

PARENTS HANDBOOK

2011

**CAMP MERRIWOOD
11 CAMP ROAD
ORFORD, NH 03777**

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INTRODUCTION

It is our hope that this handbook will provide you with information which will be helpful in preparing for your daughter's Merriwood experience.

Parents of new campers may have questions or concerns, so please do not hesitate to call, FAX, or e-mail us....parents of "veteran" campers know the routine!

We are all looking forward with great enthusiasm to a wonderful summer and having your daughters with us to experience "MERRIWOOD MAGIC 2011"!

MAILING SCHEDULE

Throughout the year you will receive information regarding news from camp and important details and information for the summer.

September	Applications mailed Final billing	
November	Calendars	
March	Statement	
April	Spring Mailing: Health forms Baggage information Clothing catalog and packing list Activity form Activity summary	Handbook Emergency Trip Card Cabin Management Riding Information Transportation Form
May	Camp Sister letter for new girls	
June	Final notice for arrival at camp	

HOSPITAL AND DOCTOR: Our local pediatrician oversees and gives orders to our two nurses. The nurses live on camp grounds and provide coverage to everyone 24 hours a day. We have clinic calls three times a day to be pro-active towards any minor illnesses. The Doctor is 20 minutes away and Dartmouth Hitchcock Hospital is 35 minutes away. All medical staff must be licensed by the State of New Hampshire. Len, a former college trainer is also on staff full time

INSURANCE: In order to collect from your insurance carrier, it is imperative that you send us a PHOTO COPY of the HOLDER of your daughter's insurance policy along with the NAME and BIRTH DATE of the person in whose name the policy is carried. If there are co-pays, etc. the camp will pay them and then charge your account with us for reimbursement in September.

HEALTH FORMS: Forms are mailed to families in April. Please arrange for your daughter's health exam, complete the family history portion and sign the emergency authorization for treatment. The NH Department of Health and the American Camping Association mandate that everyone have a signed health form on file by the day camp opens. Please inform us if your daughter has been exposed to any communicable diseases prior to her arrival at camp.

In order for us to collect from your insurance carrier, we need a **photo copy** of both sides of the card of the **holder of your daughter's insurance policy along with the name of the person who carries the policy and that person's date of birth.**

Also be sure to fill out and return the yellow 5x8 Emergency Trip Card which we will send along with the staff when the girls leave camp for any trips, sports events, etc.

MEDICATIONS: If medications are to be brought to camp, please be sure that they come in their original packaging with the Dr.'s instructions. **ALL** medications must be labeled and kept in the infirmary. Special requests to carry medications can be discussed with the directors and medical staff.

DIRECTIONS TO MERRIWOOD

FROM NEW YORK AND CONNECTICUT: Take Interstate #95 to New Haven, CT, where you will pick up Interstate #91 to Exit 15 in Vermont. This is the Fairlee, VT and Orford, NH exit. At the foot of the ramp turn right, go to stop sign (Route 5) and turn left. Go about ½ mile and turn right over the bridge into New Hampshire. At the stop sign, turn right. Go about ½ mile and turn left onto Route 25-A. Go nine miles and at the foot of a very steep hill turn left onto Upper Baker Pond Road. Merriwood is on the right. If you come to the Wentworth town line, you have gone too far!

FROM BOSTON AND MAINE: Take Interstate 93 North to the second Plymouth exit (Exit 26), called the Tenney Mountain Highway. It will direct you towards Rumney, NH. You will be on Route 25 West. Continue on Route 25 West for approximately twenty miles to the junction of 25-A. Turn left at the blinking light onto 25-A in the town of Wentworth. Follow Route 25-A for five miles. Camp Merriwood is on the right at the bottom of a very steep hill. Turn right onto Upper Baker Pond Road. If you go up the hill, you have gone too far!

TRAVEL AND TRUNKS

TRAVEL

The camp provides chaperoned bus service from New York, NY, and Greenwich, CT, in June and August. There is also a bus to Boston in August only. If your daughter is flying, the airport is Manchester, NH. She should fly in on Saturday, the day before camp opens and we will meet her at the airport. Please call the office to go over flight plans before booking them.

