



American Dance Training Camp

The ULTIMATE Overnight Dance Camp!

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SECTION 5

CARING FOR YOURSELF & EACH OTHER



AWAY FROM HOME

Many first time campers worry that they might miss home while they are at camp. They worry that this might get in the way of enjoying camp. The fact is, many campers miss home while they are at camp, even experienced campers, no matter what their age! The trick is to know how to overcome the feeling so it does not overwhelm you. Here are some tips you can use at camp to help you have a great time...

- Camp will be fun if you immerse yourself in the activities and keep busy. Camp is a place to try new things and make new friends.
- Everyone has good days and bad days; be sure to tell your counselors if you are feeling "blue" - they can help you!
- Don't worry about making friends; most times, all you have to do is be nice to others and they will be nice, too.
- If you are feeling nervous or anxious, a great way to make friends is by asking questions and being a good listener!
- Missing home means there's something special at home that you love, and that's a good thing! Write home and tell them about camp!
- Set a goal of making it to the end of the session -- before you know it, you will be back at home, and you will probably find yourself missing camp!

Remember, there are so many exciting things to do at camp that you can't do at home! Camp is a great time to be "on your own", making your own decisions, and doing new things in a friendly, supportive atmosphere. Generally, as each day passes, you'll find you're feeling more comfortable about being at camp. You'll discover that not only are you capable of surviving without your parents on your own in a new environment, but that you can have a great time doing it, too!

TIPS FOR GOOD HEALTH

- The Health Care Manager is always on-call and available to help in emergencies.
- There are many things a camper can do to help ensure they remain healthy. The following list contains some good preventative measures:
 - Change clothes daily!
 - Dress appropriately for the weather
 - Make sure proper footwear is worn. Shoes are required; socks are recommended. Both should be dry!
 - Hands should be washed* with soap and water, or Purell sanitizer, for 15 seconds after going to the bathroom and before every meal.
 - People with runny noses should use tissues. If you need to cough or sneeze, turn away from others and cover your mouth with your arm.
 - Get proper rest. ***Siesta is important.***
 - Wear sun block and bug spray when outside.
 - Brush teeth and wash your face morning and night.
 - Shower every day. Daily swimming is not a substitute for bathing.
 - Eat healthy meals. Limit sodas and junk food. Better yet, don't eat junk at all!
 - Drink plenty of water - eight glasses a day is best
 - Always choose "safety" over "fun" when engaged in physical activities.
 - Know the special needs and limitations of the campers in your team and watch out for them.

Hand Washing is Extremely Important!

Hand washing is the single most important measure one can take to prevent illness. Many people, including adults, do not wash their hands as often or as well as needed. Hand washing is a key, often-overlooked behavior important for food safety, disease prevention, and personal health. Wash hands:

- After using the bathroom. (95% report doing so; only 68% are observed doing so.)
- After blowing your nose, sneezing, or coughing. Hand washing prevents the spread of disease.
- Before eating or handling food.
- After taking out the trash, picking up litter, or sweeping and using a dustpan.
- After engaging in outdoor land-based activities like playing sports, or petting animals.

APPROPRIATE BEHAVIOR AND DECISION-MAKING

Campers: Be prepared to talk about these issues with your teams while at camp!

As an ADTC camper – and in many camp, school or other situations - you will be faced with the need to make decisions about your behavior, your actions, and your words.

Some of the areas where you will need to make decisions based on what is "appropriate":

- What to do if another camper asks you a question about a sensitive topic
- How to respond to someone who says something you disagree with
- How to react if you disagree with the decisions of your counselors
- How to behave during meals
- How to decide if a particular "ghost story" or other story should be told to your peers

What types of things (words ... actions ... decisions) are "appropriate"?

