

# Camp Linwood MacDonald



2025 Parents Handbook



DO MORE



BE MORE

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#### **Camp Linwood MacDonald YMCA**

1 Flatbrook Road Sandyston, NJ 07826

Phone: (973)-948-7090

[www.camplinwoodmacdonald.org](http://www.camplinwoodmacdonald.org)

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## ABOUT CAMP LINWOOD MACDONALD

### Our Mission

"Our Mission is to be a resource for individuals, families, and the communities we serve to improve the quality of life through programs that build healthy spirit, mind, and body for all. We accomplish our mission through our areas of focus, Youth Development, Healthy Living and Social Responsibility."

### Our History

Since 1881, the Newark YMCA and Camp Linwood MacDonald have served the needs of the communities of Bayonne, Belleville, East Newark, Harrison, Irvington, Jersey City, Kearny, Newark, and Nutley through an array of programs and services.

In 1959 the Y contacted Margaret Craig Weaver who agreed to fund the acquisition of this property for use as a senior citizen's retreat center. The camp was named "Linwood", Mrs. Weaver's father's middle name. Robert Rooke provided the funds to build the dam creating the camp's lake. Sitting across the Flatbrook River from Camp Linwood at the time was Camp MacDonald. The Newark YMCA purchased this property in the 1960s with funds provided by Nester MacDonald. This property was used as an environmental education center. Although the two camps collaborated on several matters, they remained distinct entities and ran separate programming. In 1990 the Camp MacDonald property was sold to the state of New Jersey and added to Stokes State Forest. At this time the names were consolidated, and Camp Linwood became known as YMCA Camp Linwood MacDonald Environmental Education and Conference Center.

### Our Four Core Values



### Our Goals

Through the Camp Linwood MacDonald experience campers will:

- try new things
- be more independent and self confident
- build & strengthen positive relationships
- work well in a team
- reach for new goals
- acquire new skills and interests
- connect with and learn to be good stewards of nature
- be physically active
- become more caring, responsible, respectful and honest.

## REGISTRATION AND FEES

You can register your child for a week of camp online:

<https://app.campdoc.com/!/dn/login?r=ymcanewark>

Session 1: Sunday, June 29th through Friday, July 4<sup>th</sup>

- Theme: Superheroes

Session 2: Sunday, July 6th through Friday, July 11th

- Theme: Pirates & Mermaids

Session 3: Sunday, August 3rd through Friday, August 8th

- Theme: Invasion of Nations

Session 4: Sunday, August 10th through Friday, August 15<sup>th</sup>

- Theme: Color Chaos



### Rates

- No one who comes to Camp Linwood MacDonald pays the real cost of camp.
- The real cost per camper per week is \$1,250.00 - Due to generous support we are able to reduce the fees for ALL Campers.
- Fees charged for one week per camper **per week is \$660**
- A **\$35 deposit per camper** per week is due upon registration
- Remaining fees are due by June 1st.

### Scholarships

At Camp Linwood MacDonald YMCA we believe that every child deserves a summer camp experience regardless of a family's ability to pay!

We see the positive impact summer camp has on a child's life and we encourage families to apply for scholarship assistance.

Our Scholarship Fund is supported by individuals, the M & T Weiner Foundation, the Victoria Foundation, Y-USA's Strategic Initiatives Fund, and the Fresh Air Fund.

Family income, size and other circumstances are considered when awarding scholarships on a sliding scale basis.

Apply for scholarship assistance after you have registered and paid the deposit. The scholarship application form is in your camper's Health Profile. Once the Scholarship Application Form is completed, the Camp Staff will review and inform you of the scholarship award amount.

Contact Cherie Hammond with questions regarding Registration and Scholarship

### Cancellations and Refunds

- Cancellations and changes must be made in writing or by email.
- Cancellations at any time prior to the session will forfeit the deposit.
- Cancellations less than 10 days before the session's start date will forfeit half the camp fees.
- No-shows will be charged the full fee.
- There is no refund for behavior-related dismissals.
- Campers who cancel or leave camp on the advice of medical personnel will receive a prorated refund. A physician's note is required.

