



NEW LIFE CAMP • RALEIGH, NC

SUMMER CAMP

Parent Handbook



NLC
NEW LIFE CAMP

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Welcome to Summer Camp!

Dear Parents,

New Life Camp exists to love, accept and introduce children and their families to Jesus Christ and equip them to live lives that glorify God. We strive to be a location where children and their families are accepted and exposed to the love of Jesus while experiencing adventure, exhilaration, equipping, and belonging.

We are so honored that you have chosen to send your child to New Life Camp this week. We are going to take great care of your child spiritually, physically, mentally, socially, and emotionally. We hope that your child has the time of their life and makes memories that they will never forget. More importantly, we pray that your child will experience the love of God through our fine staff.

New Life Camp has enjoyed being a place where kids can unplug and get away from the noise. That's just what we want to do this year.

This handbook will inform you of everything you need to know for this week, whether your child is a day camper, an overnight camper, or an A.C.E. camper. We hope that you will turn to it daily to:

- Meal menus for overnight camp and how to register for special dietary meals.
- See what your child is doing and learning during this week.
- Receive reassurance that your child is in good hands.

Be sure to also check our [Frequently Asked Questions](#) section on our website.

We hope that this handbook is helpful to you and that you have a wonderful week, too. Again, thank you for choosing New Life Camp.

Aaron Miller
Director of Programs

New Life Camp Accreditation, Certification, and Achievement



We are accredited by the American Camping Association (ACA). ACA Accreditation means that we care enough to undergo a thorough peer review of our operation — from staff qualifications and training to emergency management. ACA collaborates with experts from the American Academy of Pediatrics, the American Red Cross, and other youth-serving agencies to assure that our current practices reflect the most up-to-date, research-based standards in camp operation. We comply with 300 health, safety, and program quality standards.

[Click here for more details on ACA accreditation.](#)



Our staff are trained and certified by the American Red Cross in CPR, First Aid, and AED operation. The American Red Cross First Aid/CPR/AED course incorporates the latest science and teaches students to recognize and care for a variety of first aid emergencies such as burns, cuts, scrapes, sudden illnesses, head, neck, back injuries, heat and cold emergencies and how to respond to breathing and cardiac emergencies for victims.

[Click here for more details from the American Red Cross.](#)



Our staff are certified by CampSafe, an innovative eLearn program designed to protect campers and staff from child sexual abuse. CampSafe training was created by KidSafe Foundation, a leading non-profit in the field of sexual abuse prevention, along with input from veteran camp directors.

[Click here for more details about CampSafe.](#)



New Life Camp has been awarded Best Camp by voters participating in the WRAL.com Voter's Choices Awards five times (2018-2020, 2022-2023).

Policies to Keep Your Children Safe

Supervision

Counselors will be given a clipboard with their campers' information on it that will be in the possession of a counselor at all times. Counselors will use their clipboards to track where their campers are at all times. If a camper is not with their counselor, they must be with another staff member. Counselors have almost no other job except to keep track of their campers.

Emergency Procedures

The staff have been trained in the following procedures that have been constructed specifically for New Life Camp:

- Active Shooter
- Fire and Evacuation
- Medical Emergency
- Missing Camper
- Visitor of Questionable Intent

Weather Policies

A full-time staff member on duty will periodically monitor weather conditions and forecasts. We also receive weather alerts for any watches or warnings.

In the case of excessive heat or poor air quality, the full-time staff will notify the summer staff via walkies or announcement of the current conditions. The staff are then trained to watch for heat exhaustion and make sure that the campers are drinking plenty of water and staying out of direct sunlight (except for in the water).

In the case of thunderstorms, the full-time staff will notify the staff and campers to take shelter in a specific location if time allows or to seek the closest shelter available. Staff will do head counts to account for every camper. Every camper will remain under shelter until the threat has abated. All water events will be canceled or postponed for 30 minutes after the last distinct clap of thunder.

In the case of a hurricane or tornado, the full-time staff will notify the staff and campers to take shelter in Johnson Gymnasium. Staff will do head counts to account for every camper.

First Aid Policies

1. If your camper is bringing medications to camp:
 - a. All medicines must be in the **original** containers and turned in during Check-In. You will register the medications during Check-In. The Infirmary staff will keep medications locked and create a schedule so that campers receive their medications on time or as needed. Many of the medications are given at mealtimes. The evening medications are given before bed. Any other times will be arranged for them by our Infirmary staff.
 - b. If you have a controlled med, you will need to speak to the First Aid Coordinator at check in.

- c. For Overnight Camp, we do not pass out dinner medications on Sunday night. They can take it at drop off or we can give it at Bedtime.
 - d. If you would like your camper to hold on to an item, you MUST ask the Nurse on Call or First Aid Coordinator at check in. Personal care items like lotion, sunscreen, and non-prescription creams are not medications.
2. If you want our first aid staff to be able to give your camper Tylenol, Ibuprofen, Benadryl, or Tums without us having to call you first for a minor complaint, you can indicate your authorization on their online medical form.
3. If your camper has any symptoms of illness, do not send your child to camp, but please contact the main office to let us know. New Life Camp reserves the right not to admit people who pose a communicable disease risk to others.
4. Our privacy policy is that we share information with only those deemed necessary for comprehensive care.
5. There is a first-aid-certified adult on call 24 hours a day. A registered nurse will visit for a few hours each day for an Infirmary records review and any campers in need of a second opinion.
6. If your camper becomes sick or seriously injured, you will be notified and if necessary, take the camper home for recovery. You may also be asked to take your child to the doctor if it is needed. In case of an emergency, 911 will be called first.

