



Camp O-AT-KA Parents' Guide

Summer 2019





CAMP O-AT-KA

Dear Parents,

We are so pleased that your son will be joining us this summer for our 114th consecutive season of operation on route 114!

Camp O-AT-KA was founded in 1906 by the Reverend Ernest J. Dennen, as a place that boys from Lynn, Massachusetts could escape the dust and heat of the mill city and enjoy a summer close to nature. Dennen believed that it is better to build strong boys than mend broken men. Camp O-AT-KA maintains this mission to this day. We seek to instill confidence and build character in a supportive, unplugged, safe community environment.

Campers and staff come from a wide variety of backgrounds and we seek to bring them together by furthering common interests, promoting a sense of community, achieving progress towards goals, and fostering the development of lifelong friendships.

Whether your son's interests lean towards team sports, outdoor living and wilderness trips, the fine or performing arts, or what we call the beach, boat, and canoe club; O-AT-KA has the activities and staff to help him make the most of his summer.

It is an awesome responsibility to take care of your boys and our watchful and experienced staff care for them as if they were our own. Several of our staff have their own children in attendance and many staff are former O-AT-KA campers themselves.

This parents' guide is designed to answer questions and prepare you and your son for his camp experience. If you have any other questions or concerns, please do not hesitate to call or e-mail at any time. The camp office phone number is (207) 787-3401, and our email is info@campokatka.org.

We look forward to seeing you soon on the shores of Lake Sebago!

Yours truly,

Heather Plati
Executive Director

Charles Donovan
Summer Director

AMERICAN CAMP ASSOCIATION ACCREDITATION

We know the most important consideration in choosing a camp is its safe environment and qualified staff. Parents nationwide recognize the importance of accreditation by the American Camp Association (ACA) when choosing a camp for their child. O-AT-KA is ACA accredited, having passed an exhaustive periodic review process that is reaffirmed annually. This means we meet industry-accepted and government-recognized standards from staff qualifications and training to safety and emergency management.

CONTACT INFORMATION

The camp office is open daily during the summer from 9 a.m. to 12:30 p.m. and 2:30 p.m. to 6:00 p.m. We also check messages during the evening hours.

Camp Office (207) 787-3401
bungalow@campoatka.com

Fax Machine (207) 787-3930

Infirmary (Nurse) (207) 787-3292
infirmary@campoatka.com

After Hours (207) 787-3534
(Emergency ONLY)

Camper Mail and E-Mail

U.S. mail, packages, and e-mails are delivered to campers once a day. To mail a letter or a package to your son, use the following address:

[Your Son's Name]
[His Cabin Name]
Camp O-AT-KA
PO Box 239
Sebago, ME 04029

For e-mail communication, O-AT-KA uses Campminder. More information will be distributed at check-in. Campers write postcards home approximately twice per week. International campers only are permitted to send emails instead.

Camper Phone Policy

Camp O-AT-KA places a high priority on boys learning independence and self-reliance, and on building community with those around us. As we have found from extensive experience, we are best able to achieve these goals in an unplugged environment. For this reason, **campers are not allowed to bring cellular phones to camp nor do they have access to the camp telephone during their stay.** This policy is strictly enforced. The boys are encouraged to write home at least twice a week. Members of the camp staff are always available to assist you should you have an urgent matter to discuss with your son. Birthday boys will have the opportunity to call home on their special day. **Please help support this policy by not sending mobile phones or other unapproved technologies to camp.** Note: If your son is flying to camp, he can bring his phone to the

office at check-in. We will lock in the office safe until his departure day. We will charge the phone and have it ready for his travel at that time.

PACKING LIST

This packing list is based upon the experiences of generations of campers. It fits the needs of the boys and reflects the limited storage space available in our cabins.

O-AT-KA will issue one camp t-shirt to each camper upon arrival. Camp shirts are worn for all inter-camp athletic matches and on special days. Additional camp shirts and clothing are available in the camp store.

Please clearly mark all items, both large & small, with your son's full name.

