



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PREPARING YOUR CHILD FOR THE SUMMER OF THEIR LIFE

A GUIDE FOR
YMCA CAMP CONISTON
PARENTS, CAMPER
AND ALUMNI

2023 Information Handbook

SLEEP-AWAY CAMP
ADVENTURE CAMP
SERVICE TRIPS

YMCA Camp Coniston
Located in Croydon, NH

2023 Session Dates

Two Week Sleep-Away Camp

Session 1	June 25 – July 8
Session 2	July 9 – July 22
Session 3	July 23 – Aug 5
Session 4	Aug 6 – Aug 19

One Week Sleep-Away Camp

Session 5	Aug 21 – Aug 26
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6 Day Adventure Camp

Acadian Odyssey	July 2 – July 7
Coastal Navigator	July 9 – July 14
Quebec Quest	July 16 – July 21
Maine Voyager	July 23 – July 28
Northern NE Explorer	July 30 – Aug 4
Green Mt. Explorer	Aug 6 – Aug 11

10 Day Adventure Camp

Casco Extended Adventure	July 23 – Aug 1
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Service Trips

11 day or 1 ½ week trips for 15 and 16 year olds

Service I	July 7 – July 18
Service II	Aug 4 – Aug 15

CIT Programs: \$ (East/North) \$ (West)

Dates includes: East Coast, North Coast, and West Coast

CIT 1 & 2	June 25 – July 22
CIT 3 & 4	July 23 – Aug 19

\$300 Deposit Per Session Due with Application—Final Payment Due April 1st
Automatic monthly payment plan is available by credit card.

**FINANCIAL ASSISTANCE TO YMCA CAMP CONISTON
PROVIDED THROUGH GIFTS TO THE YMCA CAMP CONISTON ANNUAL FUND**



The Coniston Experience

WHAT MY CHILD CAN EXPECT AT CAMP CONISTON

Twelve hundred acres of pristine wilderness in the mountains of western New Hampshire are home to YMCA Camp Coniston. Our summer sleep-away camp encompasses a rustic environment nestled along the 3.5 mile shore of the lake from which Camp takes its name. *As a nonprofit social service agency with a focus on youth, our mission is to create experiences that build healthy spirit, mind and body for all.*

Camp is where campers canoe and swim, make fires and friends, try archery and riflery, and explore drama and the arts. But Camp is much more than that. Campers and counselors work together, learn new skills, and build an honest, caring and respectful community where all individuals grow. It is this strong sense of community that translates into an unparalleled loyalty and fondness for Camp Coniston, among counselors and campers alike.

The heart of our programs has much to do with stretching to meet mental and physical challenges, gaining confidence and becoming skilled at teamwork. Our programs incorporate the natural surroundings and require a can-do attitude, cooperation and age-appropriate independence.

Active and successful participation in the sleep-away camp experience at YMCA Camp Coniston entails the ability to independently, safely and cooperatively:

- Live with (i.e. sleep with and create a summer home with) similarly aged and gendered campers in a tent or cabin, and take part in the social and play time of the unit.
- Exhibit suitable behavior without needing more than the usual amount of individual attention.
- Be responsible for personal care, and individual health and safety.
- Follow a varied individual and group activity schedule, and manage free time with minimal supervision.





The Coniston Experience

— CONTINUED —

- Maneuver rugged and steep terrain and distances between activities that are part of the natural surroundings.
- Enjoy overnight excursions which may require challenging hikes and offer little or no shelter.
- Understand and respond to group instruction for most of the activities offered at Camp.
- Join in group activities that build community, such as singing, campfires, and family-style meals in the dining room.
- Act appropriately in case of an emergency.
- Contribute positively to the overall spirit of the Camp community.

YMCA Camp Coniston endeavors to arrange reasonable accommodations to make Camp accessible while preserving the rustic facilities, natural surroundings and a quality camping experience for all.

ADOPTED BY THE YMCA CAMP CONISTON BOARD OF DIRECTORS, MARCH 25, 2004. UPDATED BY BOARD ON JUNE 7, 2018.



Director's 2¢



Thank you for choosing YMCA Camp Coniston for your child's camping experience!

For more than a century, YMCA Camp Coniston has brought quality camping and exceptional learning experiences to kids, staff, parents and alumni from New England, the US, and around the world.

It's a responsibility we at Coniston take seriously, and literally. We hear it from campers and alumni every day ... their experiences at Camp taught them as much, or more, about themselves than almost anything in their lives.

We are here year-round working to ensure that your child has an extraordinary experience.

John Tilley, *Executive Director*



About YMCA Camp Coniston

GENERAL INFORMATION ABOUT OUR CAMP

YMCA Camp Coniston is a co-ed sleep-away camp located on Lake Coniston, surrounded by 1,200 acres of beautiful protected wilderness. Camp is the perfect place for your child to make friendships that will last a lifetime, as well as learn about themselves and the world around them.

YMCA Camp Coniston's philosophy is to utilize our numerous programs to provide individual participants the opportunity to be vital in a larger community. Through this group work, campers grow individually in confidence, connectedness, and sense of purpose. Our experience shows that this process equips young people with the necessary tools to manage the numerous risks of adolescence.

