



THE MOUNTAIN

Retreat & Learning Centers, Inc.

Energizing people to work for positive change

Welcome to . . .

MountainCamp 2004

Look carefully, and you might catch the occasional Cowgirl, Pirate, or Tower Fairy walking by the cabin window. Take a moment to listen – voices raised in song will flow over you through the wind. Tackle heights on the high ropes course even if you're afraid. And even if you thought you could never do it, you will discover you can climb mountains, or put in a boat to experience the quiet serenity of Lakes or the wild adventure of Rivers. You can do it all ... because this is MountainCamp 2004!

Through the determination of remarkable individuals who choose to share their skills as Counselors and Leaders, MountainCamp 2004 will continue a tradition of giving lifelong experiences and memories to youth ages 6-18. Every day offers the opportunity for challenges, growing confidence and self-identity through Intensive Hikes, Team Building, Arts & Crafts Projects, and Gender & Social Justice Workshops. Costumes will be donned to spend the evenings as Super Models or Masked Strangers. Massive Forts might be built in cabins, Mystery Games will be solved, and Talents will be shared. Of course, camp would not be camp without morning circles, Cabin Family Councils, daily worship and Lee Knight night!

Eight different camp sessions will take place over the summer. The participants of each program gain much to

carry back to their homes, schools, and communities. As MountainCamp 2004 Staff, we hope to provide tools of hope, understanding about the worth of every individual, and self-assurance. We will work with our youth on ways to make a difference in this World.

Our Campers reach out into the greater Highlands Community through various service projects. We have helped the Literacy Council upgrade computers; prepared a donated house for the training of the Sealy Mountain Volunteer Fire & Rescue; assisted The Little Tennessee Watershed Association in determining the water quality in the river, and assisted other non-profit organizations. Hours of service projects also help make our beloved MountainCamp a healthier, more accessible, and beautiful place.

I have the opportunity to participate in a variety of programs, and The Mountain offers experiences for youth in different stages of life. In return, The Mountain community is given the gift of working with and witnessing the positive influence and energy that these young people bring with them.

Camps have always been a place for play and adventure. MountainCamp is an all encompassing experience of fun, adventure, and self-exploration that will stay with you wherever your life's path takes you.

Gillian Denham, Youth Programs Director

MountainCamp At A Glance

Camp	Grades	Dates	Cost
ASCENDERS	Rising 11th - 12th	Sunday, June 13 - Friday, July 16	\$875
CITs	Rising 12th - '04 Grads	Sunday, June 13 - Saturday, July 31	\$1,035
Junior High	Rising 7th - 9th	Sunday, June 20 - Friday, July 2	\$915
Beginning	Rising 1st - 3rd	Sunday, July 4 - Saturday, July 10	\$482
Elementary	Rising 4th - 6th	Sunday, July 4 - Friday, July 16	\$891
Work & Adventure	Rising 8th - 12th	Sunday, July 4 - Friday, July 16	\$915
Senior High	Rising 10th - 12th	Sunday, July 18 - Saturday, July 31	\$987
Art and Revolution	Rising 10th - 12th	Sunday, August 1 - Saturday, August 7	\$485



All Summer Campers Exploring Nature's Delights & Experiencing Re-Creation

(ASCENDERS) — For rising 11th through 12th graders

\$875

June 13-July 16

Interested in being part of a fun and life-changing community experience? The ASCENDER program offers youth both work and life experiences that will give tools and skills to last a lifetime.

"It was a challenge forming a stable community with people that we worked ~~and~~ lived with. But we became a family, taking our differences and using them to our benefit." *

ASCENDERS live together with approximately 8-9 other participants and 2 mentors. Throughout the 5-week program, the youth will have the opportunity to participate in various training and leadership activities, adventures in the surrounding area, and assist in the success of running The Mountain's various departments (such as Kitchen, Facilities, Office, and more).

"It was easy to see the effects of my work, and feeling needed and that I was contributing." *

Each and every day is packed with challenging experiences that help shape personalities long after camp has ended. The end of the session optional transition into St. High Camp will give ASCENDERS the opportunity to share stories and experiences, representing a program that has positively affected over 200 hundred youth since 1981.

"Being an ASCENDER is ~~not~~ a free ride at camp. When you work, you work hard. When you play, you play hard. And when the summer ends, time passes, experiences are recalled, all you can think of is WOW ..." *

* Quotes from ASCENDERS 2003.



Both the ASCENDER and CIT Programs are application-based programs, so please contact **Gillian Denham** at 828-526-5838, ext. 241 or email at gillian.denham@mountaincenters.org for information.

Counselor In Training (CIT)

June 13-July 31

For rising 12th graders through 2004 Graduates

\$1,035

Is becoming a Counselor a possibility in your future? The Mountain's CIT program is an exciting way to enhance your leadership capacity, providing opportunities to work effectively with youth and develop personal skills.

