

2019 Camp Ondessonk Parent & Camper Handbook



Camp Ondessonk

3760 Ondessonk Rd.
Ozark, IL 62972
618.695.2489
Fax: 618.695.3593
camp@ondessonk.com
www.ondessonk.com

Pre-Camp Checklist

- ___ **READ THIS BOOKLET**, even if you are a returning camper.
 - ___ Upload a medical physical dated within the last 18 months to your camper account no later than **4 weeks prior** to the first day of camp.
 - ___ Payment must be complete **4 weeks prior** to the first day of camp.
 - ___ Register for bus transportation **2 weeks prior** to the first day of camp.
 - ___ Pre-order unit photos, barter bucks, additional T-shirts and Trading Post items **2 weeks prior** to first day of camp.
 - ___ Attend one (or both) of our Open House events. **May 11 from 1-4 PM** is specifically for new campers. **June 1 from 11-4 PM** is for everyone.
 - ___ Log in to Bunk1.com to familiarize yourself with how to view photos and send Bunk Notes (1-way emails) to your camper.
- Use code: ONDESSONK2019.**
- ___ Pack for camp using the list on page 11 or on the website (for adventure campers). Remember to pack medications in original containers.

Mission Statement

Our mission, the compass that guides our work... Exceptional outdoor and spiritual adventures empowering kids of all ages.

Vision Statement

Inspired by our Catholic tradition and commitment to the growth of people and faith, we will:

- Operate a world class camp in a spectacular natural environment.
- Inspire leadership, self-confidence and lifelong learning.
- Promote stewardship and appreciation of God's gifts.

Camp Accreditation

Camp Ondessonk is proud to be accredited by the American Camp Association. Developed exclusively for the camp industry, this nationally-recognized organization focuses on program quality and health and safety issues and requires us to review every facet of our operation. Ondessonk has voluntarily submitted to this independent appraisal conducted by camp experts and is proud to have earned this mark of distinction.



Table of Contents

Letter from the Executive Dir.	4
Sunday Registration	5
Saturday Check-Out	
Late Arrival	6
Unit Request	
Unit Picture	
Health Center	7
Medical Insurance	
Special Needs	
Financial Aid	8
Cancellation/Refund Policy	
Returned Checks	
Payment Methods	
Managing Homesickness	9
Additional Policies	10
Packing List	11
Barter Bucks	12
Trading Post	
Mail, Phones, Email, Visitors, Bunk 1	
Activities	13
Evening Activities	
Swim Assessment	
Getting to Camp	14
Volunteer Info	
Bus Transportation	15
Layover Weekends	16
Goals and Objectives of Camp	17

Contact Information

Main Camp Office: (618) 695-2489
Toll Free: 877-659-2267
Hours: M-F 8am-4:30pm
Sat 8:30am-12:30pm beginning 3/1/19

Email: camp@ondessonk.com

Use this email for: camp information,
bus info, emergencies. NOT for camper
emails.

Registration Office: (618) 695-2489 x131

Registrar Email: registration@ondessonk.com
(Not for camper emails)

For: Payment/Registration info
Late arrival/early departure campers
Camper cancellations
Changes in camper info

From the Executive Director

Dear Parents,

Thank you for registering your child for a session at Camp Ondessonk. We feel honored that you have chosen us. Our main goal is to provide the best experience possible for each of the campers we serve. To help us reach this goal, please review the contents of this handbook thoroughly.

The emotions a single Ondessonk camper may experience range from excitement, to anxiety, to joy, and beyond. Of great benefit to campers, our summer staff is made up almost entirely of young men and women that were once Ondessonk campers themselves. They've experienced the feelings associated with being in an unfamiliar setting, the nervousness of meeting kids from distant places, and the excitement, or anxiety, of sleeping in a cabin in the woods. They also know how good it can eventually feel to embrace the unknown, to make new friends, to try new activities, and to grow through participation.

It is my hope that your child will learn, grow, and have fun as an Ondessonk camper. Please contact me if you have questions or comments.

Sincerely,

Dan King, Executive Director and former Ondessonk Camper



[618-695-2489](tel:618-695-2489) x102 / dan.king@ondessonk.com



Dear Campers,

Whether this is your first time as a camper or your fifth, we are glad you are coming to Ondessonk. It is an amazing place. Please prepare yourself by reviewing this handbook. We are preparing for you.

