

CAMP NAKANAWA

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Ann & Pepe Perron, Directors

QUESTIONS AND ANSWERS - 2010

Q. Explain the philosophy of Nakanawa.

A. Nakanawa is a traditional, structured camp designed to give enjoyment to young ladies age 8 to 17 through a varied program of sports and activities to help girls acquire skill and expertise, thereby broadening their interests and helping them become better poised and prepared for what life has to offer. We teach genuine companionship, an art calling for courtesy, patience, and consideration. We develop character and a spirit of unselfishness through the demands of good sportsmanship and group adjustments in a fun-filled environment.

Q. Why four weeks and two weeks?

A. Our two week program is an excellent introduction to camping at Nakanawa. The girls participate in activities, draw to become an Amazon or Valkyrie, have team meetings, special events, and activity meets. For the camper who has never been to Nakanawa before or away from home for any length of time, this is a wonderful opportunity to gain confidence and independence in a caring and active atmosphere.

The four week program is designed to build self confidence in our campers and a total feeling of independence and leadership gained from living in a different environment with girls from all over the country. The campers have to learn to live with their bunkmates, be caring and considerate and the friendships that evolve from the longer stay at camp are one of the very special rewards of Nakanawa. The girls acquire skills in the various activities and gain a feeling of accomplishment. It is a beautiful environment in which to live, work on activities and skills, and in which to play!

Q. How will my daughter "fit in" at Nakanawa?

A. The traditions at Nakanawa make it easy for a new camper to adjust and fit in. The girls immediately have topics of conversation and the returning campers are eager to share the explanations of the traditions and tell them all about the special events that will occur during the summer. We also take great care with our cabin group selections and the counselor for that particular group. This helps to make the adjustment smoother and easier since we strive for a congenial grouping of personalities.

Q. What kind of girls attend Nakanawa?

A. The criteria for our Representatives is to encourage girls to attend Nakanawa that they would like for their own daughter to be associated with. Also our campers are very attuned to the attributes of a Nakanawa girl and are eager to include their friends that they know will excel and enjoy camp.

Q. How do you handle homesickness?

A. The program at Nakanawa is carefully planned so that our girls can become involved with their cabin group and classes as soon as they arrive at camp. Even the girls who come by themselves quickly find a friend and there is always a caring and concerned counselor on the lookout for any problems. Classes begin in all camps the day after the girls arrive at Nakanawa.

The schedule is full and structured since we believe that "busy girls are happy girls". there is just enough "free time" in each camp to give the campers a chance to relax and do some things on their own. If you do receive a letter about homesickness, your help in discerning the positive aspects of her experience will make her adjustment easier. Quickly write her letters that are cheerful and full of what you think she might be doing at camp. Letters are a wonderful help and mail call is a highlight of each camper's day. If your daughter is exceptionally homesick, please be

assured that we will call you immediately. Most homesickness disappears within a few days and it is a normal reaction to being away from home.

Please do not tell your daughter that you will come get her if she is homesick. This will be a detriment to your daughter's adjustment to camp. Homesickness is very normal and most campers make miraculous recoveries if Nakanawa has your support!

Q. How does Nakanawa communicate with parents?

A. You will receive a newsletter each week outlining the various activities and special events. A calendar of events for the entire summer will be mailed with the first newsletter. Also, you will hear from your daughter's counselor once during the summer. The newsletter may be accessed from our website at www.campnakanawa.com. The username is "red", and the password is "blue".

Q. Explain a typical camp day.

A. 7:30 a.m. - breakfast
8:00 - 8:30 a.m. - cabin clean-up
8:45 a.m. - classes begin
10:45 a.m. - milk break in Jr., apple break in Sr.
11:00 a.m. - classes resume
1:00 p.m. - lunch
2:00 p.m. - rest hour
3:00 p.m. - commissary opens - free swim
3:45 p.m. - classes resume
5:30 p.m. - classes end in Jr. - showers and free time
6:00 p.m. - classes end in Sr. - mail call, showers
6:30 p.m. - supper
7:00 p.m. - mail call in Jr.
7:45 p.m. - evening entertainment
8:30 p.m. - Jr. gets ready for bed
9:00 p.m. - lights out for Jr., Sr. gets ready for bed
9:15 p.m. - taps for Jr.
9:30 p.m. - lights out in Sr.
9:45 p.m. - taps for Sr.