Further Health Details

The Infirmary at New Life Camp is for continuing medication and doctor's orders of day-campers and overnight campers during their stay at camp within the limits of the staff training. It is a place for first aid and continued secondary aid as a health problem resolves. We follow the physician-reviewed procedures that include the examination of symptoms, distribution of medication, and standard first aid. There are limits. If a camper or staff member requires continued care and cannot participate in camp with their cabin or is deemed to have a potential infectious disease or needs to visit a doctor, the parent will be responsible for transport to a doctor or bringing the camper home. The camper can return to camp with a doctor's note or 24 hours with no fever and symptoms improving.

New Life Camp recognizes that the parent is a great resource. The Infirmary staff may call with questions or advice on treating your child, such as "What do you usually do when your child gets a migraine" or "What do you usually do when your camper has leg cramps?" We notify parents if the child has any visible facial injury, tooth injury, black eye, splinted finger, etc.

Sending a camper home: a camper must be sent home to recover if there is a true fever of 100.4° F or above, if there are symptoms of illness, or if there is a need of constant medical attention to assist recovery.

If the child has been playing outside, the temperature might not be a fever if it is just heat. We will allow the camper to rest in the Infirmary and provide water to drink. We will retake their temperature after 30 minutes from the water intake for a true reading. Prolonged or intense discomfort and inability to participate in camp is a signal that a home recovery is a good idea. The First Aid Coordinator will be contacted with questions.

If there is an injury requiring a doctor's visit, the parent will be advised of our opinion. If we are unsure if it requires a doctor visit but think there might be a need, we can call and let the parent decide if a doctor's visit is necessary. It is the camp policy that a parent, guardian, or emergency contact person be responsible to transport the camper to the doctor when it is not a true "911" emergency. If we struggle in locating the parent, we will notify the First-Aid-Provider's supervisor. The First-Aid-Provider is not permitted to leave camp to transport the injured camper. Campers are to be picked up at the main office in the Activities Center, where the parent must sign them out. Please bring a doctor's note if the doctor thinks the camper may return as well as any new instructions for physical limitations or any new medications.

Special Statement on Threats, Violence, and Weapons

A participant threatening to bring weapons or violence on camp property or actually doing so will be removed from camp property as quickly as possible by staff and will be suspended or dismissed from the program. Staff reserve the right to contact the authorities immediately upon learning of any threat, explicit or implicit. We owe it to all our participants, parents, and staff to provide the safest, calmest, and best learning and life environment as possible here at NLC.

We appreciate your understanding and support in this endeavor.

Camp Outcomes

At New Life Camp, it is our desire to see your child grow and learn life-skills that will help them be successful far beyond their time at camp. Listed below are our Camper Outcomes – these are goals designed specifically to benefit your camper’s spiritual, physical, mental, social, and emotional well-being. Through our programming, mealtimes, cabin structure, and activity options, it is our hope that:

1. Your camper will be exposed to the Gospel of Jesus Christ.
2. Your camper will be encouraged to seek out Christian community.
3. Your camper will be spiritually engaged.
4. Your camper will pursue spiritual growth after camp.
5. Your camper will feel loved and accepted.
6. Your camper will experience increased responsibility, a sense of accomplishment, and confidence.
7. Your camper will try new things and experience adventure.
8. Your camper will develop friendships and experience belonging.
9. Your camper will have opportunities to develop teamwork, cooperation, and problem-solving skills.
10. Your camper will grow in respect for authority.
11. Your camper will have opportunities to develop decision-making skills.
12. Your camper will enjoy being unplugged.

Both you and your child will receive an online survey following their week of camp to let us know how New Life Camp impacted your camper in these specific areas.

Camp Rules

Day Camper Rules

1. If a big person is talking, everyone in our huddle is listening without talking.
2. Keep your hands to yourself.
3. Everywhere your counselor goes, you go.
4. Use kind words.
5. You must have fun!

Overnight and A.C.E. Camper Rules

1. Areas where campers may not go without a staff member:
 - a. Any building besides their cabin
 - b. Low ropes course
 - c. Mini-golf course
 - d. Nature trail
 - e. Pool
 - f. Lake
 - g. Within 30 yards of an opposite gender's cabin.
2. Bullying and/or Fighting
 - a. There is no bullying or fighting allowed at camp.
 - b. We like to keep our speech positive. Be kind to each other.
3. Do not write on New Life Camp property or deface it in any way.
4. Do not litter. Please put recyclable materials in the proper receptacle.
5. Don't throw rocks.
6. Except for sleeping and swimming, wear shoes. Shower shoes are encouraged when showering.
7. Game and sports equipment
 - a. Put sports equipment away when finished.
 - b. Carpet balls must be thrown under handed, not side-armed or over-handed.
 - c. Do not hang on the tetherball rope or climb on the pole.
 - d. Don't hit the knuckle ball tables or ping pong tables with the paddles.
 - e. For Gaga, only use the sports utility balls.
 - f. If you're not sure how to play, read the rules near each game location.
8. Contraband
 - a. Tobacco, alcohol, e-cigarettes or vaping devices, or illegal drugs
 - b. Books or magazines with questionable material
 - c. Car keys (campers who drive themselves to camp must turn them into the main office for safekeeping)
 - d. Pets
 - e. Electronic devices for entertainment
 - f. Blades, guns, and other weapons
 - g. Music devices and instruments
 - h. Phones

