

# ***Antiochian Village***

## ***2023 Family Camp***

### ***Welcome Packet***

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# ***Hello Family Camp Campers!***

## **Welcome!**

The Village is busy buzzing around and ensuring we are ready for you and your families! Whether you are a first-time camper, or have been coming to camp for years, we are so excited to welcome you and share in fellowship, friendship, worship, fun, and relaxation.

Now that you've registered, we are sure you have some questions or worries. Hopefully this packet will ease some concerns. Below you'll find some expectations, how to prepare, a packing list, arrival and departure information, a tentative schedule, and a map of both the camp and conference center grounds. This will, hopefully, bring a sense of familiarity when you arrive at camp, especially if you have not been before.

If we haven't answered your questions, please feel free to send us an email or give us a call! Please keep us and your fellow Family Camp friends in your prayers as we continue to prepare for the weekend.

**In Christ,**

**The AV Team**

# ***AV Camp Expectations:***

## **Limited Digital Technology**

The use of digital technology at camp will be discouraged. This includes all gadgets including but not limited to cell phones, smart watches, computers, eBooks, iPods. If you need to use it, please step away from all other campers to minimize distractions, and to encourage being present in the moment. Exception: It's okay to bust out that dusty camera and relish in the nostalgia!

## **No Drugs or Alcohol**

We ask that you help create a healthy space for everyone, away from the world of adult distraction (drugs, including tobacco, and alcohol). Partake of alcohol only when it is offered to you at a camp event.

## **Stay With Us**

Once you arrive at AV, we ask that you stay on campgrounds. We like you! You belong here! Don't leave. Friends and good times will be provided.

## **Roam where you want to (except into cabins you are not assigned to)!**

You are encouraged to explore the campgrounds, and spend time in nature, away from the distractions of the outside world. Maps will be provided so that you can roam freely and safely. There are many common meeting grounds around camp that you are encouraged to hang out in.

## **Below are the year-round camp rules which are also effective during Family Camp:**

- All Campers will respect each other at all times. Therefore, fighting,
- put-downs, or other behavior harmful to others is not allowed at camp.
- No food of any kind is permitted in the cabins. All food brought or received
- while at camp will be distributed at meals and kept in the dining hall.
- No pets on property
- All property must be respected: no graffiti and no destructive raiding.
- Campers will not tamper with heating, water, or electrical controls or
- remove pillows, blankets, mattresses, cleaning supplies, etc. from the
- cabins.
- No horseplay in the cabins (e.g., jumping on or from bed to bed).
- No chewing gum is allowed to prevent damage to the beauty of camp.
- The following are forbidden from camp grounds, possession of which can result in immediate dismissal: alcohol, drugs, tobacco, animals, firearms or other weapons, and any flammable substances including aerosol spray cans.

# ***Preparing For Camp***

Just about everything about life at camp is different from life at home. Preparing yourself with as much information as possible will be helpful to your adjustment. Below, we've tried to give you a positive preview of your coming experience, let you know that life will be different, and that hopefully you will gain many new experiences. Some of the areas to mentally prepare for include:

## **Living Arrangements**

Families will live in a duplex style cabin with one private bathroom. Each room consists of approximately 8 beds. One of the best aspects of the camp experience is learning to adjust to group living and getting along as part of a team. At family camp, you'll be sharing a duplex style cabin with your fellow families. Meaning, another family will be right across from your room. Please do not lock doors or enter to another family's room. Families staying in the cabins will need to bring your own toiletries, linens, towels and pillows (there are 7 twin beds and 1 double bed).

Families also had the option of staying in the Conference Center with double and twin beds. The program is the same, only your sleeping arrangements are different from those staying in the cabins. Sheets, towels, and pillows will be provided by the Conference Center, families will still need to bring your own toiletries.

## **Meals**

Breakfast, lunch, and dinner are eaten together as a community in our Dining Hall. Some items served will be things you may never have tried before, while other items may be things you dislike. Because of our need to feed many people in a relatively short period of time, we are not able to handle special requests for meals.

## **Conduct**

All campers are expected to act in ways appropriate to an Orthodox Christian setting. While all disciplinary action will be taken to attempt resolution on site, the Camp Director reserves the right to dismiss campers for gross violations of camp rules. You will be responsible for arranging and covering costs for your early departure.