Q. What is sold in the commissary?

A. Stationery, stamps, personal items, shampoo, film, flashlights, batteries, and cameras.

Q. How many campers are in each camp?

A. Junior Camp has 100 to 135, Intermediate has 60 to 100, and Senior has 60 to 80. The enrollment varies from year to year. Intermediate and Senior Camps are together.

Q. What is the camper/counselor ratio?

A. 4 to 1 in Junior Camp and 6 to 1 in Senior Camp.

Q. What are the ages of the girls in the three camps?

A. Two week campers are 8 to 14 years old or completed grades 2nd through 8th (2nd-5th Junior Camp; 6th-8th Intermediate Camp). Four-week juniors are 8 to 12 years old or completed grades 2nd through 6th; Intermediates are 13 and 14 or completed grades 7th and 8th; Seniors are 15, 16, and 17 or completed grades 9th, 10th and 11th.

Q. What is the location of Nakanawa?

A. Nakanawa is located in the community of Mayland which is 13 miles northwest of Crossville, Tennessee. Crossville is 100 miles east of Nashville, 80 miles west of Knoxville, and 100 miles north of Chattanooga. Interstate 40 provides easy access to the camp from the east or west and Hwy. 70 N. from the north and south.

Q. How is the transportation to and from Nakanawa handled?

A. The majority of our campers fly into the Nashville airport and we meet the girls and see that they

are put on the chartered buses chaperoned by our counselors for the 2 hour trip to Nakanawa, Likewise, they are picked up at the close of camp and transported' back to the airport for the flight home. Campers that live close to Crossville arrive by car. Luggage can be shipped in advance via UPS or FEDEX. All luggage must be shipped home by FEDEX, UPS, or car. The only exception is international campers. Written permission is required if returning home with anyone other than legal guardian or parent. Airline flights must be into/out of Nashville, Tennessee and arrive/depart between 8:00 a.m. and 1:00 p.m. on the opening/closing day of session.

Q. What happens when luggage is shipped Federal Express or United Parcel Service (UPS) to and from Nakanawa?

A. We recommend that you ship luggage FEDEX or UPS so that it will arrive one week prior to the opening date of camp. We will notify you that the luggage has arrived and it will be placed in your daughter's cabin. **We require that luggage be shipped home FEDEX or UPS if your daughter is flying home. The only exception is international campers.** Luggage shipped UPS will be sent on Tuesday following the closing day of the session. You can expect to receive the luggage by the end of the week or sooner. Nakanawa will pay the shipping charges and bill you accordingly.

Q. How are the meals served?

A. We have family style meals with 8 campers and two counselors at each table. The counselors serve the food and we stress good table manners as well as good posture. The meals times are 7:30 a.m., 1:00 p.m., and 6:30 p.m.

Q. Explain the teams.

A. The Amazons are mythological warriors that rode in two's into battle and were excellent archers. The Valkyries are mythological maidens that rode in three's on black horses into battle. These two teams were established the very first summer of Nakanawa in 1920. If a camper has a mother, sister or grandmother who has attended Nakanawa, she may be on the same team or she may choose to draw by lot on the first night of camp. Girls cannot be on the same team as an aunt or friend unless she happens to draw that same team. Although the Amazons and Valkyries have competitions each weekend, this is not the most important aspect of the teams. They have meetings each Monday night at a special rock in the woods and plan their special parties and events at these meetings. Many Amazons and Valkyries have best friends on the opposite team. It really makes no difference which team they are on because each girl quickly becomes involved with her group and feels unity there. Cabin assignments are made without considering which team a girl belongs to. The teams add a special dimension to camp and are the heart of Nakanawa.

Q. What are these "special parties"?

A. The Amazons and Valkyries plan parties each summer for the other team. Each party has a theme such as "Gilligan's Island", "Winter Wonderland", or "Jungle Book" and the parties are held at a special spot in the woods. Hot dogs are served at the Weenie Roasts and Bar-B-Que Chicken is the main course at the Surprise Party. The evening is highlighted by a skit for entertainment, singing camp songs, singing Team songs with the Octet, and roasting marshmallows.

Q. Where do Free Day Trips go?

A. We take groups of girls to the Cumberland Cove overlook - 2 miles from camp, canoe trips to the dam on our lake, hikes around the lake as well as to the dam and to the opposite camps. There are trail rides, fishing trips, and a picnic lunch as well. We also explore scenic areas close to Nakanawa. Four week trips include Angel Falls Overlook Hike, Hiwassee River Rafting, Ocoee Rafting, and Cumberland Caverns.