### Cabin-mate Requests

Through the registration process Parents can choose to request cabin-mates for their campers. Cabin mates are friends or family members that are relatively the same age and gender. The camp makes every attempt to honor cabin-mate requests but cannot guarantee placement in every instance. Make your requests early for the best consideration. The camp reserves the right to cabin assignments at any time, up to and including opening day of any camp session.



## PREPARING YOUR CHILD FOR CAMP

### Packing List

#### Week Trip

##### Clothing

- 5-10 T-shirts
- 1-2 Sweatshirts
- 1-2 Long Pants
- 5-6 Shorts
- 6-9 pair Socks
- 6-9 pair underwear
- 1-2 Swimsuit
- 1 Jacket / Raincoat
- Hat
- 2 Pairs of Sneakers
- 1 Pair of sandals for shower.

##### Bedding

- Pillow & Pillowcase
- Twin size fitted sheet, top sheet, & blanket / Sleeping Bag.

##### Bathroom

- 1-2 Towels
- 1-2 Wash Cloths
- Body Wash
- Shampoo
- Deodorant
- Toothbrush and Toothpaste
- Other Personal Toiletries (face cleaner, hair ties, contact solution, etc.)

##### Other

- Refillable Water bottle
- Sunscreen
- Bug Repellent
- Flashlight
- Prescription Medication

##### Optional

- Disposable Camera
- Book
- Journal
- Stamp, Envelope, Address to write home.

#### Day Trip

##### Clothing

- 1-2 Pair of Sneakers
- 1-2 Pair of Socks
- Extra change of clothes
- 1 Jacket / Raincoat

##### Other

- Refillable water bottle
- Sunscreen
- Bug Repellent
- Flashlight

##### Optional

- Swimsuit & Towel (Summer)
- Flashlight (Night)
- Disposable Camera
- Book
- Journal



Labeling your Camper's belongings with his/her first and last name is a great way to make sure they make it home with their things.

#### Items that Must Stay at Home:

- Electronics
- Cellphones
- Toys
- Money
- Non-shower Flip flops
- Candy and/or other food items
- Fireworks
- Guns, knives, weapons of any kind
- Non-prescription drugs
- Alcoholic beverages
- Tobacco Products
- Vaping Product

\*If any of these items are brought to camp, they will be held in the camp office and returned to the parent or guardian at the end of the trip.



## Typical Daily Schedule

|        |                         |
|--------|-------------------------|
| 7:00a  | Wake up                 |
| 8:00a  | Breakfast               |
| 8:45a  | Morning Mission         |
| 10:00a | Coaching Period 1       |
| 11:15a | Coaching Period 2       |
| 11:30a | Choice Activity         |
| 12:30p | Lunch                   |
| 1:15p  | Cabin Clean up          |
| 1:45p  | Stop, Drop & Read       |
| 2:30p  | Swim                    |
| 3:45p  | Change                  |
| 4:15p  | Afternoon Event         |
| 5:30p  | Dinner                  |
| 6:15p  | Field Games             |
| 7:15p  | Evening Event           |
| 8:15p  | Campfire                |
| 9:00p  | Showers & Ready for Bed |
| 10:00p | Snack & Reflections     |
| 10:30p | Lights Out              |

## Welcome to Camp Linwood Macdonald

Why send your child to camp? We believe that the best learning comes through a hands-on experience in an informationally rich and nurturing environment.

During a week of camp, campers stay in a comfortable cabin with up to 11 other campers of around the same age and gender. Leading the cabin group is 2 qualified staff counselors. Campers and counselors participate side by side in activities, games, meals, songs, and campfires. The cabin model facilitates friendship and bonding that campers will not soon forget.



No matter what your campers' interest, they are sure to find something at Camp Linwood Macdonald that they will love. Campers can make decisions about what activities they participate in through coaching periods. These periods are times when highly trained staff work with campers throughout the week to teach them real camp skills! These periods can include activities such as: archery, high ropes, sports, art, dance, and more!

## Arriving At Camp

Check-in happens Sunday afternoon at both at the YMCA in Newark and at Camp Linwood Macdonald.