See you soon,

Dan & the Staff of Camp Ondessonk

Arrival Day Check-in: 1:00 pm—3:30 pm

Since camper units are preassigned, there is no advantage to arriving early. Upon arrival, unpack meds, swimsuit, money, towel, and any updated health information. You will need these throughout the registration process.

PLEASE DO NOT BRING ANY PETS TO CHECK-IN OR CHECK-OUT.

CHECK-IN	Unit assignments, shirts, and Barter Buck bands will be given to camper upon arrival at camp.
LUGGAGE	Attach luggage tag to the ONE DUFFLE BAG/SUITCASE that camp personnel will haul to the unit. The camper's name must be on the outside of all luggage. It is recommended that parents bring a 2 wheel dolly for assistance in hauling. Camp Ondessonk will not haul sleeping bags, back packs, pillows, fishing poles/tackle and other items at camp's discretion. Food/snacks/drinks will be confiscated. *Because of limited space in cabins, large trash cans will not be allowed to remain at camp. We encourage you not to bring these containers and instead use a dolly.* (See page 10 for more information)
UNIT PICTURE	Order one in Le Coeur for \$10.00 if you have not pre-purchased.
BARTER BUCKS	Purchase with cash, check or credit card if you have not pre-purchased. (See page 12 for more information.)
HEALTH CHECK	Everyone must check in with the Health Center personnel. At this time, turn in all medicines, including over-the-counter medicines and vitamins. (See page 7 for more information)
UNIT CHECK-IN	Meet unit leader, confirm that they have the driver's license number of the authorized adult picking your child up, choose your bunk, and move in.
SWIM	Check in at the beach no later than 3:15 to assess swimming ability.
UNIT MEETING	Campers should return to units by 4:00. All parents and visitors must depart the premises by this time.

Check-out: *GATE OPENS AT 8:45AM on Saturdays*

Wednesday (MiniCamp)- Camper check out 8:00-9:30 AM

Saturday- 9:00 am Parent Reception. Camper Check out 9:30-10:30 AM

1. Meet camper between Trading Post & Chapel.
2. Check out camper with Unit Leader. To ensure camper safety, adult picking child up **MUST** be listed as an authorized adult on the online form "Camper Profile Sheet" in your account and provide photo identification.
3. You must go to Barter Buck line if you wish to be refunded for any unused Barter Bucks.
4. Campers must be picked up by 10:30 am. After that time, staff will not be available for supervision.

Late Arrival / Early Departure

Any camper that must arrive after 3:30 pm on Check-In Day must contact the Camp Office with time of arrival. Late arrivals must arrive at Camp no later than 8:30 pm.

If your child must be picked up before Saturday check-out, early departure forms will be available during check-in. We strongly discourage campers leaving early as this interrupts the flow of camp and adversely affects the quality of the departing camper's experience. In case of emergency requiring an unplanned early departure, contact the office for instructions. Written consent is necessary in all cases for early departure, and the person picking the child up must show identification verifying that they are listed as an authorized adult on the online form "Camper Profile Sheet" in your account

Early departures must be scheduled during one of the following time blocks: 9:00am-10:30am, 1:00pm-3:00pm, or 7:00pm-8:30pm. There will be no early departures on Saturdays.

Unit Request

Even though every effort is made to give campers the unit they request, this is not always possible. **Unit selection is not guaranteed.** Because of changes and cancellations, unit assignments are not given to campers prior to check-in.

Each unit is made up of a group of 3-5 cabins (most cabins hold 8 campers each). Campers that request cabin mates are housed together in the same cabin when at all possible. To facilitate placement together, you must enter all camper friend names in the Cabin Mate section of your online account or list them on the paper registration form.

Camper Health History (*more information on website)

The health history portion of your Camper account must be completed yearly. In addition, you must provide a signed medical physical performed within the last 18 months prior to camp date (school & sports physicals are acceptable). Physicals can be uploaded in your account, faxed to 618-695-3593, or emailed to registration@ondessonk.com. Complete all health history information at least 4 weeks prior to camp date. **CAMPERS WILL NOT BE ABLE TO ATTEND CAMP WITHOUT COMPLETE HEALTH INFORMATION.**



Pictures that last a lifetime...