Camper Ages & Divisions

While we firmly believe in younger and older children learning together, our two week camps are divided into three divisions that help ensure your child's experience is age appropriate. Our other programs are designed with specific ages in mind. Campers range from age 8 (must be 8 by June 24th) to 15.

- Junior Division completed grades 2-4
- Middler Division completed grades 5-7
- Senior Division completed grades 8-10
- One Week Sleep-Away Camp completed grades 2-6
- Adventure Camp ages 12-15
- Service Trips ages 15-16

Camp Activities

During a two-week camp session, your camper will participate in eight instructional activities, which includes swimming instruction, (*see pg 15 for activity choices.*) There are four activity periods a day that are scheduled on a M-W-F and T-Th-Sat rotation. He/she will select program areas from the Activity Sign-Up form available online.

While we do our best to schedule your child for his or her top activity choices, it is sometimes difficult to do so because of enrollment limitations. For this reason, we encourage Campers to try new things and enjoy their experiences!



About YMCA Camp Coniston

— CONTINUED —

Swimming has been an important part of Camp since we began, and every Camper is required to take swimming lessons as one of their activities each session. A swimming test is given to each Camper on check-in day to determine what level swimming class he/she will be placed in.

In addition to the instructional activities, your Camper will participate in activities with their respective Camp (Boys or Girls), with their Division (age group), and with their cabin group.

We believe this schedule gives Campers a variety of avenues to make new friends and learn from a diverse group of peers.

PRICE CHANGES FOR 2023

"Coniston is switching to a voluntary 3 tier tuition system because we recognize families have different abilities to pay." —JOHN TILLEY

Campers often say YMCA Camp Coniston is one of the most important places in their life. We recognize how vital camp is to the social, physical, and emotional development of children. Because of this, Coniston has instituted tiered pricing to ensure that families can find a place for Camp in their budget.

Coniston's Board and staff have worked hard to keep prices as affordable as possible for the entire Camp community. Historically, we have set rates below the total cost of operating Camp in order to keep prices moderate. This year, rather than raising rates across the board and pricing some families out of a Coniston Experience, we are instituting a voluntary tiered-system that recognizes that families have different abilities to pay.

In order to monitor the impact of inflation and costs, the board will set 2023's price in August. Regardless of the tier a family chooses, all children are welcome in the Coniston community and will receive the same camper experience.

Our Staff is comprised of young adults who have completed at least one week of specialized training each year ... most were Coniston campers themselves. Staff are chosen for maturity, commitment to children's growth and a love of the community. Each session includes 3 registered nurses, a minimum of 70 lifeguards, and more than 80 first aid/CPR certified members.

Camp is year-round education.

It is not academic, but your child may learn more in two weeks about themselves than in the remainder of the year.

TIER 1

COVERS THE TRUE COST OF CAMP

We ask families who can pay this amount to please do so.

TIER 2

SUBSIDIZED THROUGH THE GENEROSITY OF DONATIONS

Families who need assistance with the full cost of Camp.

TIER 3

FINANCIAL AID
CONTACT REGISTRAR FOR APPLICATION

Any child can experience Camp regardless of their family's financial situation.



Before Camp Begins

THINGS YOU NEED TO KNOW
BEFORE YOUR CHILD APPLIES TO CAMP

Application & Fees

- **Application** is easy. Simply apply online, and **submit a \$300 non-refundable deposit** (see Cancellation Policy) to Camp for each session (\$600 for two-session campers). Fees for each program are listed on the application form.
- **Financial Aid is available.** Please contact the Registrar for more information at office@coniston.org
- **Order of Admissions Priority:**
 - *Beginning August 5th*, returning Campers (from 2022) and siblings are registered as space allows, upon receipt of their application and deposit.
 - *On October 16th*, all Wait List Campers from the previous summer who have submitted their application will be admitted as space allows.
 - *On October 17th*, New Campers will be admitted as space allows. You are encouraged to submit an application quickly after August 5th, as we register new campers in date-received order.
- **Cancellations made before October 15th** forfeit half their deposit for the session cancelled. **Cancellations made after October 15th** forfeit the entire deposit (this includes dropping from two-session to one). **Cancellations made after April 1st** will forfeit all amounts paid.
- **Cancellations for documented medical reasons** within two weeks of Camp will be given a refund minus the deposit, only if we are able to refill the spot. No refunds will be given for medical reasons once a camper has checked into Camp for their session. This includes if we need to send a camper home because they were exposed to a communicable illness.
- **Payments** must be made in US Dollars.
- **Payment Schedule:**
 1. Deposit is due **upon application**. Deposits must be made online by credit or debit card.
 2. Automatic monthly payment options are available if you pay by credit card. If paying by check you can mail checks anytime to make frequent payments.
 3. An invoice will be e-mailed to you in January. Accounts unpaid on April 1st may be assessed a \$50 late fee and will be subject to cancellation.
- **Dropping from two sessions to one**, after October 15th, will mean that you lose the \$300 deposit for that session. Please keep this in mind when applying.
- **Wait Lists** are active and utilized in to June every summer. To sign up for the wait list, fill in an application online, mail in your deposit, and indicate your preferred session(s). Our registrar will call to verify your interest when/if a spot opens. Deposits will not be processed while you are on the wait list. Once you accept a spot we will enroll your child and process the deposit.
- **Returned checks** are charged a \$25 fee.



