



ADTC - The ULTIMATE Overnight Dance Camp!

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## The ADTC Parent-Camper Handbook



**Parents: Please review ALL information in this handbook with your camper!**

# Table Of Contents

## Getting Ready for Camp

<b>Welcome to ADTC</b> .....	3
Setting your daughter up for a successful summer camp experience	
<b>Homesickness</b> .....	4
Sample Parent's letter to their homesick camper	
<b>Pre-Camp Checklist</b> .....	5
How to sign up for optional activities, field trips & dance electives	
ADTC Canteen account set up	
<b>ADTC health policies</b> .....	6
<b>ADTC policies regarding cell phones, the internet &amp; other technologies</b> .....	7
Cell phones & other media devices	
<b>Policies regarding keeping in touch outside of camp</b> .....	8
Keeping in touch with fellow ADTC campers	
Keeping in touch with your ADTC counselors	
Camper policies regarding cyber-bullying and harassment	
<b>Media Release</b> .....	8

## arrival/Departure, during Camp & after camp

<b>Sunday check-in procedures</b> .....	9
<b>Keeping in touch while your daughter is at camp</b>	
<b>Visitor policy</b> .....	10
<b>Friday Night Student Showcase</b>	
<b>Saturday check-out procedures</b>	
<b>Weekenders</b>	
<b>After Camp</b>	
Show DVDs	
Tipping	
Parent Surveys	

## Life At ADTC

<b>Dance Screening &amp; dance groups</b> .....	11
<b>ADTC Master Schedule</b>	
<b>Twin Tuesday &amp; Wacky Wednesday</b>	
<b>ADTC Schedule Details</b> .....	12
<b>Caring for yourself &amp; each other</b> .....	13
Away from home	
Tips for good health	
Appropriate behavior and decision-making	
How to be an excellent member of the ADTC community	14
Techniques for reducing stress	

## What ADTC is all About

<b>Raising happiness at camp</b> .....	15
<b>ADTC mission, history &amp; development</b>	
Mission statement	
Brief history of ADTC	
<b>ADTC's overall goal</b>	
ADTC goals for campers	
<b>The ADTC manifesto</b> .....	16
<b>ADTC Character Values: Our manifesto in action!</b> .....	17
The ADTC diversity initiative	
Our culture	
Camping program philosophy	

## ADTC Camp Policies

<b>Cancellation policies</b> .....	18
<b>Behavior policies</b>	
<b>Dismissal from camp</b>	
<b>A special note about bullying</b>	
<b>Safety policies</b> .....	19
<b>Common sense &amp; respect policies</b>	
<b>Emergency policies</b>	

# Getting Ready for Camp

Dear Parents,

WELCOME to a friendly, spirited, inclusive community called American Dance Training Camps! We are looking forward to your daughter's arrival. This summer, just like the past 13 summers, we will aim to provide your daughter with a multitude of fun and enriching experiences that she will treasure for a lifetime. ADTC offers girls an opportunity to grow up a little, develop new social skills, get creative, make her own choices, and best of all, "let go" and dance! We hope your daughter will leave camp with a new level of confidence in her own abilities and filled with memories that will last a lifetime.

We recognize that although your daughter is the one coming to camp, this is also a big deal for you as a parent. In this handbook you'll find information about how to minimize and handle homesickness, a list of what to pack, how to stay in touch with your daughter while she's away, check-in/out procedures and much more...all to help you and your daughter make the most of her ADTC experience!

## Setting Your Daughter up for a Successful Camp Experience

***Did you know that 70% of homesickness starts before the camper even leaves home? Help your daughter have the most fun...and the least homesickness...while at camp!***

Your daughter's upcoming session/s at American Dance Training Camps will hopefully be one of the most fun and rewarding events of her life! Over the years, we have learned a few approaches that will help her get the most out of her camp experience.

