



YMCA CAMP OCOEE

Moms on the Mountain Handbook

Contact Information

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Welcome to Moms on the Mountain!

A Note from the Director

Welcome (back) to YMCA Camp Ocoee's Moms on the Mountain! Our purpose is to provide experiences, under a strong Christian emphasis, that will build character and strengthen the values of caring, honesty, responsibility, respect and faith for all. 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 are a veteran or first timer, we are excited to have you at YMCA Camp Ocoee for the weekend. The Moms on the Mountain Handbook is filled with useful information to help you prepare for the weekend, have an enjoyable trip, and gain a better understanding of the Moms on the Mountain experience. Please read this handbook to ensure an enjoyable, safe, and fun experience.

Moms on the Mountain Guidelines

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

What to Pack for Camp Ocoee

Please label everything with your first and last name.

Bedding

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

Clothing- Pack for entire session

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

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

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

swimwear only for girls.

Personal Hygiene

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

Other Items (optional)

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

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

What to Leave at Home

- Personal music devices (iPod, 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 swimming area without the use of a life jacket. Red Band swimmers must wear a life jacket 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, fresh fruit and cereal will be available, along with a 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 minutes after the start of the mealtime
- 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. Essential information is delivered by our leadership team during this time. Please have at least one family member stay until the end of the announcements.

Nuts and Bolts

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

Healthcare: There is no designated health care provider during Moms on the Mountain. Parents are responsible for their family members' 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 Wi-Fi.

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.

Moms on the Mountain Schedule- Subject to Change

FRIDAY The Paddle Pad will be open if you arrive Friday afternoon for Canoeing.

7:00pm Dinner at the Dining Hall

8:15pm S'mores at the Campfire Circle

SATURDAY

8:00am Coffee and Light Breakfast at the Dining Hall

9:00-11:30 Activity Rotations:

Moms Yoga, Arts and Crafts

Kids- Climbing, Arts & Crafts, Archery/BB's, Games, Scavenger Hunt

12:45pm Lunch at the Dining Hall

1:30-2:30 Rest Hour/Free Time

2:30-5:30 Activities Open: Waterfront (Swimming, Rope Swing, Water Toys, Canoeing, Kayaking, SUPS, Waterslide, Banana Boat 3-5)

6:00pm Dinner at the Dining Hall

7:00 Camp Store Open

7:30-8:30pm Campfire

SUNDAY

8:00am Breakfast & Morning Thought at the Dining Hall

9:00 Camp Store Open

9:15-10:45 Activities Open: Climbing, Archery, BB's, Sling Shot, Arts & Crafts

11:00am Clean up cabins and head home

Activities at Moms on the Mountain

| | |
|---------------|---------------------------|
| Archery | BB's |
| Climbing Wall | Arts & Crafts |
| Banana Boat | Waterfront* |
| Yoga | Slingshots |
| Field Games | Campfire Songs and Smores |

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

Evening Programs:

Friday Evening: Smores at the campfire circle

Saturday Evening: Campfire - We will gather at the campfire circle to sing camp songs and play silly games. 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!

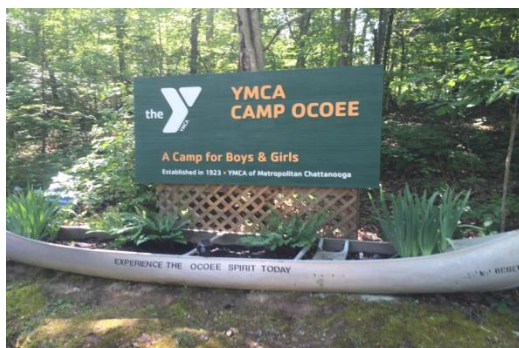
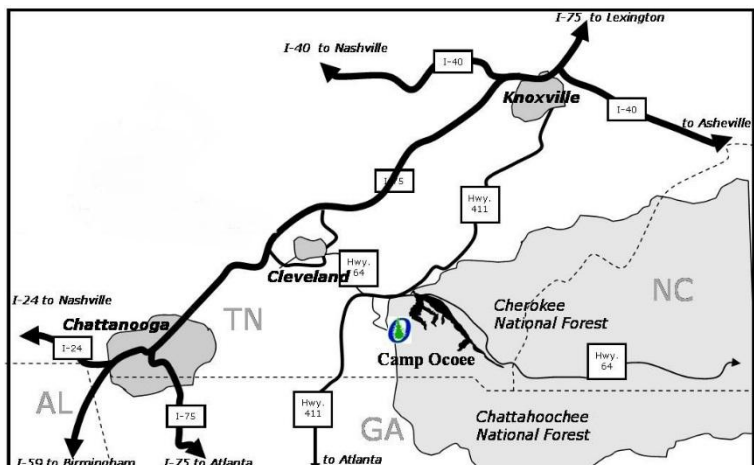
If a Camp Ocoee staff member yells "Hey", then everyone will sing/yell:

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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