



Antiochian Village Winter Camp
Registration Packet

201 Saint Ignatius Trail, Bolivar, PA 15923
Phone: 724-238-9565 | Fax: 724-238-6415
Email: office@avcamp.org | Website: avcamp.org

Welcome Winter Campers!

We are so excited to see you at Winter Camp!

The purpose of this packet is to answer any questions you may have about the upcoming program. To begin, we want to reassure you—that you belong at camp! This weekend will be filled with fellowship, strangers becoming friends, worship, fun, and hopefully some relaxation. There will be a mix of new and returning campers, so you will not be alone!

By the end of this packet, you should have a sense of what to expect when you arrive at the camp, especially if you have not been before. If you have joined us before, please take a look at some of the updated information. If we still haven't answered your questions, please don't hesitate to contact the camp office. Now, sit back, relax, and begin to prepare for an incredible weekend at the Antiochian Village!

Please keep us and all your future friends in your prayers as we continue to prepare for Winter Camp.

See you soon,

The AV Team!

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Preparing for Camp Life

The camp experience is like other important experiences in life: the better one is prepared, the more one gets out of the experience. This section covers all of the key areas that require attention before your camper leaves home. One of the first things to do, especially with new campers (but returning campers need reminders, too!) is to talk with your camper(s) about what they can expect. Below are a few things you should review with your campers to help ease their transition to camp life.

A Typical Day at Camp

The weekend is filled with activities that allow young people to experience a holistic Orthodox Christian lifestyle. Campers experience an average day with cabin wake-up at 7 AM, Orthros (or another morning church service) at 8 AM, followed by breakfast at 9 AM where, as at all meals, we begin and end with community prayer. Songs and playful chants are often heard at mealtimes that help create an atmosphere of love and fellowship. Divided by cabins, the morning program consists of 45-minute sessions with our guest speakers.

Lunch is attended by all staff and campers to refuel for an afternoon of sports, activities, and fun. All campers attend two one-hour afternoon periods where they will rotate between activities such as Arts and Crafts, soccer, basketball, football, angleball, and AV ball, just to name a few. Then the campers get a snack from the Gimme Shop (included in the camper tuition) to refresh themselves.

4:30 PM offers rest and quiet or social time within the cabin. Evening commences with Vespers (or another evening church service) at 6:00 PM where camper/staff participation in the service is encouraged, and at 6:45 PM we have dinner.

Each evening at 7:45 PM, the campers are entertained and involved in our evening program. Presenting this year's evening program...

Evening Program Themes

Saturday – AV's Got Talent

Do you have a special talent you want to share with the AV Community? For AV's Got Talent, you're invited to sing, dance, play an instrument, do magic tricks, standup comedy, or any other hidden talent you may have! Please make sure you bring with you what you will need to perform!

Sunday Dance Night – Superfan Night!

Are you ready for it...? The outfit for this night is a celebration of who and what you cheer for! Come dressed in an outfit as your favorite singer, sports team, book/movie character, etc. Bring your best outfit (camp appropriate) and get ready to have some fun on the dance floor! And yes, there will also be an opportunity to make the friendship bracelets!

Camp Life

Nearly everything about life at camp is different than life at home. Preparing your camper with as much information as possible will be helpful to their adjustment. While giving them a positive preview of their coming experience, let them know that life will be different, and you want them to gain many new experiences while away. Some areas to prepare them for include the following:

Living Arrangements

Campers will live with 6 to 7 fellow campers and their counselor(s) in shared quarters. Each cabin has 4 sets of bunk beds and a private bathroom. Campers are grouped according to age and gender. **We do not accept roommate requests.** One of the best aspects of the camp experience is learning to adjust to group living, making new friends, and getting along as part of a team.

