication by our camp physician.

If your child spends two nights in the infirmary, you will be called by the medical staff or director. If he or she has any medical problems out of the ordinary, you will be notified.

**EYEGASSES:** Please make sure that you send an extra pair and/or the prescription. The same holds true for contact lenses.

**MEDICAL SUPPLIES AND PRESCRIPTION DRUGS:** Special prescriptions and medications must be carefully labeled with your child's name and complete instructions for administering them. **For safety reasons, we do not permit campers to keep prescriptions or medications in their cabins. All medications are dispensed by our camp nurse.** If prescriptions need to be refilled, please have your physician supply us with an extra copy. The costs of these prescriptions are deducted from your child's spending money account and should be reimbursed to ensure each camper has spending money in their account.

## GENERAL CLOTHING INFORMATION

We think it is a wonderful idea for your child to help in the process of getting ready for camp. Let your child get involved as much as possible in the preparation. If you involve your child in the packing process, he or she will know what items have been brought to camp.

**OUR CLOTHING LIST:** We have enclosed our clothing list to guide you in your selection of the type and amount of clothing and other articles you will need. Begin your packing by first selecting items that you already have on hand. Remember that camp is a great place to wear out “old” clothes. Please **DO NOT** bring expensive, irreplaceable, or elaborate clothing with you. Keep in mind that clothing tends to receive hard wear at camp.

**BEDDING:** Blankets, fitted bottom sheets, sheets, pillow and pillowcases will be provided for your child. Each child should have their own sleeping bag for trips and unusually cold weather. Some children prefer to bring their own linen. Please be sure to label everything.

**LAUNDRY:** The laundry is done once each week and returned in twenty-four hours. Our clothing list is compiled with this in mind. We recommend that clothing be wash & wear. Please do not bring clothing items which require hand washing or drip drying.

**LABELING:** Absolutely everything that your child brings to camp should be labeled. Every single article, whether shorts, bathing suit, socks, flashlight, shoes, or sports equipment, must bear your child's name. We recommend indelible markers or good quality labels.

**SPECIAL EQUIPMENT:** A sleeping bag is a must for the various overnight trips that are a feature of our camp program.

**PERSONAL SPORTS EQUIPMENT:** Your child can bring his or her own special sports equipment, but it must be stored at the relevant activity area where it can be locked away when not in use. Camp cannot be held responsible for these items!

Storage for clothing in the cabins and tents is adequate but compact. A camper's total needs including bedding, if they choose to bring it, should fit into two duffles.

### SUGGESTED CLOTHING LIST

#### NECESSARY ITEMS:

- 10 pairs pants (7 short, 3 long)
- 10 T-shirts or Polo shirts
- 2 **Camp Tall Timbers** T-shirts (available from our website)
- 1 jacket
- 2 pairs of tennis shoes
- 1 pair sturdy shoes
- 10 pairs of socks
- 10 pairs underwear
- 2 pairs light weight pajamas
- 1 pair heavy pajamas
- 3 bathing suits
- 3 sweatshirts or sweaters
- 1 pair rubber shoes for shower & pool
- 1 poncho or raincoat & hat
- 1 pair wet weather shoes/boots
- 1 **Camp Tall Timbers** baseball cap (available from our website)

#### GENERAL SUPPLIES:

- 6 - 8 towels
- 2 - 4 washcloths
- 2 laundry bags
- 1 flashlight + extra batteries & bulb
- toiletry articles (toothbrush & paste, soap, shampoo, etc.)
- stationery, postcards (pre-addressed for younger children), stamp, pens.
- sleeping bag
- a canteen or water bottle

#### OPTIONAL ITEMS:

camera  
fun costume (e.g. Halloween)  
musical instruments  
music and player  
1 “nice” sports outfit for banquet (NOT coat/tie)  
athletic equipment:  
baseball glove  
hiking boots  
lacrosse stick  
tennis racket & 1 can of balls  
baseball hat  
golf clubs  
roller blades, **helmet & protective gear**  
fishing gear  
riding boots (or shoes with a 1" heel) and a helmet  
dance shoes - tap, ballet  
Your child’s own safety helmet is recommended.  
**PLEASE LABEL EVERYTHING!!!**

### MISCELLANEOUS ITEMS

**CAMP LIBRARY:** We have a small library at camp with a collection of books available for all campers, but we encourage you to send books with your child.

