

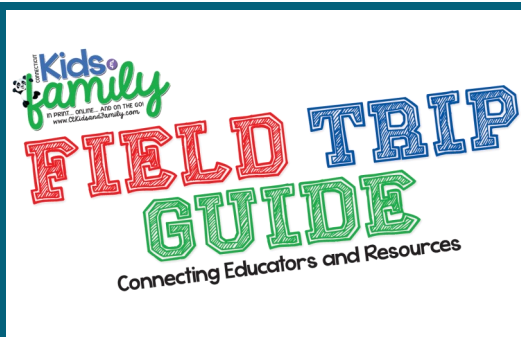


**DATE:** Saturday June 5, 2021  
**TIME:** 9:30 am - 1:00 pm  
**FORMAT:** ZOOM

## 2021 CAMP COLLEGE SCHEDULE

	ROOM 1	ROOM 2	ROOM 3	ROOM 4	ROOM 5
9:00 - 9:30 AM	EVENT KICK-OFF & MORNING CHALLENGE				
9:35 - 10:05 AM	DIY STEM: Engineer New Ways to Engage in STEM	Yoga & Mindfulness	Turning a Day Hike Into an Experience	What's Camp Without Some Drama	Your Words Make All the Difference
10:10 - 10:40 AM	DIY STEM: Engineer New Ways to Engage in STEM	Yoga & Mindfulness	Turning a Day Hike Into an Experience	What's Camp Without Some Drama	Your Words Make All the Difference
10:45 - 11:15 AM	LUNCH & LEARN / MID-DAY CHALLENGE				
11:20 - 11:50 AM	Dollar Store Duel: Developing Camp Programming on the Fly	Retrain Your Brain & Add Gratitude to Your Attitude	Camp Outside: Engaging Outdoor Activities for All Campers	Arts in Motion	Managing Risks at Summer Camp
11:55 AM - 12:25 PM	Dollar Store Duel: Developing Camp Programming on the Fly	Retrain Your Brain & Add Gratitude to Your Attitude	Camp Outside: Engaging Outdoor Activities for All Campers	Arts in Motion	Managing Risks at Summer Camp
12:30 - 1:00 PM	AFTERNOON CHALLENGE / WRAP-UP				

**THANK YOU  
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**9:00 - 9:30 am**

**Event Kick-Off & Morning Challenge**

**Presented By:** EMPOWER Leadership

**9:35 - 10:05 am**

**AND**

**10:10 - 10:40 am**

**DIY STEM:**

**Engineer New Ways to Engage in STEM**

**Presenters:** Andrew Fotta, *CT Science Center*

**Location:** Room 1

Looking to add innovative and fun educational programs to your camps this summer? You're in luck! The Connecticut Science Center's experienced team of trainers have partnered with CRPA to offer Camp College participants DIY STEM activities using easy-to-acquire materials. Delve into learning how to do these activities and demystify the engineering process for your campers this summer!

**Suggested Materials:** Small lightweight stuffed animal, tape, 2-3 heavy books, index cards or playing cards, and other optional building materials (plastic cups, cardboard boxes, construction paper, etc.)

**Yoga and Mindfulness**

**Presenters:** Lauren Bent, *RYT 500*

**Location:** Room 2

Reduce stress for yourself and your campers with this proactive approach to mental health and mindfulness. Learn how to incorporate meditation activities (not just sitting in silence!), intentions, and the physical practice of yoga into summer programming.

**Turning a Day Hike into an Experience**

**Presenters:** Russ Miller, *CT DEEP Meigs Point Nature Center*

**Location:** Room 3

Leading a successful day hike requires many skills: looking out for unseen hazards, maintaining your timing and keeping an eye out for teachable moments, just to name a few! Whether you already lead hikes or are interested in getting started, we will go over the principles of a good day hike. Participants will leave with the ability to lead a safe hike over all types of terrain and the knowledge to give children a memorable outdoor experience.

**What's Camp Without a Little Drama**

**Presenters:** Logan Gauvin, *Rocky Hill Parks & Recreation*

**Location:** Room 4

Let's be clear right from the start... this session isn't about the drama that unfolds when you get hit with a water balloon unexpectedly at camp - that's just hilarious! Camps are filled with so many activities ranging from intense games of dodgeball to building the most epic paper airplane of all time to only see it fly 2 feet in arts and crafts. But this session is focused on incorporating a

different segment into your camp, drama and music activities! In this highly interactive session, you will learn how to facilitate drama/music games for all ages and abilities and discuss the values and importance of incorporating these activities into your camps.

**Your Words Make All the Difference**

**Presenters:** AnneMarie Cox, *Granby Youth Services*

**Location:** Room 5

The frequency of mental health related issues among camp-aged children is a growing concern. As counselors who have daily contact with campers, it is important to understand the appropriate way to respond in the event a child discloses suicidal thoughts. This training will cover what to do and say if this situation occurs and the next steps to take in order to transition the camper to a more qualified individual with QPR training who can refer them for additional help. Participants will be given guidelines on how to respond and will discuss sample responses and role-play in order to practice using these skills and brainstorm the best way to react in specific situations. Note: this training will be offered by a Granby Youth Services Bureau counselor who is a licensed professional counselor associate, a board-certified school psychologist, and a certified QPR trainer.

