

Where faith, fun, and fellowship meet!



2024 ST. VARTAN CAMP

FACT SHEET



DIOCESE OF THE ARMENIAN CHURCH (EASTERN)

DEPARTMENT OF YOUTH AND YOUNG ADULT MINISTRIES



GETTING READY

Please review and discuss the following expectations with your child.

DO NOT BRING SNACKS.

Due to the rustic setting of camp and severe food allergies, all beverages, food, candy, and gum are not permitted on campus. All packages sent to participants during the camp session will be screened for prohibited items.

CLEAN THREADS ONLY.

Clothing not conducive to a Christian camp atmosphere -- including slogans, images, or words written on the backside of pants -- are not permitted to be worn during camp. Participants found wearing inappropriate clothing will be asked to change.

YOU BREAK, YOU BUY.

If there is damage to the property or buildings of the Ararat Center from your child beyond normal wear or tear, the damage will be assessed by the Ararat Center Facility Manager, and the cost of the damage will be the responsibility of the participant's family.

LABEL ALL YOUR ITEMS.

Things look alike. Camp is not responsible for any lost articles of clothing, accessories, or equipment. Please advise your child of their responsibility concerning their personal items. We have a Lost & Found box located in the dining hall, and we regularly hold up items from the box during mealtimes in hopes of finding their owners. All unclaimed items will be donated at the close of the camp season.

KEEP COOL AT THE POOL.

Respectful bathing suits are required for swim time. For females, this means one-piece bathing suits. For males, this means shorts-style swim trunks. If dressed inappropriately, participants will be asked to change.

COME UNPLUGGED.

St. Vartan Camp cannot be responsible for lost or stolen items. Therefore, we strongly advise that all digital devices -- including iPods, iPads, phones, MP3 players, speakers, cameras, etc -- not be brought to camp. Furthermore, inappropriate music will not be tolerated.

PREFERRED PACKING.

Due to space in the participants' rooms, we ask that you use "duffle bag" style luggage so that they may be easily stored under your camper's bed. The rooms in the dormitories have limited storage space, so please pack accordingly for your child's safety and comfort.

LEAVE THE CELL AT HOME.

For participants to get the most out of the camp experience, we prefer that cell phones are left at home. Any cell phones (including smartphones without a SIM card) that are brought to camp will be collected at registration and returned on the last day of the session. Campers will have the opportunity to call home once a week, and CITs may check out their cell phones during their free time.



DAILY SCHEDULE

Please note: Junior and Teen sports/swim and class schedule alternate each week. This is a sample daily schedule; it is subject to change.

7:30 AM	Reveille
8:00 AM - 8:40 AM	Breakfast
8:40 AM - 9:00 AM	Chapel - Matins
9:00 AM - 9:15 AM	Flagpole
9:15 AM - 10:00 AM	Clean-Up
10:00 AM - 10:40 AM	Class One
10:45 AM - 11:25 AM	Class Two
11:30 AM - 12:10 PM	Class Three
12:10 PM - 12:30 PM	Free Time
12:30 PM - 1:30 PM	Lunch
1:30 PM - 2:30 PM	Group Time / Canteen
2:30 PM - 3:30 PM	Sports
3:45 PM - 4:45 PM	Swim
4:45 PM - 5:45 PM	Group Time
5:45 PM - 6:45 PM	Dinner
6:45 PM - 7:30 PM	Free Time
7:30 PM - 9:00 PM	Evening Program
9:00 PM - 9:15 PM	Chapel - Vespers
9:30 PM	In Dorms (Juniors)
10:00 PM	Lights Out (Juniors)
9:15 PM - 10:15 PM	Free Time (Teens)
10:30 PM	In Dorms (Teens)
11:00 PM	Lights Out (Teens)

