



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Friends of YCO Family Camp Handbook

Contact Information

Camp Office (423) 338-5588

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Camp Director- B.J. Davis

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Office Hours: Monday-Friday 9am-4:30pm

Address: 111 YMCA Drive
Ocoee, TN 37361

Web Address: www.ymcacampocoe.org

Welcome to Camp Ocoee!

A Note from the Director

Welcome back to YMCA Camp Ocoee! Our mission is: To provide experiences, under a strong Christian emphasis, that will strengthen the spirit, mind and body of all its participants. During your stay we will provide an engaging program while fostering the physical, emotional, and spiritual well-being of our participants. We will promote character development and encourage learning.

We welcome you to an extraordinary place where the combination of beautiful surroundings, creative staff and a strong spirit of community create a rejuvenating and unforgettable experience for you and your family.

We are very excited to have you at YMCA Camp Ocoee Friends Family Camp. The Camp Handbook is filled with useful information to help you prepare for camp, have an enjoyable trip and gain a better understanding of the camp experience. Please read through this handbook to ensure an enjoyable, safe, and fun experience.

Family Camp Guidelines

- Please wait on a Camp Ocoee staff member prior to entering any program area.
- Swim only in the designated swim area (Waterfront near Dining Lodge)
- Everyone wears a lifejacket when in a boat
- Know where your children are at all times
- If you hear a bell ringing continuously, come to the Dining Lodge
- Please show respect for the other cabins during Quiet Hours (10pm-7am)
- Help us keep camp clean of trash by using the garbage cans found all around camp
- Bring Lost and Found to the Dining Lodge
- No Smoking
- Campfires should only be built in existing fire pits and an adult must be present at all campfires
- Once you have unloaded your car please move it to one of the parking areas. (Camp office and by the Campfire Circle)
- Please walk to and from activities and meals if possible.

What to Pack for Camp Ocoee

Please label everything with your first and last name.

Bedding

- Sleeping bag
- Blanket
- Sheets (single bed)
- Pillow

Clothing- Pack for entire session

- Undergarments
- T-Shirts
- Raincoat/Poncho
- Hat/ Bandana
- Shoes (athletic)
- Sandals*
- Pants
- Shorts
- Socks
- Pajamas
- "Mud Game" clothing
- Sweatshirt
- Swim Wear**

* Sandals with a tight back strap are the perfect shoes for camp. Flip Flops/Crocs are not appropriate camp shoes.

** Swim Wear should provide complete coverage, fasten securely and be designed for active wear.

One-piece swimwear only for girls.

Personal Hygiene

- Shower Caddy
- Wash Cloth
- Shampoo
- Tooth Paste
- Sunscreen
- Insect Repellant (non-aerosol)
- 2 Towels
- Soap
- Toothbrush
- Comb/Brush
- Deodorant

Other Items (optional)

- Bible
- Camera
- Musical instrument
- Camp Chair
- Water Bottle
- Notebook
- Day Pack
- Small Clip Fan for bed
- Flashlight

Do not bring expensive clothing to camp. Camp is not responsible for any items left behind or lost. All left items will be donated to charity.

What to Leave at Home

- Alcoholic beverages
- Tobacco products
- Knives, guns, or other weapons
- PETS!

Swim Evaluations

Before using any aquatic area at Camp Ocoee, all campers 15 and under must complete a swim evaluation. The evaluation consists of swimming approx. 25 meters and treading water. After the swim evaluation, campers will receive a swim band. Green band swimmers can swim in the swim area without the use of a lifejacket. Red band swimmers must wear a lifejacket while in the water.

If your child needs to take the evaluation just ask one of the lifeguards at the waterfront. They will be happy to assist you and your child.

Meals at Camp Ocoee

Our cooks and kitchen staff prepare delicious meals. All meals are served buffet style. At breakfast each morning fresh fruit and cereal will be available along with the hot breakfast. Each lunch and dinner a salad bar and sandwich bar are available in addition to the main entrée.

- Please arrive on time for meals
- Assist younger children with their plates and bowls
- Only take one serving the first time through the line
- After the meal, take all cups, silverware, and plates to the kitchen, wipe the top of the table, sweep below the table, and organize chairs.
- After every meal, the staff will make announcements. Important information is delivered at this time. Please have at least one family member stay until the end of announcements.

Nuts and Bolts

Housing: Families stay in Camper Cabins. All buildings on camp have electricity and bathroom facilities. The Camper Cabins are open air screen buildings.

Healthcare: There is no designated health care provider during camp. Parents are responsible for their family member's health and should bring over the counter medications and first aid supplies.

Internet Access: Internet access is only at the Camp Office and Dining Hall over WiFi.

Cellular Service: Cellular service on camp is spotty. The only service that gets a signal is Verizon. If you need to make a call please see one of the Camp Ocoee staff to use a land line.

Outfitter Store: The camp store will be open after dinner Saturday evening. Cash, credit and checks are accepted at the store.