## **Unplug and Refocus**

Last but not least, one of the major adjustments campers experience is that of being placed in a setting that is outside your normal routine, with typically no contact from outside friends/family during the camping weekend. This can be one of the most positive experiences you can have at camp and one which can be invaluable and may lead to making new friends and connecting with others around you.

Be aware that you may need to mentally prepare for this!

## **Camp Activities**

Life at camp takes full advantage of our outdoor setting. Activities include field sports, dancing, nature hikes, etc. If you have any restrictions precluding any of these activities, please do not

participate in these activities. As always, camp activities are Challenge By Choice so feel free to fly outside of your comfort zone or stay where you feel most comfortable. Rainy days are a somewhat frequent occurrence and we try to continue programs as much as possible despite light rain, so rain gear (poncho or waterproof jacket) is a must.

❖ If a camper has specific healthcare needs beyond the average camper, please notify the camp office so that the Camp Director can work with you to determine if and how the Camp will make accommodations to meet the camper's needs without putting an undue amount of stress on the program.

### **Fees**

Balance of payments are due 2 weeks before the event. This year, fees are due on May 12<sup>th</sup>.

### **Spending Money**

The camper fee covers all regular camping expenses. If you would like to be able to purchase items from the camp store (Namie's Nook) during the camping session, please bring money with you. Here is a brief list of some items that may be available in the camp store:

- Antiochian Village Apparel
- Prayer Ropes
- Icons (of Jesus, St. Thekla, etc)
- Lives of the Saints Books
- Prayer Books
- Water Bottles
- Flashlights & Batteries
- Blankets
- Antiochian Village décor

# ***Packing List***

Enjoying everything camp has to offer begins with packing the proper attire. Our program contains a variety of experiences, and we want you to be ready for them all! We will often be sitting on the floor, walking long distances, and participating in athletic activities. Be aware, our non-summer events tend to be colder, so check the weather as the event gets closer to pack the proper clothes.

While camp's nature is informal, Christian modesty should be your guiding principle when packing. Excessively revealing clothing should not be packed as inappropriate clothing will not be permitted to be worn. To find out more about our dress code, check out our website <https://avcamp.org/parents-corner/policies/>.

This packing list should provide the details you need to prepare for an incredible weekend at camp!

## **Day to Day**

### ✓ **Bottoms (*enough for at least 4 days*)**

- Pants
  - Long pants such as jeans, leggings, etc. are permitted for daily Church services
    - If wearing tighter fitting pants, sweaters, sweatshirts, or shirts that fall below your buttocks should be worn
  - Sagging and see-through pants are not permissible
  - Long pants are required on the Ropes Course and Overnight
    - Ticks are more prevalent in the woods and may be carriers of Lyme Disease, for this reason, long pants are necessary
- Shorts
  - Camp is meant for running, jumping, climbing, etc., so be sure your shorts fit those activities
  - Be mindful of the length and fit
  - Spandex/biker shorts are not permissible

### ✓ **Shirts (*enough for at least 4 days*)**

- Shirts should meet your waistline and cover your chest. Your midriff should be covered while arms are raised, allowing you to participate in athletic activities
- Activewear and tank tops with thicker straps are great for afternoon program
  - Low-cut arm holes and spaghetti strap tanks are not permissible
- We recommend long sleeve shirts and pants during sunset hours

### ✓ **Shoes (*athletic, lounge, church, and shower*)**

- Because of our outdoor setting with uneven terrain, tree roots, etc, backless shoes (flip-flops, etc), open-toe shoes, and high heels are not safe and should not be packed and worn at camp. Athletic shoes should be worn during any sports to prevent injury

- Be aware, there is a lot of dew on the grass in the morning

#### ✓ **Pool Attire**

- Guys: Swim trunks that fit well at the waist (be mindful of length and fit)
  - Speedos are not permissible
- Gals: One-piece swimsuits, tankinis, or swim shorts that cover the midriff
  - Bikinis and front cutouts are not permissible
- Flipflops may be worn at the pool

#### **Church**

#### ✓ **Daily Services (2 services daily: Orthros, Vespers, and Supplication Services)**

- Dress for daily church services is casual but long pants and covered shoulders are required.