- i. All other valuables should be left at home or turned into the main office for safekeeping. New Life Camp is not responsible for lost, damaged, or stolen property.
9. Camp Vehicles - Campers are not allowed to:
- a. Touch camp vehicles
 - b. Ask for a ride in a camp vehicle
 - c. Run alongside of a camp vehicle
 - d. Run in front of a camp vehicle
 - e. Chase a camp vehicle
10. Infirmary
- a. Turn in all medicine.
 - b. The Infirmary is the building with the red cross on it.
 - c. If the first aid provider is not there, locate a staff member and ask them to contact the first aid provider.
 - d. Drink lots of water.
11. Mail
- a. Mail will be brought to you by your counselor.
 - b. If your parent mails a package to you or orders a package from the [New Life Camp Online Store](#), it will be delivered to you along with the mail.
 - c. If you would like to mail something, your counselor can help with all the materials and assistance you need. Place it in the mailbox on the Staff Office porch.
12. Tabernacle
- a. Do not bring food or drink.
 - b. Do not touch the sound equipment or musical instruments.
13. Physical contact between genders is discouraged.
14. Nighttime Rules
- a. Do not walk in the dark without a flashlight.
 - b. During Get Ready for Bed, you should only be at your cabin. If you're seen anywhere else, discipline protocol will be followed.
 - c. Boys and girls going to the Infirmary should follow the appropriate dress code. You should only come to the Infirmary after evening Snack Shack if it is an emergency.
 - d. One camper to a bed.
 - e. Campers should not sleep directly on the mattress.
15. Bathroom Rules
- a. Everyone must take one shower every day. If you took one at home on Sunday, you don't have to take one here on Sunday.
 - b. One camper to a shower.
 - c. Do not run water wastefully.
 - d. Do not run in the restroom, as floors may be slippery.
 - e. Pranks in the restroom will not be tolerated.
16. You must have fun!

Summer Camp Menus

Parents must choose one of the three meal plans below for their child. If you have questions about any of these options and how to register, [please contact our Registrar](#).

Day Camp Menu

This menu is for all Day Campers and is included with the cost of registration. This is the default meal menu and requires no additional registration steps for your child. These meals may contain gluten, dairy, and meat products. Day Campers will receive lunch each day.

Monday	Lunch	Cheeseburgers / Chips / Apple Slices
Tuesday	Lunch	Chicken Nuggets / Corn / Watermelon
Wednesday	Lunch	Spaghetti / Salad / Roll
Thursday	Lunch	Chicken Alfredo/ Apple Sauce/ Roll
Friday	Lunch	Subs (choice of ham or turkey) / Chips / Grapes

Overnight Camp Menu for General Camp Population

This menu is for our general Overnight Camp population and is included with the cost of registration. This is the default meal menu and requires no additional registration steps for your child. These meals may contain gluten, dairy, and meat products.

Sunday	Supper	Hot Dogs with optional Chili and Onions / Baked Beans / Fruit
Monday	Breakfast	Scrambled Eggs / Bacon / Hash Browns / Orange Wedges
	Lunch	Cheeseburgers / Chips / Apple Slices
	Supper	Ziti / Caesar Salad / Dinner Rolls
Tuesday	Breakfast	French Toast Sticks / Bananas / Sausage Patties
	Lunch	Chicken Sandwiches / Corn / Watermelon
	Supper	Beef or Chicken Taco Salad / Spanish Rice / Black Beans
Wednesday	Breakfast	Biscuits/Sausage Patties/ Apple Slices
	Lunch	Spaghetti / Salad / Roll
	Supper	Corn Dogs / Mac & Cheese / Salad / Celebration Cake
Thursday	Breakfast	Buttermilk Pancakes / Sausage / Whole Fresh Fruit
	Lunch	Chicken Alfredo/ Apple Sauce/ Roll
	Supper	Fried Chicken / Mashed Potatoes / Green Beans / Rolls
Friday	Breakfast	Optional except for Elementary School Weeks: Krispy Kreme Donuts

	Lunch	Subs (choice of ham or turkey) / Chips/ Graper
	Supper	Marco's Pizza (choice of pepperoni, sausage, or cheese) / Carrot Sticks

*Breakfast bar daily includes bagels, cereal, and yogurt. *

Food Sensitivities Meal Menu (Gluten-Free, Dairy-Free, Vegetarian)

This menu is for those who have sensitivities specifically to gluten and/or dairy products. There are some meals in this menu with meat products, but there are vegetarian options included. This menu requires an additional registration and charge of \$40. Here is how to register:

1. [Visit your online dashboard](#) you used to register for camp.
2. Click on Update Info for your child.
3. Click on Registration.
4. Click on Sub-Programs under your child's week.
5. Check the box for Special Meals and click Save.
6. Click on Back.
7. Click on Make a Payment.
8. Proceed to pay your meal fee.

Sunday	Supper	Hot Dogs / Baked Beans / Fruit
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Monday	Breakfast	Scrambled Eggs / Hash Browns / Orange Wedges / Gluten-Free Bagels
	Lunch	Burger w/Gluten-Free Bun/ Classic Chips / Apple Slices
	Supper	Gluten-Free Ziti / Dairy-Free Ziti / Caesar Salad / Gluten-Free Dinner Rolls

Tuesday	Breakfast	Gluten-Free Waffles/ Bananas / Gluten-Free Cereal with Soy Milk / Gluten-Free Bagels
	Lunch	Grilled Chicken Nuggets / Corn/ Classic Chips / Watermelon
	Supper	Taco Salad (optional beef or chicken) / Spanish Rice / Black Beans