Clothing

- | | |
|---|--|
| <input type="checkbox"/> 1 Camp T-Shirt (provided) | <input type="checkbox"/> 12 pairs of socks |
| <input type="checkbox"/> 1 O-AT-KA polo shirt | <input type="checkbox"/> 2 pairs of pajamas (1 warm) |
| <input type="checkbox"/> 8 appropriate t-shirts or jerseys | <input type="checkbox"/> 3 swimsuits |
| <input type="checkbox"/> 2 long-sleeve shirts | <input type="checkbox"/> 2 pairs of sweatpants |
| <input type="checkbox"/> 3 pairs long pants or jeans | <input type="checkbox"/> 2 sweatshirts or fleece jackets |
| <input type="checkbox"/> 6 pairs of shorts (any style) | <input type="checkbox"/> warm jacket |
| <input type="checkbox"/> 10 pair underwear | <input type="checkbox"/> rain jacket or poncho |
| <input type="checkbox"/> non-athletic shorts & collared shirt
for dances and Sundays | <input type="checkbox"/> hat |

Footwear

- | | |
|--|---|
| <input type="checkbox"/> 2 pairs of sneakers (smooth-soled
for tennis optional) | <input type="checkbox"/> lightweight hiking boots (suggested for
Middlers and Seniors) |
| <input type="checkbox"/> teva-type sandals (with straps) | <input type="checkbox"/> cleats (optional) |

Trip Equipment (for all campers)

- | | |
|---|---|
| <input type="checkbox"/> sleeping bag | <input type="checkbox"/> frame pack (if planning to go on a
wilderness trip) |
| <input type="checkbox"/> insect repellent with DEET
(please no aerosol cans) | <input type="checkbox"/> water bottle (provided) |
| <input type="checkbox"/> daypack for adventure days | |

Beddings & Linens

Camp O-AT-KA provides sheets, pillow cases, and a laundry bag for campers. We provide pillows and blankets for international campers and, upon request, for those traveling by air. For reasons of hygiene, campers sleep in sheets, not in sleeping bags, while at camp.

- | | |
|---|--|
| <input type="checkbox"/> 1 pillow | <input type="checkbox"/> 4 towels (2 bath and 2 beach) |
| <input type="checkbox"/> 2 warm blankets (for those cool
Maine nights) | <input type="checkbox"/> 2 washcloths |

Miscellaneous Required Items

- trunk or sturdy storage tub
- flashlight with extra batteries
- toilet kit and toiletries
- sunscreen

Optional Athletic Equipment

- tennis racket
- fishing rod and tackle
- baseball mitt and ball
- swim goggles
- athletic cup and mouth guard
- lacrosse stick, pads, helmet, gloves, ball
- frisbee

Other

- camera (no phones)
- stationery, envelopes, pens, and stamps
- quiet games
- summer reading books
- musical instruments (a keyboard and piano are available at camp)

THINGS TO LEAVE AT HOME

In order to promote the healthy social and community aspects of camp life and to maintain an “unplugged” environment, we require that cell phones, iPhones, Apple watches, televisions, radios, stereo systems, computers, PDAs, hand-held electronic games, Internet-connectable devices, drones, and other electronic devices be left at home. Any camper who brings electronic devices to camp in violation of this policy will have them held in the office for the duration of his stay. In addition, in view of the limited electrical supply in our cabins, we ask that campers not bring fans and plug-in lamps to camp.

Middle and senior unit campers are allowed to have non-video and non-wi-fi iPods and other MP3 players for use during quiet times (siesta, lights out). They may not be used outside the cabins at any time. Phones without SIM cards are not acceptable. Unauthorized use of wireless connections at camp is not permitted and will result in confiscation of the device. As with any personal property, campers bring them to camp at their own risk.



SHIPPING TRUNKS

If you choose to ship trunks to camp in advance of your son's arrival, please be certain to allow sufficient travel time. The UPS weight limit is 150 lbs. per trunk. We will ship trunks back at the end of camp; at the expense of the family.

CAMP STORE

Campers can obtain sundries such as toothbrushes, toothpaste, soap, postcards, stamps, insect repellent, and batteries at the camp store. Purchases are charged to the boys' camper accounts.