JUNE-If you drive to camp, plan to be there no earlier than 12:00 noon and depart before the buses arrive at about 2:00.

PARENTS VISITING DAY-If your daughter is leaving after four weeks, plan to pack and leave no earlier than 4:00 that day, after a fun-filled Merriwood experience. We will need a written permission to release a camper to anyone other than her parent.

SECOND SESSION- When you drop her off, plan to arrive between 2:00 and 4:00.

AUGUST-If you are picking up your daughter at camp, plan to arrive no earlier than 9:00, after the buses have left.

TRUNKS

Trunks and duffels can be brought to camp by car or shipped. Campers traveling on the chaperoned buses **MUST** ship their trunks either UPS or our camp service, R&B Shipping. **BAGGAGE IS NOT PERMITTED ON THE BUSES.** UPS has restrictions: No more than 150 pounds and a maximum size of 130 inches (length+width+height). R&B Shipping does not have any restrictions and is very reliable.

CLOTHING

Merriwood does not require a uniform. However, we do ask that each girl purchase two **Merriwood shirts** and two **Merriwood shorts** and the **shoe bag** on page 10 from our official outfitter, Amerasport (800) 786-9402. Their catalog is enclosed in the April mailing along with a suggested packing list to use as a guideline as you prepare for the summer. The catalog offers many extras, NONE of which are required. We also ask that every girl have a **one piece “tank suit” bathing suit** for swimming instruction, **water shoes** for boating and **flat soled sneakers** for tennis (not running shoes). Each girl needs **two sets of sheets** since we change sheets on Sunday and laundry goes out later in the week.

Please be sure that ALL clothing items are marked with the child’s name. The Label Daddy ones are great.

CELL PHONES

Cell phones are not permitted at Merriwood. We do not have cell service at camp and girls are not permitted to bring cell phones on out of camp trips. We ask parents to help abide by this decision by keeping cell phones at home.

iPods

iPods are often used for gymnastic routines and camp dances. They are to be used for music only during specific activities ie: free periods, rest hour, after lights are out. Watching videos or accessing the wireless internet is not permitted. If your daughter brings iPod to camp, the camp is not responsible if it is broken or lost.

BANQUET

Girls who will be with us through the second session should bring a special dress or “outfit” for banquet. This can be similar to what girls might wear to a school spring concert.

TENNIS

For play, girls will need flat soled tennis sneakers, not sneakers with treads such as running sneakers. Also an appropriate sized racquet is necessary.

PARENTS VISITING DAY

You are invited to our Parents' Day on Saturday July 23rd. Saturday, July 30th is for a Special Friend" (ex. Grandparents) On each of these days, we ask that you not arrive at camp before 9:30 a.m. This is the time that the day officially starts. At 1:00 a Merriwood buffet is served. Brothers who are Moosilauke campers are welcome to join you. At 4:00 girls may leave camp with their families. A bus from Hanover will be provided to bring the full session girls back to camp on July 23rd. Everyone is expected to be back at camp by 9:30 p.m. For those full session girls staying at camp, parents and visitors are welcome to stay until 5:00. At that time, it is important for us to get back to our routine and good fun.

Girls leaving after four weeks may leave on Saturday afternoon July 23rd AFTER 4:00 p.m. She can pack at that time, after having enjoyed a lovely day with you.

For girls arriving on July 24th for the Second Session, parents please refrain from coming for Special Friend Day on July 30th. This day is for full session campers whose parents have a conflict with Parents Day. However, Grandparents are welcome!

It is the policy of Camp Merriwood not to allow any older camper out of camp on Parents Day with anyone other than parent(s) or guardian(s) without prior written permission. Please do not request to take other campers out of camp when you visit unless you have written permission or a note is filed in the camp office.

Remember also, no bunk gifts.