ORDER AN OFFICIAL UNIT PHOTO! ONLY \$10.00!

Professionally finished 8x10 glossy photo
Unit name and year printed on the front
Ready to take home on Saturday
(Mini Camp photos may be mailed due to length of session)

IMPORTANT INFORMATION: PLEASE READ CAREFULLY

Health Center, Medical Insurance, Health Forms

The Camp Ondessonk Health Center is centrally located in the main area of camp and is stocked with first aid supplies and emergency medical equipment. Staff members with advanced medical training are on-duty 24 hours a day. A licensed medical professional is on site daily and a Medical Doctor is on call at all times when campers are on-site. In the event that your child would need medical care while at Camp Ondessonk, your insurance would be billed by the medical facility. Camp has accident coverage (up to \$2,500) that is secondary to your insurance coverage. Sickness that would or could occur without relation to camp will be given medical treatment, but will not be covered by camp insurance. Parents will be contacted if their child needs the care of a physician, a hospital visit, or if they spend the night in the Health Center.

All camper medications (prescription and over-the-counter) and vitamins will be kept in the Health Center for the duration of the camper's stay. Parents should send at least a 9-day supply of your child's medication. If your child uses emergency medications such as an inhaler or epi-pen, please send two; one to be kept in the Health Center, and one to be kept with your child's Unit Leader. All medications are turned in at Check-in. Parents will have an opportunity to speak with Health Center Staff and/or the camp nurse during this check-in time.

IMPORTANT: ALL medications, including over the counter meds, MUST BE in the original container. We CANNOT administer medications not in their original packaging.

On arrival day, all campers must undergo a cursory health check which includes a temperature check and a head screening. To provide a safe and healthy environment for all campers, children with a temperature of 100 degrees F. or higher and/or flu-like symptoms will be asked to return home, and arrangements will be made to participate in a different session. Children who arrive with lice or nits will be asked to be treated and can return immediately after treatment is complete.

Poison Ivy, mosquitoes, and ticks are common at camp. Campers are instructed to wear repellent and appropriate clothing. Mosquito netting is available at the Trading Post. If the Health Center Staff believes that a health risk has occurred that may require attention after the camper leaves camp, you will be contacted prior to your arrival for camper pick-up, or as soon as we are aware of the issue.

Accommodations

Camp Ondessonk makes every effort to accommodate all campers that wish to attend regardless of physical or emotional needs, dietary requirements, or other circumstances. Camp is, however, rustic, rugged, communal, and gender-binary by nature. Our goal is for all campers to have a safe, positive, and adventurous week with us at Camp. In order to provide the best experience possible, please contact us if you feel that any accommodation may be needed during their stay. We will work with you to determine if appropriate accommodations can be made within our current program, scope and budget. Additional information can be submitted to camp regarding your child's needs via the optional Camper Resource Request form in the forms section of your account. Camp employs a summer Inclusion Coordinator who is available to work with campers, staff and parents before, during, and after their session(s) if requested.

Cancellation/Refund Policy

ALL CANCELLATIONS MUST BE MADE BY PHONE (618-695-2489, x131)
OR EMAIL (registration@ondessonk.com)

MEDICAL CANCELLATIONS: Full refunds for documented medical emergencies will be granted if cancellation is confirmed by phone prior to or on the opening day of the session being cancelled. Documentation for medical emergencies must be in the form of a written note from the child's physician.

NON-MEDICAL CANCELLATIONS: Should you need to change or cancel your registration please contact the Camp Registrar. Cancellations made more than 4 weeks prior to the camper's arrival will be refunded the full amount, less the \$100 deposit. No refunds will be given for cancellations with less than 4 weeks notice.

Returned Checks

A \$35.00 fee will be charged for checks returned due to insufficient funds. You will then be required to make all payments with a cashier's check, money order, or credit card.

Payment Methods

Payments can be made according to your schedule and budget by logging into your account online. We accept Visa, Mastercard, American Express or Discover. Payments will also be accepted over the phone or you can mail a check or money directly to camp. Contact the registration at x131 with any payment questions or concerns.

All balances are due 4 weeks prior to date of arrival. Any unpaid balance on arrival can result in your camper not being able to attend unless payment arrangements have been approved by the Registrar. Please contact the registrar at x131 with any payment questions or concerns.