Before Camp Begins

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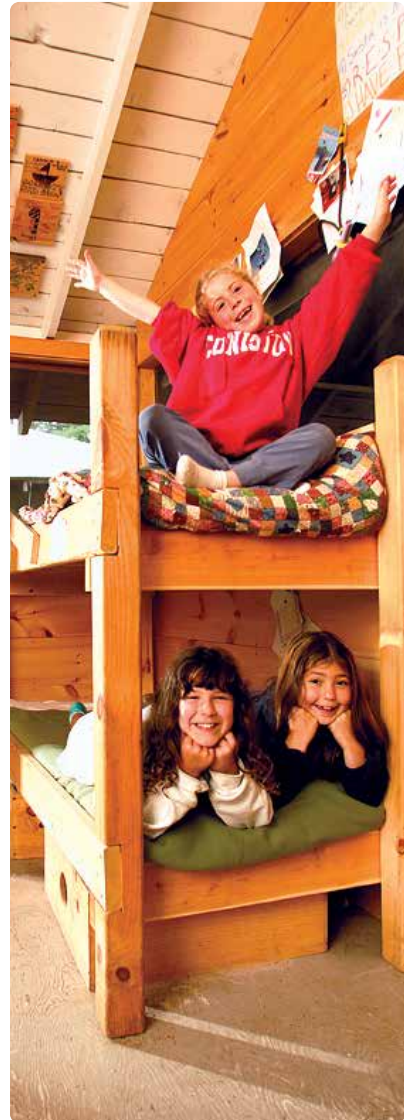
Special Needs and Accommodation Policy

YMCA Camp Coniston will provide services to children with disabilities or any special needs in the same manner as services are provided for other children of comparable age. Camp will make reasonable accommodations that do not fundamentally alter the nature of the sleep-away camp experience as described in the "Coniston Experience Statement." Requested accommodations shall be reviewed on a case-by-case basis as outlined in the "Policy and Procedures for Accommodations for Special Needs" (*available upon request*).

Expectations of Privacy

While your child is at Coniston, Camp management acts *in loco parentis* — this means that we are legally acting as the underage child's parent while they are at Camp.

Because of our close shared living quarters and bath houses within boys and girls Camp, Campers and staff should have limited expectations of privacy. As always, our Camp community expects considerate, respectful, and safe behavior by all as outlined in the Coniston Experience.



Cabin Mate Requests

There are many factors that go into cabin placement, and every effort is made to honor requests. However, **first year Camper requests are the only ones guaranteed, as long as campers request each other, and are in the same grade.** Only one request per Camper is allowed.

Camper Forms

You will be able to access and fill out all your Camp forms through your account that you created when you submitted your online application. We will send you an e-mail when the forms are available. Forms due April 1st.



Before Camp Begins

— CONTINUED —

Camp Health Policies

- Parents must complete a new Health History Form electronically each year. Physical exams must be no more than two years old, but a new form must be submitted annually to Camp. Please note: your doctor's electronically signed form can be used in place of our Physician's Exam Form. (Please note that the Health History Form and Physician's Exam Form are two different forms and both are required).
- We will be requiring all campers who take medications to utilize our pre-packaging system this summer. Parents will need to make sure their camper's prescription and over-the-counter medications are sent to Camp's designated pharmacy in the weeks prior to their arrival.
- Campers must be responsible to show up at the appropriate time to receive their medications and/or notify a nurse if they are not feeling well. Nurses cannot be responsible for delivering medications to individual campers.
- Nurses cannot assume responsibility for giving allergy shots. If shots are dispensed during a Camper's stay, an appointment will be made with the local doctor and all charges will be billed to the parent including transportation to and from the doctor.
- Pharmaceutical and all medical charges incurred by a Camper while at Camp are the responsibility of the parent.
- Your personal health insurance is the insurance in effect while your child is participating in a Camp program.
- All dental problems, including orthodontic appliances, are the parents' responsibility.
- If a Camper's illness or injury incapacitates them for 24 hours or more, arrangements will be made for the Camper to return home or to the home of the emergency contact.
- Parents will be notified of serious accident or illness of their Camper.
- Camp Coniston has a pediatrician on call and utilizes New London Hospital. The parent must assume any other medical and transportation arrangements.
- If campers behaviors, mental, or physical state develop into a condition requiring an abnormal amount of 1-on-1 care, dismissal may be required.
- Once a child is dismissed for any medical reason a doctor's written approval is needed for readmittance in our program. (subject to NH COVID-19 guidance)



Two Week Sleep-Away Camp

WHAT TO BRING (AND WHAT NOT!)

Two Week Camp Packing List:

Use this handy checklist to be sure your campers have everything they need when they come to Camp. Remember to pack enough for the entire session.

Luggage is stored underneath the cabins or in a separate shed, so please keep that in mind when packing. We recommend packing in a duffel bag, suitcase, or large storage bin.