- Let your daughter know how excited you are that she is going to ADTC! Look over the camp materials together and talk about which activities she wants to try. Learn about and become familiar with camp policies and schedules (in this handbook!).
- If your daughter hasn't had much experience sleeping away from home, set up some practice times. You might send her on more sleepovers or have her spend the weekend at a relative's house (with no phone calls). If this will be your daughter's first overnight camp experience, try signing her up for a day camp program at home before coming to ADTC.
- If your daughter is nervous about coming to camp, begin preparing her emotionally for the separation from home as early as possible. Tell her it is okay to miss home and to miss her family when she is away at camp. Acknowledging and talking about negative feelings is FAR more helpful than telling her "you don't need to feel that way" or otherwise dismissing or glossing over a problem. Reassure her that you know that she will do great and that all of the other girls feel the same way, even the campers who have been to ADTC for many years get a little anxious on check-in day. Advise her to be friendly and open to trying new things.
- Make sure she knows that everyone at home wants her to have a wonderful time. Avoid comments like, "You will have fun, but I am going to miss you so much" or "I don't know what I'll do without you!". Negative and/or ambivalent statements will be interpreted by your camper as a reason to be worried. You want her to be excited instead of worrying about how much the family misses her.
- Homesickness is normal. It is part of growing up and leaving home. Speak openly about it and your daughter will experience these feelings with less anxiety and more understanding. Our staff is trained to help campers through these ups and downs.
- Share your own anxiety about your child going to sleep-away camp, if any, ONLY with other adults and NEVER with your camper or even with your other children.
- Most importantly, stay away from making early "pick up deals" with your daughter. One of the worst things that you can tell your daughter is, "If you don't like camp, then I'll come get you." This type of statement puts a big weight on a child's shoulders and typically sets her up for failure. She will be so preoccupied and overwhelmed with deciding whether or not to go home that she will never fully embrace camp.
- Discuss communication at camp. ADTC allows campers to call home on Thursday each week at a time they schedule with their parent/s during Sunday check-in. Campers can make their call home either with their personal cell phone (which they must turn in to the office during check-in, but which will be given back to them for their call-home time) or with the camp phone. Letters or postcards are also great for campers to have. Give your child stamped envelopes and postcards already addressed. Practice letter writing. The more your child writes to others, the more mail she will receive!
- Sign up for Bunk Notes (one way email and camp photo service - more info in this handbook!) &/or send letters/care packages to your child before camp begins so mail is waiting when she arrives.
- Communicate with the ADTC office. Let us know if there are special circumstances or considerations regarding your child's well being or behavior.
- Listen to and talk about any concerns. As the first day of camp nears, some children understandably experience uneasiness. Rather than acting on what you believe her feelings to be, ask good questions like: "We've been busy packing your gear. What are your thoughts about heading off to camp in a few days?" Communicate your confidence in her ability to handle being away from home and remind her about "small victories" (successes she has experienced in other situations).
- Problem solve with your daughter by using "what if" situations to prepare for unexpected events. What if you don't get along with another girl? What if you don't feel well? Let your daughter brainstorm solutions and make sure she knows the "chain of command" at camp for handling problems (i.e. campers should go to their Team Leaders first about any problems they may be experiencing in their adjustment to camp; next it's the Program Director). Assure her that ADTC staff is well-versed in handling homesickness and will support her with understanding and respect while engaging her in all of the exciting opportunities that ADTC has to offer.
- Have realistic expectations. Camp, like the rest of life, has high points and low ones. Not every moment will be filled with wonder and excitement. Encourage your daughter to have a realistic view of camp. Discuss both the ups and downs she may experience. Your daughter should not feel pressured to succeed at camp either. The main purpose of camp is to relax and have fun.
- **A special note for your young camper:** Remember that your daughter will be in charge of taking a shower and washing her hair, along with keeping up with her belongings. If she's new to this, teach her these skills before camp begins.

Homesickness

It's been 5 days since you dropped off Susie at camp. You get a letter from her saying, "I hate it here! There are bugs, I didn't get the dance group that I wanted, it's rained everyday and I miss you! All I want to do is give you a big hug. I have so much more fun at home. PLEASE COME GET ME!!!!!!! PLEASE!!!!!!!" What should you do?