Pre-Camp Planning to Minimize Homesickness

Almost all first-time campers and many returning campers experience some level of homesickness. These feelings are natural, extremely common, and very real. Most cases of homesickness are mild. Some cases are challenging. Our staff members are trained to help campers work through these feelings and as a result, homesickness usually subsides within 24 hours of arriving at camp. When preparing your child for camp, you will minimize the likelihood of a serious case of homesickness by using the following parenting strategies:

- **Don't tell your child that you will pick them up if he/she doesn't like camp right away.** Regrettably, we encounter this fairly often. Though parents who give this message have good intentions, their children have an extremely hard time getting better when homesick. Be very honest with your child about what it means to sign up for something and follow through with it. Leaving camp early is an absolute last resort.
- **Develop a camp nighttime routine at home.** Practice falling asleep without noise such as television or music. A fan or other ambient noise might help acclimate campers to typical nighttime sounds. Units at camp have no electricity, so make sure that the camper is comfortable falling asleep in full darkness. Have them sleep with a flashlight next to the bed to practice using it at night. Finally, have your child spend a night or two away from home with a friend.
- **Involve your child in planning for camp.** While doing this, focus on the fun that will be had.
- **If you sense that your child is nervous about going to camp and missing home, talk about it.** Use an encouraging approach and supply your child with ideas that will help him/her work through it. Suggest writing a letter or taking along a favorite keepsake from home. You know your child better than anyone. What has helped her/him handle stressful situations in the past? Any and all conversation about this subject will help as long as encouragement is at the forefront.
- **If possible, send your child with a friend.** Be sure that they are truly friends, not just acquaintances from school. If your child is going to camp alone, emphasize the opportunities that he/she will have to meet new people. Many of our staff, including Ondessonk's Executive Director, came to Camp Ondessonk alone as campers. Being alone should be seen as an opportunity.
- **Discuss what camp will be like.** Read this booklet with your child and let him/her know what to expect. Focus on the positive aspects of camp. Talk about the fun activities, the idea of "growing up," and the independence and adventure of it all. Visit our website with your child. Look at the photos and read about Ondessonk together (www.ondessonk.com).
- **Establish realistic expectations.** Camp, like life, has high points and low ones. Not every moment will be filled with wonder and excitement. Encouraging your child to try new things and make new friends will help the experience be a positive one.
- **Write to your child.** Kids love to receive letters and BunkNotes at camp and getting one from home on the first or second day does wonders. Send a letter a couple of days early to ensure it arrives on time. Be aware that homesickness may be brought on by a letter that tells a child how much she/he is missed, or how much fun everyone else at home is having. Letters of an encouraging tone help promote a positive camp experience.
- **Plan to attend our Open House** on Saturday, May 11, 2019 from 1pm-4 pm. This gives campers a chance to become familiar with the camp grounds, so they are not as overwhelmed on opening day. Call the camp office to register for this sneak peak of Camp!

In the event that your child does have a bout with homesickness, please be assured that he/she will receive individual counseling directly from staff members trained for that purpose. The vast majority of homesick children feel better within 24 hours of arriving. Finally, if your child is having a particularly hard time with homesickness, a camp representative will contact you directly for support. Otherwise, no news is good news.

Additional Policies

CAMPER BEHAVIOR AGREEMENT-

Camper behavior will be monitored by the staff of Camp Ondessonk. Inappropriate behavior for the camp setting will not be permitted.

At Camp Ondessonk we agree to:

- 1) Take Care of Ourselves by staying safe, listening and following directions from counselors, applying sunscreen and bug spray every day, and reporting anything that doesn't feel right to our counselors.
- 2) Take Care of Others by showing kindness and respect for fellow campers and staff through words and actions.
- 3) Take Care of Camp by not disturbing the animals and plants that live here, keeping camp clean from litter and graffiti, and caring for camp's buildings and equipment like it is our own.

FOOD AND DRINK IN UNITS-

Food and beverages, with the exception of water, are NOT allowed in camper living units. In order to adequately enforce this policy, our staff examine the contents of all bags during the check-in process. Campers that choose to ignore this policy will have their food and drinks confiscated. The camp Trading Post will be open daily if campers wish to buy a snack or beverage. Trading Post food and beverages will likewise not be allowed in camper living areas.