CLOTHING:

- Shorts
- T-Shirts
- Jeans/long pants (2+prs.)
- Sweatshirts/fleece (2+/-)
- Socks
- Underwear
- Pajamas
- Bathrobe
- Light jacket
- Raincoat
- Swim suits (3)
(appropriate swim wear for activities such as diving)

FOOTWEAR:

- Sneakers (1-2 prs.)
- Sandals/flip flops (2 prs.)
- Rain boots

BEDDING:

- Sleeping Bag *(for overnight)*
- Set of twin sheets
- Blankets (2)
- Pillow with case

TOILETRIES:

- Soap
- Shampoo/Conditioner
- Deodorant
- Toothbrush/Toothpaste
- Razors/Shaving Cream
- Hair Brush/Comb
- Bath Towels (3)
- Beach Towels (2)
- Face Cloths
- Shower Bucket
- Cloth/Mesh Laundry Bag

OTHER IMPORTANT ITEMS:

- Flashlight
(with extra batteries)
- Insect Repellant

- Masks *(we recommend at least 7 cloth and a package of 50 disposable)*
- Sunscreen
- Water Bottle
- Stationery,
- Pens & Stamps
- Riding Boots
(if needed, 1/4" heel, no hiking boots)

OPTIONAL ITEMS:

- Tennis racquet
- Musical instruments
- Camera
- Notebook for journaling
- Books

Please Do Not Bring:

Personal Electronics
(TVs, radios, cell phones, iPods & music players, iPhones, digital book readers, computers, tablets, game players, etc.)

Valuables
Expensive cameras
Jewelry
Pocket knives
Guns
Duct tape
Hatchets

Fireworks
Hair dryers over 1,000 watts
Skateboards
Roller blades
Juuls and/or Pods
Vaporizers and/or vape products

Please label ALL clothing, luggage and personal items. • Clothing should not be expensive or new. • Please note that Camp is not responsible for lost or stolen items. • Some campers enjoy wearing casual Sunday clothes to Chapel; for example, a sundress or khaki shorts. This is strictly optional.



One Week Sleep-Away Camp: Check-Out

SEE YOU NEXT SUMMER!

One Week Camp Packing List:

CLOTHING:

- Shorts
- T-Shirts
- Jeans/long pants (2+ *prs.*)
- Sweatshirts/fleece (2+/-)
- Socks
- Underwear
- Warm pajamas
- Bathrobe
- Light jacket
- Raincoat
- Swim suits (1-2) (*appropriate swim wear for activities such as diving*)
- 100% White Cotton T-Shirt for Tie-Dye

FOOTWEAR:

- Sneakers
- Sandals/flip flops
- Rain boots (*opt'l*)

BEDDING:

- Sleeping Bag
- Set of twin sheets
- Blankets (2)
- Pillow with case

TOILETRIES:

- Soap
- Shampoo/Conditioner
- Toothbrush/Toothpaste
- Hair Brush/Comb
- Bath Towel (1)
- Beach Towels (1)
- Face Cloths
- Shower Bucket
- Cloth or Mesh Laundry Bag

OTHER IMPORTANT ITEMS:

- Flashlight (*extra batteries too!*)
- Masks (*we recommend at least 7 cloth and a package of 50 disposable*)
- Insect Repellant
- Sunscreen
- Water Bottle
- Stationery, Pens & Stamps

OPTIONAL ITEMS:

- Tennis racquet
- Musical instruments
- Camera
- Notebook for journaling
- Books
- Playing Cards



While Your Child Is At Camp

— CONTINUED —

Age Divisions

There are three divisions — Junior, Middler and Senior — in both boys and girls Camp. Some program areas are grouped according to age, so they are developmentally appropriate for both skills and interest. Each session the divisions ebb and flow due to the total ages of campers, but the following is a general guideline.

- Juniors: completed 2nd, 3rd, 4th grade
- Middlers: completed 5th, 6th, 7th grade
- Seniors: completed 8th, 9th, 10th grade

Activity Areas

This list gives some of our most popular activities offered year after year. Some activities are offered by interest or skill level, others by age. Each spring you will receive an official listing of activities offered for the summer, which will contain a few variations. All campers participate in instructional swimming.

<i>Archery</i>	<i>Drama</i>	<i>Hiking (SR)</i>	<i>Ropes</i>
<i>Arts & Crafts</i>	<i>Ecology</i>	<i>Horseback (see below)</i>	<i>Sailing</i>
<i>Basketball</i>	<i>Frisbee/</i>	<i>Kayaking</i>	<i>Skeet (SR)</i>
<i>Campcraft</i>	<i>Disc Golf</i>	<i>Landsports</i>	<i>Snorkeling</i>
<i>Canoeing</i>	<i>Games for</i>	<i>Lacrosse</i>	<i>Soccer</i>
<i>Coniston Singers</i>	<i>the Mind</i>	<i>Paddleboarding (MD/SR)</i>	<i>Tennis</i>
<i>Dance</i>	<i>Gymnastics</i>	<i>Photography (SR)</i>	<i>Woodshop (SR)</i>
		<i>Riflery</i>	<i>Yoga</i>

Horseback

Additional fee program —Two Week sessions only

Horseback is taught in English Class Riding Lessons, and includes equine anatomy, grooming and tack. Coniston is a member of the Certified Horsemanship Association and our riding director is a certified instructor of the organization.