**ANIMALS:** Campers may not bring animals or pets to camp without the expressed written permission of the Camp Director.

**WEAPONS:** Campers are not permitted to bring or keep weapons of any kind (guns, knives or other dangerous implements) or fireworks on camp property. Any such items will be confiscated and held in the camp office.

**MUSICAL INSTRUMENTS:** We encourage campers to bring instruments. Music is a wonderful part of our camp life!

**REQUESTS TO EXIT AND ENTER CAMP:** For the overall good of the camp community we do not allow children to leave camp for less than absolutely necessary reasons. If you have a circumstance where you feel your child will need to leave camp and return, i.e. Wedding participant etc., please notify us immediately. Concerts and other such activities are not acceptable circumstances.

**BIRTHDAYS:** We celebrate birthdays with program announcements, group songs and a Birthday cake to be shared by the cabin.

**SPENDING MONEY:** Each camper has a spending money account, which was included in the camp fee, should they need any money for out of camp trips, soda, stamps, shampoo or other small items. Children are urged, once at camp, to deposit any money in the camp office.

**CAMPER CABIN PLACEMENT:** Cabin and tents groups are determined by age and grade in school. We will make every effort to honor all requests.

**VISITING:** Camp Tall Timbers does not allow visitors during the camp season. Please make sure that your family and relatives are aware of this policy. While we understand your concern for your child while they are at camp visiting is not acceptable and creates major disruption in the camp program. Should you have a question or concern please call the camp office.

### DRUG, ALCOHOL AND CIGARETTE POLICY

While it is inconceivable that any camper would bring drugs or alcohol to camp, we would be remiss by not stating our camp policy in this regard. Any camper involved with alcohol or drugs of any kind for any reason whatsoever will be sent home immediately, the same day, with no tuition refund. Smoking cigarettes is also grounds for dismissal from camp with no tuition refund.

## TRAVEL

**Please be sure to fill out the transportation form and return it by the deadline listed on the form.** Ground transportation is available from Rockville, MD, Baltimore, MD and Tyson's Corner, VA. There is no additional charge for this service, **if your reservation form has been received by June 10<sup>th</sup>, 2010**. **Transportation via camp charter cannot be guaranteed to anyone whose form is not received by the deadline date.**

If your child is traveling by air, try to arrange for flights to arrive and depart around 12 noon. All flights should be to **Dulles International Airport**. Take your child to the boarding gate and place him or her in the custody of the airline stewardess. **Please instruct your child to wait at the arrival gate where one of our camp staff will meet your child.** Children who are arriving at camp via air transportation should wear a camp shirt. It makes it much easier for our staff to identify them.

### First Session

**Departure: June 20, 2010**

Baltimore, Maryland 10:30 A.M.  
Pikesville Middle School, 7701 Seven Mile Lane.

Rockville, Maryland 10:30 A.M.  
Rear parking lot of Federal Plaza (1776 Rockville Pike). Located facing East Jefferson Street.

Tyson's Corner, Virginia 11:30 A.M.  
In front of Bed Bath and Beyond, 8204 Leesburg Pike.

### First Session

**Return: July 10, 2010**

Baltimore, Maryland 12:00 Noon  
Pikesville Middle School, 701 Seven Mile Lane.

Rockville, Maryland 11:30 A.M.  
Rear parking lot of Federal Plaza, (1776 Rockville Pike). Located facing East Jefferson Street.

Tyson's Corner, Virginia 10:45 A.M.  
In front of Bed Bath and Beyond, 8204 Leesburg Pike.

### Second Session

**Departure: July 11, 2010**

Baltimore, Maryland 10:30 A.M.  
Pikesville Middle School, 7701 Seven Mile Lane.