MEDICAL INFORMATION

MEDICAL PACKET

The Standing Orders for the Administration of Medications Form (Form D) must be completed for each participant, indicating which medications, both prescription and over-the-counter, (e.g. calamine lotion, Bacitracin, Tylenol, Pepto Bismol, hydrocortisone cream, etc.) that each child's physician and parent authorize the Camp Nurse to administer. **We CANNOT administer any of the medications available in the Nurse's Station, including any medications specifically prescribed for your child, without specific authorization from both the camper's physician and parent.**

BRINGING MEDICATIONS

Please bring all required medicine in original containers, including prescription and over-the-counter medication. All medications must be turned into the nurse at registration and kept in the Nurse's Station. New York State regulations require all medications to be housed in the Nurse's Station. **Campers, CITs, and Staff may NOT keep any medication in their rooms.**

MENINGITIS VACCINATION

You will receive a Meningococcal Meningitis Vaccination Response Form within your Medical Packet, explaining this extremely rare yet dangerous disease. All campers must submit a completed Meningococcal Meningitis Vaccination Response Form in order to participate in the camp program. Please do not hesitate to contact our office if you have any questions or concerns regarding the medical forms.

IN CASE OF EMERGENCY

You may call the St. Vartan Camp office any time, day or evening, while camp is in session at **518-966-8380** (phone and fax number). If there is no answer, please leave a clear and detailed message on the answering machine indicating your child's full name, your name, your phone number, and a specific message indicating the nature of your call. A staff member will get the message to your child as soon as possible. Please keep in mind that while at camp your child is involved in a full daily schedule; often the first opportunity to return calls is not until the late afternoon.



PACKING LIST

Participants should pack enough clothes for 14 days. Halfway through each two-week session, laundry will be collected and taken by staff to an off-site laundry facility. This service should only be used if *absolutely necessary*, so please pack accordingly. Detergent will be provided by the camp. A flat fee of \$10.00 will be deducted from your child's canteen account if the laundry service is utilized. **To avoid losing your child's clothing, please mark all items in permanent ink or iron-on tags.** Please provide your child with a laundry bag marked with their name!

CLOTHING

- ☐ T-Shirts (14)
- ☐ Long-Sleeve Shirts (10)
- ☐ Warm Fleece or Jacket (1-2)
- ☐ Sweater/Sweatshirt (2-3)
- ☐ Shorts or Capris (14)
- ☐ Jeans (3-4)
- ☐ Sweatpants (2-3)
- ☐ Socks (16)
- ☐ Underpants/Undershirts (16)
- ☐ Pajamas (2 sets)
- ☐ Dress Clothing (4 outfits)
- ☐ Olympic Clothing (Red and Blue)

BEDDING & TOWELS

- ☐ Twin Sheets*
- ☐ Pillow & Pillowcase
- ☐ Blanket or Sleeping Bag
- ☐ Bath Towel (3)
- ☐ Face/Hand Towel (3)
- ☐ Pool Towel (3)
- ☐ Laundry Bag

NECESSITIES

- ☐ Rainwear (Boots, Umbrella, etc.)
- ☐ Bathing Suit (2-3)
- ☐ Sneakers (2 Pairs)
- ☐ Flip-Flops for Pool/Shower (2 Pairs)
- ☐ Sunglasses
- ☐ Hat/Visor (at least 2)
- ☐ Flashlight & Batteries
- ☐ Reusable Water Bottle
- ☐ Shampoo & Conditioner
- ☐ Soap & Washcloth/Loofah
- ☐ Toothbrush & Toothpaste
- ☐ Comb or Brush
- ☐ Deodorant
- ☐ Sunscreen **
- ☐ Bug Repellant **

OPTIONAL ITEMS

- ☐ Stationary & Stamps
- ☐ Pre-Addressed Envelopes
- ☐ Sports Equipment***
- ☐ Old Blanket for Campfire
- ☐ Books
- ☐ Instruments
- ☐ Tissues
- ☐ Pens/Pencils
- ☐ Bible
- ☐ Notebook

* Most beds on campus are twins. Often, females are housed in Gesaria, which has full beds. To be safe, you can bring both sets to camp and take the unused one home. St. Vartan Camp does have a limited amount of spare bedding for larger beds. All bedding items will be provided for any participant traveling by air at no additional cost.