Participants must have completed the 4th Grade.

Please note: there are no refunds for this program when lessons are cancelled due to inclement weather.



While Your Child Is At Camp

— CONTINUED —

Out-of-Camp Trips

During their stay at Coniston, Campers may participate in out-of-Camp trips. This may include hiking and camping trips, ice cream trips, ecology trips, or sports meets and competitions with other camps/teams. Camp provides all supervision and transportation. (subject to NH COVID-19 guidance)



Letters, Packages, Baggage ... how to get them to Camp!

Letters and packages to your camper should be sent to this address:

(Camper's Name and Cabin Number)

YMCA Camp Coniston

PO Box 185, 24 Coniston Road, Grantham, NH 03753

To encourage campers to write, Camp provides each camper with two stamped postcards per session. To ensure you receive mail from your camper, we suggest that you provide a pre-addressed, stamped card for your child.

All campers love packages! We ask that you please **do not** send food, powdered drinks, candy, gum or duct tape. Food attracts mice, raccoons, skunks and more. All food sent to Camp will be discarded. Camp provides enough food and snacks each day for your camper. . Because packages are checked for food during your child's free time, we encourage you to not send more than one package per week to your child. The line can be quite long and we see many campers spend their free time each day in the line instead of doing an activity. Please mail packages via the US Mail.

Baggage & trunks can be sent UPS or FedEx if you need to mail baggage in advance, addressed to the camper. Please notify Camp if you plan to ship baggage. Shipped items should be sent to this address:

(Camper's Name and Cabin Number)

YMCA Camp Coniston

PO Box 185, 24 Coniston Road, Grantham, NH 03753



While Your Child Is At Camp

— CONTINUED —

Behavior & Dismissal Policy

As a close-knit community, YMCA Camp Coniston expects each camper to respect themselves and everyone at Camp, as well as the rustic facilities and natural surroundings.

All members of the Camp Coniston community — including staff and campers — are expected to behave responsibly and appropriately at all times. After reasonable efforts to modify irresponsible or inappropriate behavior (including but not limited to bad language, hate speech, use of threats or fighting), a camper may be dismissed. Direct threats of significant physical harm to self or others,

as is the possession or use of tobacco, drugs, alcohol, vaping, juuls or pods while in a Camp program are grounds for immediate dismissal.

Campers dismissed for disciplinary reasons are not allowed back to Camp for the remainder of the summer and may be asked not to return to Camp in the future.

If campers behaviors, mental, or physical state develop into a condition requiring an abnormal amount of 1-on-1 care, dismissal may be required.

Once a child is dismissed for any medical reason a doctor's written approval is needed for readmittance in our program. (subject to NH COVID-19 guidance)





While Your Child Is At Camp

— CONTINUED —

On Homesickness ... Some Important Information

It may be your instinct to send a cellphone to Camp with your child, in an attempt to cut down on homesickness.

Our experience consistently indicates exactly the opposite.

Talking to/texting with parents brings up memories of home, and we find it actually increases homesickness. This not only impacts your child but the children around them.

In addition, cellphones and other personal electronics reduce the face-to-face connections that your child will make during their summer at Camp, and hinder their ability to make new friends.

Parents should understand that initial letters home might involve strong homesick feelings, especially from first-time campers.

If you have concerns, after a second unhappy letter, please don't hesitate to give us a call and discuss the issue. Be assured, we'll do everything we can to make your child's experience positive.

Camp is really about getting away from day-to-day technology — the "everyday routine" — and getting to know their new friends, face to face.

Frequently Given Answers ... !

- **Telephones** are not allowed for camper use. Any cell phone found will be brought to the office for safekeeping until parents pick up at check-out.
- **E-mail** is not accessible to campers.
- **Snacks** are provided daily by Camp; we do not allow food in cabins as it attracts animals. *Any* food sent to Camp will not be given to your child to control squirrels, etc. in cabins.
- **Tipping the staff** individually is discouraged, but we do have a "staff appreciation fund" for special pizza parties, etc. If you wish to show your appreciation, stop by the Camp office.



While Your Child Is At Camp

— CONTINUED —

Meals

Campers eat meals family-style with their cabin group. The Camp Coniston food service staff prepares the meals, and second helpings are always available.

In addition, snacks are available during the day if a camper needs something to hold them over until mealtime.

In order to accommodate food allergies, campers are responsible to check the food ingredient list with the nurses prior to each meal and select the appropriate menu items during the meal. Camp staff cannot be responsible for what your camper chooses to consume.



We strive not to serve food containing nuts. However, we cannot guarantee that cross-contamination from producers has not occurred for any allergy. Please call the office before Camp begins with any questions. All allergies are considered on a case-by-case basis.