"Learning to handle issues at a moment's notice proved to be valuable in maintaining a steady mind and keeping a group of campers happy." *

In the Jr. High, Elementary, and Sr. High sessions, the CITs assist Counselors with cabin activities, daily trips, workshops, and basic supervision of youth. Mid-session Sunday marks Field Day - an exciting event designed and hosted by the CITs. In addition, our Jr. High and Elementary campers anticipate "Fun W/CITs" night, carefully and strategically created by the CITs just for that session. Every week is packed with action: 5 full days with your assigned cabin and camp activities, 1 day of leader-

ship development and training, and 1 day to relax and clean the CIT house.

"After the summer, I was so accustomed to leading that I proceeded to get elected as president of two clubs at school!" *

The CITs live together at the base of the mountain with approximately 7-8 other participants and 2 mentors. Every morning starts out with a hike up the hill for breakfast, every evening ends with a hike down the hill for sleep.

Long days mark many accomplishments and the indescribable satisfaction of knowing that serving as a CIT has made a difference in children's lives.

"I'm leaving the program changed. Not only can I climb mountains with all that I have learned, but I literally can climb mountains!" *

* Quotes from CITs 2003.



Jr. High Camp

For rising 7th through 9th Graders

\$915

June 20-July 2



The air is electric with energy when the mountain opens its doors for the first official camp session of the summer. Shouts of hello's and rushed hugs for friends not seen in a year fill The Mountain with a happiness that will brighten a cloudy day.

Jr. High campers — come prepared for many adventures and activities that have not been experienced in our younger camps. This is the camp that introduces our High & Low Ropes courses, river rafting on the Nantahala River, sliding down long rockslides in the Tallulah Gorge, and climbing the cliffs on the sides of our mountain. You'll have the opportunity to sign up for the activities you want to participate in during your time at camp. So if you like Arts & Crafts more than hiking, don't worry, we have plenty to offer!

Evening Programs of Theme Dances, Scavenger Hunts, Giant Fort Building, local Musicians, a Movie Night, and much more will entertain you at the end of your action packed



days. In addition, all Jr. High Campers will serve The Mountain or the local communities during our exciting mid-session Service Day. Each day is filled with activity, fun, old and new friends, goofy (but responsible!) Counselors, and new experiences.

Spaces fill quickly, so if you are ready for a fantastically fun time at Jr. High Camp, sign up NOW!!

Work & Adventure

For rising 8th through 12th Graders

\$915

July 4-16



Our Work & Adventure program continues to grow and change each year — and we keep hearing that Campers' experiences have a lasting impact.

Prepare yourself for Work & Adventure 2004! As a group you will spend the first week of the session working on creating a team among your fellow campers. Experience our High & Low Ropes, learn how to "Set up Camp," practice hiking on our own mountain trails, make a difference on our mountain and in the local community in various service projects. Your second week of the program takes place out on the trail — hiking in the Blue Ridge Mountains, cooking your own food, camping under a tarp, digging your own latrine hole, and much more!

All W&A campers stay at the base of our mountain in a rustic pavilion — no



bunk-bed or lack of shelf space in a cabin for you! Experience the beauty of the stars and moonlight as you prepare to sleep. Enjoy a community of people that are practicing low impact activities and learning skills that can be used in the future.

If you are ready for an adventure of a lifetime, join us in the experience of Work & Adventure. Spaces are limited, so sign up today!!

Beginning Camp

For rising 1st through 3rd Graders

\$482

July 4-10



Camp is a new experience for some of our youngest friends. Beginning Camp offers a weeklong program for those of you who are just being introduced to how great camp really is! Because we keep the camper numbers to only 24, our counselors are able to spend more one on one time with each participant.

Small adventures of Rockslides, Arts & Crafts, Nature Hikes, & Lake Fun fill our days, while Magicians, Birthday Parties, & Quests for the Tower Fairies fill our evenings. Time in your cabin is tons of fun and gives each group the chance to play, read

and spend cozy, quiet time! Cabin groups experience all activities together. Sometimes you'll be on your own in your group - other times, all Beginning and even Elementary campers will share activities together!

If you are ready to start your camp experiences with Beginning Camp, sign-up and prepare yourself for some serious FUN!!



Elementary Camp

For rising 4th through 6th Graders

\$591

July 4-16



Are you new to the MountainCamp experience or have you "graduated" from our Beginning Camp?

Elementary Camp gives all of our campers the first opportunity to choose many of the activities that you will be participating in while attending your session. Learn how to build a campfire and cook a meal, create your very own tie-dyed shirt, tube down the Little Tennessee River, or explore one of our many trails for the secrets of nature. The adventures are endless!