PACKAGES

Boys love to receive occasional "care packages" from home during their stay at camp. In an effort to keep our cabins free of critters, you may only send nonfood items*. In addition, many children have allergies. We need to ensure that the only food served is safe for all of our campers. Comic books and magazines are great. Please do not send gum, candy, or snacks no matter how much your son may plead for them. Rest assured that meals at camp are nutritious and plentiful. Your son will get a candy bar of his choice after lunch twice a week in exchange for a letter home. If your son has a summer birthday, he will receive a birthday cake to share with his cabin mates.

Remember that space at camp is very limited. Boys live out of their trunks, which are often packed to the brim, and only have a cubby and shelf area for storage. Please be prudent in your number of packages and what you send. Good-old-fashioned letters are often a boy's favorite thing to receive from home!

** As many parents and well-meaning relatives seem to forget this policy during the summer, we remind you that campers will open all packages in the presence of office staff. Any food will be confiscated.*

ILLEGAL ITEMS

Please discuss the serious ramifications of possession or use of illegal drugs, alcohol, tobacco, fireworks, and firearms with your son prior to his arrival at camp. Possession or use of these items by your son constitutes grounds for immediate dismissal from camp without refund. This includes e-cigarettes and vaporizers.

TRAVELING TO CAMP O-AT-KA

Travel north on I-95 (Maine Turnpike) to Exit 42. Turn left on Payne Road and head north to Route 114 (about 2 miles), turn left and follow Route 114 north about 25 miles to Sebago. Camp O-AT-KA is located 1.5 miles north of the Sebago Elementary School – look for the big brown O-AT-KA sign on your left. From the north, Route 302 in Naples, take Route 114 south for 8 miles. The main entrance will be on your left, just past the tennis courts. GPS devices are occasionally unreliable in Maine, so check your route carefully.

NOTE: For campers arriving by plane, fees charged to O-AT-KA by the airlines will be included on the camper's invoice. A convenience fee from the Portland Jetport is \$50, while a fee from Boston Logan International Airport is \$100.

2019 ARRIVAL AND DEPARTURE INFORMATION

The Importance of Arrivals and Departures

Professional research has established that for children, rituals and traditions play an important part in building community, providing a sense of belonging, and creating a supportive environment – all important components of O-AT-KA’s mission to build strong boys. Our opening and closing day rituals and traditions such as unit orientation, the Council Ring campfire, Candlelight, or evening cabin time help connect boys to the fabric of camp, provide stability, and create shared values. Opening and closing day are extremely important for our campers and staff. Boys that arrive late for a session or who leave early from a session miss out on these rituals and traditions, which interferes with their ability to integrate into the community or leave with a feeling of closure. Late arrivals or early departures are also very disruptive to the cabin and unit environment, since the threads that bind a cabin or unit together begin forming on day one and require focused effort to unwind in an orderly way. For everyone’s sake, please arrange for your son to arrive and depart **ONLY** at the designated arrival and departure times. We ask that you stay within these designated times to provide the optimal situation for your son and because it is disruptive to have staff coming and going from camp on important days when they are needed to be with their cabins/ units.

Arrival and Departure Schedule

SESSION I

SATURDAY JUNE 22 – CIT’s Arrive, Intl. Campers Arrive at Boston Logan Airport

CIT’s should arrive at camp in time to attend the noon welcoming ceremony. Full season, session 1, 2-week session A, and leadership cabin international campers should arrange to arrive at Boston Logan airport between 10 AM and 6 PM, where they will be greeted by O-AT-KA staff and transported to camp in time to settle into their cabins before dark, and get a good night’s sleep so that they are ready for opening day.

SUNDAY JUNE 23 -- Domestic Campers Arrive at Portland Jetport

Full season, session 1, 1-week starter A, 2-week session A, and leadership cabin domestic campers should arrange to arrive at Portland Jetport between 9 AM and 3 PM, where they will be greeted by O-AT-KA staff and transported to camp in time for dinner, orientation, and the opening campfire.