Meals

Breakfast, lunch, and dinner are eaten together as a cabin. Rest assured, our dietician-reviewed menu is both nutritious and attempts to meet the variety of tastes of the campers. Many items will be to your camper's liking, some items served may be things your child may never have tried before, while other items may be things they dislike. Because of our need to feed nearly 350 people in a relatively short period of time, we are not able to handle special requests for meals. Please help your camper by relaying your expectation that they will try new things and eat what is served. If for medical reasons there are dietary restrictions or food allergies for your camper, please notify the camp in the online registration portal, *2 weeks before the start of the program*, so that the Kitchen Staff may properly prepare for your camper's arrival.

Fasting

As an Orthodox Christian camp, we adhere to the tenets of the Orthodox Christian Faith, and therefore, on prescribed days we follow the fast of the Church in a very simple and humble attempt. Our fasting practice here at The Antiochian Village is to refrain from meats on fasting days. While we recognize that families follow different fasting practices, here at the Village we feel this is a reasonable expectation of all campers and staff to aid us in our spiritual growth. We encourage you as parents to speak with your children about fasting so it is not a surprise while at camp.

Camp Activities

Life at camp takes full advantage of our outdoor setting. Rainy and snowy days are a frequent occurrence, so rain/snow gear is a must. The winter months can be especially cold, so prepare your camper with a coat and gloves so they can comfortably participate in outdoor activities.

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. Parents will be responsible for arranging and covering costs for their child's early departure.

Independence

Last but not least, one of the major adjustments campers experience is being independent from parents with typically no contact during the session. This can be one of the most positive experiences they can have at camp and one which can be invaluable in the process of growing up. Be aware that as a parent, you may need to prepare for this as much—if not more—than your camper!

Arrangements to Make Before Camp

Fees

Balance of all payments is due 2 weeks before the program begins. Special payment arrangements can be made by emailing office@avcamp.org and are subject to approval by the Camp Director, but such requests must be received prior to the two week deadline.

Cancellation and Refund Policy

We appreciate prompt notification in the event of cancellation. Cancellations before the 2 week deadline will receive a full refund less the deposit. After deadline, refunds of tuition payments may be requested in writing and will only be granted if a replacement for the open spot is found, except in cases of family emergency (not family choice). The deposit is non-refundable and non-transferable; exceptions may be made at the discretion of the Camp Director.

Health Care

Your camper's health and safety are our #1 priority. To adequately serve our campers, our healthcare staff needs enough time to prepare for their arrival. **Therefore, all healthcare information including completion of the online health information, are due by the two week deadline.**

The Health History & Information for your camper may be submitted online by logging into your account and clicking on the link to the Health Form under your camper's name. Our Camp Nurse reviews all medical forms in advance. If your child has any medical issues or conditions requiring special accommodations at camp, please contact the Camp Office as soon as possible. Please do not allow embarrassment to prevent us from providing adequate care for your child in your absence. The form is confidential and the information is only available to the Camp Director and the Health Staff.

A Registered Nurse is in residence during the weekend to take care of any health care needs. Upon your camper's arrival, he/she will meet with the Camp Nurse to review any medical concerns. All medication (prescription and over the counter) will be collected upon arrival at camp, so please pack them in an accessible location. **Prescription medication must be brought in the original prescription container with the original pharmacy label.** Please do not send over-the-counter medications with your camper, as we stock it in our Health Center (Tylenol, Advil, cold medicine, etc.)

All medications, both prescription and over-the-counter, including vitamins, must be accompanied by the Medical Permission Form available on our website. This form must be completed by your child's physician or health care professional. We will not accept any medications in the Health Center without this accompanying form. Forms are occasionally lost in transit when being sent, so please make a copy of the completed form before mailing it to the Camp Office.

Health Insurance

All campers should be covered by their family policy. While the Antiochian Village will act as guarantor, any costs incurred by the Camp in providing required treatment for doctor's appointments, prescriptions, etc., will be billed to the camper's parents or guardian.