** All sunscreen and bug repellent will be collected by camp staff and stored in staff bedrooms for the safety of participants, so please label your bottles.

*** All sporting equipment will be provided. However, you may send your child with personal sports equipment. Make sure it is labeled with their name!

CAMP STARTS AT HOME

Here are some important things you can do to help acclimate your child to the camp experience before their arrival. Thank you for working with us to ensure your child has the best experience possible this summer at St. Vartan Camp!



HYGIENE

Make sure that your child is accustomed to a hygiene routine that includes showering, brushing teeth, combing hair, changing clothes. Teach your child to sneeze and cough in their elbow, and to wash their hands often while at camp.

SPORTSWEAR

Closed-toed/athletic shoes are a requirement for all outdoor activities. This will help avoid slips, trips, and falls, which could cause injuries. Stress to your child the importance of wearing socks and closed-toed/athletic shoes to prevent a toe, foot, and/or ankle injury.

CLOTHING

Send enough clothes so your child can wear layers. Mornings can be chilly, and by the afternoon it will be hot. This enables your child to peel their layers off as the weather warms.

FATIGUE

Fatigue plays a part in injuries. Explain to your child that camp is not like a sleepover. Stress that they should NOT try to stay up all night and the need for getting a good night's rest.

SUNSCREEN

Don't forget to send sunscreen, and prepare your child for the habit of using sunscreen. Counselors will be supervising and assisting the campers while they are applying sunscreen.

HYDRATION

Staying hydrated is very important in the summer. We will have chilled water coolers throughout the campus. Your child should pack a reusable waterbottle, identified with a labeled name.

CAMPER REGISTRATION

Ararat Youth and Conference Center

6944 STATE ROUTE 32
GREENVILLE, NY 12083

PARENT ORIENTATION will take place on Zoom prior to the start of the camp season. We will email parents through ACTIVE with the date and time as we get closer to the summer.

REGISTRATION DAY!

Session A/A1: Sunday, June 23, 2024

Session B/B1: Sunday, July 7, 2024

Session C/C1: Sunday, July 21, 2024

CAMPER REGISTRATION will take place **from 1:00 - 3:00 PM** on the first Sunday of each session. Due to staff and facility preparations for the incoming session, registration will NOT begin before 1:00 PM. Please make your travel plans accordingly. We plan to hold our registration line outdoors, weather permitting. Please have your child ready with all outstanding forms, tuition, canteen money, cell phones, and medicines with them as they register. Once unpacked, campers will be under their counselors' care, and parents can then leave the campus.

CAMPER ORIENTATION for the entire camp will take place at **4:00 PM**. New York State regulations require all campers to be present for camper orientation. The first meal on opening day will be dinner, served at 5:00 PM.

CIT + STAFF REGISTRATION

CITs and Staff must arrive at camp a day before their respective session begins. Registration will take place in the Rec Hall between **1:00 - 3:00 PM**.

CIT & STAFF ARRIVAL

Session A: Saturday, June 22, 2024

Session B: Saturday, July 6, 2024

Session C: Saturday, July 20, 2024

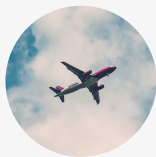
CITs undergo a special orientation with directors, staff, and counselors on Saturday.

CIT Orientation starts at **3:30 PM**.

Staff then join CITs at **4:00 PM** for team-building exercises.

A pizza dinner is served at **5:45 PM**.

ARRIVAL



ALBANY INTERNATIONAL AIRPORT (ALB)

737 Albany-Shaker Road
Albany, NY 12211



AMTRAK (ALBANY-RENSSELAER STATION)

525 East Street
Rensselaer, NY 12144



ALBANY BUS TERMINAL

34 Hamilton Street
Albany, NY 12207

St. Vartan Camp provides **COMPLIMENTARY TRANSPORTATION** for planes, trains, and buses arriving/departing from Albany, NY, as listed above. These transit centers are approximately 40 minutes from camp. A copy of the participant's complete itinerary must be received by JUNE 1.