#### ✓ **Divine Liturgy (Celebrated on Sunday)**

- Nicer attire is expected for Liturgy
  - Guys: Collared shirt, slacks, and a tie
  - Gals: Dress, skirt, or dress pants with a blouse
    - Skirts and dresses should be near the knee or lower
- We sit on the floor for homilies so please be mindful of length and ensure your outfit will allow you to remain covered in the front and the back

#### **Extra**

- |   |   |
|---|---|
| • Pillow and bedding/sleeping bag                                       | • Flashlight  |
| • Underwear/Socks   | • Laundry bag for dirty clothes (marked with your name)   |
| • Layers (i.e. jacket, sweater, coat)                                   | • Any medicine you take   |
| • Rain Gear!- raincoat/poncho and rain shoes                            | • Evening Program Outfit  |
| • Swimsuit  | • Journal (note taking during morning program)  |
| • 2 towels (pool and shower)  | • Camera (Disposable if you're feeling really nostalgic)  |
| • Toiletries (ie toothbrush, toothpaste, shampoo, Deodorant, soap etc.) | • Favorite Coffee Mug/Cup   |
| • Hat and Sunglasses  | • Optional: Bible, travel games (non-electronic), backpack, instrument if you play, hammock/outdoor items |
| • Sunscreen/Bug Spray   |   |
| • Flip flops (for the shower/cabin/pool)                                |   |
| • Hairbrush/comb  |   |
| • Chapstick   |   |
| • Reusable water bottle   |   |

**Possible Evening Programs:** Social night for parents, movie night for kids, karaoke, bonfire, trivia, talent show

**Possible Afternoon Programs:** Soccer, Basketball, Kickball, Sand Volleyball, Track, A&C, Angleball, Bocce, Challenge Course Games

*\*We cannot guarantee the swimming pool, canoeing pond, and archery range will not be open during this year's Family Camp. We will keep you updated*



Suggestions!

- Check the weather prior to arrival...layers are never a bad idea!
- There will be sports in the afternoons, and Liturgy on Sunday.
- Remember, we are at camp and will be outside as much as possible! Be casual and comfortable, and don't pack things that are very valuable.
- Come as you are 😊 Don't worry about what you are wearing.
- Reach out to the camp office to inquire more.

Please leave at home: [drugs, tobacco, alcohol, vapes, weapons of any kind, pets]

## ***Arrival/Departure Information***

### **CHECK-IN DAY**

On the first day of Family Camp, Friday, campers who drive may be checked in after 5PM. Our program begins at 8pm that night so we highly encourage you to plan on arriving at camp prior to then. Earlier arrivals are welcome! Please make sure you have had lunch before you check in, our first meal together is dinner. Late arrival is completely ok, we just ask that if you are arriving after 9pm, please call and let us know.

When you get to camp, please check in at the Welcome Lodge (After you proceed through the Arch, you will see a log cabin type building with a porch (look for the sign). It is across the road from the parking lot.

### **CHECK-OUT DAY**

Check out day is Monday morning, and all programming should be over at approximately 9:30 AM.

### **DRIVERS**

#### Driving Directions to Antiochian Village Camp & Retreat Center

The Village is located in Fairfield Township about 7 miles north of Ligonier on Route 711. If you are using an internet mapping website or a GPS device for directions, the camp address is 201 St. Ignatius Trail, Bolivar, PA, 15923.

#### From the Northeast

Head West on Rt. 80, exiting at Route 220 South (Exit 161). Head South on Route 220 for about an hour as the road alternates between four-lane expressway and two-way 8 highway, passing State College and Altoona. Exit onto Route 22 West for about a half hour. Exit onto Route 56 (Armagh exit). Proceed East on Rt. 56 which will join with Route 711 South. Follow Route 711 South, turning right after crossing a bridge and continue for approximately 13 miles. Entrance to the Antiochian Village will be on the left-hand side, approximately 1-mile past Champion Lakes Golf Course and the Real McCoy Restaurant.

#### From the Pennsylvania Turnpike

Take the Pennsylvania Turnpike (I-76) to Exit 91 in Donegal.

Follow the signs to Rt. 711 North. Proceed on Rt. 711 North for approximately 15 miles, and you will cross Rt. 30 and drive through "downtown" Ligonier. You will go around the Gazebo in the center of the town and continue on Route 711 North. After approximately 4 miles, you will see a Sheetz Gas Station at a fork in the road. Bear left, staying on Route 711 North, and it is approximately 3 miles from that point. The entrance of the Antiochian Village will be on the right-hand side.