Mental Health

At the Antiochian Village we take mental health seriously and we do our best to ensure all campers are mentally healthy and receive the help they need. As required by the Commonwealth of Pennsylvania, all staff members are considered "mandated reporters", which means we are required by law to report suspected child abuse. This means if we have any reason to suspect that a child (under the age of 18) is being abused – physically, sexually, emotionally, or psychologically – we are required by law to report it. At the Antiochian Village, if we suspect any form of abuse, our policy, as mandated by law, is for the staff member who suspects the abuse (i.e. the staff member who received the information first-hand) to call the Pennsylvania Childline and Abuse registry, give the information that is required, and follow their guidelines going forward. Please know that if we do have to make a call, we are only permitted by law to make the report and then provide support to the alleged victim.

We are blessed to have licensed social workers at the Antiochian Village Camp available to help us. Kh. Janet Shadid, who helps in the kitchen, and Fr. Christopher Shadid, who serves as Camp Director year-round, are both licensed social workers in the Commonwealth of Pennsylvania. They both are able and willing to see campers, staff, and volunteers who wish to talk about struggles they are having. We also have another priest at camp, who is able and willing to talk to individuals at any time. No individual is ever forced to talk to anyone at camp.

Please know that our goal at Antiochian Village Camp is the safety and wellbeing of our campers, staff, and volunteers. If we determine that an individual is a risk to him/herself or others, we may contact the individual's parents/guardians and ask them to pick the individual up as soon as possible. This is especially the case if we suspect an individual wishes to hurt him/herself or someone else.

Our staff have participated in extensive training on the topic of mental health. We instruct our staff to not "dig" for information from our campers. Our staff, with the few exceptions mentioned above, are not trained professionals in the field of mental health, so their job is to simply listen if campers open up about personal issues. Our staff do not promise confidentiality, and they are instructed to offer the individual the opportunity to speak with a staff mental health counselor or clergy if the individual chooses.

If you have any additional questions regarding our mental health procedures, please feel free to contact our office.

Photos/Videos

Photos will be taken daily and posted online via the Antiochian Village homepage on SmugMug. These photos will be available for your viewing pleasure as well as for purchase, and can be accessed from our website, <https://avcamp.org>. This keeps parents and friends back home informed of the daily activities at camp. Only participants' first names (not last names) will be used on the website.

Throughout your child's stay at the Antiochian Village, staff members will be videotaping footage which will be included in a Camp Video that will be shown to the camp at the end of the program. This video will be primarily for the participants as a memento of their experience. However, video footage will also be used for purposes of promoting the Antiochian Village and its programs. Please know that we do our best to have each camper videotaped and photographed, but do not expect to see your camper on our website.

Sending a First-Time Camper

If this is your child's first trip to Antiochian Village for camp, your preparation in advance will go a long way toward helping them have a great experience and minimize the effects of homesickness. We have put together an article entitled "Preventing Homesickness" which may be downloaded from our website at <https://avcamp.org/parents-corner/preparing-your-camper-for-camp/>. We hope you will read the article and use the suggestions given to best prepare you and your child for their stay away from home. We have also set up a Parents' Resource page on our website with valuable information to assist you through the process of having your child(ren) attend camp at <https://avcamp.org/parents-corner/>.

Spending Money

The camper fee covers all regular camping expenses. Shopping in our popular store "Namie's Nook", which has books, icons, items of clothing bearing the Village logo, etc. does require spending money. Our system does not currently allow for you to enter money into your campers account during Winter Camp. If your camper would like to buy something from the store, they will need to bring cash/card. With that being said, we've made sure the counselors will not be confiscating money during Winter Camp- although the responsibility will be on the camper to hold onto the money. You may call the camp office to purchase any Namie's Nook items for your camper.

Snacks and Food

No snacks need to be sent with the campers or mailed to camp as each camper receives two snack items per day from our Gimme and evening program. The cost of these snacks is included in the camper fee. At camp, packages with food are simply an invitation for rodents and ants to come to a scrumptious dinner. Treats from home also often lead to stomachaches and improper nutrition, and complicate relationships between campers with treats and those without. Please note that any food received will be confiscated immediately. Any items containing nuts, and/or produced in a factory that contain nuts will be disposed of immediately.

