

# *Antiochian Village*



## *Camper Parent Handbook*

*Updated January 13, 2026*

### *Dates to Remember*

|   |                           |
|---|---------------------------|
| Requests for financial assistance   | <b>Due by February 28</b> |
| Full payment due  | <b>Due by April 30</b>    |
| FARE Food Allergy & Anaphylaxis Emergency Care Plan<br>Form and Other Specialty Medical Forms (if applicable) | <b>Due by April 30</b>    |
| Medical Exam Form   | <b>Due by April 30</b>    |
| Travel Information Due  | <b>Due by April 30</b>    |

*201 Saint Ignatius Trail  
Bolivar, PA 15923  
Phone: 724-238-9565  
Email: [office@avcamp.org](mailto:office@avcamp.org)  
[avcamp.org](http://avcamp.org)*

# *Table of Contents*

|   |           |
|---|-----------|
| Dates to Remember .....                                       | 1         |
| Antiochian Village Mission Statement .....                    | 5         |
| Antiochian Village Non-Discrimination Statement & Policy..... | 5         |
| Resources for Parents .....                                   | 5         |
| Preparing Your Camper(s) for Camp Life.....                   | 7         |
| A Typical Day at Camp .....                                   | 7         |
| Camp Life.....  | 7         |
| Living Arrangements.....                                      | 7         |
| Meals .....   | 8         |
| Fasting .....   | 8         |
| Camp Activities .....   | 8         |
| Conduct.....  | 8         |
| Independence.....   | 9         |
| Arrangements to Make Before Camp .....                        | 9         |
| Registration.....   | 9         |
| Fees.....   | 9         |
| Financial Assistance Information .....                        | 9         |
| Cancellation and Refund Policy .....                          | 10        |
| Medical History, Physician Exam Form and Action Plans.....    | 10        |
| Camper Medications.....                                       | 10        |
| Medical Staff .....   | 11        |
| Health Insurance .....  | 11        |
| Mental Health .....   | 11        |
| Photos/Videos.....  | 12        |
| Media Consent.....  | 12        |
| Sending a First-Time Camper.....                              | 13        |
| <b>Camp Dress Code .....</b>                                  | <b>13</b> |
| <b>Dress Code .....</b>                                       | <b>13</b> |
| Packing for Camp .....  | 14        |
| Packing List .....  | 14        |
| Snacks and Care Packages.....                                 | 17        |
| Laundry.....  | 17        |
| Spending Money.....   | 18        |
| Lost/Stolen Items.....  | 18        |
| During the Camping Session .....                              | 18        |
| Visitation Policy .....                                       | 18        |

|  |    |
|--|----|
| Contact with your Child.....                                   | 19 |
| Camper Emails (Stay Connected).....                            | 19 |
| After Camp Resources.....                                      | 19 |
| Getting Your Camper to and from Camp .....                     | 20 |
| Driving Your Camper to Camp .....                              | 20 |
| Driving Your Camper Home from Camp .....                       | 20 |
| Lodging Accommodations for Drivers .....                       | 20 |
| Driving Directions .....                                       | 20 |
| From the Northeast .....                                       | 20 |
| From the Pennsylvania Turnpike .....                           | 20 |
| From Pittsburgh International Airport .....                    | 21 |
| Sending Campers by Plane .....                                 | 21 |
| Authorized Arrival and Departure Times:.....                   | 21 |
| Safety Rules for Van or Bus Transportation.....                | 21 |
| Camp Vehicles.....   | 21 |
| Campers Driving to Camp .....                                  | 22 |
| Camper Policy for Social Networking and Blogging Websites..... | 23 |



# Antiochian Village

201 Saint Ignatius Trail, Bolivar, PA 15923  
Phone: 724-238-9565 E-mail: [office@avcamp.org](mailto:office@avcamp.org)  
Website: [avcamp.org](http://avcamp.org)

Dear Parent or Guardian,

Christ is in our midst!

We are very excited that you have registered your child(ren) for camp at the Antiochian Village. You are in good company. According to the American Camp Association, millions of kids attend camp each year, and more than 2,600 young people attend camps throughout the Antiochian Archdiocese each summer alone. We appreciate the fact that you are ready to entrust into our care the ones who mean the most in the world to you. We work hard to never take that trust for granted, and feel privileged to be able to partner with you in the spiritual growth of your child(ren).

