

2024 4-H Camper

Orientation



Introductions

Ryan Farley

Woodford County Extension Agent
for 4-H Youth Development

Introductions

Marie Grimes

Extension Staff Assistant

Jimmy Chambers

4-H Council Treasurer

Introductions

Counselors

1st year campers

14 year old campers

Junior counselors in training (JCIT's)

Parents/guardians who went to camp



4-H 101



What is 4-H?

University of Kentucky
Cooperative Extension Service
Positive Youth Development
7 Core Content Areas

Goals of 4-H Camp

Have fun!

Master new skills

Gain independence

Make new friends

Dates and Details

- Departing for 4-H Camp – Monday, July 15th
 - Woodford County Middle School
 - Doors open at 8am
- Return from 4-H Camp – Friday, July 19th
 - Woodford County Middle School
 - Estimated time of return: 12:00pm

Arrival Process

Step 1 - Check-in inside Middle School

Step 2 - Head Lice Check with WCHD

Step 3 - Drop off luggage at luggage drop-off point

Step 4 - Drop off medication

Step 5 - Gather in gym by cabins



Woodford County Middle School

**Counselors Park Here/
Campers Park Here**

Start Here

Don't Park Here

Bus entrance

Campers Park Here

Falling Springs Bike Path

Camp Tour















Schedule Review

Monday:

- Lunch
- Free Swim/Bear Hunt
by Teams
- Snack
- Flag Lowering
- Dinner
- Carnival
- Sally-Down-the-Alley
- Reflections

Schedule Review

Tuesday:

- Breakfast

- Classes

- Lunch

- Free Swim/Cabin

Activity Time

- Dinner

- Field Games

- Sally-Down-the-Alley

- Reflections

Schedule Review

Wednesday:

- Breakfast

- Classes

- Lunch

- Free Swim/Cabin

Activity Time

- Dinner

- Mega Relay

- Sally-Down-the-Alley

- Reflections

Schedule Review

Thursday:

- Sleep in!
- Brunch
- Free Swim/Cabin
- Activity Time
- Heavy Snack
- Water Olympics
- Dinner
- Reward Night
- Sally-Down-the-Alley
- Reflections

Schedule Review

Friday:

- Pack-up/Move out
- Breakfast
- Awards
- Head Home

Camp General Info

Sirens

Teams

Packing List

Packing

- PARENTS – PLEASE PACK WITH YOUR CAMPER SO THEY KNOW WHAT THEY HAVE BROUGHT
- Totes are great to pack in – just make sure they can be carried by the camper
- Pack bedding in a trash bag (double layer in case one rips) and pack two for the return home as well.
- Pack daily outfits in ziplocks. Easy to keep dirty clothes separate at the end of the day!
- Pack shampoo, conditioner, sunscreen, etc. in ziplock in case it leaks in your bag!
- Pack shower caddy, plastic ice cream tub, or ziplock to take toiletries to and from shower!
- LABEL EVERYTHING!

Menu

ARRIVAL DAY

LUNCH: Pizza, Cheese Bread, Pasta Salad, Corn, Peaches, Brownie

DINNER: Hamburger, Cheese, Fresh Toppings, French Fries, Baked Beans, Dessert Cup

Special Diet: (PB= plant-based; GF= gluten-free)
Lunch- GF Pizza, GF brownie/cookie; Cheese pizza

Dinner- PB burger; GF bun; GF tater tots

DAY 2

BREAKFAST: Tortilla, scrambled eggs, bacon, home fries, salsa

LUNCH: Chicken patty, fresh toppings, carrots w/ ranch, mac n cheese, orange slices

DINNER: Hot dog, chili, tots, coleslaw, pineapple

Special Diet: Breakfast- PB sausage; GF tortilla; GF cereals

Lunch- PB patty; GF bun; GF mac

Dinner- PB hotdog; GF bun

DAY 3

BREAKFAST: Biscuit & gravy, scrambled eggs, sausage, hash rounds

LUNCH: Turkey/ham subs, cheese, fresh toppings, sun chips, jell-o

DINNER: Chicken fajita taco, fresh toppings, black beans, queso, corn chips & salsa, dessert cup

Special Diet: Breakfast- PB sausage; GF cereals

Lunch- GF bun; vegetarian grilled cheese

Dinner- PB chicken; GF tortilla

DAY 4

BREAKFAST: French toast sticks, scrambled eggs, bacon, baked apples

LUNCH: Chicken nuggets, mashed potatoes, green beans, roll, cake

DINNER: Chicken alfredo, garlic bread, mixed veggies, grapes, strawberry short-cake

Special Diet: Breakfast- PB sausage; GF cereal

Lunch- PB chicken; GF chicken; GF roll; GF cake

Dinner- PB lasagna, GF chicken alfredo; GF garlic bread; GF cake

DEPARTURE DAY

BREAKFAST: Cheese omelet, sausage link, cinnamon roll, icing cup

LUNCH (if applicable): Meatball subs, curly fries & cheese, fruit cocktail, brownie

Special Diet: Breakfast- PB sausage; GF cereals

Lunch- PB meatballs; GF bun; GF tater tots

BRUNCH

Chicken, French toast sticks, scrambled eggs, sausage, hash rounds, biscuit & gravy

Review Handouts

Code of Conduct

Head Lice Policy

Medication

Country Store Prices

Technology Policy

Dietary Accommodations



Last Minute

Reminders

Counselors Needed

Balance due by July 2nd