#### From Pittsburgh International Airport

Follow signs leaving airport towards Pittsburgh. Before passing through the Ft. Pitt Tunnel, get into your right-hand lane in order to exit immediately after the tunnel onto I-376 East towards Monroeville. Stay on this highway until you reach the Pennsylvania Turnpike exit. Head East on the Turnpike to Exit 91 (Donegal). Follow directions from the Pennsylvania Turnpike above.

#### **FLIGHTS (Latrobe, Johnstown, and Pittsburgh Airports)**

While we encourage campers to drive to Antiochian Village, we realize that in some instances travel by plane might be necessary. Antiochian Village provides round-trip ground transportation for campers arriving into the Latrobe Area or Pittsburgh (PIT) airports. All travel information, including airline, flight number, arrival and departure times must be received in our office a month prior to arrival (**April 28th**)- to do so, please update your information on your online registration form. If travel information is received after the deadline, we may not be able to guarantee ground transportation.

If we are able to provide transportation, families should proceed to ground transportation and look for a camp van (white minivan or 15 passenger van) with the Antiochian Village logo on it. More Family Camp specific flight information will be sent as the program gets closer.

LATROBE/JOHNSTOWN AIRPORTS: Please contact the camp office for organizing pick up/drop off.

PITTSBURGH AIRPORT: Friday Flights must arrive at PIT before 4:00 PM for prompt departure to AV Camp at 4pm. Monday Flights must depart PIT after 2:00 PM.

\*Any deviation from these times must be requested in writing and approved by the Camp Director to guarantee that ground transportation will be provided.

# 2023 Family Camp Schedule

(Subject to Change)

## Friday, May 26

5:00 PM	Check-In, Unpack, Relax (If arriving late, please let us know)	Welcome Lodge
5:00-8:00 PM	Pizza, Salad, Snacks & Board games	Dining Hall
8:00	Welcome, Introductions, and Icebreakers	
8:30	Free time/Board Games	Dining Hall
9:00	Staff Meeting	Welcome Lodge

## Saturday, May 27

7:00 AM	Wake Up... lots to do today!	
7:30	Cereal, Fruit, Juice for the early riser Kids	Dining Hall
8:00	Supplication Service to St. Raphael	St. Raphael Shrine
8:45	Breakfast	Dining Hall
10:00-12:10	Parents with Speaker	CC Mtg Rooms 7&8
	Kids over 3 Rotations	Dining Hall
	Kids 3 and under	Nurseries (Icon studio & Mtg Rm 9)
12:15 PM	Kids and Parents to the Dining Hall for parent Pick-up	Dining Hall
	Cabin Time- change for Afternoon Program	Cabins
1:00	Lunch	Dining Hall
1:45	Afternoon Program – Sports, Arts & Crafts	Meet at Sports Shed
	Challenge Course Low Elements (ages 10 and up)	Meet at Sports Shed
	Field Activities with Little Ones*	Meet at Welcome Lodge
4:00	Gimme Shop/Namie's Nook Open (Store)	Dining Hall
4:30	Cabin/Free Time & Confessions by appointment	Cabins
5:30	Great Vespers and Reflection by Guest Speaker	St. Ignatius Church
6:30	Dinner	Dining Hall
7:30-8:30	Evening Program	Pavilion