The following pages contain information vital to your ability to properly prepare your child(ren) and your family for camp this summer at the Antiochian Village. We take the safety and well-being of your child(ren) as our first priority, and therefore **we ask and expect that you will read each section carefully** so that you can properly prepare your camper(s) for their Village experience, and we can be properly prepared to receive and care for them. This is especially important as we constantly strive to improve our work, and this booklet includes some information which has been changed from previous years.

We look forward to seeing your child(ren) at camp this summer here at the Village!

Your servant in Christ,

*Fr. Christopher Shadid*

Fr. Christopher Shadid  
Camp Director



## ***Antiochian Village Mission Statement***

Antiochian Village Camp transforms lives and nurtures faith in Jesus Christ through Orthodox Christian community living, worship, education, fellowship, and love.

## ***Antiochian Village Non-Discrimination Statement & Policy***

The Antiochian Village follows the 2,000 year old teaching of the Orthodox Christian Church that man was created in God's Image. He created all humans in His image and His likeness (Genesis 1:26-27) In Christianity we are united as one body, and as humans, one race. We therefore value all human life and find thoughts and acts of racism, prejudice, and any discrimination unacceptable. Our camp promotes and accepts the diversity of the Kingdom of God, and models the teachings of Jesus Christ, rooted in love and respect for our fellow man.

## ***Resources for Parents***

We believe that it is important for our camper parents to be informed and to have confidence in our staff and programs. Safety is always a priority for our ministry. We do this by hiring some of the finest young men and women to serve on our staff, through extensive training and education, having a team of professionals from a variety of disciplines to support our ministry, by having at least one full-time Registered Nurse to run our Health Center, having mental health professionals available for staff and campers, and by providing resources for our parents among other things.

We receive our accreditation by the American Camp Association which signifies that we uphold the highest standards for safety and programming in the camping industry. We are visited every five years by a team of accreditation visitors to ensure that we are maintaining these standards for excellence.

We encourage you to visit the American Camp Association's website for more information about accreditation and to see resources:

[www.acacamps.org](http://www.acacamps.org) and <https://www.acacamps.org/topics/parents>.

In addition to this Camper Parent Handbook, we have a resource page for parents on our website:

[avcamp.org/parents-corner/](http://avcamp.org/parents-corner/)

We also have **After-Camp Resources** available for Campers, Parents, Clergy/Parish Youth Workers. These resources exist to help process the experience of camp.

Please visit: [avcamp.org/parents-corner/after-camp-resources/](http://avcamp.org/parents-corner/after-camp-resources/)

Please be sure to list our email address ([office@avcamp.org](mailto:office@avcamp.org)) as a safe sender so correspondence from our office is not tagged as spam. We use [AntiochianVillage@circuitree.com](mailto:AntiochianVillage@circuitree.com) to send out mass emails but please do not send messages to this email. Thank you.

# ***Preparing Your Camper(s) 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**

Each session 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 into cabins, the morning program consists of two one-hour sessions, filled with Christian Education classes and other activities such as lives of the Saints, chanting, or visiting the museum at the Conference Center.

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, swimming, soccer, volleyball, basketball, archery, canoeing, 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 is not only encouraged but gracefully served, and at 6:45 PM we have dinner.

Each evening at 7:30 PM, the campers are entertained and involved in a wide variety of programs such as serenade night, carnival night, talent show, and much more.

Following evening program, cabin time allows for unwinding and unanswered questions for individual cabins. Contemporary moral issues may be addressed in older cabins by a session priest or another speaker while younger cabins are getting needed rest.

## **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 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 dietitian-reviewed menu is both nutritious and attempts to meet the variety of tastes of the campers. Many items will be to your child's liking, some items served may be things your child may never have tried before, while they may dislike other items. Because of our need to feed nearly 400 people three times per day, we are not able to handle special requests for meals. Please help your camper by relaying your expectation that they will try new foods 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, by April 30, so that the Camp Nurse and Kitchen Staff may properly prepare for your camper's arrival.