SUNDAY JUNE 23 – Campers Arriving by Car Arrive After Noon

Full season, session 1, 1-week starter A, 2-week session A, and leadership cabin campers arriving by car should arrange to arrive at camp between noon and 3 PM. Although it is tempting, please do not arrive before noon because our staff will still be busy making final preparations for your arrival.

SATURDAY JUNE 29 – Starter Program 1- Week Session A Campers Depart

For campers departing at the end of starter program A, pick up is between 9 AM and noon.

SATURDAY JULY 6 – 2-Week Session A Campers Depart

Parents of campers departing at the end of 2-Week Session A are welcome to join us for Visiting Day festivities in the morning and for lunch. Campers should depart in the morning or after lunch.

FRIDAY JULY 19 – Session 1 Closing Ceremony

Campers may depart O-AT-KA by car after the closing ceremony at 3 PM.

SATURDAY JULY 20 -- Campers Depart / Flights Home

Campers leaving by car should be picked up between 8:30 AM – 10 AM. Please note: because our staff need to transition to session 2, campers must be picked up by 10 AM. International campers should arrange to fly out of Boston Logan airport in the morning or afternoon, and domestic campers should arrange to fly out of Portland Jetport in the morning or afternoon.

SESSION II

SATURDAY JULY 20 -- International Campers Arrive at Boston Logan

Session 2 and 2-week starter B international campers should arrange to arrive at Boston Logan airport between 10 AM and 6 PM, where they will be greeted by O-AT-KA staff and transported to camp in time to settle into their cabins before dark and get a good night's sleep so that they are ready for opening day.

SUNDAY JULY 21 -- Domestic Campers Arrive at Portland Jetport

Session 2, 2-week starter B, and 1-week starter B domestic campers should arrange to arrive at Portland Jetport between 9 AM and 3 PM, where they will be greeted by O-AT-KA staff and transported to camp in time for dinner, orientation, and the opening campfire.

SUNDAY JULY 21 – Campers Arriving by Car Arrive After Noon

Session 2, 2-week starter B, and 1-week starter B campers arriving by car should arrange to arrive at camp between noon and 3 PM. Although it is tempting, please do not arrive before noon because our staff will still be busy making final preparations for your arrival.

SATURDAY JULY 27 – Starter Program 1- Week Session B Campers Depart

For campers departing at the end of starter program B, pick up is between 9 AM and noon.

SATURDAY AUGUST 3 – 2-Week Session B Campers Depart

Parents of campers departing at the end of 2-Week Session B are welcome to join us for Visiting Day festivities in the morning and for lunch. Campers should depart in the morning or after lunch.

FRIDAY AUGUST 9 – Evening Departures After Candlelight Service

Campers may depart O-AT-KA by car after the Candlelight Service; usually around 9 PM.

SATURDAY AUGUST 10 -- Campers Depart / Flights Home

Campers leaving by car must be picked up between 8:30 AM – 10 AM. International campers should arrange to fly out of Boston Logan airport in the morning or afternoon, and domestic campers should arrange to fly out of Portland Jetport in the morning or afternoon.

Administrative Fees

International: There is a \$100 fee for pickup/drop-off at Boston Logan. Domestic: There is a \$50 fee for domestic camper pickup/drop-off at Portland Jetport (we ask that all domestic campers try and fly into Portland). For more information, please see the full Travel policy.

Lodging for Parents

If you are traveling and would like to stay at camp during drop-off/ pickup days, there is a limited amount of rooms available to rent in the Bungalow. Reservations can be made by calling the office at 207-787-3401.

Opening Day Arrival Procedures and Events

When you arrive at camp on 6/23 or 7/21, you will be greeted at the gate by a member of the leadership team, and will be directed to park along the camp road. A CIT will direct you to the Bungalow office to help you begin the check-in procedure. At the office, the staff will review your account and give your son his cabin assignment. Our staff will guide your son to his cabin, assist with unloading his trunk, and take you to the infirmary to check in with the camp nurse. A lunch buffet is served from 12-1:30 p.m. in the Commons. Everyone at camp is invited to attend. A new parent orientation will take place at 1:30 p.m. in the Library.

