



Garrard County

4-H CAMP

New Family Guide



*A guide to help families prepare for summer
4-H camp week!*

4-H Camp provides a place for youth to explore their interests and passions (sparks), surrounded by Kentucky's beautiful natural resources. Campers will meet caring adults and teen volunteers who are committed to their success, who will ensure each youth feels safe, and that they belong. At 4-H Camp, our class leaders emphasize effort in learning rather than ability, and our campers can expect progressive, exciting lessons that are different every day. The county 4-H agents, adult and teen volunteer leaders, and camp staff are committed to helping your camper engage in new adventures while making new friends.

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WELCOME

North Central 4-H Camp



The North Central 4-H Camp is located in Carlisle, KY on 350 acres of rolling hills and forested land near Lake Carnico. North Central serves 28 Kentucky counties and can accommodate 422 guests in its air-conditioned and heated cabins, 96 guests in its air-conditioned and heated Yurt Village, plus 24 in the primitive camping 'Outpost'. The camp offers an air-conditioned and heated dining hall, multi-purpose building, and bathhouses; an open-air shelter house; restored, historic log cabin; country store for souvenirs and snacks; and swimming pool with waterslide. Program facilities include rifle and archery ranges, bird blind for nature classes, observation bee hive, low and high ropes, challenge course, basketball, volleyball and athletic field. The six-acre 4-H Lake offers opportunities for fishing, canoeing, kayaking, lake studies and hiking in nature classes. The shelter house and the lakeside campfire area are perfect for evening programs and special events.

4-H CAMP

LINGO



Some camp words you will hear others use!

- **Shelter House-** The shelter is our main meeting area for camp! It is an open air pavilion where the entire camp will come for meetings, dismissal to activities and all camp fun!
- **Bathhouse-** These are the shower/sink/toilet facilities located on the boys side and the girls side of camp. (there are no bathtubs present!) Your cabin may be assigned to use these for your evening showers!
- **Pool Shower House-** These are the shower/sink/toilet facilities located at the pool area. Your cabin may be assigned to use these for your evening showers!
- **Sally Down the Alley-** this is our evening activity! The last one we do before we head to cabins for the night. Its at our shelter house. We play music, skip around an oval and have a GREAT time! (Quiet activities are available in the cafeteria for those who do not wish to participate)
- **HCP-** this stands for “Health Care Provider”. This is the person who handles all medicine, injury and illness while we are at camp. They serve like your school nurse does at school! They are on the grounds 24/7 while we are there!
- **Sadie Field-** This is our big athletic field, down the hill behind the pool! Its near the Yurt Village and where we hold several classes, as well as camp wide events!
- **Cabin-** these are where we stay! They have air-conditioning, electricity, and bunk beds! Most of camp is housed in “cabins”.
- **Yurts-** These are our other housing option at camp. You may be in a yurt! These are permanent round structures. They also have air conditioning, bunk beds and electricity!
- **Team-** This is your team for the week! A team is your cabin and another cabin put together. You will complete activities with them, compete with them, and sit with them at the shelter. Your team will be assigned a color. This will come out when cabin assignments do!
-

4-H CAMP

LINGO- CON'T



• Some camp words you will hear others use!

Adult Counselor (AC for Short) - These are our 18 and over camp leaders! They go through a background check and approval process to ensure they are safe to be at camp! They serve as cabin leaders. We are required to have at least 1 in each cabin, but our county puts at least 2 or more!