Rockville, Maryland 10:30 A.M.  
Rear parking lot of Federal Plaza (1776 Rockville Pike). Located facing East Jefferson Street.

Tyson's Corner, Virginia 11:30 A.M.  
In front of Bed Bath and Beyond, 8204 Leesburg Pike.

### Second Session

**Return: July 31, 2010**

Baltimore, Maryland 12:00 Noon  
Pikesville Middle School, 7701 Seven Mile Lane.

Rockville, Maryland 11:30 A.M.  
Rear parking lot of Federal Plaza (1776 Rockville Pike). Located facing East Jefferson Street.

Tyson's Corner, Virginia 10:45 A.M.  
In front of Bed Bath and Beyond, 8204 Leesburg Pike.

### **Third Session**

#### **Departure: August 1, 2010**

Baltimore, Maryland 10:30 A.M.  
Pikesville Middle School, 7701 Seven Mile Lane.

Rockville, Maryland 10:30 A.M.  
Rear parking lot of Federal Plaza (1776 Rockville Pike). Located facing East Jefferson Street.

Tyson's Corner, Virginia 11:30 A.M.  
In front of Bed Bath and Beyond, 8204 Leesburg Pike.

### **Third Session**

#### **Return: August 14, 2010**

Baltimore, Maryland 12:00 Noon  
Pikesville Middle School, 7701 Seven Mile Lane.

Rockville, Maryland 11:30 A.M.  
Rear parking lot of Federal Plaza (1776 Rockville Pike). Located facing East Jefferson Street.

Tyson's Corner, Virginia 10:45 A.M.  
In front of Bed Bath and Beyond, 8204 Leesburg Pike.

A representative from camp will be situated at the pick-up and drop-off locations, and will communicate any emergencies or delays to families present. You can also call our toll-free number at 1-800-862-2678 for additional information. If you are delayed in your arrival to pick-up or drop-off, please call our toll-free number so we can communicate this information to our bus counselors. Counselors from camp will be present on the buses, and will provide supervision, directions and safety procedures to campers (e.g. campers are required to wear seatbelts if provided, keep all arms and legs within the vehicle etc.).

Our pick-up and drop-off locations are all parking lots, away from busy streets. However please be aware of other vehicles when picking up or dropping off your child. At drop-off, your child is under your responsibility until they board the bus. At pick-up, we will take care of and be responsible for your child until you arrive. If all is well, you will not hear from us after your child has arrived at camp. In the event of even a minor complication, you will be the first to know.

## **LUGGAGE INFORMATION**

In order to provide the highest level of service to our clients, **Camp Tall Timbers** will be handling all administration for the **Camp Express** luggage service for the summer of 2010. Any questions concerning luggage transportation can be directed to the camp office for prompt attention. **Camp Express** is the safest and most convenient way to get luggage to camp and suggest that all luggage be shipped to us this way (more information is on our website). **Camp Express** will provide service from Baltimore, MD, Rockville, MD and Tyson's Corner, VA.

If **Camp Express** does not service your area or if you prefer, you may ship your luggage to camp via UPS. Their services are generally good but not necessarily flawless. UPS will come to your home or business and pick up your belongings, or you may deliver them to one of their depots in your area. It usually takes 3 or 4 business days for luggage to arrive in camp. We suggest shipping 7 to 10 days before departure. Insurance in the amount of \$100.00 is included on each piece; additional insurance may be purchased. UPS does not insure the container in which items are shipped. Duffles must be the type that can be locked, or you will have to put them into boxes. Boxes are usually available at UPS depots. Trunks do not require special locks. Check with your UPS area rep for more information.

It is important for us to have the luggage a few days before the campers arrive so that we can unpack them and start our program as soon as the children arrive. Campers enjoy having their belongings in place and organized upon arrival. Please ensure you have sent a key to us separately for any locks that you have put on your child's luggage.

Unless we receive other instructions from you, all luggage will be shipped home at the end of the session in the same manner as it was shipped to camp. It will be sent on the same day as the campers leave or on the first weekday after they leave. All UPS luggage will be shipped collect.