It is important that your son arrive by 3 p.m. to ensure that he has adequate time to complete the check in process, meet his counselor and the other boys in his cabin group, and to get settled in before the afternoon program begins.

We hope that you will take some time to tour camp, speak with members of the leadership team, counselors, and other parents. Parents and guests are requested to depart by 4 p.m. Before you leave, you will be given your son's counselors, cabin, and unit head's names and contact information. In the late afternoon and after dinner, the campers will participate in an orientation to the camp's programs and staff, unit and cabin meetings, and our opening council ring campfire. Our regular activity schedule will begin the next morning.



End-Of-Session Departure Procedures and Events

Parents are invited to attend the end-of-session festivities. On Friday July 19th, a lunch banquet followed by an awards ceremony and colors ceremony will take place. The Friday activities run from approximately 12:00 to 3:00 p.m. Please do not arrive before 11:30 since boys will be participating in final cabin activities until that time.

On Friday, August 9th, a candlelight service will be held in St. Andrew's Chapel following the open house, final banquet, and awards ceremony that mark the end of the season. These activities run from approximately 5:30 to 9:00 p.m. Please do not arrive before 4:30, since boys will be participating in final cabin activities.

Banquet reservations should be made during check-in. You may pre-pay your banquet fees or apply them to your son's camper account. The banquet costs \$10.00 per person, while children age 6 and under may attend at no charge.

Many boys leave camp with their parents following the awards ceremony on Friday, July 19th or the Candlelight Service on August 9th, while others will depart from 8:30-10 am on Saturday July 20th or Saturday August 10th. **Before you depart camp, it is essential that you check out with the office** to ensure the safety of the campers and that nothing is forgotten.

HEALTH SERVICES

Registered Nurses and Nurse Assistants are available 24 hours a day to provide first aid, assessment, and referral of medical problems for your son. The infirmary supplies and distributes most over-the-counter (OTC) medications per the camp physician's protocol. Therefore, we request you do not send typical OTC medications with your son. No medication will be allowed to stay with campers in cabins with the exception of inhalers and Epi pens.

If your son requires an Epi Pen or inhaler and you would like him to carry it while at camp you must meet the following:

1. Epi Pen/Inhaler must be in a clearly labeled pharmacy container showing child's name, physician's name, name of medicine, dosage, and expiration date.
2. If your son needs to carry an Epi Pen or inhaler at all times, a second Epi Pen/inhaler must be provided to the infirmary to ensure access during out-of-camp trips.

Prescription Medications

Camp O-AT-KA uses the CampMeds pre-packaged medication program. Every camper who will be taking medication while at camp, with the exception of short-term antibiotics, dissolving tablets (e.g. Reditabs), or injectable medications must register with CampMeds at www.campmeds.com or by calling (954) 577-0025. CampMeds will send pre-packaged doses of your son's medication directly to the camp infirmary for administration.

Families will pay a \$40 processing fee for the program if registered by May 15. An additional \$25 charge will be incurred for families who register after May 15. Families arriving on-site with a camper requiring daily or long-term medication and who have not pre-registered with CampMeds will be charged a \$65 packaging fee.

The only exception will be families whose insurance is not accepted by CampMeds or those for whom CampMeds was unable to provide a particular product.

Any camper needing daily vitamins or over the counter (OTC) medications will incur a fee of \$40 if not packaged through CampMeds.

Any medications (including vitamins) being left at the infirmary must be in their original package or our nurses can not accept or dispense them.

Parent Notification

Parents or guardians will be notified by the Camp Nurse, Summer Camp Director or Executive Director if an overnight stay in the infirmary is required. In addition, parents and guardians will be notified for illnesses lasting more than 24 hours, emergency medical care, doctor's visits, and medication questions or refills.

VISITING DAYS

We welcome you to visit your junior, middler, or senior camper on Saturday July 6 and Saturday August 3. Since one important goal for your son's summer camp experience is for him to develop greater independence, we ask that you not visit at other times. Off- visits, in our experience, frequently cause unintended but disruptive effects about camp, such as an increase in homesickness.