If your camper has food allergies or there are medical reasons for dietary restrictions, you will need to provide a physician note outlining the necessary dietary needs of your camper. We will only prepare for food allergies if we are provided a doctor's note. For a camper with food allergies, the FARE Food Allergy and Anaphylaxis Emergency Care Plan must be completed and signed by both parent/guardian and physician and submitted along with all required healthcare information forms by April 30. This form may be found at [on the Document Center](#). To help offset the additional costs for this meal planning, all special dietary requests will include supplemental fees depending on the dietary restriction.

## **Fasting**

As an Orthodox Christian camp, we adhere to the tenets of the Orthodox Christian Faith, and therefore, on prescribed days we follow the fasts of the Church in a very simple and humble attempt. Our fasting practice here at 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. Activities include field sports, Challenge Ropes Course, swimming, and canoeing. Rainy days are a frequent occurrence, so rain gear is a must. Our oldest campers (age 17 and sometimes 16), will go on a 2-day off-site hiking trip, so please pack sturdy hiking shoes!

## **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.

We strive to take care of our facilities and grounds as best we can throughout the year. If a camper

willfully destroys or defaces any property of the Antiochian Village, the camper's parents/guardians will be invoiced for the repairs necessary to restore the property to its original condition. If a staff member or volunteer does this, we will invoice that individual. This includes and is not limited to graffiti on buildings and any camp property, purposefully breaking or damaging items and facilities, etc.

## **Independence**

Last but not least, one of the major adjustments campers experience is being independent from parents with typically no contact during the camping 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***

## **Registration**

Due to the number of children who want to attend camp, children are only permitted to attend one Summer Camp session per summer. If there is still space available after June 1, parents may request to register for an additional Summer Camp session. All decisions are at the discretion of the Camp Director.

## **Fees**

Balance of all payments is due by April 30, or the camper's spot may be offered to those on the waitlist for that particular session. Special payment arrangements can be made by emailing [office@avcamp.org](mailto:office@avcamp.org) and are subject to approval by the Camp Director, but such requests must be received prior to the April 30 deadline. All balances will be billed to the camper's parents, regardless of any parish subsidies, so parents are encouraged to ensure that all parish subsidies are paid before the April 30 deadline to avoid losing their camper's spot in the session. **If medical information is NOT completed by April 30, then the \$50 medical registration fee will not be refunded to the camper's registration.**

## **Financial Assistance Information**

The Antiochian Village Camp is committed to ensure a young person is not denied the opportunity to attend camp due to financial concerns. Three efforts are used to assist camper families in financial need. Assistance is often provided through the Camp's resources and financial assistance fundraising, the Order of St. Ignatius of Antioch Financial Assistance, and parish tuition assistance as well as some parishes subsidizing transportation to and from camp (check with your parish priest about parish assistance).

Each parish in the Antiochian Archdiocese receives financial assistance funds from the Order of St. Ignatius of Antioch. Your parish priest determines the disbursement of these funds and can be consulted for all details. Parish priests must turn in this information to the Department of Camping no later than March 31<sup>st</sup> or these funds will be disbursed to other needy campers through the general Financial Assistance Fund.

Additional funds are also available from the Antiochian Village for families needing financial assistance. To request financial assistance, please fill out the online “Financial Assistance Request Form” on the [Document Center](#), no later than February 28<sup>th</sup>. Notification of awards will be sent sometime in April. All financial assistance requests are confidential and awards are only given on the basis of financial need.

## **Cancellation and Refund Policy**

We appreciate prompt notification in the event of cancellation. Cancellations by April 30<sup>th</sup> will receive a full refund less the deposit. After April 30<sup>th</sup>, 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) and at the discretion of the Camp Director. The deposit is non-refundable and non-transferable; exceptions may be made at the discretion of the Camp Director.

## **Medical History, Physician Exam Form and Action Plans**

Your camper’s health and safety are our #1 priority. To adequately serve our campers, our health care staff needs enough time to prepare for their arrival. **Therefore, all healthcare information including completion of the online health information, the completed and physician signed medical exam form, and, if applicable, the completed and parent/guardian and physician signed FARE Food Allergy and Anaphylaxis Emergency Care Plan form and/or other Specialty Medical Forms are due April 30. If the health information is submitted and completed by April 30<sup>th</sup>, you will be refunded the \$50 Medical Information fee.** If you are unable to meet the April 30 deadline, please contact the camp office in advance at [office@avcamp.org](mailto:office@avcamp.org) to request an extension. **Physician Exam Forms must be signed and dated on or after May 1 of the previous year to be accepted.**

The Health History & Information for your camper may be submitted online by logging into your account and clicking on the link to the Medical History, Physician Exam Form or appropriate Action Plan 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.