**10:45 - 11:15 am**

**Lunch & Learn / Mid-Day Challenge**

**Presented By:** Southern CT State University  
Lunch & Learn with Department of Recreation, Tourism, and Sport Management at SCSU:

Do you love camp? The outdoors? Helping people? Improving health and wellness, and quality of life in your community? A degree and career in Recreation might be the perfect fit for you! Stay the entire time or drop-in during your lunch break to learn more about the degree Recreation & Leisure Studies at SCSU and career opportunities in this field!

**11:20 - 11:50 am**

**AND**

**11:55 am - 12:25 pm**

**Dollar Store Duel: Developing Camp Programming On the Fly**

**Presenters:** Samantha Charette, *East Windsor Parks & Recreation*

**Location:** Room 1

Camp counselors are always adapting to ever changing situations such as deteriorating weather conditions or a change in location. Adapting and programming on the fly can be a challenge, but creating fun, engaging activities in these circumstances doesn't have to require expensive items. During this interactive session, we will work in groups with dollar store materials to develop new, creative, and inexpensive activities to bring back to your camp for the summer!

**Retrain Your Brain & Add Gratitude to Your Attitude**

**Presenters:** MaryJo Archambault, *Southern CT State University*

**Location:** Room 2

This has been a rough year to say the least! Both campers and counselors may be coming to camp with more stress, anxiety, and negative feelings. This session will provide different techniques, strategies, and even programming ideas to counter negative emotions. We will also discuss different "gratitude" activities that can be incorporated into camp programming to encourage positive thinking.

**Camp Outside: Engaging Outdoor Activities for All Campers**

**Presenters:** Joseph Milone, *Southern CT State University*

**Location:** Room 3

The "woods" don't have to be scary places. They are perfect for adventure, appreciation, and analysis. Now more than ever it is important for youth (and camp staff!) to get outside and connect with their local natural environment. This workshop will explore the benefits of nature-based outdoor recreation, and a variety activities and ideas for campers and staff of all ages. In addition, participants will learn tips and tricks to make everyone feel comfortable while exploring their local park, green space, or trail.

**Arts in Motion**

**Presenters:** Lexi Polasek, *Canton Parks & Recreation*

**Location:** Room 4

Your campers finished an activity early, now what do you do? An unexpected change in weather keeps you inside, how do you keep your campers busy? You have to be able to quickly improvise and adapt in these situations and art is the perfect go-to! In this session camp staff will learn simple craft techniques with minimal supplies required to help keep campers engaged in unexpected situations.

**Managing Risks at Summer Camp**

**Presenters:** Lee deLisle, *Southern CT State University*

**Location:** Room 5

Having good risk management practices at camp can help to produce a positive camp experience for both campers and counselors. Risk management strategies are important to support camper and staff safety, protect property, and maintain a safe camp environment. This interactive session will discuss some basic principles of risk management so that everyone is a risk manager and staff come away with the confidence to make decisions related to risk in the camp setting. Special attention will be given to identifying and assessing the unique situations regarding risk management that arise in summer camps.

**12:30 - 1:00 pm**

**Camp Challenge & Event Wrap-Up**

**Presented By:** Campardy

# 2021 CAMP COLLEGE REGISTRATION

Registration fee is \$15 per person beginning 5/17/21 regardless of CRPA membership affiliation.

Organization: \_\_\_\_\_ Staff Leader: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

## ATTENDEES:

Please provide names of all registrants below:

*\*if registering more than 20 people, please use additional forms*

MEMBER DEPARTMENTS BEFORE 5/17/21	NON MEMBER DEPARTMENTS BEFORE 5/17/21	5/17/21 & AFTER
\$10/person	\$15/person	\$15/person

1.	11.	
2.	12.	
3.	13.	
4.	14.	
5.	15.	
6.	16.	
7.	17.	
8.	18.	
9.	19.	
10.	20.	
<b>TOTAL:</b>		\$

## PAYMENT OPTIONS:

**Check** (payable to: "CRPA," 135 Day St., 2nd Floor, 2H, Newington, CT 06111)  **Invoice**  **Credit Card**

**PLEASE NOTE:** Payment must be received by **6/4/21** in order to have access to the Zoom Meeting. **Zoom meeting access information will NOT be provided unless payment is received.**

### CANCELLATION & REFUND POLICY:

There will be no refunds for cancellations after **5/23/21**. Cancellations must be received in writing via email to [info@crpa.com](mailto:info@crpa.com) or [val@crpa.com](mailto:val@crpa.com). Registrants that do not participate in the meeting without cancelling prior to this date will be billed the **full amount**.