We will offer a short program starting at 9:00 AM with light breakfast and coffee with camp leadership and other staff members, followed by a chance to "shadow" your son at his morning activities. You are then welcome to join us for lunch, after which you can choose to remain at camp, or take your son out of camp until 5:30 P.M. If you choose to take your son out of camp, you must register with the camp office before departing, and check back in upon return. If you wish to take one of your son's friends along for an outing, the camp will need to have prior written consent from that boy's parents or guardians. Likewise, if you would like your son to be able to leave camp with another parent, your prior written consent is required.

Parents of two-week session A and B campers are invited to join in Saturday visiting day festivities before checking out.

Please be aware that pets, smoking, and the consumption of alcoholic beverages are not permitted on camp property.

CAMP MINDER FORMS

Many important forms, such as the health history, travel form, activity preference form, and counselor information form, can be found on O-AT-KA's CampMinder CampInTouch page. Forms should be completed

online or (in some cases) printed out and mailed back to camp. Forms are due by May 15th. The web address is: <http://oatka.campintouch.com>

CABIN & UNIT ASSIGNMENTS

Cabin life is a key ingredient of the camp experience. The cabin is your son's home away from home and his cabin mates and counselors will become a significant part of his extended camp family. O-AT-KA alumni attest that cabin friendships really do last a lifetime! Unit & cabin assignments are based upon grade in school. The camper population is divided into three units: the Senior unit is for boys entering 9th and 10th grades, the Middle unit is for boys entering 6th through 8th grades, and the Junior unit is for boys entering up through 5th grade. Campers are limited to making ONE cabin-mate request through the form on Campminder, since meeting new people and making new friends are important parts of the camp experience. Our staff will make every effort to honor requests if they are mutual, but please understand that they are not guaranteed. Staff place a great deal of care into creating the strongest possible cabin combinations in each unit; because of the ripple effects that last-minute changes can cause, we are not able to accommodate change requests on arrival day.

DAILY ACTIVITIES

O-AT-KA has over 25 daily activities, which we call crafts. When you receive the information on activity selection, please help your son complete it and submit it online as soon as possible. Some programs are age or resource-limited and are filled on a first-come, first served basis. Every two weeks, a new schedule of activities will be developed for your son based upon his interests. We make every effort to ensure campers get as many of their top picks as possible. Campers whose information is not complete by May 15 will find it harder to get their top activity choices.

WILDERNESS TRIPS

Wilderness trips offer boys a chance to experience the natural beauty that surrounds them more fully, while providing an age and skill-appropriate challenge. Juniors have a group overnight each session at either Green Ridge campsite on camp property or at nearby Sebago Lake State Park. Middlers and seniors have the option to go on at least one wilderness trip each session. First-year middlers are required to attend one wilderness trip, while returning middlers and seniors have the option. Recent outings have included lakes and mountains of Maine and New Hampshire, whitewater rafting and canoeing. All wilderness trips are led by certified trip leaders. More information and registration information will be available once the boys arrive at camp.

SPECIAL EVENTS

A multitude of special events are scattered throughout the O-AT-KA season; old favorites such as the camper-counselor hunt, Sea Dogs baseball trip, beach day, O-AT-KA Day, Know Your Counselor, Knights' Ball, Kings' Day, and many more fill up the calendar!

If your son has ever wondered what holidays at camp would look like, he will get his chance this summer! One day per session will be themed around a holiday.

FULL-SEASON PROGRAM

There is far more to do at camp than can be reasonably accomplished over the course of a few weeks. For this reason, our seven-week full-season program allows campers the greatest opportunity to take advantage of all that O-AT-KA has to offer. Seven week campers take three different sets of crafts over the course of the summer, participate in the changeover day trip, have access to every wilderness trip, experience each of the season's special events, and are able to develop stronger ties and friendships over the course of a full summer. Since it was Reverend Dennen's founding mission for O-AT-KA to build strong boys, the longer a boy is with us, the greater the opportunity we have to build him! All full-season campers receive special recognition at the closing awards ceremony in August.