All those traveling other than by car must travel early in the day (first flight in/out) to avoid problems with scheduling conflicts due to weather, delays, or airline scheduling conflicts. Participants traveling by air, as well as those with great financial need, are encouraged to find out about scholarship opportunities and financial support from their parish and/or camp.



DEPARTURE

Our Closing Program will be held for all our camp participants. Parents will be invited to an outdoor pick-up of their child(ren) immediately following the closing program at **12:00 PM**.

Photos and videos will be provided via SmugMug on a daily basis, so parents can view the highlights of the camp day and relive their child's camp experience at home!

Please plan to arrive at camp at **12:00 PM for pick-up** and wait outdoors under the pavilion on the following Saturdays:

Session A1: Saturday, June 29

Session A: Saturday, July 6

Session B1: Saturday, July 13

Session B: Saturday, July 20

Session C1: Saturday, July 27

Session C: Saturday, August 3

see you next year!

FOR YOUR INFORMATION

CAMP CURRICULUM:

The Department of Youth and Young Adult Ministries at the Diocese continues to provide a unique and enriching program to meet the growing educational and spiritual needs of our campers. The core curriculum consists of daily classes: Religion, Armenian Language & Heritage, and Arts & Crafts. In addition, participants are engaged in daily sports and swim.

TALENT SHOW:

On the second Thursday night at St. Vartan Camp, participants have an opportunity to be in the spotlight during our camp-wide Talent Show. Start planning now with any special talents you might be interested in sharing, such as dancing, singing, playing music, joke-telling, etc.

FRIDAY NIGHT DANCE:

Every week, our Friday night activity is a camp-wide dance. In preparation for each dance, CITs decorate the Rec Hall with a special theme, and participants dress-up for a great night of fun. Weather permitting, there is a campfire after each dance to round out a spirited evening!

TELEPHONE:

St. Vartan Camp discourages and reserves the right to limit children from calling home while at camp unless there is an emergency. We want to teach our campers self-reliance and independence, and we want to eliminate homesickness as much as possible. This is difficult if campers are constantly calling home or receiving phone calls. Although we recognize the safety concerns associated with equipping your child/children with a cellular telephone, campers and CITs are not allowed to keep cellular phones in their possession while at camp, as their presence disrupts the program. Any cell phone (or smartphone without a SIM card) found in the possession of a camper or CIT outside of designated cell phone office hours will be taken away and returned at the conclusion of camp. Please inform your child/children of this policy.

MAIL:

It means a lot to campers to receive a letter or postcard from home! We encourage you to write letters and send packages to your child. Letters help to uplift campers, whereas phone calls often intensify feelings of homesickness. Avoid using language like "We miss you!" or "Wish you were here!" Instead, tell them how proud you are of their independence and send lots of words of love and encouragement! **Please remember that no food items should be included in care packages.** You can write to your child at the address below:

Saint Vartan Camp

ATTN: (Child's Name)
6944 STATE ROUTE 32
GREENVILLE, NY 12083

CARE PACKAGE IDEAS:

- Books
- Magazines
- Playing Cards
- Stuffed Animals
- Travel-Sized Games
- Art Supplies
- Stationary



FREQUENTLY ASKED QUESTIONS

Curious about camp? Here are some of the most common questions our parents ask as they prepare their child for a positive summer camp experience:

WHAT DOES THE NURSE LOOK FOR DURING THE HEALTHCARE CHECK-IN?

As part of the registration process, each participant will check-in with a healthcare professional. During this time, a head-to-toe health evaluation will be performed. The participant's head, throat, skin, and feet will be checked for communicable diseases. The healthcare professional must give clearance to each participant prior to admittance to the camp program. If a communicable disease is identified (e.g., lice, strep throat, pink eye, etc.), then the participant may be asked to go home to be treated prior to admittance.

HOW MANY MEALS A DAY ARE OFFERED?