Wednesday	Breakfast	Scrambled Eggs / Dairy-Free Yogurt / Apple Slices / Gluten-Free Bagels
	Lunch	Gluten-Free Spaghetti & Marinara / Salad / Gluten-Free Roll
	Supper	Hot Dogs w / Gluten-Free Bun/ Dairy free/ Gluten Free Macaroni & Cheese/Gluten-Free Brownies

Thursday	Breakfast	Gluten-Free Pancakes / Whole Fresh Fruit / Gluten-Free Cereal with Soy Milk / Gluten-Free Bagels
	Lunch	Gluten-Free Spaghetti & Meatless Marinara or Turkey Sandwich on Gluten-Free Bread/ Salad/ Gluten- Free Roll
	Supper	Fried Rice / Dairy-Free Mashed Potatoes / Green Beans/ Gluten-Free Roll

Friday	Breakfast	Optional except for Elementary School Weeks: Gluten-Free Donuts / Dairy-Free Yogurt / Gluten-Free Cereal with Soy Milk / Gluten-Free Bagels
	Lunch	Sub w/Gluten-Free bread/hummus/ Grapes / Classic Chips
	Supper	Gluten-Free Cheese Pizza / Turkey Sandwiches / Carrot Sticks

Bring Your Own Meals Plan

If your child has sensitivities that neither of the above menus addresses, you will need to bring your own meals. Please make sure there are no nut products in any meal as New Life Camp is a nut-free zone. There is an additional registration and charge of \$60 for this option. Here is how to register:

1. [Visit your online dashboard](#) you used to register for camp.
2. Click on Update Info for your child.
3. Click on Registration.
4. Click on Sub-Programs under your child's week.
5. Check the box for Bringing Meals for my Camper and click Save.
6. Click on Back.
7. Click on Make a Payment.
8. Proceed to pay your meal fee.

General Daily Schedules

Day Camp General Schedules

Camp 1 (Ages 4-7)

- 8:00am – Rides In
- 9:00am – Huddle Meeting
- 9:20am – Snack Shack & Free Play
- 10:00am – Camp Activities
- 10:50am – Opening Assembly
- 11:40am – Lunch
- 12:20pm – Bible Story
- 1:00pm – Gym Games
- 1:40pm – Camp Activities
- 2:20pm – Snack Shack
- 2:50pm – Swimming
- 4:40pm – Closing Assembly
- 5:00pm – Rides Out

Camp 2 (Ages 8-10)

- 8:00am – Rides In
- 9:00am – Huddle Meeting
- 9:20am – Snack Shack & Free Play
- 10:00am – Gym Games
- 10:50am – Opening Assembly
- 11:40am – Lunch
- 12:20pm – Bible Story
- 1:00pm – Camp Activities
- 1:50pm – Swimming
- 3:10pm – Camp Activities
- 3:50pm – Snack Shack
- 4:40pm – Closing Assembly
- 5:00pm – Rides Out

Overnight Camp & A.C.E. General Schedule

- 7:10am – Get Ready for the Day
- 8:00am – Breakfast
- 9:00am – Activities
- 10:00am – Snack Shack
- 10:50am – Activities
- 11:50am – Cabin Clean Up
- 12:30pm – Lunch
- 1:30pm – Rest Time
- 2:10pm – Assembly 1
- 2:50pm – Snack Shack
- 4:00pm – Activities
- 5:00pm – Assembly 2
- 6:00pm – Supper
- 7:00pm – Activities
- 8:00pm – Snack Shack & Get Ready for Bed
- 8:30pm – A.C.E. Checkout
- 9:10pm – Review & Respond
- 9:30pm – Quiet Time
- 9:50pm – Goodnight

While at camp, your child may be able to participate in the following activities depending on their age:

- Archery
 - Campers will be instructed on proper bow-loading, shooting, and arrow retrieval techniques. We have bows designed for children ages 8 and above that are easy to pull back and hold straight. They will also be instructed in safety protocols such as wearing arm protection.
- Archery Tag
 - Campers will wear protective masks and use foam-tipped arrows designed for safe play. Before games begin, they will be instructed on rules of engagement, how to safely shoot at opponents, and what zones are off-limits for shooting. Bows are lightweight. Staff will closely supervise to ensure all safety protocols are followed. For middle and high school campers only.
- Low Ropes
 - Our low ropes course is designed to accommodate campers as young as 4 years old. There are no high elements or elements campers must jump off and the use of belay devices is not required.
- Lake/Pool Activities including a waterslide, in-water inflatable, diving board, fishing, and boats:
 - All campers will take a swim test in our 5-foot-deep, 25-meter pool on their first full day of camp to ensure they can properly swim. Campers who do not pass the swim test will be able to participate in limited areas of our pool to ensure their safety.
 - Our in-water inflatable is restricted to Overnight Campers only and requires the use of a personal flotation device (PFD).
 - All campers will be assisted by a staff member at the waterslide, fishing area, diving board, and boats.
- Mini Golf
- Riflery/Sling Shots
 - Campers will be instructed on proper loading, shooting, and target retrieval techniques for both the BB guns and sling shots. They will also be instructed in safety protocols such as wearing eye protection.

If a camper does not exhibit the ability to understand or is unwilling to listen to or follow all rules and safety protocols, they may not participate in the activity.

Helpful Things to Know

Letters and Packages to Overnight Campers

Campers love to receive letters and packages during their week of camp. **We will only accept letters and packages that are delivered through mail delivery systems (USPS, UPS, Amazon, etc.). We will not accept packages that are dropped off by parents or other individuals. We do not have the capacity to manage drop offs, and it is a security measure. Please do not ask the Main Office receptionist, counselors, or staff members to accept packages or letters.**

Here are some ways you can send your camper a package or letter during their week of camp:

- We highly recommend that you pack them with their luggage. If you are sending multiple envelopes, you can pack them in your camper's suitcase and label them when they are to be opened.