First of all, breathe. Most campers (and staff members!) experience some degree of homesickness during the beginning of camp. Most letters are written during rest hour or before bed, which are times the campers tend to feel the most homesick. This feeling is *completely normal* for everyone and is not evidence of a true dislike of camp. Typically, these feelings will go away after a day or two. Usually by the time you receive these letters, she is fine.

If you do receive a homesick letter, please take a moment to write a very positive response (see example). You are welcome to send this as a Bunk Note for a speedier reply. Let your daughter know that you are confident in her ability to cope with her new adventure and remember not to tell her you miss her or cannot wait for her to come home. Validate her feelings. Share a story of a time that you felt the same way! Ask her about camp, her activities, her counselors and friends. Here is a sample of a great letter:

**SAMPLE PARENT'S LETTER TO THEIR HOMESICK CAMPER**

Dear Susie,

I just got off the phone with Ms. Charlotte from ADTC. She said that she made a promise to you that she would call me and tell me everything you told her. Ms. Charlotte did tell me you were homesick and cried because you were missing me, and that you hoped I would pick you up from camp.. My heart is very sad that you're feeling this way and I want you to know how much I love you and I will always love you.

Also, you need to know that I totally understand. Although I didn't go to camp, I did leave my family and friends for an entire year when I backpacked around the world! I missed my mom, dad and friends so much. But I decided I had a choice - I could either swallow my homesickness and make a huge effort to enjoy it, or I could go home and never get to experience what it felt like to conquer my fears and meet new friends, try new adventures and see exciting places.

I'm not going to pick you up. You are a strong, independent, fun loving, kind girl. You will get through this and I PROMISE you within a day or so, you will be feeling more comfortable & confident. The best way to overcome feeling homesick is to stay as busy as you can. Try every activity that you can and realize that this is such a fantastic opportunity for you.

Plus, it is HOT and boring right now here. Most of the kids are away and you'd be bored silly if you were here.

I'm also so happy that you've been able to try Horseback Riding. Did you enjoy that? Please let me know every fun activity you do and all about your fun friends you've met. I promise to write you every day. You will have a whole slew of letters coming!

Be strong, have fun and know that I am so very proud of you and love you very much!!! Now...chin up, big smile and get to your next activity! I will see you at the show!

I Love You!

Mom

xoxoxoxoxoxoxoxoxo

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Of course, you are welcome to check in with our office if you have any concerns. We strongly discourage a phone conversation with your camper, as this can often make the homesickness worse.

Think of camp as a learning experience. Sending your child to camp offers a wonderful opportunity for both you and your child to practice "letting go." Learning to let go allows children to develop autonomy and a stronger sense of self, make new friends, develop new social skills, learn about teamwork, be creative and so much more. If you think your child may become homesick, we recommend purchasing a DVD/CD set called "The Secret Ingredients of Summer Camp Success" by Chris Thurber, Ph.D. It's available at: <http://campspirit.com/the-secret-ingredients-dvd-cd-set/>.

## Pre-Camp Checklist

Here is a list of things you need to do before packing your child's bags for camp...

- **By June 15:**
  - Pay any remaining tuition balance by calling 866-383-ADTC (2382)
  - Complete pre-camp health forms & waivers
- **By Friday Before Check-In:** Purchase a [Good Luck Ad](#) in our show program, if desired.
- **Get Packing:** Check out the [ADTC Packing List](#).
- And don't forget to [follow us on Facebook](#) for daily camp photos, as well as send a care package to your camper through our partner, [Sealed With A Kiss!](#)
- **At Check-In for your camp session:** Parents will be required to open a canteen & activities account (as well as sign any waivers for activities that require them) at check-in. If your child will be traveling alone to camp or getting a ride with a friend (or if you just want to be extra prepared before check-in), you can download, print & sign waivers & releases beginning June 15. Please let us know if you will need these forms sent to you prior to camp check-in.

## How to sign up for Optional Activities, Field Trips & Dance Electives

**You must open an activities account for your daughter at check-in.**

Parents will help their daughters choose field trips, optional activities & dance electives during check-in, and any additional fees & waivers for activities that require them will be detailed at that time. You must authorize your camper's activities account to cover ALL additional fee activities she selects.