PACKAGES-

All packages will be opened in front of an Ondessonk staff member. Food and beverages, if present, will be confiscated. Please see above section for further information. Appropriate items to include in a care package are: letters, magazines, small games, stickers, books, etc. Send packages early to ensure that they arrive with enough time to enjoy them!

LUGGAGE AND LUGGAGE HAUL POLICIES-

- RUBBERMAID / STERILITE TYPE BINS AND TRUNKS CHECKED IN AT LUGGAGE HAUL ARE NOT TO EXCEED THE FOLLOWING DIMENSIONS: 32" x 20" x 17". If your camper chooses to bring his/her belongings in a bin that exceeds this size, it will be his/her responsibility to transport the item and its contents.
- UNUSUALLY LARGE AND/OR HEAVY DUFFLE BAGS WILL NOT BE DELIVERED BY ONDESSONK'S LUGGAGE HAULERS. Our experience tells us that when a camper has an extremely large duffel bag, he/she has simply placed several or more smaller bags inside of a really large bag. Ondessonk's luggage hauling service is not intended to be used to haul every single item a camper is bringing to camp. It is intended to lessen the burden.
- Due to irregular sizes and shapes coupled with limited cabin space, trash cans of any size will not be permitted in units and will not be delivered to the units by our luggage haulers.
- CAMPERS ARE NOT TO LASH, TAPE, OR OTHERWISE ATTACH EXTRA ITEMS ONTO THE SINGLE PIECE OF LUGGAGE THEY SUBMIT TO OUR LUGGAGE HAULERS. Items such as sleeping bags and daypacks must be carried by hand unless, of course, they can be placed and secured inside one larger container of acceptable size.

EMERGENCIES

Camp administrative staff monitor the national news and local weather. Camp Ondessonk has policies and procedures in place for addressing weather emergencies. If there were an identified emergency situation, campers and staff would be informed and given instructions. Information will be relayed to the public on www.Ondessonk.com and via social media. Check the camp website for up-to-date information before you call.

Packing for Camp

Packing wisely can help ensure a good camp experience. Please make sure that spending money, medicines, swimsuit and towel are packed on top for easy access during registration. Make sure to pack old, comfortable clothes for your week. Keep in mind that no laundry service is available to campers and that units do not have electricity. Below is a suggested list of what to bring. Please pack according to your own child's needs. (6 day supply for week-long programs, 3 day for half-week programs) All Adventure campers will find a packing list at www.ondessonk.com.

*Items with * may be available at Trading Post.*

General Packing List

- Medications in original containers
- 5 T-shirts*
- 3-4 Pairs shorts
- 2 Pairs long pants
- Long sleeve shirt*
- Underwear for 6 days PLUS extras
- PLENTY of Socks- Tall socks are best.
- Pajamas
- Jacket
- Comfortable, closed toed shoes for hiking and horseback riding.
- **2 additional pairs of old sneakers**
- Poncho / Raincoat*
- Modest swimsuit– one piece or tankini (no bikinis please)
- Pillow
- Twin Sheet
- Sleeping Bag or Old Blankets (Sleeping Bag is recommended for Overnights)
- Towels- shower towel and beach towel
- 2 Large reusable water bottles*
- Bug repellent*
- Insect netting and push pins for hanging.*
- Sunscreen*
- Hat with a brim*
- Flashlight & Batteries*
- Old Watch
- Day pack / Bookbag*
- Shampoo*
- Soap and travel container
- Deodorant
- Comb, Brush
- Toothbrush & Toothpaste*
- 2 Trash bags for clothing that may get poison ivy contamination

Personal hygiene & applying bug spray/ sun block is camper's own responsibility.

Optional

- Camera*
- Laundry bag
- Flip flops for showering only
- Fishing gear
- Stationary & pre-stamped/pre-addressed envelopes or postcards*
- Theme-based costumes or props
- Battery-powered fan
- Lightweight backpacking mattress for the overnight.

Additional Notes

All clothing should be appropriately modest and not reference drugs, alcohol, sex, or profanity.