Q. How often do the girls ride horses and are there trail rides?

A. The girls that sign up for riding will have two to four lessons each week. On Free Day there will be trail rides scheduled for specific groups. They also receive instruction on the care and grooming of horses and tack. The girls can even help with the afternoon feeding of horses. The camp owns and

stables 24 horses; 12 for Junior Camp and 12 for Senior Camp. We have horses of various levels to challenge all our riders. A riding helmet and leather shoes with heels are required.

Q. How are medical emergencies handled?

A. There is a doctor on the camp premises and a nurse in each camp. If there is an emergency that cannot be handled here, we take our girls into Crossville to the Walk-In Medical Clinic during the weekdays, and to the Cumberland Medical Center on weekends and at night. It is only 14 miles from Nakanawa and both are fully staffed facilities with the Medical Center serving as a regional hospital. Parents are notified as soon as possible in the event of an emergency. You will also be contacted if your daughter spends even one night in the infirmary at camp. A copy of your insurance card (front and back) must be included with your completed Medical Form. Other required information includes the Social Security Number and Date of Birth of your daughter **and the insured card holder**. In the event of an accident or illness requiring a trip to one of our local physicians or specialists, or the need for a prescription while at camp, our office will call you for additional information to pay for health services. We will forward the necessary paperwork so that you can submit the claim to your insurance for reimbursement.

Q. When can parents visit? Is there a "Parents Weekend"?

A. Parents and visitors are welcome at Nakanawa. We request that you defer your visit until after the first week of both sessions. June 20th will be the first visiting day during the two week session and July 6th will be the first visiting day during the four week sessions. The best time to visit is during Rest Hour from 1:30 to 3:30 p.m. CDT. (Arrive by 1:30 p.m.; no food, drink or cell phones to be shared with campers). Please visit on the Games Field away from the cabin areas where the other campers and counselors will be resting. Parents of our Two Week Campers are invited to join us for the Buffet, Musical and Awards Presentation on Friday, June 25th. Parents of our Four Week Campers are invited to join us for the Operetta, Fine Arts Program, Buffet and Trophy Night on Saturday, July 24th. Reservations are required for the Buffets. A camper may leave with their parents following the Awards Presentation (Two Week) or Trophy Night (Four Week).

Q. Where do you recommend visitors to stay for overnight lodging?

A. CROSSVILLE: Ramada Inn 931-484-7581
Holiday Inn Express 931-707-1035
Days Inn..... 931-484-9691
* Best Western..... 931-484-1551
* La Quinta..... 931-456-9338
Comfort Suites..... 931-707-8638
Garden Inn B & B 888-293-1444
MONTEREY: * Super 8..... 931-584-0070
COOKEVILLE: Hampton Inn 931-520-1117
Holiday Inn..... 931-526-7125
Comfort Inn 931-528-1040

Q. May campers receive phone calls?

A. We do not allow campers to receive phone calls, to make calls, to send faxes or e-mail. There is only one phone line into each camp and if campers had use of the phone, it would not be free for emergency calls or business calls! However, in the event of an emergency, exceptions have been made. International FAX are welcome! 931-277-5552. E-mail: campermail@campnakanawa.com (no pictures or attachments, please). We allow international campers to send one FAX each week. Please include your FAX number on the Application Form.

Q. Can my daughter be in the same cabin with her friend from home?

A. We find that the girls do better if they are in separate cabins. All cabins are close together and being separated gives the girls a chance to branch out and make friends with girls from other cities. There is plenty of time for visiting cabins and many girls of the same age share classes also.

If there is a cabin request, it must be from both parties to be considered.

Q. Can my daughter leave camp for a special event?

A. We highly discourage leaving camp as it is disruptive both to your daughter's experience as well as others in her cabin and the camp in general. If it is absolutely necessary, we do allow a camper to leave and return. Weddings, cheerleader camp, and emergencies have been accepted as reasons for taking leave. If the leave requires a special trip to the airport, an extra transportation fee of \$100 per trip will be charged. We need to know your plans prior to your daughter's arrival.

Q. What kind of Church Service does the camp have?

A. Church is held each Sunday morning. It is a non-denominational service centered around subjects important to the camp environment: getting along with others, sharing, good sportsmanship, enjoying the beauty of nature.

Q. What about Catholic campers?

A. Mass is held each Sunday morning at 7:00 a.m. with a Priest from Crossville officiating. Please indicate on application if your daughter will be attending or not. Changes are not permitted once camp begins.