## FORMS

**Please be sure that you fill out the forms on pages 11-20 for each camper and return them to the appropriate office one month prior to departure to camp.** If your child is not signing up for individual tennis, golf, or guitar instruction or the USTA tournament, it is not necessary to fill out the forms on page 15, 16 and 17. In addition it is not necessary to fill out page 18 if your child is not eligible or chooses not to participate in our special trips.

**Please mail all forms to: 3735 Spicebush Drive, Urbana, Maryland 21704 by May 31, 2010.**  
**After June 1, 2010, send all forms to Camp Tall Timbers, Route 1 Box 472, High View, WV 26808. Please feel free to discard any forms not applicable. Should you have any questions feel free to call the office. Thank you. Forms are available in PDF format at [www.camptalltimbers.com](http://www.camptalltimbers.com)**



You can complete and submit your **CAMP TALL TIMBERS** forms online!  
Visit the parents section of our website at  
**[www.camptalltimbers.com/parents](http://www.camptalltimbers.com/parents)**  
and follow the link to our handbook and forms page, where you will find all  
our camp forms for download or online submission.

**Please return one month prior to your child's departure to camp.**

**TRAVEL/LUGGAGE INFORMATION FORM**  
**For all Campers**

Child's Name \_\_\_\_\_ Session \_\_\_\_\_

Child's Name \_\_\_\_\_ Session \_\_\_\_\_

Child's Name \_\_\_\_\_ Session \_\_\_\_\_

Parents' Name(s) \_\_\_\_\_ Home City \_\_\_\_\_

**Departure for Camp Tall Timbers**

Departing Location: \_\_\_\_\_

Traveling by:           Plane \_\_\_\_\_           Car \_\_\_\_\_           Camp Bus \_\_\_\_\_

Luggage Mode:        Camp Express \_\_\_\_\_    UPS \_\_\_\_\_    Other(please explain) \_\_\_\_\_

Number of pieces of luggage (estimated): \_\_\_\_\_

**Return from Camp Tall Timbers**

Returning Location: \_\_\_\_\_

Traveling by:           Plane \_\_\_\_\_           Car \_\_\_\_\_           Camp Bus \_\_\_\_\_

Luggage Mode:        Camp Express \_\_\_\_\_    UPS \_\_\_\_\_    Other(please explain) \_\_\_\_\_

Number of pieces of luggage (estimated): \_\_\_\_\_

Remember to mail a set of keys separately.

**Optional Form**

**Please return one month prior to your child's departure to camp.**

**LIVING ACCOMMODATIONS REQUEST FORM**

Camper's Name \_\_\_\_\_ Session \_\_\_\_\_

Please try to place me in a bunk with: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Cabin and tents groups are determined by length of stay, age and grade in school. We will make every effort to honor all requests, but we cannot guarantee your request.

**Please return one month prior to your child's departure to camp.**

**CAMPER PROFILE**  
**(To be filled out by parents)**

Name \_\_\_\_\_

Session \_\_\_\_\_ T-shirt size \_\_\_\_\_

The information that is provided by you when answering the following questions is vital to the staff and directors of **Camp Tall Timbers**. It will help us insure a good camping experience for your child this summer. Please be as thorough as possible. (If you need additional space use the area provided at the end of question 7 or you may attach additional sheets of paper.)

1. Are there any health problems or routine medications of which we should be made aware?

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2. What activities do you and your child wish to emphasize while at **Camp Tall Timbers**?

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3. Are there any unusual situations that might affect your child at camp, i.e., Divorce, Death, etc.?

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4. Does your child have any specific fears, i.e., ghost stories, thunder, etc.?

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5. How does your child get along with his or her peers at home and at school?

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6. Have you requested private tutoring or lessons? In what area?

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7. Are there any other special comments or concerns that will help us make your child's summer an outstanding one?

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Additional comments:

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If you have any information that is for the Director's eyes only, please use a separate sheet of paper. Thank you.

