

Community Connections Summer Camp Sign-up Form

Youth #1's name _____ incoming grade ____ school _____

Youth #2's name _____ incoming grade ____ school _____

Youth #3's name _____ incoming grade ____ school _____

Parent/Guardian's Name _____

Address _____

Town _____ State ____ Zip _____

Phone _____ (day) Phone _____ (evening)

Email _____ *(please include- this will be our main form of communication)*

Please indicate which camp(s) you would like your child(ren) to attend below.

Youth #1 #2 #3

Youth #1	Youth #2	Youth #3	Camp Name, Dates, and Cost
			Kayak 7th+ (June 25 - June 29) \$300.00
			Kayak 5th+ (July 2 - 6) \$250.00 (no camp on July 4th)
			Trauma Informed Backpacking (July 9 - 13) FREE Students must apply for this program. To start the process please send us this sign up and we will contact you.
			Mountain Biking (July 16 - 20) \$300.00
			Steeps & Deeps (July 23 - July 27) \$300.00
			Adirondack Canoe Trip (August 14 - 18) \$350.00

Please return this form, a Registration form, and your payment covering at least your first week of camp to:

Community Connections, PO BOX 155, Montpelier, VT 05601-0155

Donations gratefully accepted - Your donations help us keep costs down.

Your donations help us help kids. Thank you!



Community Connections

Middle School and Teen Camps 2018 for youth entering grades 5-12



CC camps welcome all young people from central Vermont
(specific ages/grades listed for each camp)

Schedule is subject to change. Camps subject to cancelation due to low enrollment

Contact Community Connections for information. 223-3456
arob@u32.org www.communityconnections.us

Kayak 7th+

- June 25-June 29 with an overnight
- 7th grade and up
- 9 a.m.-4:30 p.m.



Nothing is better than being on the water in summer! We'll kayak on local rivers and lakes and hone our boating skills together. We provide the equipment and you'll learn skills needed to be confident in more challenging settings.

We will get right down to business with a couple days on the Winooski River. To finish out the week, we will camp out one night at Green River Reservoir using our kayaks to carry us and all our gear to the campsite.

Meets at Montpelier High School
Instructors: Drew McNaughton & Paul Dayton

Fee: \$300

Kayak 5th+

- July 2-July 6 (no camp on July 4th)
- 5th grade and up
- 9 a.m.-4:30 p.m.

Each day of camp will be spent kayaking on a local lake or river. We provide the equipment and you'll learn all the skills needed to be confident. You'll be amazed how fast your skills will improve over the week as you move from still water to moving water!

Meets at Montpelier High School
Instructors: Drew McNaughton & Paul Dayton
Fee: \$250

Trauma Informed Wilderness Backpacking

- July 9-July 13
- 10th grade and up
- 9 a.m Monday -4:30 p.m Friday

New this year! Based in the woods of Worcester, Vermont over 5 days and 4 nights; this program is designed for students who have experienced traumatic events that are challenging their coping mechanisms or influencing their thoughts, feelings, and behaviors.

Teens will engage in activities designed to foster reconnection with themselves, challenge thinking errors, explore their interests, and build self-efficacy. Although there will be a therapeutic component, this program

will not provide confidential clinical therapy.

The first 2 nights will be spent at CC's home in the wilderness at The Mountain Center in Worcester, VT. The last 2 nights will be spent backpacking over the Worcester Mountain Range.



Each student will learn new skills in the areas of wilderness travel, take on new roles supporting personal and group well-being, and identify and use their personal strengths.

Registration includes an Advanced Medical Form (signed by a medical professional), and the ability to backpack for 3 days. After we receive your sign up we will send you a packet with all required forms and a gear list.

Instructors: David Bennett has a Masters in Social Work and years of experience working with youth specializing in development and trauma
Drew McNaughton - CC Middle School Coordinator with over 15 years of experience working with youth and a Wilderness First Responder.

Fee: FREE

- You must apply to attend this program. Please send us this sign up and we will contact you to discuss the program with you and determine if it is appropriate.

Mountain Biking - Intermediate

- July 16-July 20
- 6th grade & up
- 9 a.m.-4:30 p.m.

Enjoy singletrack riding on some of Vermont's best trails. Our mixed-level riding group will encounter everything from berms and smooth corners to challenging tight terrain. Destinations include Kingdom trails, Millstone Hill, Stowe, Pine Hill Bike Park and more. Experience on single track mountain bike trails required! Plan on 4-5 hours of riding per day.

Meets at Montpelier High School
Instructors: Drew McNaughton & Paul Dayton
Fee: \$300

Steeps & Deeps

- July 23-July 27
- grades 5th-8th
- 9 a.m.-4:30 p.m.

Come hike with us through the woods and to the mountaintops around the state. We will do some serious exploring and every day we'll splash into a different swimming hole. Classic Vermont Summer Fun! Plan on hiking 3-4 hours per day, and plan to get wet during afternoon swimming time.

Meets at Montpelier High School
Instructors: Drew McNaughton & Paul Dayton

Fee: \$300.00

Adirondack Canoe Trip to Lower Saranac Lake

- August 14-August 18
- 8th grade and up

Monday: 9 a.m.-4:30 p.m
Tuesday: Depart for overnight at 9:00 a.m.
Friday Return from overnight at 4:30 p.m.



Vast. Wild. Serene. The Adirondack Park is a treasure. We will spend four days and three nights at a variety of remote campsites deep in the wilderness of Lower Saranac Lake. We will travel from campsite to campsite by boat, taking day hikes, swimming, climbing, and exploring. We will also learn all of the skills needed to spend an extended amount of time camping and paddling in the wilderness of the Northeast's largest park.

We will start Monday with a morning paddle and then cover safety preparations, training, and packing in the afternoon. We will depart for our trip early on Tuesday and return Friday afternoon.

Registration includes an Advanced Medical Form (signed by a medical professional), and moderate familiarity with camping and wilderness travel. After we receive your sign up we will send you a packet with all required forms and a gear list.

Meets at Montpelier High School
Instructor: Drew McNaughton and others
Fee: \$350

How to Register

Many camp sessions fill quickly, so please register early. Sign-up deadline is June 1.

Community Connections' goal is to make every effort to reduce or eliminate barriers to participation by all community members.

Grades refer to the grade a student is entering next fall.

Total payment is due by June 1 unless you have contacted us to discuss a payment plan in advance. Space is limited, therefore your spot will not be held without payment by dates specified.

No refund; after June 1.

1. Fill out the sign-up form on the back of this brochure.
2. Send in the sign-up form, a registration/medical form, and **payment that covers at least one week of the camp(s) you have chosen to:**

Community Connections
PO Box 155
Montpelier, VT 05601-0155

You can download a registration form at: www.communityconnections.us or call 223-3456 and we'll send you one.

3. Upon receipt of your sign-up form and fee, you will receive a confirmation by email if we have your email, or be placed on a waiting list if the camps is full.

Schedule is subject to change.

Please sign-up by June 1

All camps are subject to cancellation based on low enrollment.