COMMUNICATING WITH YOUR DAUGHTER

TELEPHONE: Campers may receive phone calls after the first two weeks of camp. First Session beginning on Saturday, July 9th and Second Session campers beginning on Saturday, August 6th. Camp is an opportunity for your daughter to strengthen her independence and self-reliance. To maximize this, one phone call a week is appropriate. Any more often disrupts your daughter's adjustment away from home and her experiences in her activities. The times to call so that activities are not interrupted are the following:

Monday through Saturday:
12:35-1:00
2:00-2:30
5:30-6:00
7:00-9:00 (8:00 for Juniors)
Sunday mornings: 9:45-1:00

Phone numbers to reach a camper are:
(603) 353-4238
(603) 353-4621

PHONE CALLS ARE FOR IMMEDIATE FAMILY MEMBERS ONLY AND SHOULD BE LIMITED TO FIVE MINUTES.

Campers are not allowed to make calls out unless it is a special family occasion.

MAIL

Address camper mail as follows:

“Camper’s Name”
Camp Merriwood
11 Camp Road
Orford, NH 03777

CAMP STORE

The camp store provides replacement toilet articles, stationery, batteries, flashlights, bug repellent, etc. If a specific item is needed, every attempt will be made to buy it in town. We do ask, however, that these items be provided by the families at the beginning of the summer, and are well marked!

“Canteen” is Merriwood’s term for candy line which occurs no more than once a week. Canteen replaces the need to send candy and treats to campers which is not permitted. **Please do not be swayed by pleas from your daughter for special goodies.** We can assure you that all campers are able to get canteen if they choose to do so.

Stamps for letters are provided if needed. The camper’s initials are put in the upper right hand corner of the envelope and we stamp it.

At the end of the summer, the above charges are tallied and are included in the final bill in September.

WEB SITE

We’ll help you stay in touch during the summer and will be sending you links where you can view weekly pictures of camp activities. If there’s a problem, contact Mark at: Mark@Merriwood.com.

PACKAGES

We accept “flat mail” only at Merriwood, and those should be limited to not more than one a week. Any PACKAGES that arrive will be returned to sender. Be sure to inform all relatives (grandparents, godparents, cousins, siblings, aunts, uncles, best friends, etc...) of this IMPORTANT rule. If it is necessary to send an item that exceeds our recommendation, please call the office ahead of time to let us know of your mailing.

E-MAILING

We do NOT have the capability to receive e-mails for your daughter. If you are traveling abroad, you may FAX her (603)353-4821 otherwise, please use the US Postal Service. The girls have no access to e-mailing.

CABIN MANAGEMENT

To keep organization in the cabins, we ask that the girls leave anything “extra” at home. This would include the following: plastic or cardboard sets of drawers, furniture (chairs), plastic containers for under beds, electric fans.

WE ENCOURAGE.....

***Your daughter to write home twice a week-Sunday and Wednesday

***Your daughter to bring a musical instrument

***Good reading books for rest hour

***Your daughter to bring her tennis racquet, lacrosse stick, field hockey stick, extra sneakers, Tevas, or water shoes for water sports.

***Your daughter to bring insect repellent, flashlight, batteries, and self-addressed stamped envelopes to write home.

WE ASK THAT.....

***You do not send candy, gum, food, expensive jewelry, electronic games.

***You reply to any “homesick” letters with happy calm letters. If they persist, please let the directors know and we’ll give you an update of her adjustment to camp.

***You do not offer gratuities to our staff. The American Camping Association standards prohibit the acceptance of gratuities. A small gift other than money is permitted.

MERRIWOOD ALMA MATER

Merriwood fair and true, in our hearts we belong to you
And we love all the old and new that surrounds us year by year.

Sunset and stary nights as we cherish our fond delights
As we sit by the pale moonlight to await the wakening dawn.

Through the years our memories cling around you
Through the years our voices sing and surround you.

Let there be no goodbyes for the thought of you never dies,
We'll return to you bye and bye

To Merriwood the camp that we love.

Sue Cohen, early 50's