Friends of YCO Family Camp Daily Schedule

Friday

	<u>Activity</u>	<u>Location</u>
3pm-6:30pm	Early Check-in	Camp Office
7:00pm	Dinner	Dining Lodge

Saturday

7:50am	Flag Raising	Flag Pole
8:00am	Breakfast	Dining Lodge
8am-9:30am	Check-in	Dining Lodge
9:30-Noon	<i>Activities Open</i>	
	Archery	Climbing Wall
	BB's	GaGa
	Arts & Crafts (Office Porch)	
	Waterfront (Swim Area, Canoeing, Keowees, SUP, Rope Swing)	
12:30pm	Lunch	Dining Lodge
1:30pm-2pm	Rest Period (B.O.B. Time)	
1:30pm-2pm	Camp Store Open	Office Porch
2-5:30pm	<i>Activities Open</i>	
	Archery	Climbing Wall
	BB's	GaGa
	Waterfront (Swim Area, Canoeing, Keowees, SUP, Rope Swing, Banana Boat, Water Toys)	
5:50pm	Flag Lowering	Flag Pole
6:00pm	Dinner	Dining Lodge
7-7:45pm	Games	Ball Field (Camp Office)
7-7:45pm	Camp Store Open	Office Porch
7:45pm	Campfire/Smores	Campfire Circle

Sunday

7:50am	Flag Raising	Flag Pole
8:00am	Breakfast	Dining Lodge
9:00am	Chapel Service	Shrock Chapel
10-12:00pm	<i>Activities Open</i>	
	Waterfront (Swim Area, Canoeing, Keowees, Rope Swing)	
	Archery	BB's
12:30pm	Lunch	Dining Lodge
1:30pm	Cabin Clean-up/Check-out	See you next year!

Activities at Family Camp

Archery BB's
Climbing Wall
Banana Boat
Waterfront

Waterfront: Includes swim area, canoeing, kayaking, SUP Boards, Water Trampoline, Rockit and Water Jungle Jim.

Evening Programs:

Saturday Evening: Campfire/Smores- We will gather at the campfire circle to sing camp songs, play silly games, and eat smores! If you have a camp song you would like to share with everyone the sign-up will be available in the Dining Lodge.

Traditions:

Announcements: If while in the Dining Lodge a Camp Ocoee staff member says the word "Announcement(s)" then everyone will begin singing/yelling: (at the end of the song everyone should be quiet and sit back down)

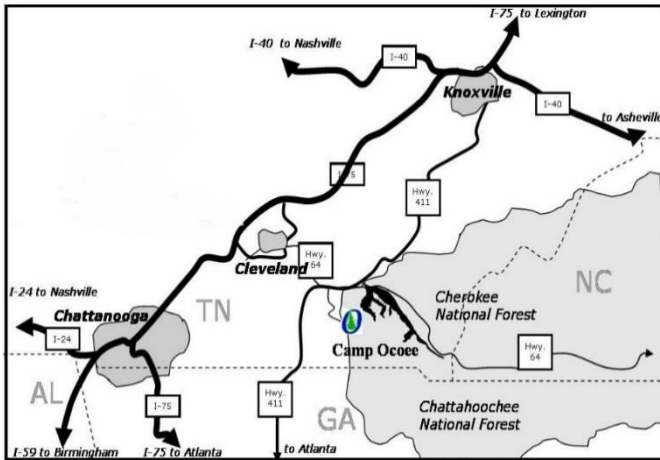
Announcements, Announcements, Announcements, a terrible way to die, a terrible way to die, a terrible way to be talked to death, a terrible way to die, Announcements, Announcements, Announcements!

If a Camp Ocoee staff member yells "Hey", then everyone will sing/yell: Ho!, Camp Ocoee's got soul, HOAAAA! (then be quite)

If you see another family across the lake or a ways away you can yell "Ocoee There" then the other family should yell back "Ocoee There". This is how they used to distinguish the Ocoee groups while camping amid other groups camping.

Directions to YMCA Camp Ocoee

For directions from your location, go to www.google.com and type in YMCA Camp Ocoee.



DO NOT USE A GPS TO FIND CAMP OCOEE. PLEASE USE THE DIRECTIONS BELOW.

To Camp Ocoee from Chattanooga:

1. Take I-24 East toward Knoxville/Atlanta
2. Take I-75 North toward Knoxville
3. Take first Cleveland exit (Exit 20) - Highway 64/74E
4. Turn right off of exit ramp toward Cherokee National Forest
5. Travel approximately 6.5 miles.
6. Take Highway 64 EAST to Ocoee River/Cherokee National Forest toward Murphy, North Carolina
7. Travel approximately 10 miles.
8. Highway 64 will go from a 4 lane to 2 lane highway just before Cookson Creek Rd.
9. Turn RIGHT onto Cookson Creek Road
10. Travel on Cookson Creek road for approximately 3.8 miles. *Very curvy road*
11. Turn left into the Camp Ocoee entrance

To Camp Ocoee from Nashville:

Take I-24 East toward Chattanooga
Follow steps 1-11 above

To Camp Ocoee from Knoxville:

Take I-75 South toward Chattanooga
Take Exit 25- Highway 60 toward Cleveland/Dayton
Turn right onto Georgetown Rd. NW—this becomes Hwy. 60
Follow Steps 6-11 above

To Camp Ocoee from Atlanta:

Take I-75 North toward Dalton
Take Highway 411 North at Exit 293
Travel on Highway 411 North toward Cleveland, TN and Chatsworth travel approximately 65 miles
Take Highway 64 East to Ocoee River/Cherokee National Forest toward Murphy, North Carolina
Follow Steps 8-11 above

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