- A member of the Leadership staff will greet you and check that all paperwork is accounted for.
- Medications will be checked-in with the Camp Nurse. The Nurse will also preform a routine health evaluation of the camper.
- If leaving from Newark, luggage will be loaded onto the transportation van.
- Camp staff will stay with your camper, getting to know them and making sure they are comfortable.
- Wave goodbye as campers load onto the bus or head off to amazing activities at Camp Linwood Macdonald!

## Camp Activities

|                       |  |
|-----------------------|--|
| <b>Field Sports:</b>  | Basketball, Soccer, 4-square, 9-square, Gaga Ball, Tetherball, Volleyball, Ultimate Frisbee, Capture-the-flag, Zap, Mission Impossible.      |
| <b>Aquatics:</b>      | Swimming, Canoeing, Kayaking, Stand-up-Paddle Board, Rowboat.  |
| <b>Target Sports:</b> | Recurve Archery, Compound Archery, Hatchet Throwing.   |
| <b>Adventure:</b>     | 700ft Zipline, Leap of faith, Giants ladder, Climbing Tower, Flying Squirrel Pirates Crossing, Challenge course.                             |
| <b>Nature:</b>        | Pond Ecology, Fishing, Stream Studies, Trail Hikes, Shelter Building, Outdoor Cooking, Fire Building, Tenting, Ornithology (Bird Discovery). |
| <b>Art:</b>           | Painting, Tie-dye, Hydro Dipping, Bracelet Making, Fun-engineering, Nature art.  |
| <b>Drama:</b>         | Skits, Songs.  |

## Facilities

### Lodges

Camp Linwood Macdonald features an abundant number of program facilities as well as two main lodges. Percy Smith Lodge contains a total of 96 beds divided among 12 rooms with 4 dormitory style bathrooms. The lodge also has 2 recreational common spaces. Rooke Lodge is the newer of the two lodges, built in 2013, and features 48 beds divided between 4 rooms with two dormitory style bathrooms. Rooks common space and loft is perfect for gathering and community-based activities.

#### Percy Smith Lodge

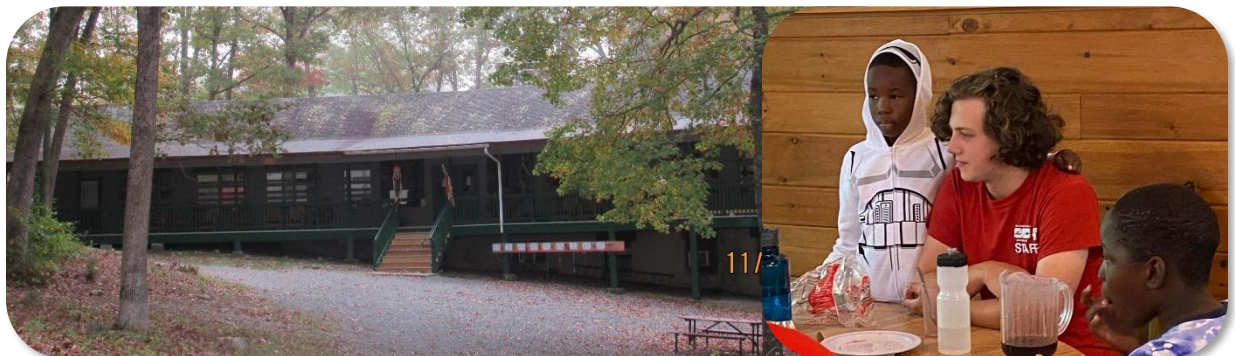


#### Rooke Lodge



### Dining Hall

Campers enjoy eating nutritious food and filling meals served by our professional, certified, kitchen staff. We value conversation and community in everything we do. Which is why we serve meals family style, allowing campers and counselors alike to sit down and enjoy a meal together.



## **HEALTH AND SAFETY**

### **Health Services**

The camp doctor's office is twenty minutes away. In case of emergency, we use Newton Medical Center which is twenty minutes from camp. We are required by law to screen all campers for contagious illnesses or conditions. The nurse will check your child's Health Form and ask you for any necessary clarification. This is a good opportunity for you to meet the health care staff and discuss special concerns or situations.