- You can send packages and/or letters through the mail, but we cannot guarantee they will arrive in time to be delivered. If you would like to send your camper a package through the mail, you can send it to:
 - Camper's Name
 - Camper's Cabin
 - C/O New Life Camp
 - 9927 Falls of Neuse Rd.
 - Raleigh, NC 27614
- Order a package through our Camp Store, and we will hand deliver it to them.
 - To order something that will be delivered to your child while they are at camp, orders must be placed between 12pm Sunday and 12pm Thursday during their week of camp.
 - When checking out of the online store, please note the name of your camper and what cabin they are in.
 - Please allow us 24 hours to process and deliver your package (no orders after 12pm on Thursdays through the remainder of the week).
 - Follow this link to the [Online Store](#).
- **As a reminder, all packages must be sent to campers in one of the ways stated above.**

Homesickness

1. Rest assured: we take home sickness very seriously. We will not let it get out of hand.
 - a. If necessary, we will call you so that together, we can plan a resolution.
 - b. In the meantime, if you haven't received a call, then your child is surviving just fine.
 - c. On rare occasions in which we feel the need to call the parent, most parents have solved the issue by making this statement to the camper: "We love you, but we're not going to come get you because we want you to finish your week."
 - d. Once the camper realizes that they're going to finish the week, they almost always make the most of it. We've even seen these same children cry on Friday when they leave the friends with whom they made so many memories.
2. We do not allow phone calls from children to home, but anytime there is a serious concern about your child, a staff member will contact you.

Keeping You Posted

Here are some of the reasons New Life Camp will call you:

1. If your camper is unusually homesick.
2. If your camper is seriously hurt (any cut requiring stitches, broken bones, torn ligaments, or concussions).
3. If your camper is sick (fever of 100.4° or more, vomiting, diarrhea, or dizziness).
4. If your camper is missing something they need.
5. If your camper exhibits significant misbehavior.
 - a. In most cases, we will simply reach out so that you can speak with your camper in order to encourage positive behavior. If the misbehavior continues/escalates, or if the misbehavior is significant enough, we will ask you to pick up your camper.

Other Programs Offered at New Life Camp

Go to <https://newlifecamp.com/programs/> to find out more about these programs and register:

- **Family Bible Lessons** – these are monthly online lessons from September-February that you can do as a family at home. Not only can you learn about the Bible together as a family, but your children ages 8-18 can earn a discount off of next year’s summer camp by completing them.
- **LEARN** – LEARN is our program for home-schooled children that supplements what parents are teaching their children at home. There are two branches: Clubs for ages 4-12 that give children a taste of learning experiences and Academics for ages 11-18 that focus more on course work in a classroom setting.
- **New Life Basketball League** – The New Life Basketball League uses the sport of basketball to love and accept players of all skill levels right where they are. Our desire is to take out the pressure found in much of youth sports and just make basketball fun. Throughout the season we will be teaching character traits that not only apply to the basketball court but to life as a whole. (Ages 7-13)
- **Saturday Night @ Camp** - Get a taste of camp by coming to SN@C. Children are divided into three groups: kindergarten, elementary, and middle school. Supper is provided for all, and each group will review the biblical theme we learned during summer camp. This also is a great opportunity for a parents’ night out. This event usually takes place on the first Saturday of the month October - April. (Ages 4-12)
- **Storm Athletics** - This is our home-school athletics program that competes against local schools and is part of the North Carolinians for Home Education Athletic Conference. We currently offer cross country, soccer, volleyball, basketball, baseball, and golf. (Ages 11-18)

Frequently Asked Questions

If you have questions that this handbook did not answer, please visit our [Frequently Asked Questions](#) section of our website.

Ready to Get Involved?

God uses so many people to make New Life Camp run. Are you interested in being one of those people?

We have all kinds of opportunities, including:

- Prayer Warriors
- Basketball Head Coaches
- Basketball Assistant Coaches
- Basketball Referees
- Basketball Score Keepers
- Basketball Team Parents
- Camp Store Volunteers
- Cleaning Opportunities
- Check-In Volunteers
- Grounds Work
- Kitchen Help
- Maintenance
- Parking Attendants
- Providing Staff Meals
- Providing Scholarships
- General Fund Financial Supporters
- Individual Staff/Missionary Financial Supporters
- Program Financial Supporters
- Special Project Financial Supporter

We use all kinds of individuals and groups including:

- Parents
- Churches
- Sunday School Classes
- Youth Groups
- Scout & Girl Scout Groups Needing Service Projects
- Individuals Needing Community Service

For more information on how God can use you here, [click here to contact us](#).

Experiencing the Week as a Parent

You love your child. You're excited for them to get away from all the distractions of this world. You're excited about how they're going to learn and grow. They're going to have a great time! BUT YOU MISS THEM LIKE CRAZY! Some parents can even start to obsess. Asking questions like, "Will my child resent me for leaving them for a week of their summer? Does his counselor remember everything I told him? What if he wants to come home?"

First, missing your child is completely normal. We would be concerned if you didn't miss your child while they are away. However, a study in *USA Today* found that there are more "child sick" parents than there are home sick children. Children need parents. There's no doubt about that. But could it be that some parents need the children more than the children need the parents?

