YMCA CAMP OCOEE

Family Camp Handbook

Contact Information

Camp Office (423) 338-5588
Camp Fax (423) 338-5507

Registrar/Accounting- Diana	campocoee@ymcachattanooga.org
Program Director- Milia Steputis	msteputis@ymcachattanooga.org
Senior Program Director- John Ordway	jordway@ymcachattanooga.org
Camp Director- B.J. Davis	bdavis@ymcachattanooga.org

Business Office Hours: Monday-Friday 9am-3:30pm

Address: 111 YMCA Drive
Ocoee, TN 37361

Web Address: ymcacampocoee.org

Welcome to Family Camp!

A Note from the Director

Welcome (back) to YMCA Camp Ocoee's Family Camp! 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.

Whether you're a veteran or first timer, we are very excited to have you at YMCA Camp Ocoee for Family Camp. The Family Camp Handbook is filled with useful information to help you prepare for Family Camp, have an enjoyable trip and gain a better understanding of the Family 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
- □ Sheets (single bed)
- □ Blanket
- □ Pillow

Clothing- Pack for entire session

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

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

Other Items (optional)

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

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

- □ Personal music devices (Ipods, MP3 Players, etc…)
- □ 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 during Family Camp. 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.

- The buffet is open for 30 mintues after the start of the meal time
- 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 or Retreat Center 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 Family 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, known as the Outfitter, will be open after dinner on Saturday and Sunday. Cash, credit card, and checks are accepted at the store.

Family Camp Schedule- Subject to Change

Friday	Activity	Location
3pm-6:30pm	Early Self Check-in	
7:00pm	Dinner	Ellis Dining Lodge
Saturday		
7:50am	Flag Raising	Flag Pole
8:00am	Breakfast	Ellis Dining Lodge
9:30-Noon	*Activities Open*	
	Archery	
	Waterfront	Climbing Wall
	Sling Shot	Arts & Crafts (Office Porch)
12:30pm	Lunch	Ellis Dining Lodge
1:30-2:00pm	Rest Period (B.O.B. Time)	
2-5:30pm	*Activities Open*	
	Banana Boat	Archery
	Waterfront	
	Climbing Wall	*Paintball
5:50pm	Flag Lowering	Flag Pole
6:00pm	Dinner	Ellis Dining Lodge
7:00-7:45pm	Camp Store Open	Camp Office Porch
7-7:45pm	Games	Ball Field (Camp Office)
7:45pm	*Ocoee's Got Talent	Campfire Circle
Sunday		
7:50am	Flag Raising	Flag Pole
8:00am	Breakfast	Ellis Dining Lodge
9:15am	Chapel Service	Schrock Chapel (Below Campfire Circle)
10:00-Noon	*Activities Open*	
	*High Ropes- V-Swing/Zip Line	
	Waterfront	BB's
	Sling Shot	Arts & Crafts (Office Porch)
12:30pm	Lunch	Ellis Dining Lodge
1:30-2:00pm	Rest Period (B.O.B. Time)	
2-5:30pm	*Activities Open*	
	Banana Boat	BB's
	Waterfront	Climbing Wall
	*Paintball	
5:50pm	Flag Lowering	Flag Pole
6:00pm	Dinner	Ellis Dining Lodge
7:00-7:45pm	Camp Store Open	Camp Office Porch
7-7:45pm	Games	Ball Field (Camp Office)
7:45pm	Campfire/Smores	Campfire Circle
Monday		
7:50am	Flag Raising	Flag Pole
8:00am	Breakfast	Ellis Dining Lodge
9-11:00am	*Activities Open*	
	Waterfront	Arts & Crafts (Office Porch)
	Archery	BB's
	Climbing Wall	
11:00am	Cabin Clean-up	Cabins
12:00pm	Lunch	Ellis Dining Lodge
1:00pm	Check-out	See you next year!

*Requires sign-up in Dining Lodge at meals

Activities at Family Camp

Archery	BB's
Climbing Wall	Arts & Crafts
Banana Boat	**Paintball
*High Ropes	Waterfront

*Must be at least 10 years old to participate
** Must be at least 10 years old and requires additional fee of $20 per person

Sign-up sheets will be available in the Dining Lodge for Ocoee's Got Talent, High Ropes and Paintball beginning Saturday breakfast.

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

Evening Programs:

Saturday Night: Ocoee's Got Talent- Sign-ups for the talent show will be in the Dining Lodge through Dinner or as long as slots are available. Does your family have a talent or skit they would like to show us or is one of your family members a magician, singer, comedian, etc…

Sunday 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!

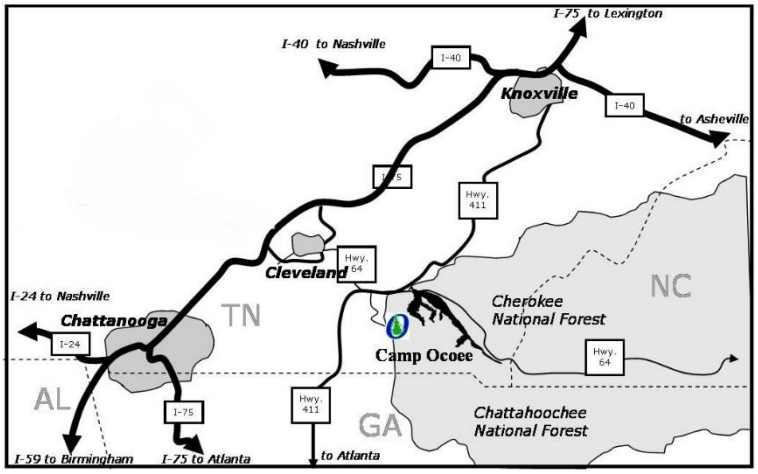
If a Camp Ocoee staff member yells "Hey", then everyone will sing/yell:

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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Ocoee, TN 37361
Tel: 423-338-5588