## Sunday, May 28

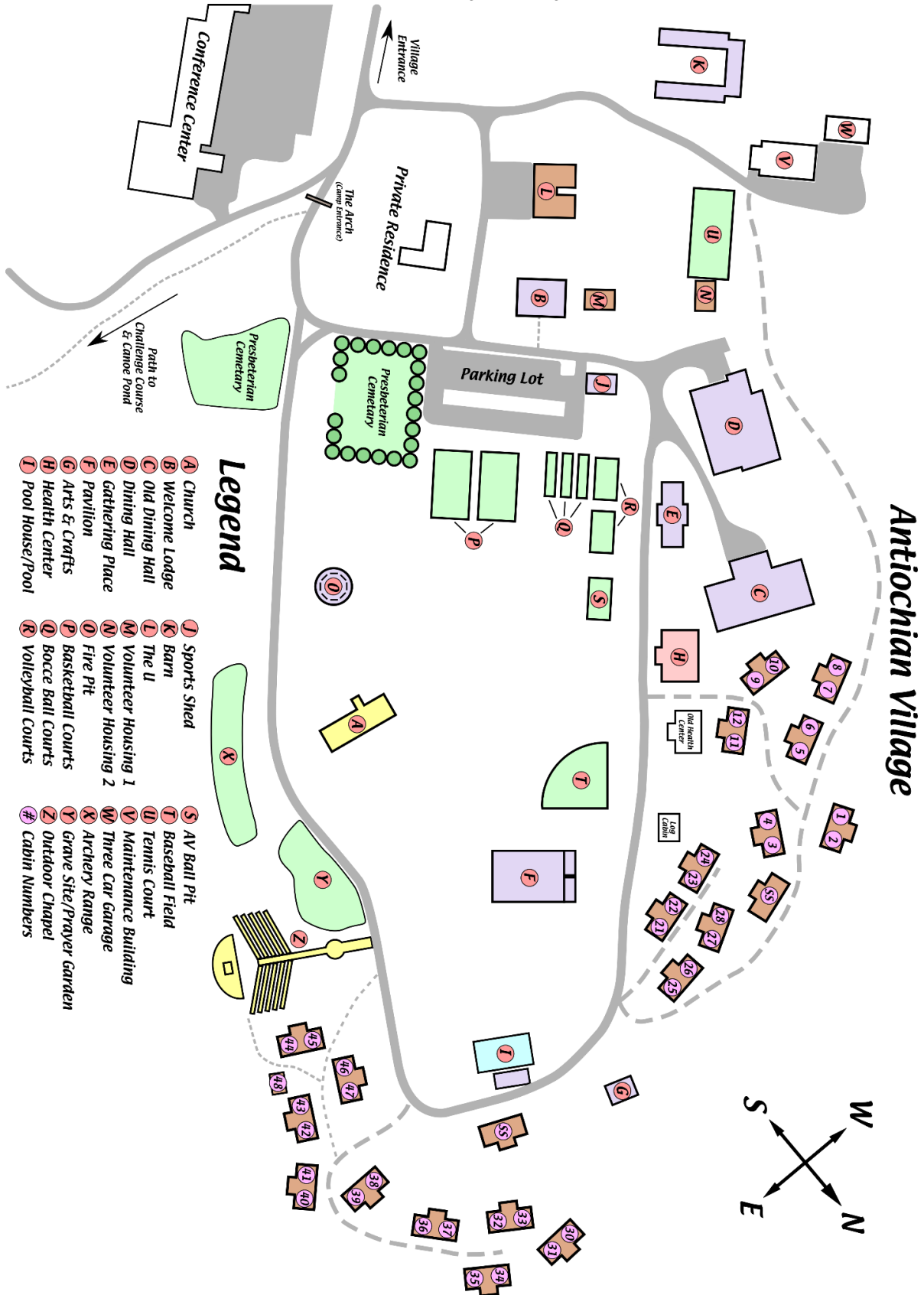
8:00 AM	Orthros (Breakfast items for kids in DH)	
9:00	Divine Liturgy	St. Ignatius Church
	Family Pictures after Liturgy	St. Ignatius Church Bell
10:45	Brunch	Dining Hall
12:00 PM	Cabin Time/Free Time	Cabins
12:45	Dropoff children to Dining Hall	Dining Hall
1:00-2:25	Parents with Speaker	CC Mtg Rooms 7&8
	Kids Activity	Meet at Dining Hall
	Kids 3 and under	Nurseries (Icon studio & Mtg Rm 9)
2:30 PM	Kids and Parents to the Dining Hall for parent Pick-up	Dining Hall
2:45	Afternoon Program – Sports, Arts & Crafts	Meet at Sports Shed
	Challenge Course Low Elements (ages 10 and up)	Meet at Sports Shed
	Field Activities with Little Ones*	Meet at Welcome Lodge
4:30	Gimme Shop/Namie's Nook Open	Dining Hall
5:00	Cabin/Free Time	Cabins
6:00	Dinner	Pavilion
7:30	Optional: parent social (wine & cheese)*	CC Mtg Rooms 7&8
	Kids 3 and under	Nurseries (Icon studio & Mtg Rm 9)
	Children's movie	Dining Hall
9:30	Pick up children	

## Monday, May 29

7:00 AM	Rise 'n Shine 'n Clean Cabins!	
7:30	Cereal, Fruit, Juice for the early riser Kiddies	Dining Hall
8:00	Supplication Service to St. Artemius	St. Artemius Shrine
8:45	Breakfast	Dining Hall
10:00	Pack-up, Namie's Nook open, Check-out	

\*supervision of children during speaker sessions provided for parents who are participating

# Camp Map



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