If your camper forgot something essential, please contact our office and let us know.

Packing For Camp

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 winter programs 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.

Bedding

- Bring a sleeping bag and pillow for the cabin! Our cabins have bunks with mattresses, but all other sleeping gear should be brought from home.

Clothing

Bottoms (*enough for at least 4 days*)

- Pants
 - With colder weather, long pants are ideal
 - Sagging and see-through pants are not permissible
- 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
 - Check the weather before arriving to see if shorts will be necessary

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.
 - Low cut armholes and spaghetti strap tanks are not permissible
- We recommend long sleeve shirts and pants during sunset hours and during our winter programs

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

- Closed-toed shoes with backs are a must
 - Sticks, dirt, rocks, and hills make closed-toed shoes necessary to keep your feet safe
- Flip Flops/open-toed shoes should only be worn in the shower (bring shower shoes!)
- Athletic shoes must be worn during the Afternoon program
- Heels are not safe on camp terrain and should not be packed and worn at camp

Church

- **Daily Services (*2 services daily: Orthros, Vespers, and Supplication Services*)**
 - Be sure to have shirts or sweaters to cover your shoulders during church every morning and evening
 - Long Pants
 - Pants such as sweatpants, jeans, leggings, etc. are permitted for daily services
 - Sweaters, sweatshirts, or shirts that fall below your buttocks should be worn when wearing tighter fitting pants
 - Shorts are not permissible during church
- **Divine Liturgy (*Celebrated once on Sunday*)**
 - Nicer attire is expected for Liturgy
 - Guys: Collared shirt, slacks, and a tie
 - Jeans are not permitted, ties are preferred
 - 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.
- We cover our shoulders for all church services
- Don't forget your closed-toed church shoes!

Piercings/Tattoos

- Reminder, we are very active during camp: studs may be more practical than dangly earrings
 - Body and facial piercings are not permissible
 - Earrings on guys are not permissible
- Tattoos should remain covered

Miscellaneous Items

- | | |
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| <ul style="list-style-type: none"> • Pillow and bedding • Evening Program Outfits (talent show and superfan gear)! • Underwear • Socks • Jacket/Sweater/sweatshirt/coat (Bring lots of layers!) • Hat and Gloves • Rain Gear! • Sunglasses • Deodorant • Shampoo and Conditioner • Body wash/soap • Hairbrush/comb | <ul style="list-style-type: none"> • Toothbrush and toothpaste • Chapstick • Lotion • Face wash • Feminine products • Reusable water bottle • Flashlight • Laundry bag for dirty clothes (marked with your name) • Any medicine you take • Optional: Bible, camera (marked with name), journal, travel games (non-electronic) |
|--|---|

Leave at Home (*phones will be confiscated upon arrival to camp*)

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|--|--|
| <ul style="list-style-type: none"> • Food • Electronics (cell phones, ipods, electronic games, ipads/tablets, etc.) • All alcohol and tobacco products (including Juuls, e-cigs, dab pens, etc.) • Dangerous implements (knives, axes, fireworks, etc.) • Any illegal substances (campers found with any will be sent home immediately) | <ul style="list-style-type: none"> • Jewelry and other valuables • Immodest apparel/Clothing with inappropriate writing • High heels • Open-toed shoes (besides shower shoes) • Expensive or name-brand clothing • Pets • Any aerosol products (hairspray, deodorant, insect repellent, etc.) |
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Cabin storage space is limited, so each camper should bring no more than two pieces of luggage: one suitcase/duffle bag and one carry-on size, either a small bag or backpack.

The Antiochian Village is not responsible for any lost, damaged, or stolen items



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Arrival/Departure

Check-In

Check-in begins Friday night @ 5PM! Please find us in the Dining Hall to check-in. We will have dinner at 6:45 PM, followed by introductions, fellowship, and relaxation.