**Please return one month prior to your child's departure to camp.  
WE MUST HAVE THIS FORM FILLED OUT FOR EACH CAMPER.**

**Optional Form**

**TENNIS TENNIS TENNIS**

Tennis is a very popular program at **Camp Tall Timbers**. Our instructors are well-qualified for teaching group or individual lessons.

On top of a progressive instructional program, private tennis lessons are available for those interested. The fee is \$60.00 per 3-pack of half-hour lessons.

We will be participating in a nearby official United States Tennis Association-sanctioned tournament in July 2010 for our first session campers. Boys and girls, ages 10-16, are eligible for singles competition. Our second session campers will be eligible to play in August 2010 in a USTA tournament in Martinsburg, WV. **Membership in the USTA is required for these tournaments.** We will also be competing with a private tennis club throughout the summer - membership in the USTA is not required for this event.

If you would like to join the USTA, you can do so on their website ([www.usta.com](http://www.usta.com)), or their address is:

USTA  
PO Box 643767  
Pittsburgh, PA 15264-3767  
(800) 990-8782

A check payable to USTA for \$19.00 must accompany each membership request. Please be sure to include your child's name, date of birth, and address. Allow six weeks for receipt.

Each child must have their USTA card at camp when signing up for USTA tournaments.

If you are interested in Private Tennis Lessons or participation in our USTA Tournament, please fill out the form below.

\_\_\_\_\_ Private Tennis Lessons: 3 lesson package \$60.00

\_\_\_\_\_ USTA Tournament: the cost will be deducted from your child's spending account.

Child's Name \_\_\_\_\_ Session \_\_\_\_\_ D.O.B \_\_\_\_\_

USTA #(if you have one) \_\_\_\_\_ Exp. Date \_\_\_\_\_

Camper's skill level: Beg. \_\_\_\_\_ Inter. \_\_\_\_\_ Adv. \_\_\_\_\_

Parent's Signature \_\_\_\_\_

Make checks payable to: **Camp Tall Timbers**.

**Please return one month prior to your child's departure to camp.**

**Optional Form**

**GUITAR GUITAR GUITAR**

Guitar is a very new program at **Camp Tall Timbers**. We have some extremely talented guitar players and instructors who are well-qualified for teaching group or individual lessons.

In the past few years, we have only offered a group instructional program, but due to popular demand private guitar lessons are now available for those interested. The fee is \$45.00 per 3-pack of half-hour lessons.

If your child has a guitar, we recommend they bring it with them to camp, although we will have some guitars available for camper use.

If you are interested in Private Guitar Lessons, please fill out the form below.

\_\_\_\_\_Private Guitar Lessons 3 lesson package \$45.00

Child's Name \_\_\_\_\_ Session \_\_\_\_\_ D.O.B \_\_\_\_\_

Camper's skill level: Beg. \_\_\_\_\_ Inter. \_\_\_\_\_ Adv. \_\_\_\_\_

Parent's Signature \_\_\_\_\_

Make checks payable to: **Camp Tall Timbers**.

**Please return one month prior to your child's departure to camp.**

Optional Form

# GOLF GOLF GOLF

In the past few years, we have only offered a group instructional program for golf, but due to popular demand private golf lessons are now available for those interested. Our golf director this summer is Marylou Starr. Marylou is a very skilled and experienced golfer, who played Division 1 golf in college on a full scholarship, and now teaches private golf lessons to people of all ages.

The fee is \$75.00 per 3-pack of half-hour lessons, and we will have plenty of golf clubs available for camper use.

If you are interested in Private Golf Lessons, please fill out the form below.

\_\_\_\_\_Private Golf Lessons 3 lesson package \$75.00

Child's Name \_\_\_\_\_ Session \_\_\_\_\_ D.O.B \_\_\_\_\_

Camper's skill level: Beg. \_\_\_\_\_ Inter. \_\_\_\_\_ Adv. \_\_\_\_\_

Parent's Signature \_\_\_\_\_

Make checks payable to: **Camp Tall Timbers.**

**Please return one month prior to your child's departure to camp.**



**Optional form**

**TEEN TOWN OPTIONAL TRIPS**

All current (as of April 1, 2010) **7th, 8th, 9th, and 10th** graders may choose to participate in these opportunities.