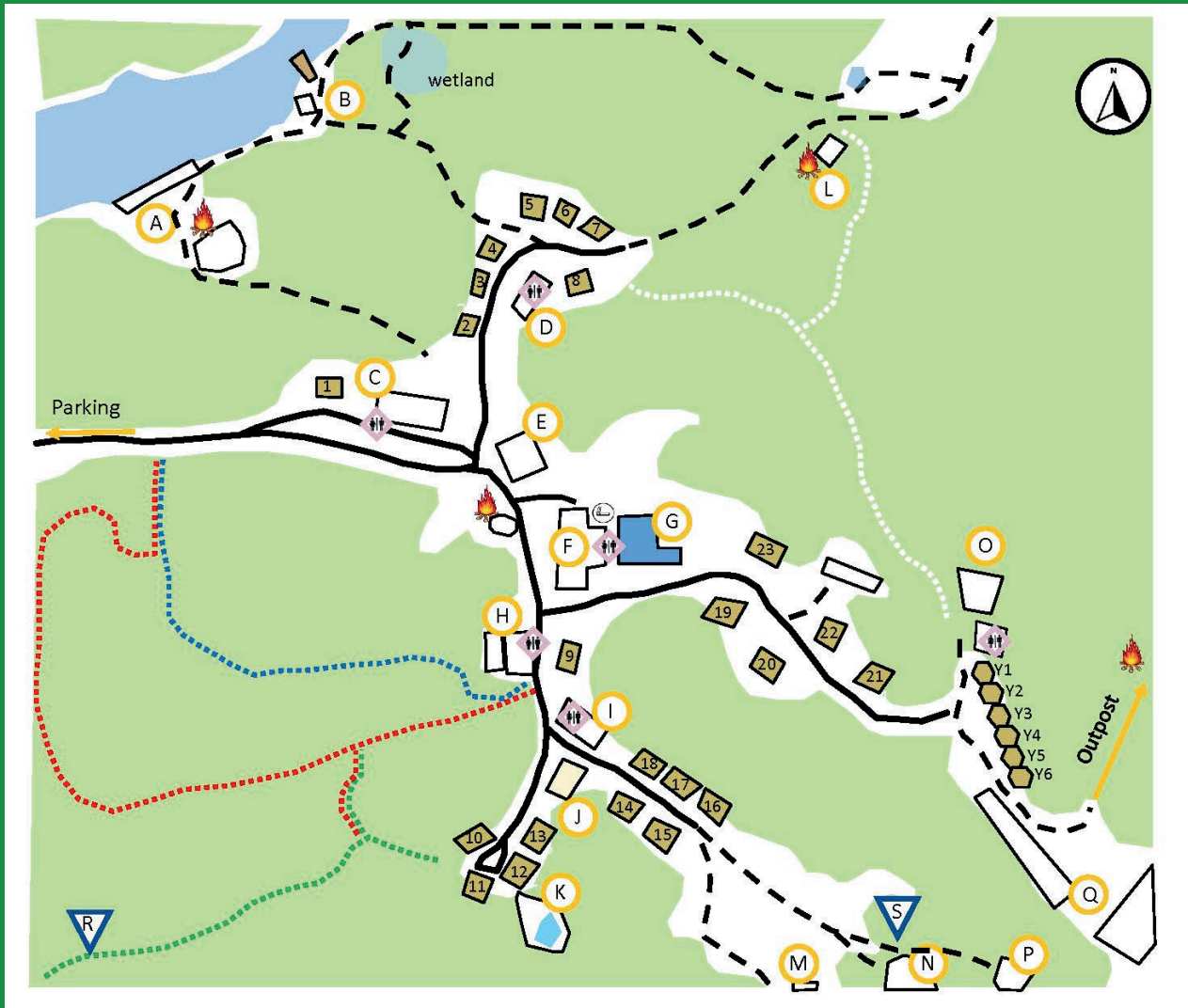
Junior Counselor (JC for short) - These are our high school students, age 16, and 17 year olds, who serve on our cabin leadership team.

Counselor In Training (CIT for short)- this is a 15 year old at 4-H camp. They are still considered campers, but begin to shadow their JC, take a leadership class, and start to learn the ropes of leadership positions at camp! You may or may not have a CIT in your cabin!

Dean of Men/Dean of Women- These are the heads of each side of camp! They help with our clean cabin checks, night time lights out checks and with discipline and issues on each side of camp!