It feels good to be needed, doesn't it? We all want to feel like we're irreplaceable. Whatever fears and thoughts go through your "child sick" mind, one thing you can count on is your child needs you, and that's not going to change. However, this is an opportunity for them to show you how much you've taught them and grow more in those areas of maturity: communicating for themselves, social skills, independence, trying new things, trust, responsibility, making good choices, and seeking out for themselves what they believe about God and spiritual matters.

Trust your job in parenting enough to give them a chance to use what you've taught them and mature it. Trust the decision you made to send them to a camp that has a great record and cares about your child and your family deeply. Finally, trust the God who gave you your child in the first place. Though you can't hover over camp like a helicopter this week, God is with you and with your child each moment of each day this week. This is going to be a great week for your child. It's ok to miss them, but just look forward to seeing them when they tell you all about the great adventure you allowed them to take.

Learn What Your Child Is Learning

Our theme for summer camp this year is **Home Improvement**. This week, we are going to learn about love, family, and how Jesus is the meaning behind both. Overnight campers will experience this theme by journeying through the story of Joseph in Genesis and the story of Jesus in the Gospels. Day Campers will experience this theme through memory verses while also learning about Creation, Israel's history post-Exodus, and the Gospel.

What Your Day Camper Is Learning

Here is the schedule of memory verses and stories for this summer.

Week A

- Memory Verse – I Corinthians 13:4 ERV - “Love is patient and kind. Love is not jealous, it does not brag, and it is not proud.”
- Stories
 - Monday – God Creates the World
 - Tuesday – God Creates Man
 - Wednesday – Adam and Eve Disobey God
 - Thursday – Cain and Abel
 - Friday – God Chooses Noah

Week B

- Memory Verse – I Corinthians 13:5 ERV - “Love is not rude, it is not selfish, and it cannot be made angry easily. Love does not remember wrongs done against it.”
- Stories
 - Monday – God Heals Israel with a Bronze Snake
 - Tuesday – Rahab's Help
 - Wednesday – Jericho Falls
 - Thursday – Israel & Ai
 - Friday – God Calls Gideon

Week C

- Memory Verse – I Corinthians 13:6 ERV - “Love is never happy when others do wrong, but it is always happy with the truth.”
- Stories
 - Monday – Gideon's Victory
 - Tuesday – God Gives Samson Strength
 - Wednesday – Samson Loses His Strength
 - Thursday – Ruth
 - Friday – God Hears Hannah's Prayers

Week D

- Memory Verse – I Corinthians 13:7 ERV - “Love never gives up on people. It never stops trusting, never loses hope, and never quits.”
- Stories
 - Monday – God Calls Little Samuel
 - Tuesday – The God of Israel Cannot Be Captured
 - Wednesday – Israel Demands a King
 - Thursday – Saul Disobeys the Lord
 - Friday – God Chooses a New King

Week E

- Memory Verse – Proverbs 15:1 ERV- “A gentle answer makes anger disappear, but a rough answer makes it grow.”
- Stories
 - Monday – David and Goliath
 - Tuesday – The Ark of God
 - Wednesday – David the Psalmist
 - Thursday – Solomon and the Temple of God
 - Friday – The Kingdom is Divided

Week F

- Memory Verse – Colossians 3:20 – ERV - “Children, obey your parents in everything. This pleases the Lord.”
- Stories
 - Monday – God Provides for Elijah in Miraculous Ways
 - Tuesday – Elijah & the Prophets of Baal
 - Wednesday – Elijah is Taken Up to Heaven
 - Thursday – Elisha’s Ministry
 - Friday – Naaman is Cured

Week G

- Memory Verse – Ephesians 4:32 – ERV - Be kind and loving to each other. Forgive each other the same as God forgave you through Christ.
- Stories
 - Monday – The Fall of Israel
 - Tuesday – Good King, Bad King
 - Wednesday – Jonah & Nineveh
 - Thursday – Josiah, the Eight-Year-Old King
 - Friday – The Fall of Jerusalem

Week H

- Memory Verse – Philippians 2:4 – ERV - “Don’t be interested only in your own life, but care about the lives of others too.”

- Stories
 - Monday – Nebuchadnezzar’s Dream
 - Tuesday – Four Men in the Furnace
 - Wednesday – The Glory Belongs to God Alone
 - Thursday – Daniel in the Lion’s Den
 - Friday – The Exiles Return

Week I

- Memory Verse – James 1:19 – ERV - “My dear brothers and sisters, always be more willing to listen than to speak. Keep control of your anger.”
- Stories
 - Monday – The Temple is Completed
 - Tuesday – The Birth of Jesus
 - Wednesday – The Death of Christ
 - Thursday – The Resurrection
 - Friday – At the Throne Worshiping

What Your Overnight & A.C.E. Camper Is Learning

Theme Verses

These are the verses your children will memorize throughout the week:

1 Corinthians 13: 4-8a (CSB)

⁴ Love is patient, love is kind. Love does not envy, is not boastful, is not arrogant, ⁵ is not rude, is not self-seeking, is not irritable, and does not keep a record of wrongs. ⁶ Love finds no joy in unrighteousness but rejoices in the truth. ⁷ It bears all things, believes all things, hopes all things, endures all things. ⁸ Love never ends.

- Read Deuteronomy 11:18-19- *“You shall therefore lay up these words of mine in your heart and in your soul, and you shall bind them as a sign on your hand, and they shall be as frontlets between your eyes. You shall teach them to your children, talking of them when you are sitting in your house, and when you are walking by the way, and when you lie down, and when you rise.*
- Do we realize that as parents, we are responsible for our children’s spiritual education?
 - It is not the church’s responsibility.
 - It is not New Life Camp’s responsibility.
 - It is not your child’s school’s responsibility.
 - It is certainly not our media’s responsibility.
- How are we going to up our game in this responsibility?
 - What are some opportunities we have missed in starting spiritual conversations?
 - While we’re playing with our children?
 - While we’re in the car?
 - Before bed?
 - While we’re getting ready for the day?
 - How have we established our home as a place of prayer?