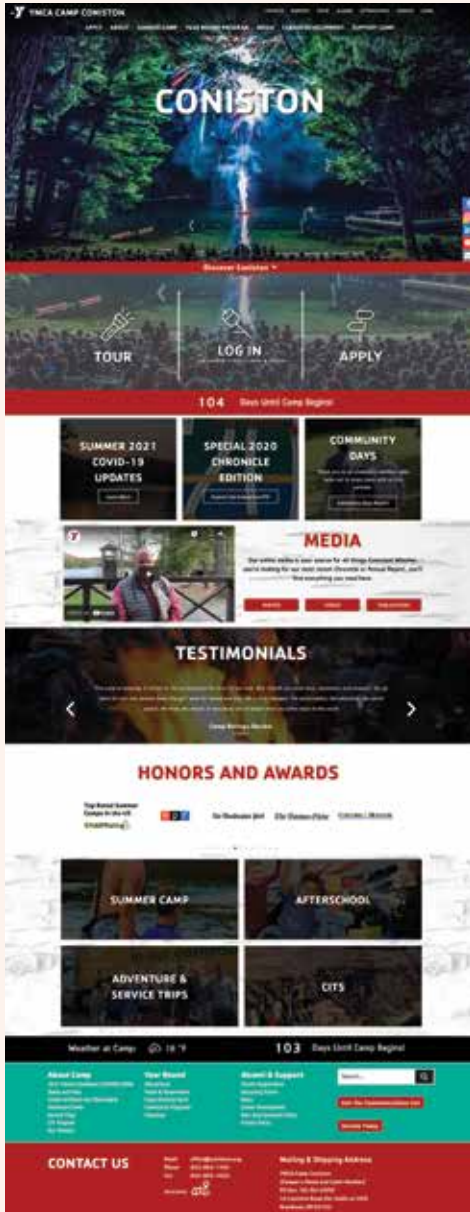




While Your Child Is At Camp

— CONTINUED —

Visit Our Website at
www.coniston.org



We change the home page regularly all year, so check often.

Join Coniston on Social Media!



@YMCACampConiston



@YMCACampConiston
 @ConistonFloraAndFauna



@ymca-camp-coniston
 @groups/13608842

By liking **YMCA Camp Coniston** on Facebook, you can stay up-to-date with the happenings of Camp, events, and daily photos.

Also, please send your updates on school, jobs, family, and your travels (and photos too!) to jesse@coniston.org. We'll share them with the Camp community on the web, and in the *Coniston Chronicle*!

***PLEASE NOTE:** Our social media is not used as source of two-way communication at Camp. Summer is a time for campers and staff to communicate face to face, unplug, and recharge. This is why we have a no phone policy in Camp. The best way to reach us is to call the office or send us an email.*





After Camp Ends

APPLYING FOR NEXT SUMMER — CIT PROGRAM
LOST AND FOUND — A NOTE ON FACEBOOK

Applying for Next Summer

Due to high volume of returning campers, Coniston is one of the few camps in the U.S. that typically fills up before the holidays each year. Here is how our camper application system works:



EVERYONE can apply starting August 5th and applications are accepted in the following order:

- **Returning Campers** are accepted first, starting on *August 5th*. Siblings of returning Campers are accepted at this time too. As we cannot guarantee your registration to Camp, you should get your application in as early as you can to increase your chances of being accepted.
- **Wait List Campers** are accepted next, starting on *October 16th*. To be considered you must do two things:
 1. Submit the application online starting *August 5th*; and
 2. Remain active on the wait list throughout the summer.
- **New Campers** are accepted next, starting on *October 17th*. New campers can begin submitting applications *on August 5th*.
- Please note that *all applications are space-permitted* — applications are processed in date-received order. By applying, you are not guaranteed acceptance to Camp. We encourage all campers to get their applications in early, to increase their chances of acceptance. The sooner we receive your application, the better your chances are.
- We highly encourage people to apply, even once Camp is full. Our wait lists are very active — in the past few years we have registered about 100 campers from the wait list each season, most during the spring months.
- Most campers find Coniston through word of mouth. Your kind words and references are appreciated. Make certain to let your friends know about registering early — remember, new campers can submit applications on *August 5th*, and new camper applications will start being processed on *October 17th*.



After Camp Ends

— CONTINUED —



Lost and Found

- On check-out, make certain to look in all lost and found locations for your child's belongings.
- We donate all lost and found items at the end of each session to a local charity.
- Due to our large population of campers we cannot mail Lost and Found items.

Surveys ...

will be emailed at the end of each session. We would love to know your feedback—it will help us to continue to improve Camp.

Facebook, Twitter, YouTube, Instagram ... and Camp

You should be aware; it is YMCA Camp Coniston's position to discourage camper-staff interactions on social media. However, Coniston does maintain its own monitored social media accounts, where campers and staff may contact each other.

We hope parents can help their campers understand that staff's personal accounts are "their own space" where they can participate in their private lives, while the Coniston

accounts give a public location for campers and staff to communicate.

As a close-knit community, social networks present a special challenge for Coniston during the year. We encourage parents to talk to their children about this issue, and research their own children's internet activities so they can stay informed.





The Coniston CIT Program

THE FIRST STEP IN LEADERSHIP AT CONISTON

“What happens when my child is too old for Camp?”



The Coniston Camper In Training (CIT) program is a long-standing Camp tradition, and the majority of our campers apply for this special leadership program when they age-out of Camp.