NORTH CENTRAL CAMP MAP



- Program Facility
- Historic Landmark
- Fire Pit
- Designated Smoking Area
- Restroom
- Hiking Trails
- Paved Road

- A—Canoe/Kayaking Dock and Meditation Area
- B—Fishing Dock
- C—Shelter House and Country Store
- D—Bath House
- E—Main Office
- F—Dining Hall/Craft Room
- G—Pool and Pool House

- H—Multipurpose Building/Backyard/Nature Room
- I—Bath House
- J—Volleyball Court
- K—Bird Blind
- L—Historic Log Cabin
- M—Rifle Range
- N—Challenge Course
- O—Archery Range
- P—Trap Shoot
- Q—High Ropes Course/Sports Field
- R—Rice Family Homestead
- S—Unknown Homestead and Pitchfork Tree

CAMP TOUR

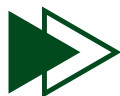


SHELTER HOUSE

Our cabins have bunk beds, and house between 16 and 22 total people. They have air conditioning, lights, etc.



The Shelter house is our main meeting area at camp! Campers will sit by teams at the shelter house, we will sing, dance and have a great time here!



INSIDE OF A CABIN

Yurts are another type of sleeping facility. They have bunkbeds, air conditioning and electricity just like the cabins! We will not be using th Yurts this year.



YURTS

The Med building houses our Health Care Provider and Camp Directors office. Our HCP is the person who helps us when we are sick, hurt or need our medicine!



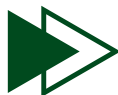
MED BUILDING

CAMP TOUR



DINING HALL

The backyard is where we have a ton of fun! We have gaga pits, carpet ball, basketball and more!



The Dining Hall is our “cafeteria”. It is where we will eat our meals. It also serves as a location we hold classes!



THE “BACK YARD”



SWIMMING POOL

Our lake front is where canoeing, kayaking and fishing take place. It is also the back drop for our closing campfire!



Our pool has a great amount of shallow water ranging from 3 ft to 5 ft! We have a slide and a diving board! Everyone will have the chance to take the swim test in order to go off the diving board if they want!



LAKE FRONT



WHAT TO EXPECT

Summer camp is all about fun! It is also all about learning things like independence, mastery, belonging and generosity! We want to set our campers up for success for the week! Below are a few things that will help our first time campers know ahead of time about camp and what to expect!

1

Campers will gain some independence. We ask them to be able to shower on their own, brush their teeth and take care of their belongings!

2

*Campers will be housed in cabins with junior and adult counselors. It is important to follow their directions and stay with your group! We have a **RULE OF 3**. Campers should never go anywhere by themselves!*

3

We have a "lights out" time and a "rise and shine" time. Campers will adhere to these times, being quiet when asked and waking up when asked.

4

We expect everyone to be kind. We know that not everyone will be the best of friends at camp, but we expect everyone to be respectful and kind to each other!

We encourage our campers to talk with their counselors about any issues they have! Our counselors are trained to help in any situation! They are there to act as your camp big brothers, big sisters, and important adults to you!

CAMP LEADERSHIP TEAM

Garrard County camps with Woodford and Scott Counties. Below are our camp leadership members, which come with us and leave with us, and our Camp Staff that stays at camp all summer!

Contact Agent/Program Director

Eric Comley-Garrard County 4-H Agent

Dean of Women

Madison Adkins - Scott County 4-H Agent

Dean of Men

Ryan Farley - Woodford County 4-H Agent

4-H Interns

Anna Saunders - Scott County Intern

Additional County Extension Staff Attending

Alivia Farris - Scott Co. FCS Agent

Brittany Brewer - Scott Co. ANR Agent

Crystal Beitler - Scott Co. 4-H Program Assistant

Jay Hettmansperger - Garrard Co. ANR Agent

Kayla Lunsford - Garrard County FCS Agent

Treyton Blackburn - Woodford Co. Woodford County Program Assistant

Camp Staff

Camp Director - Jake

Program Coordinator- Andy

Program Educator- Levi

Lifeguards - Cam and Clark

Canoeing - Charleigh

Kayaking- Sawyer

Ropes - Bekah, Dallas, and Kalyann

Nature/Environmental Ed -Brycen

Archery- Maya

Riflery - Tori

Outdoor Living - Madaline

Recreation/Leadership - Baileigh

Health Care Provider- Alex

Wellness Coordinator- Rachel



North Central 4-H Camp is accredited by the American Camp Association. Our camp staff are trained, and certified (where applicable) in their respective areas.



Jessamine County

4-H CAMP

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Follow us on Facebook: [@Garrard County 4-H](https://www.facebook.com/GarrardCounty4H)