- o How are we going to teach our children about the Bible?
- o What about family devotions?
 - Life is hard – not having family devotions every night is not an excuse for not having them at all.
 - If you can have a time discussing God’s Word and praying together 3 times a week, we would call that a success.
 - If you have children of different age groups, you might consider meeting with age groups separately on different nights and then meeting as a family once a week to discuss what everyone is learning in their time with the Lord.
 - Don’t be discouraged by mediocrity. Occasionally, you will have deep conversation about the truth of Scripture, but more often you are bound to be interrupted by crying, arguing, or passed gas. Just keep going. The important thing is that our children know that God’s Word and prayer are an integral part of our family.
 - Dads, we can be especially intimidated by family devotions. “How can I lead my wife and children in devotions when they are the ones who know best how I’ve failed?” Read the Old Testament lately? You are exactly the kind of person that God uses to lead His people. Be humble, be a great listener, but lead your family. It could be the most respect you’ll ever garner is apologizing to your wife before the start of family devotions. Now that’s leadership!
- o How have we used discipline as an opportunity to teach our children about their own propensity to sin?
- o How have we taught them to be on guard against their own selfishness?
- o How have we helped them memorize Scripture?
- o How have we put them in safe but uncomfortable positions to grow their faith and dependence on God?
- o Are we giving them weekly community through the local church?
- o Have we asked them age appropriate questions that they haven’t thought to ask?
 - How do we know there’s a God?
 - How do we know what God wants us to do?
 - What does God think of us?

Monday

- Read 1 Timothy 5:8 - *But if anyone does not provide for his relatives, and especially for members of his household, he has denied the faith and is worse than an unbeliever.*
- Have you ever thought you needed something, then found out you didn’t?
- Could that be true for our desires for our children – things we think they need but they don’t?
- Maybe you’ve even said, “I want my children to have what I didn’t,” not realizing that God used the things that you didn’t have to shape you into who you are.
- Here are a few things we believe our children desperately need.
 - o They need Jesus.
 - They need to know the Gospel well enough to be able to decide to follow Jesus.
 - Every way that we can demonstrate to them how Jesus feels about them is a win.

- o They need our time and attention.
 - Eat meals together whenever possible.
 - Weekly set aside times for each of your children to have your undivided attention.
 - Do what they love with them. We can't be everywhere. If you get to the point where you cannot make any of your daughter's dance recitals for example, maybe you're doing too many activities. Have each child choose maybe one activity for this period, and then you be engaged with that one activity.
 - o They need our affection. One of the greatest ways that we can teach our children about His love for them is pouring out our affection on them.
 - Tell them every single day that you love them.
 - Pick special ways to show them that you love them.
 - Ask them what little things that you do that make them feel loved? Then make that happen regularly.
 - o They need our discipline. Sometimes in the name of love, we strive to be our children's best friend. God called us to love them, but He also called us to guide them. Discipline leads to...
 - An understanding of God's authority and the consequences of sin.
 - An understanding of their need for a Savior.
 - Self-control
 - Responsibility
 - Confidence
 - o They need security.
 - Make sure they know that they can confide in you. We may not approve of everything they do, and we may not be able to wipe away all consequences for them, but we will always be willing to walk through it with them.
 - If you are married, love your spouse well in front of your children. This is one of the biggest ways we can make our children feel emotionally secure. This, as most other things, cannot be done well outside of God's help.
 - Make your home a safe place. This world is a hard place to navigate as an adult, much less as a child. Make your home a refuge for them to be loved, renewed, encouraged, and sent back into the game.
- In which of these areas are you excelling?
 - In which of these would you like to see God do a work?
 - Would you commit to pray accordingly?

Tuesday

Read Romans 10:13-15: *For "everyone who calls on the name of the Lord will be saved." How then will they call on him in whom they have not believed? And how are they to believe in him of whom they have never heard? And how are they to hear without someone preaching? And how are they to preach unless they are sent? As it is written, "How beautiful are the feet of those who preach the good news!"*

- What is our job as parents? Better question – what is the goal?
 - o Sometimes my goal is simply to get through the day.
 - o Some of us have the goal of giving our children the best shot at the American Dream.

- o Some of us have lesser expectations based on behavior.
 - If I can get my child to behave at home, that will be a success.
 - If I can get my child to behave in public, that will be a win.
 - If I can get my child to behave when I'm not around, then I'll have accomplished something.
 - If my child grows up and behaves like a good citizen, I will count myself successful.
- o If we want to know what our expectations should be, what the goal is, what success looks like, maybe we should consult with the One who gave us the job in the first place.
- We believe that our most important jobs as parents are to:
 - o Give our children every opportunity to understand the Gospel that Jesus Christ came to die in his/her place and rise again from the dead.
 - o Give our children every opportunity to know that Jesus Christ is the way, the truth and the life.
 - The way to have a right relationship with God the Father.
 - The source of absolute truth.
 - The abundant life of substance beyond our imagination.
 - o Protect our children from distractions so that they can hear Jesus calling him/her to follow Him.
 - o Encourage our child to answer that call affirmatively.
 - o Walk daily with Christ ourselves in such a way to make the Gospel even more attractive to our children.
 - o If and when our children do answer the call to follow Jesus, we need to disciple our children.
 - Help them develop a love for God's Word.
 - Help them develop a need for prayer.
 - Help them develop a love for the community of God's people.
 - Help them develop a passion for serving people.
- When it comes to your children, what is your vision of success?
- Is the success you envision eternal?