Q. Can my daughter receive packages?

A. Yes. Only 1 per camp session. Also, please do not send any food or candy. It is a team requirement that the campers not eat anything not served by the camp and your compliance with this rule will be greatly appreciated. Many camps have this rule and do not strictly enforce it. Be assured that at Nakanawa it is enforced. Please do not send packages after June 19 for the Two Week or July 17 for the Four Week.

Q. What about my daughter's laundry?

A. We use a local laundry in Cookeville and they provide a pick up and delivery service for us. In Junior Camp the laundry is picked up on Mondays and returned on Wednesdays. In Senior it is picked up on Wednesdays and returned on Fridays. The fee for this laundry service is included in the camp tuition. Two week pickup is Friday; return Saturday.

Q. What about security?

A. All visitors are screened through the office and no campers are allowed to leave camp with visitors including their parents. Since all our parents do not have the opportunity to visit their daughter, we feel it is fair to all concerned not to allow campers to leave for a short time or to have a meal with their parents. We do allow parents to take the daughters from one camp to another for the sake of visiting with daughters in both camps. This needs to be cleared through the office or with the Head Counselor so that we know where your daughter is at all times. There is also a night watchman in each camp who comes on duty at midnight and stays until 6:00 a.m. the next morning. He makes rounds through camp at night and checks on any cars that enter the parking lot at night. When not on rounds, he is in a location where the campers and counselors can find him in the event of an emergency. There are also two counselors on patrol in each camp every night for 2 hours after taps.

Q. What classes are offered?

A. We have sample schedules at the back of this information booklet. Some activities are added when we have competent instructors - such as gymnastics and fencing. Also, as you can see on the schedule, some classes are offered 4 days a week, others only twice a week.

Q. What awards are given at the close of camp?

A. The first and most important award is a team "felt letter". This is given to each camper by her team during both sessions of camp and the basic requirements to receive this award are as follows:

- 1. Maintain a positive attitude toward camp life.*
- 2. Demonstrate respect for all Nakanawa rules, regulations, and property, especially concerning the cleanliness of the cabin area and regular attendance at classes and camp activities.*

3. *Demonstrate consistent consideration of others during rest hour and at bedtime.*
4. *No gum chewing, except when given by camp.*
5. *No candy, except when given by camp.*
6. *No food, except that served in the dining hall or commissary or given by camp.*
7. *You may not go into town, except when accompanied by a counselor and given permission by camp.*
8. *No use of illegal or non-prescription drugs.*
9. *No smoking.*

The teams also award "silver letters" to their most outstanding team members during the four week session. They are sterling girls and the team uses the definition of sterling as a guideline in choosing these girls:

- S** - Simplicity, she is not pretentious
- T** - Truthfulness, putting others before herself
- E** - Eagerness to help others at all times
- R** - Righteousness, putting God before all others
- L** - Loyalty, to herself and then to others
- I** - Individuality, being different from her constant surroundings
- N** - Naturalness, being herself at all times

G - Graciousness, being able to appreciate every small thing done for her

Each activity also has awards during the four week session. At Trophy Night, certain activities award "medals" to the most outstanding girls. In Junior Camp the girls receive a bronze medal for swimming, diving, canoeing, arts & crafts, tennis, nature, glee club, games, and posture. In Intermediate Camp the medallists receive a silver charm for swimming, diving, canoeing, arts and crafts, archery, glee club, sailing, drama, dance, bells, tennis singles, tennis doubles. In Senior the medallists receive a silver bar pin for all the activities mentioned for Intermediate plus riflery. Riding awards a cup in all three camps. There is also an award for the most outstanding overall camper in all three camps and these are chosen by the counselor staffs. In Junior she is Lady of the Bracelet, in Intermediate she is Lady of the Necklace, and in Senior she is Lady of the Cup. The "Ladies" possess such qualities as friendliness, sportsmanship, loyalty, good sense of humor, bright smiles, truthfulness, consideration, helpfulness; in short, just excellent all around young ladies. These are all qualities that everyone strives for inwardly in order to be a better person and not with the intention of receiving an award. Two week camper award winners receive a silver medallion for each activity offered during the two week session. The most outstanding two week campers receive a golden "N" for the "Spirit of Nakanawa" Award.