Remember to bring your child's medication with you on opening day. Do not pack it in their bags. All medication must be turned in to the nurses upon arrival. This includes prescriptions, over-the-counter medications, and vitamins. All prescription medication must be marked with the child's name and the proper administration directions on the label.

Your child's health form must include instruction on administering the necessary medications. Our medical staff can administer over-the-counter products with a parent's permission and instructions. Medication for your child not following these requirements cannot be accepted or administered.

It's appropriate to call the nurses there if you have any questions about your child's health care or medication.

### **First Aid**

All camp staff are trained in CPR and First-Aid, as well as in the use of an AED in accordance with the Red Cross. All Lifeguards on camp are certified through the Red Cross and are exposed to weekly drills to maintain sharp and focused skills.

### **Homesickness**

Homesickness is a normal and healthy response to being away from home; parents of younger children and first-time campers may expect it. Our staff members are well-trained in techniques that help campers develop coping skills for overcoming the challenges of separation from home and family. These skills often lead to more confidence and independence, a key outcome of the camping experience. Don't feel discouraged if your camper feels homesick, give them the chance to succeed and you will see how much they can grow.

### **Staff**

Camp Linwood Macdonald employees approximately 30 seasonal staff during the summer. Camp Counselors are typically college age men and women who provide round the clock supervision and leadership for all aspects of our campers' experience. Staff who are selected to work at camp undergo the stringent hiring procedures and policies of the Y of the USA and the American Camp Association (ACA). All staff members are subject to state and federal criminal and sexual offender background checks, as well as personal and professional reference checks, and drug use testing. Additionally, before the camp season begins all counseling staff are enrolled in a two-week in-house training that focuses on leadership development, trauma informed care, and camper management.

On site is our licensed Camp Nurse who works in coordination with our Consulting Physician to provide routine & emergency medical care. In addition to the camp nurse, counseling staff are CPR and First-aid certified in accordance with the Red Cross.

The entire camp is overseen by veteran resident Camp Director, Cherie Hammond, who provides expert supervision and support to all staff and campers.

### **Lost and Found**

All lost and found is kept at camp for two weeks after the session before it is donated to a local charity. Remember to label your camper's possessions!



## KEEPING IN TOUCH

### Mail: Incoming and Outgoing

Letters are important at camp, and we encourage your family to write often.

Things to consider when writing:

- Being cheerful and positive about events at home can make your camper feel more at ease while away.
- Asking questions about camp will let your child know you are really interested in what they are doing, even if you don't get a response back from them until they get home.
- Send mail early, especially if your child is attending a shorter program.
- Sending a child with addresses or pre-addressed and stamped envelopes can help you receive letters back.
- Address all mail as follows:

**CHILD'S FIRST AND LAST NAME**  
**Camp Linwood MacDonald YMCA**  
**1 Flatbrook Road**  
**Sandyston, NJ 07826**

### Email: Incoming Only

Like letters, you may choose to send your camper an E-mail. E-mails are printed out and delivered daily. All emails can be sent to:

**linwoodmacdonald@newarkymca.org**

Camper's **do not** have access to electronics to return emails.

## CELL PHONES/ELECTRONICS

In the modern world It can be difficult to disconnect from our technology, even more so when that technology keeps us connected to our children. However, some things to consider as your child is away at camp:

- Having access to technology means they are focusing more on things outside of camp, and as a result are missing out on the opportunities, connections, and lifelong memories that can be had while at camp
- Stress levels and homesickness have been found to increase when campers try to stay connected to friends and family through technology, rather than immersing themselves in the camping world.
- Safety and security issues can occur while campers have access to technology. Calling strangers onto camp, accessing inappropriate media, taking inappropriate pictures, Etc.
- Your child isn't completely disconnected. The camp office can be reached by phone or email at any time during the day.

### **Camp Linwood Macdonald is a Technology Free Zone.**

All devices that connect to the internet, including cell phones, electronic games, computers & tablets, are expressly prohibited and will be confiscated and held in the camp office until departure.



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