TRIP 1: GO-KARTING \$50.00

Spend the morning at the go-kart track and test your driving skills. This will be a fun trip that is suitable for both male and female campers. We will start off at the track for a fun morning with friends, then head to nearby Winchester, VA for lunch, and then a short trip back to camp. The cost of the trip includes transportation, lunch and go-kart rental.

TRIP 2: WHITE WATER RAFT TRIP \$75.00

We will be able to raft down the Potomac River from Harper's Ferry with experienced guides to conduct us through the river "perils". This will be an exciting one-day trip and will carry with it the cost of rafting, entertainment, guides and dinner on the town.

TRIP 3: SHENANDOAH THEATER \$60.00

We will begin our trip with dinner in town, then off to the Shenandoah Theater for a truly professional musical production. After the show, we will make a short stop for ice cream and then back to camp for a good night's sleep.

**WASHINGTON, D.C. TRIP**

For any campers living outside the Washington Metropolitan and Baltimore area we offer a day sightseeing trip to Washington, D.C. Please contact us directly for more information about this trip.

- |                            |              |
|----------------------------|--------------|
| 1. Go-Kart Trip            | \$50.00_____ |
| 2. Rafting trip            | \$75.00_____ |
| 3. Shenandoah Theater Trip | \$60.00_____ |

My check is enclosed for \$\_\_\_\_\_ for \_\_\_\_\_ trip(s).

Name\_\_\_\_\_

Session\_\_\_\_\_ Present Grade \_\_\_\_\_ (2009-2010 School Yr.)

Parent Signature \_\_\_\_\_

# Camp Tall Timbers Health Form

(To be filled out by parents)

Session \_\_\_\_\_

Date \_\_\_\_\_

Camper's Name \_\_\_\_\_ D.O.B. \_\_\_\_\_ Age \_\_\_\_ Sex \_\_\_\_\_

Medical Insurance Co. \_\_\_\_\_

Address \_\_\_\_\_

ID Number \_\_\_\_\_

Group Number \_\_\_\_\_

Phone (     ) \_\_\_\_\_

Name of Insured \_\_\_\_\_

Prescription Card \_\_\_\_\_

Address \_\_\_\_\_

Group Number \_\_\_\_\_

Policy Number \_\_\_\_\_

Parent/Guardian: \_\_\_\_\_

Phone (     ) \_\_\_\_\_

Home Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

In Case of Emergency Notify: \_\_\_\_\_ Phone \_\_\_\_\_

Health History: (check if child has ever had any of the following conditions and explain any positives below)

Asthma

Allergies

Bed Wetting

Chest Pain

Constipation

Diabetes

Ear Infections

Eye Problems

Fainting

Headaches

Hearing Problems

Heart Disease

Hepatitis

Joint Problems

Kidney Disease

Psychological

Seizures

Sleep Walking

Other

For Females: Has girl menstruated? Y N    Has girl been told about menstruation? Y N

Medication Allergies: \_\_\_\_\_ Bee Sting Allergy? Y N

Does child (or has child during the school year) require any chronic medication? Y N

If answer is Yes, Please describe \_\_\_\_\_

**My child has permission to participate in all activity while at camp this summer, including, but not limited to, horseback riding, trampoline and other gymnastic programs and hockey, football and other field sports. I agree that the Camp will not be responsible for any injuries that may be sustained by my child while participating in any activity at Camp unless such injury is directly caused by the gross negligence or willful acts of the Camp. I acknowledge that the Camp does not maintain any health or other medical insurance which would cover the Camper while attending the Camp. I will be responsible for the costs of all medical treatment, drugs and the like provided to my child during the camping season. I agree to carry medical insurance covering my child while attending the Camp and I have indicated our health insurance information which you may provide to third parties in connection with any medical treatment provided to my child during the camping season. Prescription medications will be paid out of spending account and I will reimburse this account to insure my child having adequate spending money. IN CASE OF MEDICAL EMERGENCY, I understand every effort will be made to contact parents or guardian of campers. In the event I cannot be reached, I hereby give permission to the physician selected by the camp director to hospitalize, secure proper treatment for, and to order, injection, anesthesia or surgery for my child, as named above, I further assign all medical payments to said doctor and/or treating facility. Camp tuition and deposits are not refundable in any situation, including but not limited to those situations when the camper is asked to leave camp for disciplinary reasons. No refunds of tuition are made for partial camp sessions.**

I have read and agree to the terms listed above.