Q. Are there discounts on tuition for sisters?

A. Yes, we offer a 10% discount off the total tuition for each sister.

Q. Are there any financial aide plans offered by Nakanawa?

A. Campers can receive reimbursements if they are a dining hall aide (\$400 for four week, \$200 for two week) or if they are an activity aide (\$300). Usually the dining hall aides in Junior are chosen from the oldest group of campers. In Intermediate and Senior, the dining hall aides are various ages. Activity aides must be 16 years or older and are chosen with the approval of the activity's head counselor and the particular need for that summer. If a camper is interested in either aideship program, all she needs to do is write to Ann & Pepe with their request.

We do grant a limited number of partial camperships for those girls in need. If interested, you need to contact the camp directly and inform us of the need. The money for this program comes from the Elisabeth Mitchell Charitable Trust that our friends and patrons of Nakanawa can contribute to on a tax deductible basis.

Q. When is the best time to enroll my daughter?

A. As soon as possible so that we can make plans for the upcoming season. We accept applications until June or whenever we reach our capacity.

FOUR WEEK INTERMEDIATE & SENIOR SCHEDULE			
Time	M - T - TH - F	M - TH	T - F
1st 8:40 9:20	Tennis Adv. Riding A & C Golf	Glee Club A & C	Glee Club A & C
2nd 9:30 10:10	Adv. Tennis Canoeing Adv. Riding A & C Diving Climbing Wall	Beg. Sailing V Softball A & C Riflery Golf	Beg. Sailing A Softball Glee Club A & C Riflery Golf
3rd 10:30 11:10	Swimming Riflery (Sr.) Adv. Tennis Canoeing Riding - Diving Adv. Sailing Climbing Wall	Glee Club	Aerobics
Apple Break			
4th 11:20 12:00	Swimming Tennis Amazon Soc. (Sr.) Canoeing Sailing Climbing Wall	A & C Riflery Aerobics Riding	Modern Dance Riflery Riding
5th 12:10 12:50	Swimming Valkyrie Soc. (Sr.) Drama Canoeing Sailing Golf	A & C Riflery (Sr.) Dance Archery	A & C Riflery (Sr.) Archery
1:00 p.m. Lunch - 1:45-3:00 Rest Hour 3:10-3:40 Free Swim			
6th 3:50 4:30	Swimming Tennis War Canoe (Sr.) Riding Adv. Riflery (Sr.)	Archery A & C Wall Sailing Table Tennis	A & C Sailing Table Tennis
7th 4:35 5:10	Swimming Drama Tennis Canoeing Riding Adv. Riflery (Sr.) Climbing Wall	Wall Diving Archery Fencing	Beg. Sailing Archery Fencing
8th 5:15 5:55	Swimming Tennis Adv. Diving Canoeing Adv. Archery Octet/Choir	Drama Archery Table Tennis	Glee Club Archery Fencing
6:30 Supper - 8:00 Evening Entertainment 9:00 Blinks - 9:30 Lights Out, Devotions			

TWO WEEK & JUNIOR FOUR WEEK CAMP SCHEDULE						
Time	Cheereos	Lucky Charms	Coco Puffs	Apple Jacks	Golden Grahams	Fruit Loops
Cabins	1, 2, & 3	4, 5, & 6	11, 12, & 13	14, 15, & 16	17, 18, 19, & 20	21, 22, 23, & 24
7:00 7:25 7:30	Wake Up Flag Raising Breakfast					
1st 8:40 - 9:25	Nature / A&C	Tennis	Games	Glee Club	Riding / Wall / Archery	Swim
2nd 9:25 - 10:10	Tennis	Games	Riding / Wall / Archery	Nature / A&C	Canoe	Glee Club
3rd 10:10 - 10:55	Games	Riding / Wall / Archery	Canoe	Tennis	Swim	Nature / A&C
10:55 - 11:10	Milk Break					
4th 11:10 - 11:55	Riding / Wall / Archery	Canoe	Swim	Games	Glee Club	Tennis
5th 11:55 - 12:40	Canoe	Swim	Glee Club	Riding / Wall / Archery	Nature / A&C	Games
1:00	Lunch					
2:00 - 3:00	Rest Hour					
3:00 - 4:00	Free Swim					
6th 4:00 - 4:45	Swim	Glee Club	Nature / A&C	Canoe	Tennis	Riding / Wall / Archery
7th 4:45 - 5:30	Glee Club	Nature / A&C	Tennis	Swim	Games	Canoe
5:30 - 6:25	Clean Up for Dinner / Free Time					
6:25	Flag Lowering					
6:30	Supper					
7:30	Evening Entertainment					
8:30	Blinks					
9:00	Devotions & Lights Out - Taps					

*Also offered in Two Week Intermediate:
Golf / Archery*