ONE-WEEK STARTER PROGRAM

The one-week starter program is designed for the young first-time camper as an introduction to overnight camping. Since O-AT-KA's program is designed to unfold over a full summer, starter campers will only get a sampling of what camp has to offer. The number of spaces in the starter program is limited and can only be done in a camper's first year. Those in the one week program will not have limited choice in craft selection. Please call the camp office to check availability.

TWO-WEEK PROGRAM

The two-week program is designed for those campers who are not able to attend a full session of camp but still want to benefit from the O-AT-KA experience. Campers will experience one full cycle of crafts, along with special days like O-AT-KA Day and Adventure Day.

EXTENSIONS

Campers who come for starter session A or B or two week session A or B have the option to extend for one week or the balance of the session. Campers may also extend from session one into session two. Every family's expectations are different, both in terms of schedule and financing, so there is never any pressure placed on a family or camper about extensions. If you indicate that extending is a possibility, camp staff will contact you by phone during the session for a check-in. Only after all agree that extending is a good idea will conversation be initiated with the camper.

LEADERSHIP CABIN

The leadership cabin is a four-week program designed for older senior unit boys who are seeking a capstone camping experience. Unlike the CIT program, which is focused on developing the next generation of staff members, the leadership cabin is designed to broaden participants' leadership skills. Members of the leadership cabin live in a single cabin in the Senior Unit together with their counselors, who are specifically selected to support their growth in this program. One period each craft day is devoted to skill development. Also as part of the program, campers will be trained in lifeguarding, will participate in an extended wilderness trip, and be deeply involved at camp and in the community.

HOMESICKNESS

Homesickness is something that affects nearly every boy who goes away from home, especially for the first time, even if it's only for one night. It is a normal phase of development that is usually dealt with by preparing your son for the experience. It is important to encourage your son's growing sense of independence throughout the year. One effective way to do this is with practice separations, such as sleepovers at a friend's house. By filling out the Parent Inquiry Form, you will let us know about your son – including any medical conditions, fears, favorite activities, and food preferences. This enables his counselors to help your son be more comfortable once he arrives at camp. Letters home from campers are often written during down time and bedtime when campers are not as active and homesickness surfaces more. We suggest you respond to letters that indicate some degree of homesickness with short supportive letters focused on the activities that your son is involved in at camp; it is best not to write about what is happening at home. We also ask that you not make any deals about early pick ups – although they may be well-intentioned, experience shows that they almost always backfire. Such deals contain a negative message about your son's ability to make it through camp, and may lead to him to feel like a failure. While we do not want any boy to be sad or homesick, we know that these feelings can teach self-reliance and important coping mechanisms that are invaluable. Our staff is trained in many strategies that work well to combat feelings of homesickness.

LINENS & LAUNDRY

Personal laundry service is arranged by the camp and is included in your son's tuition. We send personal laundry out each week and get it back one day later. A laundry bag is provided to each camper. Please mark every piece of clothing with his full name. Please label all items using full names, as there may be several boys at camp with the same initials. Sheets and pillowcases are provided and are changed weekly.

TUITION

Tuition, while not all-inclusive, includes most aspects of camp life. Not included, and billed separately, are optional expenses such as wilderness trips, transportation to and from camp, any major fees incurred by the airlines, major shop and crafts projects, fishing equipment, prescription drugs, and advanced swim course materials.

Rates & Dates

FULL SEASON	June 23 - August 10	\$9,250
FIRST SESSION	June 23 - July 20	\$5,900
SECOND SESSION	July 21 - August 10	\$4,900
TWO-WEEK SESSION A	June 23 - July 6	\$3,750
TWO-WEEK SESSION B	July 21 – August 3	\$3,750
ONE-WEEK STARTER A	June 23 – June 29	\$1,950*
ONE-WEEK STARTER B	July 21 – July 27	\$1,950*
LEADERSHIP CABIN	June 23 – July 20	\$5,900

**Space in the one-week starter sessions is limited and reserved for young, first-time campers only.*

CAMPER ACCOUNTS

In addition to the tuition, a camper account is used in place of cash for miscellaneous expenses, including purchases at the camp store and spending money for trips (such as Sea Dogs or beach trip refreshments). Large purchases require parental permission. At the end of the session, any balance may be refunded, applied to next year's account, or you can choose to donate it to Camp O-AT-KA's scholarship fund. An invoice will be sent if your son's account exceeds the initial deposit.