## **Camper Medications**

Upon your camper’s arrival, he/she will meet with the Camp Medical Staff to review any medical concerns. All medication (prescription and over-the-counter [OTC]) will be collected upon arrival at camp, so please pack them in an accessible location.

Camp Medical Staff are only allowed to dispense medication with an order from a prescribing provider. This is a legal requirement based on their nursing licenses in the state of Pennsylvania. We stock the health center with various FDA-approved over-the-counter medications (ibuprofen, tylenol, allergy medications, etc.) which they are allowed to dispense with parent permission and with a standing order from the camp physician. However, any non-FDA approved medication or supplement cannot be given without an order from a medical provider. This includes

multivitamins, sleeping aides (such as melatonin) and many other supplements. If your child will be taking a medication or supplement along those lines, please make sure it is included in their medication list on their physician exam form that is signed off by their healthcare provider (MD, DO, NP, or PA). **If it is not on the form signed by their healthcare provider, those medications/supplements will be returned to the parent at check in, or if your child arrives by plane/bus, collected on arrival day and kept locked in the health center and then returned to the camper on departure day.**

**All medications, vitamins and supplements must be brought in the original container with the original pharmacy label.** Please do not send OTC medications with your camper, as we stock them in our Health Center (Tylenol, Advil, cold medicine, etc.)

## **Medical Staff**

A Registered Nurse is in residence during the camping season to take care of any basic health care needs. In addition to our Camp Nurse, we have nurses' aides and medical volunteers that help us throughout the summer. This amount of staffing has allowed us to accommodate many campers who have special healthcare needs, both from a mental health and physical health perspective.

Unfortunately, even with this amount of support, our ability to manage acute healthcare needs is limited. We do have relationships with local Urgent Cares and Emergency Rooms to use when needed, but obviously these are for single-visit use and not something we want to use on an ongoing basis. Despite the level of staffing we have, we unfortunately do not have the ability to provide 1:1 care for campers except for brief periods of time, nor do we have the ability to provide overnight care in the health center for multiple nights of camp.

If there is a situation where a camper's chronic health condition is flaring up at camp in a way that necessitates frequent interventions, or if a child gets acutely ill in a way that requires more frequent monitoring than we can safely provide, parents/guardians will be contacted to pick up that child from camp early.

## **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 during the summer. Kh. Janet Shadid, who helps run the kitchen during the summer, 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 several priests on camp (session priests), who are 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 well-being 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 participate in an extensive training on the topic of mental health. They are given information about several mental health disorders we often see at camp, common behaviors that are manifested in those disorders, and effective strategies for responding to those behaviors. 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/parents>. 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 session. 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. The video is included in the cost of tuition and the link will be sent out after departure day. 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 daily.

## **Media Consent**

Parents must agree to Media Consent in the registration process granting permission for their child's picture and video to be taken for the camp photos and videos and promotional materials for

the camp. This is laid out online in your Antiochian Village account during the registration process.

## **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. Former Camp Director Fr. Michael Nasser wrote 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/>.

## ***Camp Dress Code***

We recognize that everyone's body is different, and we aim to set guidelines that are respectful, inclusive, and practical. Our dress code exists to promote comfort and modesty as we are ultimately at camp for spiritual growth.