Wednesday

- Read 2 Corinthians 12:9 - *But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me.*
- Maybe this week you're realizing that you are not living up to your own expectations.
 - o Do you regret things you have said to your children?
 - o Do you wish you would have made more time this past year to spend with them?
 - o Have you been too hard on them? Have you not been hard enough on them?
 - o Is there a specific situation that you know without a doubt if you had it to do over, you would have made the opposite decision?
 - o Our answer to all these questions is YES!
- Our verse today reminds us that God can redeem our mistakes.
- Children are resilient, and many times they are readier to forgive us than we are to forgive ourselves.
- God's grace and power will overcome. Daily put your children in God's hands to work in their lives through you and sometimes in spite of you.

- God wants to bless us by using us in your children’s lives, but He is not depending on us. For some of us that is a punch to our ego, but it is meant to be such a relief. He loves our children more than we do, and He has more power to change their lives than we do.
- Be humble – There are times when you’ll need to say, “I’m not 100% sure this is the right decision, but after prayer, I am making the best decision I can, and I’m putting it in God’s hands. If it is the wrong decision, I am responsible for the consequences, not you.”
- Be apologetic – Be quick to recognize your mistakes. This is counter-intuitive as we want to hide our short-comings from our children. However, regular apologies will help our children so much in following our leadership. They know that if we slip up, we will own it.
- Bring your weaknesses to Jesus in prayer and find rest in His power.
- Enjoy the peace of allowing Jesus to bring restoration to your family. When we bring our weakness into the light, Jesus covers it with His power.

Thursday

- Read 1 Corinthians 3:7: *So neither he who plants nor he who waters is anything, but only God who gives the growth.*
- We may be able to change our children’s behavior, but we cannot change their heart.
 - Does this stress you out?
 - Does this relieve you of pressure?
- As we talked about earlier this week, our job is to create the perfect environment for God to work in our children’s hearts.
- However, we cannot change their hearts ourselves no matter how hard we try.
- We have so many tools at our disposal to help us navigate the parenting world, but no method, no book, no podcast can help us do the work of the Holy Spirit!
- Our children are sinners in need of Jesus to rescue them from themselves.
- This can be incredibly agonizing when we see our children developing hard hearts.
 - It should make us desperate in our prayer lives.
 - It should make us desperate to make our home a fertile place for the Gospel.
 - But it should not pressure us into thinking that it’s all on us.
- We cannot decide for our children to follow Christ. They must do it for themselves.
 - Stay the course. Love them well. Use discipline to teach the Gospel. Then place them in God’s hands. Don’t lose heart. We serve a powerful God!

Friday

- Read Psalm 127:3-4 - *Behold, children are a heritage from the LORD, the fruit of the womb a reward. Like arrows in the hand of a warrior are the children of one's youth.*
- Notice these verses don’t say that children are like arrows in the hand of a collector. Children are like arrows in the hand of a warrior. Warriors don’t hold on to their arrows. They launch them.
- God gave us this role as parents, but our role will change from protector to warrior. What are we doing to prepare our children to be launched?

- First, we must realize that they're not really ours. They are God's. He has placed them in our protection for a time.
 - They are not to be used to bring ourselves pleasure.
 - They are not to be used to boost our own self-esteem.
 - They are not to be molded in our image.
 - They are to be used of God to bring Him fame and glory.
- We are just tasked now with loving them and giving them the tools they need to make God famous in a world that desperately needs Him above all else.
- Do you realize that you are holding them too tightly?
- Do you see any hint of selfishness in your parenting?
- Do we trust God enough to allow Him to call them wherever He wants?
- If our children decide to do whatever God tells them to do and go wherever He tells them to go, will we be an obstacle, or will we be their biggest cheerleaders?
- **We at New Life Camp pray for you regularly.**
 - We pray for the Gospel to impact your life and the lives of your family.
 - We pray for you to be immersed in God's Word and the wisdom and peace it brings.
 - We pray that God would use you greatly in your children's lives.
 - We pray that God uses New Life Camp to bless you in your great cause of parenting!

Resources for You

1. New Life Camp has no desire to take the place of parents. We do, however, aspire to be one of the best partners a family could have.
2. Here are some resources that we have found helpful.
 - a. *Equipping for Life: A Guide for New, Aspiring, & Struggling Parents* – by Andreas and Margaret Köstenberger
 - b. *Shepherding a Child's Heart* by Tedd Tripp
 - c. *The New Dare to Discipline* by James C. Dobson
 - d. *Parenting Isn't for Cowards* by James C. Dobson
 - e. *Age of Opportunity* by Tedd Tripp
 - f. *The Jesus Storybook Bible* by Sally Lloyd-Jones
 - g. *Long Story Short* by Marty Machowski
 - h. *Old Story New* by Marty Machowski
 - i. *The Gospel Story Bible* by Marty Machowski
 - j. BibleProject – www.bibleproject.com
 - k. The Risen Motherhood Podcast
 - l. Desiring God's Twelve Tips for Parenting in the Digital Age - <https://www.desiringgod.org/articles/twelve-tips-for-parenting-in-the-digital-age>

We Value Your Feedback!

We would like your feedback on how to serve you better. You will receive a quick survey by email at the end of the week to help us in this regard. We would be so grateful if you would take the time to give us your thoughts. If we can do anything in the future to be of service to your family, never hesitate to ask. We will do all we can.