PAYMENT POLICIES

A \$1000 deposit is required with each boy's camp application and 75% of the deposit is refundable until January 1, 2019. The deposit is applied to the balance due. After January 1, 2019, the deposit is not refundable. Four equal tuition payments are due the 15th of November, January, March and May and are refundable, less the deposit, until May 1, 2019. Alternately, tuition may be paid monthly, starting in September. Checks may be made payable to Camp O-AT-KA. Major credit cards are accepted. All payments must be made in U.S. Dollars. Payments received from outside the United States of America may be remitted by international money order or as drafts channeled through a U.S. "corresponding bank" or Federal Reserve Bank. Checks returned for insufficient funds or otherwise deemed uncollectible are assessed a \$35 administrative fee. Unpaid balances after June 1 are assessed a late fee at the rate of 1.15% per month.

Refunds are not granted to campers who are asked to leave camp for disciplinary reasons. Campership aid is not directly refundable to families. In keeping with the tradition of making O-AT-KA affordable to as many boys as possible, a limited number of campers whose families demonstrate financial need are given camperships each year. Financial aid forms are available upon request.

OVERNIGHT ACCOMMODATIONS

The camp has a small number of rooms available for overnight visitors in the Bungalow. Reservations may be made through the camp office for a fee.

In addition, there are a variety of local lodging options. We suggest that families wishing to stay in the Sebago area make reservations as early as possible.

Augustus Bove House (207) 693-6365	11 Sebago Road, Naples augbovehouse@adelphia.net
---------------------------------------	---

The Inn at Long Lake (207) 693-6226	15 Lakehouse Road, Naples info@innatlonglake.com
--	---

Maplewood Inn & Motel (207) 655-7586	549 Roosevelt Trail, Casco www.shindamen.com
---	---

Migis Lodge (207) 655-4524	Highway 302, South Casco www.migis.com
-------------------------------	---

2019 DATES TO REMEMBER

Sat, June 22	CITs Arrive, Noon Welcome
Sun, June 23	Opening Day, Campers Arrive from 12-3PM
Sat, June 29	Pickup for 1-Week Starter A
Sat, July 6	Visiting Day for Non-CIT Campers Pickup for 2-Week Session A
Fri, July 19	Luncheon Awards & Colors Ceremony, 12PM Visiting Weekend for CITs begins at 3PM
Sat, July 20	Close of 1 st session, Campers depart by 10AM
Sun, July 21	2 nd session begins, Campers arrive from 12-3PM Visiting Weekend for CITs ends at 10AM
Sat, July 27	Pickup for 1-Week Starter B
Sat, August 3	Visiting Day for Non-CIT campers Pickup for 2-Week Session B
Fri, August 9	Banquet, Awards, and Closing Candlelight Service, 6-9PM
Sat, August 10	Close of camp season, Campers depart by 10AM

2019 Sessions

Full Season	June 23-July 6
First Session	June 23-July 20
Second Session	July 21-August 10
Two-week Session A	June 23-July 6
Two-week Session B	July 21-August 3
One-week Session A	June 23-June 29
One-week Session B	July 21-July 27
Leadership Cabin	June 23-July 20
CIT Program	June 22-August 10

NOTE: PLEASE REMEMBER TO HAVE YOUR ACTIVITY SELECTION, HEALTH, TRAVEL, AND ALL OTHER FORMS SUBMITTED TO CAMP BY MAY 15.

Contact Info

Camp O-AT-KA	207-787-3401 (phone)
593 Sebago Road	207-787-3930 (fax)
PO Box 239	info@campoatka.org
Sebago, ME 04029	www.campoatka.org

Follow Camp on Social Media

Facebook: @ Camp O-AT-KA,
boys summer camp

Instagram: @campoatka
Twitter: @oatka1906