***Antiochian Village Camp transforms lives and nurtures faith in Jesus Christ through Orthodox Christian community living, worship, education, fellowship, and love.***

### ***Dress Code***

#### **Bottoms**

- Shorts should be at mid-thigh or longer
- Leggings or tights are **only** to be worn when appropriate shorts are worn over them,
  - Wearing leggings or tights alone are not permissible
- No rips in jeans above mid-thigh unless they are taped over or have cloth under
- Spandex/biker shorts are not permissible
- Sagging pants are not permissible

#### **Tops**

- Shirts should meet your waistline and cover your midriff while arms are raised
- Shirts should cover your whole chest (no cleavage)
- Crop tops/short shirts are not permissible
- All tank tops should have at least a 2-finger width strap
  - Racerback tank tops with at least a 2-finger width strap are allowed
  - Low cut arm holes and spaghetti straps are not permissible

#### **Dressing for Church**

- Liturgy
  - Ladies – skirts and dresses should be at the knee or lower for church

- Gentlemen – collared shirt and dress pants / slacks are required
- All – shoulders must be covered during church (with sleeves, cardigan, or jacket)
- All other Services:
  - Pants are required with appropriate shirt
  - Shorts in church are not permissible

### **Shoes**

- Crocs are only permissible in sports mode (but no crocs at afternoon program)
- Heels are not permissible
- Closed-toed shoes with a back are allowed
- Flip Flops/open-toed shoes/slides are only to be worn for the shower or at the swimming pool
  - These shoes should not be worn TO the pool, but only in the pool area
- Athletic shoes must be worn during Afternoon Program, Evening Program, and on the Challenge Course

### **Pool Attire**

- One-piece swimsuits, tankinis, and swim shirt + swim shorts are allowed
- Swimsuits with a front cutout are not permissible
- Bikinis are not permissible
- Swim trunks that fit well at the waist are permissible (be mindful of length and fit)
  - Speedos are not permissible

## ***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. This packing list should provide the details you need to prepare for an incredible 2 weeks at camp!

While camping is of its nature 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.

### **Packing List**

#### ***Bottoms (enough for at least 7 days)***

- Shorts
  - Camp is meant for running, jumping, climbing, etc., so be sure your shorts fit those activities
  - Be mindful of the length and fit
- Pants

- The mornings and evenings tend to be cool, so some long pants are ideal
- 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

### **Shirts (*enough for at least 7 days- maybe more... we tend to sweat a lot*)**

- 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.
- Active wear and tank tops with thicker straps are great for afternoon program
- We recommend long sleeve shirts and pants during sunset hours when mosquitoes are most active and when in the woods where ticks are most present

### **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
  - Shorts are not permissible during church

### **Divine Liturgy (*Celebrated 3 times each session*)**

- 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 at the knee or lower
    - Bra straps should not be visible during church
- 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

### **Shoes**

- Closed-toed shoes with backs are a must
  - Sticks, dirt, rocks, & hills make closed-toed shoes necessary to keep our feet safe
- Flip Flops/open toed shoes are great but only for the shower and swimming pool
- Athletic shoes must be worn during the Afternoon program and Challenge Course
  - Due to injuries in previous years, if campers are not wearing proper shoes for Afternoon Program or Challenge Course, they will not be allowed to participate.

### **Pool Attire**

- Guys: Swim trunks that fit well at the waist (be mindful of length and fit)
- Gals: One-piece swimsuits, tankinis, or swim shorts that cover the midriff
- Flipflops may be worn at the pool
- Be sure to bring goggles and a towel!

## **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

## **Extra**

- Campers shower multiple times a day and will only have one opportunity to wash their clothes during the 2 weeks, so please pack enough clothes to last at least 1 full week
- Underwear – Bring lots of it!
- Socks
  - Try to bring 2 pairs of socks per day
  - Our feet get SO dirty at camp with all the dust and games we play
- Jacket/Sweater/sweatshirt
  - It can get chilly in the morning and evening! Be sure to bring layers to stay warm and cover up in church
- Theme nights/Color Wars
  - We will let you know the evening themes prior to camp so you are able to dress up with your cabin!
- Towels
  - Bring 2! 1 for showers and 1 for the pool! Please write your name on it in marker
  - A washcloth is helpful as well
- Rain Gear!
  - It rains all the time, be sure to bring a raincoat/poncho and rain shoes to stay dry while walking from place to place and participating in activities while in light rain
- Sunscreen (aerosols are not allowed)
- Deodorant
- Shampoo and Conditioner
- Body wash/soap
- Hairbrush/comb
- Toothbrush and toothpaste
- Bug spray – Non-aerosol, 10% max DEET for children 12 and under, 30% max for 13 and up
- Chapstick
- Lotion
- Face wash
- Feminine products
- Reusable water bottle – please label with your camper's name! They are one of the most common items in the lost & found
  - We drink LOTS of water at camp
  - Water bottles will be for sale at our bookstore!
- Pillow and pillowcase, sleeping bag and/or twin sheets, and a blanket
- Flashlight
- Stuffed animal (if your camper wants to)