ALL CLOTHING, GEAR AND LUGGAGE SHOULD BE MARKED WITH THE CAMPER'S NAME USING NAME TAGS OR PERMANENT PEN. Every item must be in closed, durable bags. Camp Ondessonk is not be responsible for lost or stolen property. *Campers belongings may be subject to search if the health or safety of other campers or staff indicates the need.*

Please DO NOT bring to camp: FOOD & DRINKS, CELL PHONES,

radios, stereos, laser pointers, ipods, firearms, matches, knives, electronic games or fireworks. Items on this list will be confiscated. Expensive jewelry or clothing are not recommended. Absolutely no tobacco, drugs, alcohol or graffiti will be tolerated, and will likely result in dismissal at the discretion of the Director.

HAMMOCKS are not allowed inside or under cabins, boardwalks, or any other camp structures. Hammocks may be strung between trees only.

Barter Bucks

Campers turn cash, checks or credit into Ondessonk Barter Bucks prior to or on the opening day of camp. Throughout the camp session week, parents have the ability to monitor each camper’s Barter Buck balance, view purchases and add funds through the finance section of your online account. Funds are stored on a barcoded bracelet and can be used at the Trading Post instead of money, eliminating the camper’s need to carry or store any amount of cash. On departure day, parents must request refunds for unused Barter Bucks between 9:30 am—10:30 am. Refunds will not be issued after camper departure. If a camper loses their Barter Buck bracelet, purchases can still be made via manual name lookup, but campers should notify their unit leader AND the Trading Post to prevent another camper from using the lost bracelet.

Trading Post

The camp Trading Post is open daily and sells snacks, drinks, souvenirs, Ondessonk clothing and incidentals (postcards, stamps, batteries, insect netting, etc.). \$25-\$30 spending money is sufficient for most campers. If you plan on purchasing netting or a clothing/souvenir item(s) additional money may be necessary. The Trading Post will be open to campers and parents during check-in and check-out.

Communication While at Camp

We encourage campers to write home, but an initial letter to jump-start the process often helps. Send letters a day or two before camp begins to ensure they arrive on Monday.

Mail for campers should be addressed:

	Camp Ondessonk	
Camper Name	3760 Ondessonk Rd	
Camper Session	Ozark, IL 62972	

Emails: Bunk1 is a third party email and photo sharing service which allows parents to view and order pictures and also provides one-way email service to campers. Campers can receive emails, called “Bunk Notes” through the Bunk1 portal for a small fee per email. You may also choose to purchase “Bunk Reply” stationary to be sent with each email for campers to write back. Information about this service can be found on our website. If you wish to register for Bunk1 use the 2019 access code: **BIONDESSONK**. Campers receive printed messages along with regular snail mail.

Phone Calls and Faxes: At Ondessonk, as with most camps, campers are not permitted to make or receive phone calls. Use of camp phones are reserved for camp business only. In cases of illness, problem behavior or severe homesickness, a camp representative will contact you. Personal cell phones found in a camper’s possession will be held in a secure location until the end of the session. In the case of an emergency, a message will be taken directly to the camper. Due to limited resources, campers also may not receive faxes.

Visitors: For the safety and security of the campers, **NO VISITORS ARE ALLOWED** during the week.

Activities (*Must be at least 10 yrs. old to participate in Riflery or Challenge)

Nature Exploration—Our qualified staff will take you on a tour you'll never forget—over, under, and through waterfalls, split-rock formations, lakes, streams, and bluffs. Play nature games and appreciate God's awesome creation as you explore.

Archery and Riflery—Learn the National Archery Association guidelines for proper techniques at the archery range and the National Rifle Association guidelines for safe handling of a .22 caliber rifle. Riflery is not offered during Mini Camp or Mini Camp Explorers.

Horsemanship—Learn riding techniques and horse care before heading into the ring or onto the trail. Our horse program is accredited by the Certified Horsemanship Association. Mini Campers and Explorers enjoy pony rides and other horsemanship activities but do not receive lessons or trail rides.

Swimming—Enjoy Ondessonk's water slides, beach volleyball and floating docks under the supervision of certified lifeguards. Campers who pass the advanced swimming assessment can also hang out on the zip line and Tarzan swing. Advanced swimming options are not offered during Mini Camp.

Handicrafts—Learn "Boondoggling," leather stamping, beadwork, tie-dying, and other traditional favorites that stretch the limits of your imagination. Crafts may vary week to week.

