



# 2016 Green/Iowa/Lafayette 4-H Camp

*"An International **DISNEY** Experience"*

Campers must be in grades 3<sup>rd</sup>-6<sup>th</sup>, as of the 2015-2016 school year. Youth will participate in activities that focus on the environment along with educational and recreational programs.

**June 13<sup>th</sup> - 15<sup>th</sup> • Upham Woods • WI Dells**

*Camp Cost: \$100*

*Registration Deadline: May 1<sup>st</sup>*

## What is 4-H Camp?

4-H Summer Camp takes place at Upham Woods near WI Dells, and is led by UW-Extension 4-H Youth Development professionals from Green, Iowa, and Lafayette Counties. Bus transportation is provided, and *all activities* are supervised by UW-Extension staff, adult 4-H chaperones, and/or youth volunteer staff.

4-H Camp is a three day co-educational program for 4-H youth in **grades 3<sup>rd</sup>-6<sup>th</sup>**. Campers experience a wide variety of activities. Some encourage individual competition while others provide teamwork. There are quiet times and noisy times. Most importantly, there are many opportunities to make new friends and interact in a group, as well as to develop new skills and interests.

This program provides a great opportunity to develop leadership and cooperation skills, build responsibility and independence, and learn about our natural world in a safe environment with trained individuals. *Please see the reverse side of this form for more information about camp programs, cost, facilities, and staff.*

If your child needs accommodations to fully participate in any part of the camping experience, please indicate on the registration form below. We want each child who attends to enjoy the experience!

## 4-H CAMP REGISTRATION FORM

Name \_\_\_\_\_ Grade \_\_\_\_\_ Gender \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ E-mail \_\_\_\_\_

4-H Club \_\_\_\_\_ I would like to be in a cabin with \_\_\_\_\_

Adult T-Shirt Size: Small \_\_\_\_\_ Medium \_\_\_\_\_ Large \_\_\_\_\_ X-Large \_\_\_\_\_

Do you require any special accommodations? (Any food allergies, medical concerns, restrictions, etc.)  
\_\_\_\_\_

Parent Signature: \_\_\_\_\_

Yes, I'm interested in being an adult volunteer at camp.



Return to the **Iowa County UW-Extension Office** by **May 1<sup>st</sup>**  
with a check for **\$100** made out to the Iowa County 4-H Leaders Association.



*An EEO/Affirmative Action Employer, the University of Wisconsin-Extension provides equal opportunities in employment and programming, including Title IX and ADA requirements. Requests for reasonable accommodations for disabilities or limitations should be made prior to the date of the program or activity for which it is needed. Please do so as early as possible prior to the program or activity so that proper arrangements can be made. Requests are kept confidential.*

## 4-H Camp Activities

At summer camp you will enjoy a variety of fun camp activities planned by camp youth and adult staff.

**Arts and Crafts:** Use your creative abilities to make fun things and express yourself.



**Recreation:** Have fun to getting active with other campers in large group games and sports, which may include running and personal contact with other participants.

**Canoeing:** Refresh yourself by canoeing on the lovely Wisconsin River. A certified lifeguard is present during all waterfront activities and all participants must wear a PFD while in any watercraft.

**Nature:** Explore the many natural wonders in and around camp such as the nature trails, streams, animal tracks, birds, and trees. Nature may include hiking on uneven terrain or opportunities to go on a night hike with adult supervision.

**Campfires & Circle Dancing:** Enjoy celebrating with music, skits, storytelling, and entertainment.

Camp will offer a variety of other activities including scavenger hunts, eco-exploring, and possibly archery. In some group activities, it may be necessary of a volunteer to have physical contact with a youth, to properly position a camper or secure a PFD, but only with child's permission.



## Camp Fee

\$100 for Iowa County 4-H members

Camp fees cover lodging, meals, snacks, crafts, camp t-shirt, transportation, a ride on the WI Ducks, other activities, and insurance.

**Refund Policy:** A complete refund will be made to you if you cancel before the registration deadline. No refund is given after this time, except for prorated refunds in case of major illness, accident, or death in the family.

**Bus Transportation:** Bus will leave depart from and return to both Mineral Point and Dodgeville locations. More information is mailed prior to camp.



## Upham Woods & Camp Staff

Camp Upham Woods (<http://fyi.uwex.edu/uphamwoods/>) is a recreational and natural resource complex. It is part of Cooperative Extension Programs of the University of Wisconsin System. The Center deals with principles in youth development and leadership. Upham Woods functions all year round with the aid of both a permanent staff and an intern staff.

Located on the Wisconsin River just north of Wisconsin Dells, Upham Woods consists of 318 acres of woodlands. The facility is made up of thirteen buildings that supply lodging, meals and activity resources.

The main lodge, nature center, craft barn and waterfront are located at the base of a hill. The cabins are located at the top of a steep hill, along with a bath house, with individual showers and bathroom facilities.

Youth are assigned to cabins by gender and age. Each cabin has bunk-beds for 12-14 campers, one or two high school age youth staff, and enrolled 4-H adult volunteer chaperones. Campers will help clean their cabin and bunk.

A large dining hall with a modern kitchen is at the center of the camp. Wholesome meals are served family style. Food and milk are plentiful. Campers help set and clean tables.



A health coordinator who is trained in first aid and CPR is on duty at all times to handle minor health and safety needs. The coordinator can only administer medications sent with the camper and as directed on the Youth Event Health form. The Dells Delton EMS is ready to handle any emergencies. Campers are covered by accident insurance.



The camp staff consists of paid Upham Woods staff plus adult volunteers who serve as chaperones, role models, and activity directors. All of the adult volunteers are enrolled 4-H volunteers and have completed youth protection training and background checks. We have a maximum ratio of ten youth to every one adult.