- Laundry bag for dirty clothes (marked with your name)
  - Laundry will be done only once per 2-week session, so pack enough clothing to last at least 1 full week
- Any medicine you take must be in its original container and given to the nurse at check in
- Optional: Bible, camera (marked with name), journal, hiking boots (ages 16 and 17), travel games (non-electronic)

**Leave at Home (*any of these items will be confiscated upon arrival to camp*)**

- Food
- Electronics (cell phones, i-pods, electronic games, i-pads/tablets, apple watches, etc.)
- All alcohol, tobacco, and nicotine products (including Juuls, e-cigs, dab pens, vapes, ZYNs, any other nicotine or THC delivery systems etc.)
- Dangerous implements (knives, axes, fireworks, etc.)
- Any illegal substances (campers found with any will be sent home immediately)
- Jewelry and other valuables your camper may lose
- 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.)
- Money

*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.*

## **Snacks and Care Packages**

No snacks need to be sent with the campers or mailed to camp as each camper receives a snack and drink every day from our Gimme Shop, including soda, water, candy, snacks, fruit, or ice cream, and dessert is served twice daily at lunch 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.** You may call the camp office to purchase any bookstore items for your camper.

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

## **Laundry**

Laundry will be done only once per 2-week session, so pack enough clothing to last at least one full week. Each camper will have one load done (so be careful about colors that will run). All campers should bring a laundry bag in which to accumulate dirty clothing. Your child's name should be written on each piece of clothing with a permanent marker or with a name label to minimize loss. Upon return home, please check your camper's luggage immediately, and notify

the Camp Office of any lost items. We cannot guarantee that anything left at camp will be returned. Clothing left behind will be donated to local charities.

## **Spending Money**

The camper fee covers all regular camping expenses. Shopping in our popular camp store “Namie’s Nook”, which has books, icons, items of clothing bearing the Village logo, stuffed animals, etc. does require spending money, which can be applied using your online account anytime before and during the session. Any remaining balance will be returned to the issuer’s credit/debit card at the end of the session, unless you decide to donate the balance to the Camp. No money will be kept with the camper in the cabins, as the Antiochian Village is not responsible for any lost money. If a camper does bring money to camp, that money will be put in the confiscation bin and returned to the camper upon departure. Please do not send cash to your child in the mail while he/she is at camp. Average amounts uploaded to bookstore/gift shop accounts range between \$50 and \$150.

## **Lost/Stolen Items**

Each article of clothing and all gear must be clearly labeled for identification. Please write name or initials on all clothing and belongings; remind your camper to be responsible at camp to keep track of all of their things at all times, including sweatshirts, water bottles, crafts, pool towels, etc.

The Antiochian Village is not responsible for lost or stolen items. All personal belongings are the responsibility of the owner. All unclaimed items will be donated to a local charity or thrown away.

## ***During the Camping Session***

While your child is at camp, take advantage and enjoy the (temporary) quiet! If you miss your kids, write a letter or two (campers love getting mail!) or go to our website to get information about sending Bunk1 emails to your camper. Relax, knowing your children are in good hands.

## **Visitation Policy**

Please feel free to meet our staff and tour the camp facilities on arrival day. However, because campers often become homesick when they see a parent or family member (even parents of other campers), we ask that there be no other visitors to camp during the regular camping session.

For parents who want a more thorough experience of the Antiochian Village, we offer Winter Family Camp during Martin Luther King Jr. weekend, and Family Camp during Memorial Day weekend, where you may experience camp life as an entire family. We also offer an Adult Camp during a weekend in September for those 21+. Parents can also apply to be a volunteer during a session of summer camp. For more information visit [avcamp.org/get-involved/volunteer/](http://avcamp.org/get-involved/volunteer/).