Dining Hall Directions: After you proceed through the Arch, you will see a log cabin-type building, called the Lodge, on the left. Please park in the parking lot across from the Lodge, and continue walking down to the large building, the Dining Hall, that will also be on your left.

Check-Out

Check out day is Monday Morning, and all programming should be over at approximately 9 AM. Please follow the directions above to pick up your camper in the dining hall, say bye, and check-out!

Driving Directions

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 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.



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Winter Camp Schedule

(Subject to Change)

Friday, February 16

5:00 PM	Registration and hang out	Dining Hall
7:00	Dinner	Dining Hall
8:00	Introductions, Rules, Ice Breakers	Dining Hall
9:00	Fellowship Time & Staff Meeting in GP	Dining Hall/Gathering Place
9:45	Med Call	Health Center
10:00	Cabin Time with Evening Prayers	In Cabins
11:00 PM	Lights Out!!! Good Night!!!	

Saturday, February 17

7:00 AM	Wake Up! Clean Cabins	In Cabins
7:30	Med Call	Health Center
8:15	Supplication to Saint Raphael	St. Ignatius Chapel
9:00	Breakfast	Dining Hall
10:00-10:45	Rotation 1 (See MoPro Rotations Sheet)	Various Locations
11:00-11:45	Rotation 2	Various Locations
11:45	Cabin Time	In Cabins
12:45	Lunch	Dining Hall
1:45	Afternoon Program	Various Locations
4:00	Gimme Shop & Staff Meeting	DH/Lodge
4:30	Cabin Time & Confessions	Cabins
6:00	Great Vespers	St. Ignatius Chapel
7:00	Dinner	Dining Hall
8:00-9:20	Evening Program: AV's Got Talent!	The Dining Hall
9:20-9:40	Snack/Fellowship time	Dining Hall
9:45	Med Call	Health Center
10:00	Dismissal and Cabin Time with Evening Prayers	In Cabins
11:00 PM	Lights Out!! Good Night!!	

Sunday, February 18

8:00 AM	Wake Up!! Clean Cabins	In Cabins
8:20	Med Call	Health Center
9:00	Orthros & Divine Liturgy	St. Ignatius Chapel
11:30	Brunch & Cabin Photos	Dining Hall
12:30 PM	Cabin Time and Change	In Cabins
1:30-2:15	Rotation 3 (See MoPro Rotations Sheet)	Various Locations
2:30	Afternoon Program	Various Locations
4:00	Gimme Shop and Staff Meeting	
4:30	Cabin Time	In Cabins
6:00	Akathist	St. Ignatius Chapel
6:45	Dinner	Dining Hall
7:45-9:00	Dance Night: Wear Your Superfan Outfit!	Dining Hall
9:00-9:25	Fellowship and Namie's Nook Design Contest Winner Announcement	
9:30-9:40	Video	
9:45	Med Call	Health Center
10:00	Dismissal	
10:30 PM	Cabin Time w/ Evening Prayers	In Cabins
11:00 PM	Lights Out!! Good Night!!	