Woodsmanship—Learn knots, lashing, fire-building and many more outdoor skills.

Boating—Explore Lake Echon in a canoe or kayak. Float along the wooded shoreline or test your skills on a water obstacle course. Boating activities are supervised by Certified Lifeguards.

Council—Fun, interactive games, stories, and activities designed to increase spirituality, self-awareness, and awareness of the namesakes and legacy of camp.

Challenge—Campers will have the opportunity to participate in our Challenge Course elements, which include a Climbing Wall and Zip Line, and conquer teambuilding challenges as a unit.

Evening Activities

Evening programs are varied and change each night of the week. Sunday night kicks off with Mass and the opening campfire full of wild songs and silly skits. Other activities include unit campfires, a camp-wide game, an overnight adventure away from units, the Lodge Ceremony, and a huge closing campfire.

***Mini Campers/Explorers will participate in alternate evening programming on Tuesday and Thursday nights. Wednesday night overnights are not spent away from the unit, but contain similar programming as a traditional unit's overnight.**

Swim Assessment

During check-in all campers will be given the opportunity to complete a swim assessment. The intermediate swim assessment involves swimming from the beach to the dock and back a total of about 75 meters (3 lengths of a pool). Campers completing this assessment can swim in both shallow and deep areas and use all of the slides at camp, including the Shawnee Screamer. The advanced swim assessment involves swimming from one side of the lake to the other and back AND treading water for 3 minutes. The full distance across the lake is at least 100 meters (4 lengths of a pool) each way. Campers who successfully complete this assessment can use the mini zipline and rope swing in the advanced swimming area. Campers not wishing to swim in deep water will be assigned as beachfront only and will still have access to shallower water and some slides. All campers may use lifejackets while swimming at the waterfront if they choose.

Layover Weekends

Campers that choose to attend multiple sessions back-to-back may take advantage of the layover program. This one day, one night session may include swimming, hiking, and relaxing at camp, all meals, and other activities. Campers should pack enough clothes and supplies for their entire stay, as laundry facilities will not be made available.

The fee for each weekend is \$50.00. Register for layover sessions as part of your online camper registration or call camp for assistance. CITs who are registered for 2-week sessions **DO NOT** need to register for a layover session between weeks. The program includes weekend programming.

Volunteer Opportunities

Do you want to spend a week at Ondessonk, too? This year, don't get left behind; be a volunteer! Last summer more than 100 teachers, carpenters, doctors, EMTs, nurses, retirees, moms, dads, college students and many others spent their vacation time hiking, gardening, ministering, performing maintenance, unit leading, and mentoring eager young learners at Camp Ondessonk. This summer you could join them! If you are at least 21 years old and would like to spend a week reliving your childhood and working hard to support a worthy cause, please contact Camp O at 618-695-2489 x145, or email volunteer@ondessonk.com. Remember to allow 6 weeks for us to process your application due to diocesan policy.

NOTE: Doctors, nurses, therapists and other medical personnel are always in high demand! If you are able to donate your services for a week this summer, please contact camp for information on waiving one camper's tuition in exchange for volunteering in the Health Center. This program is offered to RNs, Nurse Practitioners, MDs, PsycDs and PAs in an effort to help Ondessonk exceed ACA accreditation standards. Medical professionals not listed above are also encouraged to volunteer.

Getting to Camp

Camp Ondessonk is located at the southern tip of Illinois. We are about 1.5 hours from Mt. Vernon, IL, 2.5 hours from Belleville, 2 hours from Evansville, IN, 4 hours from Springfield, and about a 6-hour drive from the Chicago area. *Do not use the Apple Maps application to get to camp.* Please visit our website, www.ondessonk.com, for directions from any location. All travelers will eventually get to Route 45 on their way to Camp. About 10 miles north of Vienna (or 20 miles south of Harrisburg) turn off Rt. 45 onto Ozark Road, which will be across from the Ozark General Store. Travel 1/2 mile on Ozark Road and the Camp Ondessonk gate will be on the right. Go through the gate and head down the camp road (about 2 miles). The camp road is narrow and contains several curves with limited sight distance. Please observe posted speed limits. Ondessonk staff members will greet you and direct you toward the parking lot.