The CIT program is for former campers who will be 16 year olds by June 24th

of that summer. The program is all about personal leadership and development — the first step in Camp Coniston’s leadership training series.

The requirements are rigorous and the training can be demanding, but the rewards are huge. We develop and encourage responsibility and independence, which are essential in our staff’s futures, both here at Coniston and at home.



Your camper will receive CIT information during their last session. CIT applications can be accessed online in your Camp In Touch account. For more information see handout. Applications must be received by *October 15th*. Notifications are mailed in the early winter. For further application details of this competitive program, see the CIT section of the Camp website at www.coniston.org.

CIT age campers may also choose to participate in the Coniston Service Trips — see pgs 33 - 35 for details.



Coniston Alumni

ENSURING CONISTON'S FUTURE

YMCA Camp Coniston is fortunate to have a dedicated group of alumni who maintain their Camp friendships, and "give back" to the Camp community. Many alumni send their children to Camp, attend events/reunions, and are annual donors.

Who are Camp Coniston alumni?

Anyone who was a camper or staff at Camp Coniston, The New New Hampshire YMCA Camping Reservation or Camp Soangetaha, from 1911 to present.



**ATTENTION
ALUMNI**

Coniston Alumni: Get Involved & Stay Connected!

Make sure Camp has your contact information!

Fill out our online form at www.coniston.org/alumni.

Stay in touch with us! Our Camp newsletter, *The Coniston Chronicle*, is mailed twice yearly to campers, staff and alumni. Please let us know what's happening in your life — you can send updates via Camp's Facebook page or by email to lindsey@coniston.org.

Like "YMCA Camp Coniston" on Facebook. Join over 3,450 followers at www.facebook.com/YMCACampConiston to keep up to date on our daily summer photos, events and general news about Camp. Share and comment on photos to help us gain a larger organic social media reach.

Visit Camp! If you are ever "in the neighborhood," stop on by. It is best to call the office first, (603) 863-1160, and let someone know that you are coming. The office is staffed year-round.

Lead a Trip! Take a vacation from work and come back to Camp and help with one of our summer trips or Session 5!

Send your child to Coniston (or someone else's child, for that matter!) Nothing connects you back to Coniston like having your son or daughter attend the same Camp you did ... your child may even be in a cabin with other children of alumni!

Attend or Organize a Reunion! There have been a number of Camp Reunions held over the years. Check the website often to learn about "at-Camp" Reunions... or organize a Reunion of your own!



Adventure Camp 2022

YMCA CAMP CONISTON'S
SUMMER ADVENTURE SERIES!

What is Adventure Camp?

YMCA Camp Coniston's Adventure Camp offers participants the opportunity to have exciting adventures in spectacular locations. The combination of camaraderie and activities makes this a program that campers will remember for a lifetime.

Our trips are scheduled to maximize your opportunity to pair one or more adventure programs with a sleep-away camp session. Check our website at www.coniston.org for up-to-date Adventure Camp news, and the latest itineraries.



Program Information

Staff: Our travel staff is selected for a variety of reasons, including their desire to work with youth, past experience, outdoor and leadership skills, and overall enthusiasm. Two leaders on each trip are 21 years of age or older and certified in CPR and First Aid. At least one leader will also be a certified lifeguard, and will hold a Wilderness First Aid certificate.

Each trip will have 3 leaders ensuring a staff to camper ratio of 1:4.





Adventure Camp

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Campers: Campers must be willing to challenge themselves and learn new things while living in a communal environment. Most importantly, campers should have an open mind, be enthusiastic ... and be ready for the time of their lives! Basic swimming ability is required.

Outfitters: On each trip, we team up with at least one professional/certified outfitter for outdoor activities. All outfitters are highly regarded in their respective fields and have years of experience leading youth trips.

Experience: YMCA Camp Coniston has been leading outdoor trips for over 50 years, starting with trips in the White Mountains and Monadnock Region of New Hampshire. We bring to the field a wealth of knowledge and a passion for outdoor education.

Safety: On all trips, safety is the foremost concern. Activities are "challenge by choice" and designed to be age appropriate.



Our trips are run in accordance with the American Camping Association standards and our leaders and the outfitters will work with each child to reach his/her full potential during the trips.



Adventure Camp

YMCA CAMP CONISTON'S
SUMMER ADVENTURE SERIES!

Adventure Camp Packing List:

CLOTHING:

- Shorts (3-4 pr)
- T-Shirts (4-5)
- Long sleeve t-shirt (2)
- Long pants (2 pr)
- Sweatshirt/fleece
- Socks (4-5 pr)
- Underwear
- Pajamas
- Raincoat & pants
- Hat or Visor
- Swim suits (1-2)
(appropriate swim wear for activities such as diving)

FOOTWEAR:

- Sneakers (1-2 pr)
- Sports Sandals or flip flops (1 pr)
- Hiking Boots or thick-soled sneakers

BEDDING:

- Sleeping Bag
- Pillow with case
- Sleeping pad/mat

TOILETRIES:

- Soap
- Shampoo/Conditioner
- Deodorant
- Toothbrush/Toothpaste
- Hair Brush/Comb
- Beach/Bath Towels (1-2)

OTHER IMPORTANT ITEMS:

- Masks (we recommend at least 7 cloth and a package of 50 disposable)
- Small Backpack (for day trips)
- Reusable Bowl & Spoon
- Laundry Bag
- Plastic Bag

- Insect Repellent
- Flashlight/headlamp (extra batteries too!)
- Sunscreen
- Water bottles (2) (with solid lid to prevent leaks)
- Camera
- Sunglasses
- Medication
- Spending Money (approx. \$25)

Please pack all belongings (excluding sleeping bag) in a standard/athletic duffle bag. Bus space is very limited! Please note that Camp is not responsible for lost or stolen items.