But just because you are getting older doesn't mean that we don't have our "kid fun"! Join in our

Slumber Parties, Campfires, and Candy Land Treasure Hunts. Become an animal species in our fantastic Predator/Prey Game. Learn how helping others will make this world a better place in our mid-session Service Projects. Challenge your Counselors in one of our internationally famous Camper vs. Counselor Capture-the-Flag contests! Every day brings something new and exciting, giving you memories to last a lifetime.



Sign up NOW and join us for Elementary Camp 2004!!

Sr. High Camp

July 18-31

For rising 10th through 12th Graders

\$987



Long before MountainCamp ever begins, a meeting occurs at The Mountain. Close to 20 Sr. High youth, chosen by their peers to fill leadership roles called Spirits, come for a weekend to begin the long journey of planning all the evening programs and special events that take place during Sr. High Camp. Through the Spirits' planning and the efforts of the Counselors, Sr. High camp wraps up our summer 2-week sessions and sends all on their way to make a difference in this world.

With the experience of highly intensive trips and workshops, campers are given the opportunity to challenge their

bodies, minds, and spirits. Hiking through the night with the 24-Hour Experience, creating your own piece of art out of clay, discussing what makes up the perfect man or woman, and so much more allow our Sr. High youth to expand their knowledge and understanding in a safe and fun environment.

No matter if you are a MountainCamp "Veteran" or if this is your first experience at The Mountain, there are opportunities galore to make new friends, create memories, and discover who you "really" are in these magical, meaningful, way-too-short two weeks.

Join us for the ultimate experience of camp!
Spaces go quickly, so register early.



Art & Revolution!

Leadership School for Social Justice (LSSJ)

August 1-7

For rising 10th through 12th Graders

\$485

"Never doubt that a small group of thoughtful committed citizens can change the world. Indeed, it's the only thing that ever has."

Margaret Mead

Are you searching for an opportunity to discuss how this world is affecting your daily life and looking for ways to do something about it? Do you want to artistically express your emotions and beliefs?

Spend a week at The Mountain exploring self-expression and activism through art that you create, like music, dance, puppetry, theatre, and the visual arts. Have fun living, eating, and playing together with fellow "revolutionaries."

Delve deeply into intense dialogue and introspection about personal identity and issues about stereotyping. You'll discover ways to use the Arts to enrich your activism, sustain yourself, and move people with your creativity and energy. Small ensembles will work throughout the week to create pieces for a final performance and gallery.



You don't have to consider yourself "talented" or "experienced" to do something positive with the creativity we all possess. LSSJ is open to anyone with a desire for a better world.

Spaces are limited, so sign up soon!

Registration Instructions for ALL 2004 Youth Camps

REGISTRATION FORM

A separate registration form must be completed for each camper AND for each camp s/he will attend. You may use the form in this brochure, or access the form available on our website at www.mountaincenters.org/youth_pgms.html. Please return the completed form(s) by U.S. MAIL to: The Mountain Youth Camp, P. O. Box 1299, Highlands, NC 28741.

CAMP DEPOSIT

Enclose your nonrefundable deposit of \$200 per camp with your registration forms. Your Registration will NOT be processed WITHOUT your Deposit. **Pay in full by December 31, 2003 and receive a \$25-\$50 discount per camper!**

CONFIRMATION

After we receive your registration form and deposit, we will send or email you a confirmation packet as soon as possible. Please complete confirmation forms and return by U.S. MAIL postmarked by no later than April 1.

NEW!! - CHANGES TO FORMS

To better serve your child, we have made alterations to Confirmation forms. When your child is confirmed and you receive the packet, it is **EXTREMELY** important that you read everything very carefully. If your forms are not filled out properly, there may be delays in your registration process.

NEW!! - REQUIREMENTS FOR PAYMENT DUE & WAITLISTS

Full payment for MountainCamp and ALL camp forms are due on April 1, 2004.

NEW IN 2004: If payment and forms are not received by April 1st, we will remove your campers' name from camp and place you at the end of our waitlist. We have too many youth who want to come to camp to be able to wait for forms and payments.

Waitlist

If the camp is full when you register, we will let you know and put your child on the waitlist. Your deposit will not be processed until your child is accepted into camp. Once your child is taken off the waitlist, you will be notified immediately so that you can accept or refuse the place. If you accept, you'll be sent confirmation forms to return immediately with full payment. If you decide at that time not to enroll your child, your deposit will be returned. Once your child is enrolled in camp,

all cancellation policies apply.

Discounts

As our way of saying that you, we offer the following discounts:

\$50 off if your child attends 2 or more two-week sessions.

\$50 discount per two-week camp session and \$25 per one-week for full payment by December 31, 2003.

\$20 off basic fees if you are a Life Member of The Mountain.

\$10 discount for second and subsequent child(ren) from the same family.

\$50 maximum discount per child per camp.