St. Vartan Camp offers three nutritious meals a day, plus an evening snack. There is also an opportunity for campers to purchase snacks from the canteen once a day. On Sundays, we offer a big brunch after Divine Liturgy, along with dinner and an evening snack. Our food service is run by a professional chef and a very experienced staff.

WHAT MEDICAL CARE IS AVAILABLE ON SITE?

St. Vartan Camp has a healthcare professional on site 24 hours a day, 7 days a week throughout the entire camp season. We are blessed with loving volunteers who serve as nurses, nurse practitioners, or doctors during each session. The camp nurse responds to all health-related needs of the camp. To ensure your child is given the best care possible, please be sure to fill out the Medical Packet properly and completely. In the event of an emergency, EmUrgent Care is 14 miles away and Albany Medical Center is 24 miles away. In addition, the Ararat Center is in a 911 zone.

WHAT IS CANTEEN?

Campers may purchase things like snacks, ice pops, drinks, stamps, replacement water bottles, and laundry service at our little canteen shop. \$15 - \$20 per week for canteen is collected as you register your camper. At registration, you will be asked if you would like the balance returned or donated. Any money unclaimed on the closing day of the session will be considered a donation.

FREQUENTLY ASKED QUESTIONS, CONT'D

WHAT IS YOUR STAFF SUPERVISION LIKE?

At all times, we have a 1:8 staff to camper ratio. All staff members are 18 years old or older. Counselor groups are assigned based on the age and gender of the campers. Each counselor group is assigned with both staff and CITs, who are always present with their campers at all activities and events throughout the day. In addition to our amazing staff members, who are often raised through the camp program themselves, we have incredible adult alumni and volunteers who come to camp to lend a helping hand to the program in many capacities.

WHAT TYPE OF TRAINING DOES YOUR STAFF RECEIVE?

Our staff arrive the week before camp commences and experience a mandatory 4-day training. During the training, our staff undergo sessions covering a wide array of topics, such as policies and procedures, emergency plans, bully prevention, physical and mental health and safety, behavior and discipline, daily programs schedules, Bible Studies, team building, and so much more! The staff also spend time preparing the campus for the arrival of campers and CITs. Through this comprehensive training, our faithful young adults become better equipped to meet the needs of our campers and CITs.

Many of our staff are CPR certified, and at least three of our staff members on campus are trained in Responding To Emergencies (RTE) through the American Red Cross.

WHO SHOULD I CONTACT IN CASE OF AN EMERGENCY?

You may contact the camp office at **518-966-8380** or contact Camp Administrator Lerna Lacinian, at **215-452-8322**.

WHAT DO THE DAILY ACTIVITIES AND CLASSES LOOK LIKE?

Every day, the campers have a full daily schedule packed with fun and learning! On weekdays, they have classes in Armenian Language & Heritage, Arts & Crafts, and Religion, which are taught by our talented staff and visiting clergy. They also have a daily sports program run by the Athletics Director and a daily swim time supervised by the Aquatics Team of certified lifeguards. Our Programming Coordinator organizes an evening program every day. Our evening programs include game shows, scavenger hunts, talent shows, dances, campfires, Capture the Flag, outdoor movies, and so much more!

WHAT IS OLYMPICS?

During the mid-session weekend, the Athletics Director organizes a camp-wide Olympic competition, with various sports activities and games. Campers and CITs are split up into two teams, Red and Blue, and staff members act as referees. The teams compete in a number of fun (and often hilarious) activities/races so that one team may be crowned the victors!

WHAT SPIRITUAL FORMATION WILL MY CHILD RECEIVE AT CAMP?

Every morning, the entire camp attends Matins after breakfast. Every night, the entire camp attends Vespers after the evening program and snack. On the mid-session Sunday, we celebrate the Divine Liturgy, and Holy Communion will be offered to all participants. St. Vartan Camp is blessed to have many clergy visitors who come to teach and spend time with camp participants. Our Primate, His Grace Bishop Mesrop Parsamyan, visits the camp every session and has time to interact and speak with the campers, CITs, and Staff.