Monday, February 19

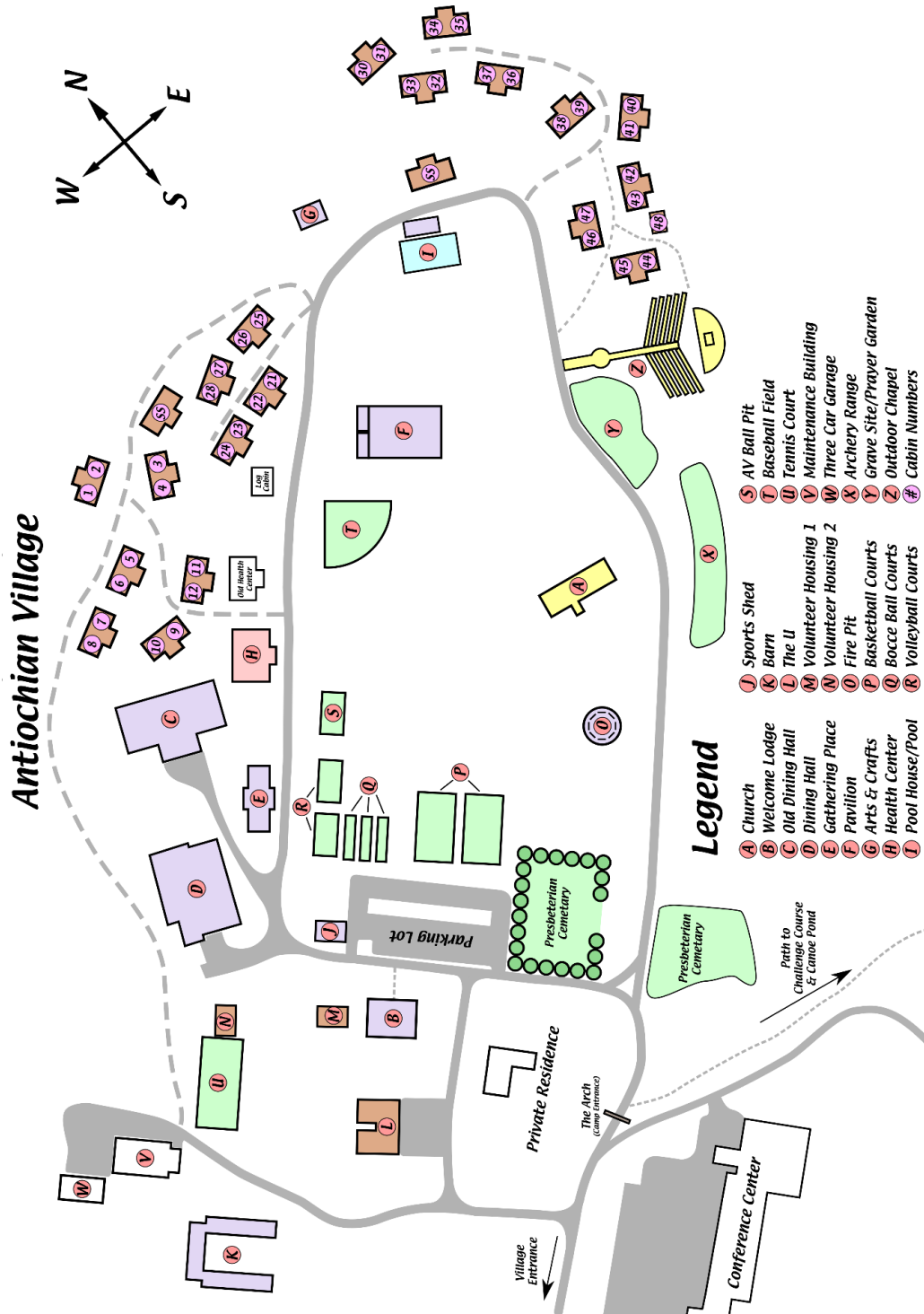
7:00 AM	Rise 'n Shine 'n Clean Cabins!	In Cabins
	Finish Packing, pick up meds, bring luggage to Dining Hall	
8:00	Breakfast/Departure	Dining Hall



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Camp Map



Legend

- | | |
|------------------------------|-----------------------------------|
| A Church | S AV Ball Pit |
| B Welcome Lodge | T Baseball Field |
| C Old Dining Hall | U Tennis Court |
| D Dining Hall | V Maintenance Building |
| E Gathering Place | W Three Car Garage |
| F Pavilion | X Archery Range |
| G Arts & Crafts | Y Grave Site/Prayer Garden |
| H Health Center | Z Outdoor Chapel |
| I Pool House/Pool | # Cabin Numbers |
| J Sports Shed | |
| K Barn | |
| L The U | |
| M Volunteer Housing 1 | |
| N Volunteer Housing 2 | |
| O Fire Pit | |
| P Basketball Courts | |
| Q Bocce Ball Courts | |
| R Volleyball Courts | |