Trip Details:

- Age: 12-15
- Trips are open to 12 campers.
- Trips begin and end at Camp Coniston.
- Campers sleep in tents and are primarily responsible for cooking their own meals with staff.
- Campers should be in good physical shape for all trips.
- Recommended spending money: \$25/trip



Join Us For A Great Adventure! We are excited to have your child join us for Adventure Camp! Adventure Camp is a place where young people make friends, try new things, and build self-esteem with positive young adult role models guiding the way. These pages have important information for you and your child. Please look through the information and check deadlines. If you have any questions please do not hesitate to call the office at 603-863-1160.



CONISTON SERVICE TRIPS

Change one life ... Change the World!

YMCA CAMP CONISTON'S SERVICE TRIPS FOR TEENS!

Each summer we offer two Service Trips to take the Coniston Spirit on the road and to help those less fortunate than ourselves.

Projects from previous summers include working on a Habitat for Humanity house in the mountains of West Virginia, working with the City Mission Society of Boston aiding our local homeless population and volunteering with Feeding America at a Food Bank in the mountains of Virginia. In the future, we plan to include trips which will work with youth at other camps and facilities throughout the country.

On every trip, participants will volunteer for a week, and then participate in fun-filled activities special to that location, including whitewater rafting, hiking and travel.

Each winter, our staff identifies specific projects base on need, availability and the ability to safely accommodate our participants. By identifying the location during the winter, camp staff are able to choose projects on an emerging basis. This could include helping victims of storms or other natural disasters. It is also our goal to have participants get a genuine experience, unique to each location.

Participants from both trips will be provided a certificate with hours served to fulfill high school graduation requirements along with the satisfaction and accomplishment that comes from reaching out to those in need.

Participants must be 15 or 16 and have completed one year of high school.





CONISTON SERVICE TRIPS

Service Trips Packing List:

CLOTHING:

- Shorts (3-4 pr)
- T-Shirts (6-7)
- Long sleeve t-shirt (2)
- Long pants (2 pr)
- Sweatshirts/fleece
- Socks (7 pr)
- Underwear
- Pajamas
- Raincoat & pants
- Hat or Visor
- Swim suits (2 pr) (*appropriate swim wear for activities such as diving*)

FOOTWEAR:

- Sneakers (1-2 pair)
- Sports Sandals or flip flops (1 pr)
- Hiking/Work Boots (*if you choose to hike/work in sneakers, they should have a thick sole*)

BEDDING:

- Sleeping Bag
- Pillow with case
- Sleeping pad/mat

TOILETRIES:

- Soap
- Shampoo/Conditioner
- Deodorant
- Toothbrush/Toothpaste
- Hair Brush/Comb
- Beach/Bath Towels (2)

OTHER IMPORTANT ITEMS:

- Masks (*we recommend at least 7 cloth and a package of 50 disposable*)
- Small Backpack (*for day trips*)

- Reusable Bowl & Spoon
- Lock and key, or combination lock (*some areas provide lockers for campers use*)
- Laundry Bag
- Plastic Bag
- Flashlight/headlamp (*extra batteries too!*)
- Insect Repellent
- Sunscreen
- Water bottles (2) (*with solid lid to prevent leaks*)
- Camera
- Sunglasses
- Medication
- Spending Money (*approx. \$25*)

Please mark ALL clothing and personal items. • Please pack all belongings (excluding sleeping bag) in a standard/athletic duffle bag. Bus space is very limited! • Please note that Camp is not responsible for lost or stolen items.



YMCA Camp Coniston, Inc.



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Camp Coniston Mission Statement

As a nonprofit service organization with a focus on youth, YMCA Camp Coniston creates experiences that build spirit, mind and body for all.



YMCA Camp Coniston

P.O. Box 185
Grantham, NH 03753
(603) 863-1160
www.coniston.org



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**



YMCA Camp Coniston

PO Box 185
24 Coniston Road
Grantham, NH 03753
(603) 863-1160
office@coniston.org
www.coniston.org

Directions to Camp

Coniston is located midway between New Hampshire Routes 10 and 11, and midway between exits 12A (Georges Mills) & 13 (Grantham) on Interstate 89.

FROM CONCORD, NH: Take I-89 North to exit 12A, turn left and take the first right onto Stoney Brook Rd. Proceed for 3 miles to Coniston Road. Turn left onto Coniston Road and follow the signs.

FROM WHITE RIVER JUNCTION, VT: Take I-89 South to exit 13, go right off the ramp, and then take the first left onto Route 114. Go 1 mile, take first right onto Stoney Brook Road, turn right onto Coniston Road and follow the signs.