For Alumni (any former camper, staff, or volunteer over the age of 18), we hold an Alumni Weekend in November on select years. Look for announcements as this is an opportunity for alumni of all ages to return home to the Village.

## Contact with your Child

The active camp schedule prevents regular contact with your camper. Outgoing calls may be allowed only at the discretion of the Camp Director, and only for emergency situations. Receiving or placing phone calls during the session disrupts the program and often makes homesickness worse, so we do not allow them except for emergency circumstances. Therefore, you will probably not hear from the camp or your camper during the session, and remember, “no news is good news!” If your camper suffers serious injury or illness, you will be promptly notified. This includes any issue requiring off-camp health services or an illness in which a fever lasts for more than 24 hours, or evidence that your child has been exposed to a communicable disease.

We know it can be hard to “let go,” not knowing what your child is doing during their stay. To give you a non-invasive “peek” in on them, parents and others are invited to check the camp website and SmugMug for daily updates during the camping session at [avcamp.org](http://avcamp.org).

Should an emergency requiring communication with your child arise, please call the Camp Office at 724-238-9565. If it is after hours, the voicemail system will offer you an emergency number to dial.

We encourage letter writing both to and from camp, with mail being delivered daily (except for Sundays and national holidays). Sending a letter before your child leaves home is a good idea, as the mail will be waiting for your child on their first full day at camp. Ask questions about camp, but avoid telling your child how much you miss them or problems that may exist at home, as this may spark homesickness. Short declarations of love such as, “We’re so proud of you,” or “We love you,” or “See you real soon!” are just what your child will want to hear.

## Emails to Your Camper (Stay Connected)

UltraCamp allows messages to be sent to a camper using camper emails for an additional fee. You may purchase these during the registration process or from your UltraCamp account in the Message Center after you have registered your camper(s).

Parents will not be able to send Camper Emails until registration check-in is completed at 5:00 pm EST on arrival day. All Emails that are sent in the previous 24 hour period are printed each day around noon, and delivered to campers after Afternoon Program when they return to their cabins. This will begin on the first full day of camp (Monday) and continue through the last full day of camp (the 2<sup>nd</sup> Thursday). Camper Emails will not be accepted after 11:59 am on the 2<sup>nd</sup> Thursday.

## After Camp Resources

We have put together After Camp Resources for campers, parents/guardians, parish clergy, youth workers, and anybody in a camper’s life to help process the experience at camp. These resources include suggestions for how to talk with each other to best process and reflect upon the camp experience. Please visit <https://avcamp.org/parents-corner/after-camp-resources/> for links to these resources.

# ***Getting Your Camper to and from Camp***

## **Driving Your Camper to Camp**

On the first day of the session, campers being driven to the camp may be checked-in between 1PM and 5PM. Arrivals at any other time must be approved in advance by the Camp Director.

The check-in process will include being introduced to your camper's counselor, meeting the nurse to discuss any health issues and/or turning over all medications which will be dispensed from the Health Center, and collecting all cash to prevent loss during the session. Any funds not spent in the bookstore will be given back at the end of the session.

## **Driving Your Camper Home from Camp**

On departure day all campers must be picked up between 8 AM and 11 AM. Please note that breakfast will be served from 8 AM – 8:45 AM, and you are welcome to pick them up during breakfast. Please pick up your child no later than 11 AM, as our staff must prepare for the next group of campers arriving.

## **Lodging Accommodations for Drivers**

The Antiochian Village Conference Center offers a special *Camper Parent Rate* for those travelling to the Village to drop-off or pick-up their campers. The Conference Center will begin taking reservations in June. To make reservations for Conference Center lodging please call the Conference Center Front Desk at 724-238-3677 or email your request to [frontdesk@avcenterpa.org](mailto:frontdesk@avcenterpa.org). A credit card number will be required to make your lodging reservation. **Please note that lodging at the Conference Center is based on availability.** If the Conference Center is full, there are hotels available in Ligonier and surrounding towns.

## **Driving Directions**

The Village is located in Fairfield Township about 7 miles north of Ligonier on Route 711. If you are using a GPS device for directions, the camp address is 201 St. Ignatius Trail, Bolivar, PA, 15923 and the Conference Center address is 140 Church Camp Trail, Bolivar, PA, 15923.