Bus Transportation

Camp Ondessonk is happy to accommodate our long distance campers. Transportation can be arranged to Camp Ondessonk from Chicago, St. Louis area, Springfield, and points in between, by way of Camp Ondessonk bus service. To guarantee your space, payment must be received *at least two weeks prior to your camp date*. Complete the Bus Reservation Form below to reserve your spot. Parents should also note that there will be lunch stops to and from Ondessonk, so send your camper with some money to pay for lunch both ways if necessary. Cancellations with less than two weeks notice will not receive a refund. Please call the camp office with any questions.

CARGO SPACE IS LIMITED. NO TRASH CAN OR RUBBERMAID-TYPE LUGGAGE CONTAINERS WILL BE PERMITTED ON THE BUS.

Please be courteous of other campers and respect this rule.

Buses are exclusive to camp staff and campers. To ensure camper safety, parents should be at camper bus pick-up/drop-off locations at least 10 minutes before given time to allow buses to run on schedule. Buses cannot wait for late arrivals! If there is an emergency en route, camp offices are always contacted. Camp will notify bus locations and parents of any changes. Every camper is expected to follow and respect the rules of the counselors and driver. Vandalism, smoking or drug use will not be tolerated. All camp rules and regulations apply to bus transportation. Parents will be liable for any damages or distress incurred.

Unaccompanied children will not be allowed to board the bus. Returning bus campers will only be released to authorized adults with a driver's license that matches the listed authorized pickup license number(s). If there is an emergency en route, camp offices are always contacted. Bus staff will notify bus locations and parents of any changes in times. Every camper is expected to follow and respect the rules of the counselors and driver. Vandalism, smoking or drug use will not be tolerated. All camp rules and regulations apply to bus transportation. Parents will be liable for any damages incurred.

Buses will arrive at camp at approximately 3:00PM on Sunday and depart camp by 9:30 AM on Saturday.

NO RETURN BUS AVAILABLE FOR MINI CAMPERS LEAVING ON WEDNESDAYS

***Please note: Updated Bus Times and Locations To/From Chicago Area!** These times are subject to change if needed based on bus routes. You will be notified at least 48 hours in advance if there will be a change in pickup of more than an hour. Minor adjustments may occur based on traffic.

Bus Route

City	Round Trip	One Way	Depart Sunday	Return Saturday	Pickup/Drop off Location
Schiller Park, IL	\$165	\$120	7:30AM*	4:30PM*	4-Points by Sheraton, Chicago O'Hare, 10249 W. Irving Park Rd.
Tinley Park, IL	\$155	\$110	8:30AM*	3:30PM*	Wingate Hotel I-80 Exit 148B
Kankakee, IL*	\$135	\$100	9:30AM*	2:15PM*	McDonalds Exit 312 IL-17
Bloomington/Normal, IL	\$135	\$110	8:30AM*	3:15PM	McDonalds I-55, Exit 160A Market St.
Springfield, IL	\$120	\$90	9:45AM*	1:30 PM, Lunch Stop	Capital City Shopping Center Parking Lot I-55 Exit 94
Caseyville, IL	\$100	\$75	11:30PM,* Lunch Stop	11:45AM	McDonalds on I-64, Exit 9: Hwy 157

*Updated Times/Location for 2019. Times may change based on passenger stops or traffic.

Enclosed, please find \$_____ payment for ___ tickets
 One Way Round Trip

Please charge my:
 VISA MasterCard Discover

in the amount of \$_____

Card # _____ - _____ - _____ - _____ Exp. ____/____/____

Name on Card _____

Cardholder Signature _____

Name of Camper: _____ DOB: _____

Riding bus to camp from (city) _____ On ____/____/19

Riding bus from camp to (city) _____ On ____/____/19

In case of bus emergency, please contact: _____

Emergency Contact Phone: (_____) _____

Medical Consent Form (consent for bus only)

In the event of an accident, the camp will telephone the parent; however, in the event I cannot be reached by phone, I hereby give permission for medical attention by a physician for my child.

_____/____/19

Signature of Parent or Guardian _____ Date _____

Send this page along with payment to: Camp Ondessonk 3760 Ondessonk Rd. Ozark, IL 62972
 Fax: 618-695-3593
 Email: Registration@Ondessonk.com