**Signature** \_\_\_\_\_

**Date** \_\_\_\_\_

To be filled out by licensed physician, PA, or PNP.

### IMMUNIZATION RECORD

DTP #1 \_\_\_\_\_ #2 \_\_\_\_\_ #3 \_\_\_\_\_ #4 \_\_\_\_\_ #5 \_\_\_\_\_

Polio #1 \_\_\_\_\_ #2 \_\_\_\_\_ #3 \_\_\_\_\_ #4 \_\_\_\_\_ #5 \_\_\_\_\_

Hep B#1 \_\_\_\_\_ #2 \_\_\_\_\_ #3 \_\_\_\_\_  
(optional but highly recommended)

MMR #1 \_\_\_\_\_ #2 \_\_\_\_\_

Td Booster \_\_\_\_\_

TB time/PPD \_\_\_\_\_

Varivax #1 \_\_\_\_\_ #2 \_\_\_\_\_ (date of Disease if not immunized \_\_\_\_\_)  
(optional but highly recommended)

This child has received the above immunizations and is considered adequately immunized for camp.

Note: Due to the nature of camping activities, it is recommended that all children have tetanus booster within 5 years of entering camp. All children must have a tetanus booster within 10 years. \_\_\_\_\_

(providers initials)

### Physical Examination

Name \_\_\_\_\_ Birth date \_\_\_\_\_ Age \_\_\_\_\_

Height \_\_\_\_\_ Weight \_\_\_\_\_ BP \_\_\_\_\_ Urinalysis \_\_\_\_\_ Hgb (opt) \_\_\_\_\_

Vision: R 20/ \_\_\_\_ L 20/ \_\_\_\_ Hearing \_\_\_\_\_

	NI	Abn		NI	Abn		NI	Abn		NI	Abn
Skin	<input type="checkbox"/>	<input type="checkbox"/>	Head	<input type="checkbox"/>	<input type="checkbox"/>	Eyes	<input type="checkbox"/>	<input type="checkbox"/>	Ears	<input type="checkbox"/>	<input type="checkbox"/>
Nose	<input type="checkbox"/>	<input type="checkbox"/>	Throat	<input type="checkbox"/>	<input type="checkbox"/>	Teeth	<input type="checkbox"/>	<input type="checkbox"/>	Neck	<input type="checkbox"/>	<input type="checkbox"/>
Heart	<input type="checkbox"/>	<input type="checkbox"/>	Lungs	<input type="checkbox"/>	<input type="checkbox"/>	Abd.	<input type="checkbox"/>	<input type="checkbox"/>	Genital	<input type="checkbox"/>	<input type="checkbox"/>
Joints	<input type="checkbox"/>	<input type="checkbox"/>	Spine	<input type="checkbox"/>	<input type="checkbox"/>	Extrem.	<input type="checkbox"/>	<input type="checkbox"/>			

Describe any abnormal \_\_\_\_\_

Medications and dosages \_\_\_\_\_ Medication/food Allergies \_\_\_\_\_

Note to Physician: Camp activities include all forms of physical exercise, hiking, biking, boating, water-skiing, rock climbing, swimming, etc.

This child is cleared for full participation in all camp activities.      Y      N

Restrictions: \_\_\_\_\_

\_\_\_\_\_  
(Provider name-printed)

\_\_\_\_\_  
(Provider signature)

M.D./ PA / PNP  
(Circle title)

**Please return one month prior to your child's departure to camp.**