ASCENDER & CIT APPLICATION INFORMATION

If you plan to apply for the ASCENDER or CIT program, contact Gillian Denham at 828-526-5838, ext. 241 or email her at gillian.denham@mountaincenters.org for an application packet. All applications and references must be received by February 15th in order to be considered for the program.

SCHOLARSHIP INFORMATION

The Mountain strongly believes that MountainCamp should be available to every youth. Therefore, we do not want financial limitations to hinder the possibility of a camper attending camp. To apply for a scholarship for a camper, you may fill out the Scholarship Application Form found on our webpage at www.mountaincenters.org/scholarship_form.html or, you may prefer to call the Guest Services Office at 828-526-5838, ext. 0 for a copy which you can complete at your leisure. Mail completed form to Shelley Denham, The Mountain, P.O. Box 1299, Highlands, NC 28741. Scholarship requests are confidential.

CANCELLATION POLICY

If you cancel after April 1st, you will receive a 50% refund of your full payment IF IT IS AT LEAST 4 WEEKS BEFORE THE START DATE OF THAT CAMP SESSION. We also need to receive a written cancellation notice.

CAMPER ARRIVALS, DEPARTURES and BETWEEN CAMP STAY-OVER

If your child is staying for more than one MountainCamp session and is in need of supervision, our supervised camper stay-over program is available at no extra cost if you register your child by April 1. This program is available **ONLY** to those staying for more than one session.

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Camper arrival and departure times, shuttle information and detailed forms will all be included in the Confirmation Packets.

MOUNTAINCAMP 2004

REGISTRATION FORM

Use separate form (photocopy) for EACH child and EACH camp.

Name of Camp Session _____

Dates _____ Price _____

The Mountain Retreat & Learning Centers, Inc.



P.O. Box 1299

Highlands, NC 28741-1299

828-826-5838

Fax 781-846-1295

youthprograms@mountaincenters.org

CAMPER INFORMATION:

Camper's Full Name _____

Birthdate ____/____/____ Age as of April 15, 2004 _____ Grade in 2004 _____ Gender: Male ☐ Female ☐

Street Address _____

City _____ State _____ Zip _____

Evening Phone _____ Day Phone _____

Email Address _____

Please indicate food preference: Omnivore ☐ Vegetarian ☐

Check T-Shirt size needed: Youth — S ☐ M ☐ L ☐ Adult — S ☐ M ☐ L ☐ XL ☐ XXL ☐

PARENT/GUARDIAN INFORMATION:

Parent/Guardian Name _____ Day Phone (____) _____

Parent/Guardian Name _____ Day Phone (____) _____

Email Address _____

Indicate if you can accept a PDF file attachment via email to receive the confirmation packet? Yes ☐ No ☐

WHO IS RESPONSIBLE FOR THE FEES?

Name _____ Day Phone (____) _____

Street Address _____

City _____ State _____ Zip _____

NO REGISTRATION / RESERVATION WITHOUT DEPOSIT

A \$200 deposit for each camper is required to hold space for each camp. Your check is preferred. VISA and MasterCard can also be used by carefully printing the card number and expiration date and signing below. The deposit will be deducted from the total amount due.

DEPOSIT IS NON-REFUNDABLE. FULL PAYMENT DUE APRIL 1, 2004.

\$25-\$50 discounts for full payment received by December 31, 2003.

VISA or MasterCard only: Signature on Card _____

Credit Card # _____ Expiration Date _____ Amount \$ _____

Cardholder's Signature _____

Office use only

Date Received

Received payment

Date entered

Confirmation mailed

Summer Staff Opportunities Available

Are you interested in making a difference in the lives of youth by acting and working as a positive role model? Are you willing to devote your summer to creating for others and yourself the ultimate experience of exciting days and amazing memories?

If you are at least 18 years old by June 1, 2004 and want to spend the summer as a MountainCamp 2004 Staff member, contact **Gillian Denham** for an application at (828) 526-5838, ext. 241 or email at gillian.denham@mountaincenters.org. All applicants must have previous CIT, Camp Counselor, or significant other experiences working with youth.

Take the opportunity to make a difference in the lives of youth – apply today!!



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If you are unable to drop off or pick up your camper on the camp starting or ending date, you must make your own arrangements for your child's supervision. The Mountain can only take responsibility for those staying for more than one session.

To register, please return the "Camp Stay-Over" Registration Form with your camper information packet. There are limited spaces available for the program, so in order for your camper to be eligible, we MUST have this form by

April 1. This form is ONLY for campers. Please see below for Parent Stay-over information.

PARENT STAY-OVER

If space is available, parents and/or guardians are welcome to register to stay at The Mountain in order to drop off and pick up your child. We offer a reduced Mountain Non-Program Guest fee. Please call The Mountain to determine if there is space on the night you wish to stay, and you can register over the phone at that time.



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Highlands, NC 28741

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