### **From the Northeast**

Head West on I-80 exiting at Route 220 South (Exit 161). Head South on Route 220 towards I-99 South, passing State College and Altoona. Take exit 28 onto Route 22 West towards Ebensburg 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.

### **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.

### **Sending Campers by Plane**

Antiochian Village provides round-trip ground transportation for campers arriving into the Pittsburgh (PIT), Latrobe (LBE), and Johnstown (JST) airports. All travel information, including airline, flight number, arrival and departure times must be received in our office by April 30. If travel information is received after April 30, we may not be able to guarantee ground transportation, and a \$50 late fee will be assessed. If we are able to provide transportation, campers will be met **at the gate** by uniformed Village Staff members, as well as escorted to the gate at departure provided the flights fall within our designated times. In the event that there are any changes or emergencies that would affect the camper's pick-up or drop-off time or location, a staff member of the camp will call the parents/guardian to inform them of any necessary changes.

### **Authorized Arrival and Departure Times:**

Pittsburgh Airport (PIT) (*note all times are EST*)

- Arrival Day (Sunday): 10am – 4pm
- Departure Day - 2 wk. session (Friday): 9am – 2pm
- Departure Day – Arch Week (Sunday): 4pm – 6pm

Latrobe Airport (LBE) & Johnstown Airport (JST) – whenever flights are able to arrive / depart

\*Any deviation from these times must be requested in writing and approved by the Camp Director to guarantee that ground transportation will be provided. Please note that for arrival and/or departure times approved, an extended supervision fee will be charged, at a rate of \$25.00 per hour, per camper. An Antiochian Village staff member or representative will stay with your child until his/her departure.

### **Safety Rules for Van or Bus Transportation**

Staff members will review safety and evacuation procedures with the campers before departing. At least 2 staff members will accompany each van or bus. Campers will be asked to refrain from unsafe behavior to ensure that the driver is not distracted (being out of seats while van/bus is moving, hands out of window, etc.), remain buckled at all times in vans, and load/unload the van/bus in a safe and orderly manner.

### **Camp Vehicles**

Our camp has regularly maintained mini-vans, and passenger vans to transport campers to the airport, train station, or bus station. **The Antiochian Village vehicles do not have the capability of wheelchair transportation.**

## **Campers Driving to Camp**

If a camper or Counselor-in-Training (CIT) is driving to camp they must turn in their keys to the camp office upon arrival to Antiochian Village.

## ***Camper Policy for Social Networking and Blogging Websites***

In general, the Antiochian Village views social networking sites (e.g., Facebook, Snapchat, Instagram, etc.), personal Web sites, and Weblogs positively and respects the right of campers to use them as a medium of self-expression. If a camper chooses to identify himself or herself as a camper at the Antiochian Village on such internet venues, some readers of such websites or blogs may view the camper as a representative or spokesperson of the Antiochian Village. In light of this possibility, the Antiochian Village requires, as a condition of participation in the camp, that campers observe the following guidelines when referring to the Antiochian Village, its programs or activities, its campers, and/or other staff, in a blog or on a website:

- 1) Campers must be respectful in all communications (text and photos) and blogs related to or referencing the camp, its employees, and other campers. Any photos or messages that are linked or “tagged” from “friends” and attached to your site(s) or profile(s) that are inappropriate should also be removed.
- 2) Campers must not use obscenities, profanity, or vulgar language.
- 3) Campers must not use blogs or personal websites to disparage the Antiochian Village, other campers, or staff of the Antiochian Village.
- 4) Campers must not use blogs or personal websites to harass, bully, or intimidate other campers or staff of the Antiochian Village. Behaviors that constitute harassment and bullying include, but are not limited to, comments that are derogatory with respect to race, religion, gender, sexual orientation, color, or disability; sexually suggestive, humiliating, or demeaning comments; and threats to stalk, haze, or physically injure another person.
- 5) Campers must not use these venues to discuss engaging in conduct prohibited by camp policies and an Orthodox Christian lifestyle, including, but not limited to, the use of alcohol and drugs, sexual behavior, sexual harassment, and bullying.

Any camper found to be in violation of any portion of this policy will be subject to immediate disciplinary action, up to and including dismissal at the discretion of the Camp Director.