- Things that help achieve ADTC's goals for campers
- Things that allow you to enjoy camp, while not upsetting your parents
- Things that help camp run smoothly
- Things that keep you safe and within the rules
- Things that lift other people's spirits or make them feel better about themselves

Questions you can ask yourself to help you decide what is "appropriate"

- Is the thing I am about to do safe?
- Would I say this or do this if my parents were watching me?
- Would I say this or do this in front of the Executive Director?
- Will anyone else be adversely affected or hurt by what I do or say?
- Am I breaking a camp rule? Am I breaking the law?
- Is my judgment clouded at the moment? Am I caught up in the situation?
- What are the consequences of my decision? For me, others, and for ADTC?
- Will my reaction or my response make the problem worse?
- Would I make the same decision tomorrow after thinking about it all night?
- Am I willing to take full responsibility for this decision or action?

What to do if you are not sure if something is "appropriate" or "inappropriate"

- Stop. Think. Reconsider. Stall. Count to 10. Hold your tongue. Think. Think.
- If you are still not sure, ask a counselor, dance teacher or Program Director.

HOW TO BE AN EXCELLENT MEMBER OF THE ADTC COMMUNITY

- **Be on time** to morning reflection, meals, meetings, evening programs, and other camp activities.
- **Show camp spirit** after meals, during programs, at campfires, and any time the activity calls for excitement and exuberance.
- **Demonstrate concern for your health and safety** at all times. Eat healthy meals, wear clean clothes, and wash up.
- **Set a good example** with your own personal habits, your dress, your language, and your daily lifestyle.
- **Take care of camp property and equipment.** Take service tasks seriously. Put things back where they belong. Clean up after yourself. Pick up litter. Report maintenance needs immediately.
- **Help camp run smoothly** by following the rules, offering suggestions, and carrying your weight.
- **Communicate** with your counselors and fellow campers. Remember that nothing can be done about a problem if the people who can change things don't realize that a problem exists.

- **Show respect for your peers** and work to earn other's respect. When there is an atmosphere of mutual respect and trust things will go better.
- **Contribute to the program** in your own special way. You have skills and talents that will add to camp!
- **Radiate a positive mental attitude** even when you disagree with decisions. Save controversy for settings where you can involve a staff member.
- **Make bedtime a positive and pleasant experience.** The primary activity in camper hallways and rooms after the team meeting should be sleeping.
- **Help enforce the camp Code of Conduct** at all times.
- **Above all, take care of yourself** by staying healthy, knowing your limits, and maintaining a positive attitude. Being an “excellent member of the ADTC community” includes being able to function at a high level at all times, for the duration of the session.

TECHNIQUES FOR REDUCING STRESS

- **Get organized.** Put things where they belong so you won't cause stress by looking for them.
- **Live in the present.** Try to take one day at a time. If your body is “in” the present, but your mind is in the past or future, the results can be hazardous.
- **Help others.** Looking outside yourself to other people and their problems tends to diminish your own concerns.
- **Laugh.** Laughter, from whatever source, is known to have healthful effects. Finding humor in a problem means you're on the road to solving it.
- **Let other people “do their own thing.”** Realize – in your living area, not everyone will do things your way. If you don't expect it, you won't feel the stress of disappointment.
- **Give people a break.** If you see fellow campers doing something wrong, unsafe, or unwise, help rather than condemn.
- **Monitor your frame of mind.** If that “self talk” that goes on in your head makes you begin to feel stressed, stop yourself and try to think in a positive way.
- **Treat yourself right.** That means eat healthy, exercise, get enough sleep, and take time – a little each day – for something that gives you pleasure.
- **Change your vocabulary.** Instead of calling something a problem, call it an opportunity. Turn a hassle into a challenge.
- **Practice responding calmly.** When a potentially stressful situation arises, you can choose to respond in a stressful way, or in a calm way. Remember, you control your own response.

Get Rid of Gossip and Negativism

- If you have a problem with someone or about something, be sure that you only complain or criticize to someone who can do something about it. Otherwise, you're gossiping! You can always turn to your Team Counselor for advice and to vent, too.
- When making a complaint or criticism to the right person, be specific and constructive. After both of you agree on the real problem, ask those responsible to take action within a reasonable time frame.
- ***Take ownership of the part you play in the situation. The trick to transforming a gossip-filled culture is to take responsibility for it.***