



Antiochian Village

Welcome Packet

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WELCOME ARCHERS!

Welcome!

We, your counselors, are busy buzzing around and ensuring we are ready for you and this amazing week! Never been to Arch Week before? Good news! Neither have your fellow Archers! We are all starting on the same foot and hitting the ground running. You make this program what it is, and we are so excited to welcome you and share in worship, fellowship, service, reflection, and education.

Now that you've registered, we are sure you have some questions. Hopefully, this packet will answer some of them. Below you'll find some expectations, how to prepare, a packing list, arrival and departure information, and a map of the conference center grounds. This will, hopefully, bring a sense of familiarity when you arrive at Arch Week.

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 Archers in your prayers as we continue to keep you in ours as we prepare for the weekend.

In Christ,

The Arch Week Team

Arch Week Expectations:

Free From Distraction

The best part of Arch Week is the elimination of distractions. We'll be using this week to engage with each other, learn, and be fully present. This means we won't be using digital technology! This includes all gadgets including but not limited to cell phones, smart watches, computers, eBooks, iPods. Exception: It's okay to bust out that dusty camera and relish in the nostalgia!

We're a Group, We Stay Together

Let's build bonds together! We're meant to live as a community, so why outcast people? Always make sure everyone is included!

You Get What You Put In

This program isn't to play sports (although we do get to do that), it's to grow in your faith and provide you with tools as you look forward to what's next. However, you have the power over your thoughts. If you decide you don't want to learn, you're not going to. If you decide to put everything you have into the program, you're going to get way more in return.

What's The Time?

If you're early, you're on time. If you're on time, you're late. Let's all try to be early to sessions so we can grow together as a community. We want to enjoy the week with you. Let's make sure it's with you and not without you!

Challenge By Choice

If there is an activity or something that you are uncomfortable with, you are free to choose to not to participate...we just ask that you let one of us know so we know you're safe and ok.

Below are the year-round camp rules which are also effective during Arch Week:

- All Archers will respect each other at all times. Therefore, fighting, put-downs, and other behavior harmful to others is not allowed at camp.
- No food of any kind is permitted in the rooms. All food brought or received while at camp will be distributed at meals.
- No pets on property
- All property must be respected: no graffiti and no destructive raiding.
- Archers 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 the property.
- The following are forbidden from campgrounds, 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 Arch Week

Preparing yourself with as much information as possible will be helpful in feeling comfortable when you arrive. Below, we've tried to give you a preview of your coming experience and let you know that hopefully, you will gain many new experiences. Some of the areas to mentally prepare for include:

Living Arrangements

You will be sharing a room with 2 of your fellow Archers of the same gender. Each room contains 3 twin beds. Sheets, towels, and pillows will be provided by the Conference Center; you will still need to bring your own toiletries.

Meals

Breakfast, lunch, and dinner are eaten together as a community in the Conference Center Dining Hall called "The Cedars". 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. However, if you have any dietary restrictions, please ensure that information is included in your registration!

Conduct

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

Unplug and Refocus

One of the major adjustments Archers experience is that of being placed in a setting that is outside their normal routine, with typically no contact from outside friends/family during the week. This can be one of the most positive experiences you can have here 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!

Arch Day

Arch Week includes a day at camp where we drive into Pittsburgh and engage with the community. This day can be stressful as we leave the comfort of the Conference Center. However, it is filled with a lot of service, education, and fun and you will be surrounded by our counselors the entire time. Get prepared for one of the best and most exhausting days of the week!

Camp Activities

Life at camp takes full advantage of our outdoor setting. Activities include field sports, dancing, nature hikes, ropes course, 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 an Archer has specific healthcare needs beyond the average Archer, 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 Archer's needs without putting an undue amount of stress on the program.

Fees

Balance of payments were due April 30th. Please log into your account at avcamp.org and ensure you are paid up and all of your registration information is correct.

Spending Money

The Archer fee covers all regular camping expenses. If you would like to be able to purchase items from the camp store (Namie's Nook) or the Conference Center Bookstore during the camping session, please bring money with you. Outside of arrival day, we have a set time during the week when we will visit the store. Here is a brief list of some items that may be available in the camp store:

- Antiochian Village Apparel
- Prayer Ropes
- Icons (of Jesus Christ, 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 mornings and evenings tend to be cool during the summer, 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 week at camp!

Day to Day

✓ **Bottoms (enough for at least 8 days)**

- **Pants**
 - Long pants such as jeans, joggers, etc. are permitted for daily Church services
 - Leggings or tights alone are not permissible, appropriate length shorts may be worn over them
 - 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 required
- **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 8 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
 - Crop tops are not permissible
- 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

✓ **Pool Attire (enough for 1 pool party)**

- 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, Divine Liturgy, and Supplication Services)**

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

✓ **Divine Liturgy (Celebrated on Sunday's and Wednesday)**

- 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

Extra

- Underwear/Socks
- Layers (i.e. jacket, sweater)
- Rain Gear! (raincoat/poncho and rain shoes)
- 2 towels (pool and shower)
- Toiletries (ie toothbrush, toothpaste, shampoo, deodorant, soap etc.)
- Hat and Sunglasses
- Sunscreen/Bug Spray
- Flip flops (for the shower/room/pool)
- Hairbrush/comb
- Chapstick
- Reusable water bottle
- Flashlight
- Laundry bag for dirty clothes (marked with your name)
- Any medicine you take
- Camera (Disposable if you're feeling really nostalgic)
- Optional: Bible, travel games (non-electronic), backpack, instrument if you play, hammock/outdoor Items

Possible Afternoon Programs: Soccer, Basketball, Volleyball, Track, Arts & Crafts, Angleball, Challenge Course

Suggestions!

- Check the weather prior to arrival...layers are never a bad idea!
- There will be sports in the afternoons, and Liturgy on Sunday's and Wednesday.
- 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 Arch Week (Sunday), registration begins at 1PM in the Conference Center. Our program begins at 5:00 PM so we highly encourage you to plan on arriving at camp prior to then. 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 5:00 PM, please call and let us know.

When you arrive, please check in at the Conference Center in front of the Cedars. After you turn into the property and drive down the road, you will see a large building with a parking lot to your right. Please turn into the Conference Center at the Conference Center sign. You'll proceed to take your first left and drive toward the awning. We'll be right inside!

CHECK-OUT DAY

Check-out day is Sunday in the late morning, and all programming should be over at approximately 12:00 PM. Check-out will be in the same place as check-in. Please ensure you have checked out with our Arch Week Director and turned in your Conference Center key.

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 Archers 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 Archers arriving into the Latrobe Area or Pittsburgh (PIT) airports. All travel information, including airline, flight number, arrival and departure times should have already been received in our office through your registration. If your travel information has not been received, we may not be able to guarantee ground transportation.

If we are able to provide transportation, Archers will be picked up by our Summer Camp Staff at their gate. Once everyone has arrived, the group will proceed to ground transportation and look for a camp van (white minivan or 15-passenger van) with the Antiochian Village logo on it. More specific flight information will be sent as the program gets closer.

Arrival:

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

PITTSBURGH AIRPORT: Sunday Flights must arrive at PIT before 4:00 PM for prompt departure to AV Camp at 4pm.

Departure:

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

PITTSBURGH AIRPORT: 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.