If your daughter is NOT participating in a field trip, she must choose an optional on-campus activity or elective. If your daughter registers for an activity, but does not report at her assigned time on the day of the activity to participate, no refunds can be given. However, if an activity must be canceled by ADTC (for example, due to weather), campers who purchased the activity individually will be refunded.

Your camper must choose one of the following dance styles for their core dance elective class (1:00 - 1:50pm daily)\*:

BALLET I (Beg)

BALLET II (Int)

Tap (All levels)

World Dance (All levels)

*\* dance elective styles subject to change without notice. A class that has less than five campers registered may be cancelled.*

Additional fee activities and weekend stay overs must be paid in-full at check-in.

## ADTC Canteen Account Set-Up

**You must open a canteen account for your daughter at check-in.**

The ADTC Canteen carries snacks, beverages, personal items, dance apparel & supplies, as well as ADTC t-shirts and souvenirs. Campers make purchases against their Canteen balance and are not allowed to spend more than the amount in their account - please budget for this! Canteen accounts must be settled and paid in-full at check-out.

Snack items and incidentals are priced similarly to vending machine / convenience store prices. Because each camper's needs and interests vary, it is difficult to say how much spending money is necessary per week. **Based upon experience, we would suggest allocating at least \$50 per session solely for incidentals** (snacks, beverages, stamps, etc.). Budget higher if the camper plans to purchase ADTC logo-wear or dance apparel/accessories. **The minimum amount to open a Canteen account is \$25.**

Keep in mind that your camper will not be permitted to spend over the amount you put in her account - please plan accordingly. Also please note that campers are free to make their own decisions about purchases up to their authorized spending limit.

Note: Parents of multi-week campers may want to allow for extra money in their campers' canteen account to cover any weekend purchases (other than meals & movie, which are included in the "stay-over fee").

If you are expecting a canteen credit - for example, if you are owed a \$25 canteen credit for referring a friend to ADTC - please confirm this with your Program Director at check-in BEFORE opening your daughter's canteen account. We will deduct this amount from the total at the end of the week.

Canteen accounts must be settled and paid in-full at check out.

## ADTC Health Policies

Parents are required to submit health forms for their camper. The deadline for submitting all forms is June 15. We thank you in advance for your attention to this deadline.

**CAMPER PHYSICAL EXAMINATION** - A physical examination is necessary to attend camp. The physical must be within two years of camper's attendance. If you need a form for your doctor to fill out, [you can use our form](#) (we also accept school / athletic forms).

**HEALTH INSURANCE** - All campers MUST have medical insurance. Your personal medical policy is your child's primary coverage. If a camper sustains an injury at camp, parents are required to pay for any out-of-pocket expenses and then submit the claim to their insurance company. Parents are responsible for paying all physician's fees and prescription costs incurred by their child.

**CAMPER WELLNESS** - Parents must make clear any psychiatric problem or other serious medical problem on their child's health forms. In fairness to our counselors, staff and campers, we need to make informed decisions regarding the care of every child. Therefore, the camp directors also need to know if a camper is experiencing traumatic reactions to family issues such as parental separation, divorce or death. Our purpose in having pertinent health information, both physical and emotional, is to be able to better take care of each child. We expect that parents or guardians of any child sent to ADTC have provided us with all the necessary information for a positive camp experience.

The directors of ADTC must reserve the right to ask that a child potentially at risk to herself or the camp community be picked up and removed from camp immediately. There may be a circumstance where we have agreed to accept a child with full knowledge of her problems and have attempted to take all the necessary steps to make the experience successful, but find that it is not possible to do so. For the good of this child and/or the camp community, the child may have to leave.

**HEALTH & FIRST AID STAFFING** - ADTC's Health Care Manager (HCM) shall be a Registered Nurse (RN), Licensed Practical Nurse (LPN), or Emergency Medical Technician (EMT) with a valid license as well as CPR certification. The HCM will remain on-call throughout each session. In the HCM's absence, all health related issues will be covered by the Program Director or other ADTC staff as assigned by the Program Director. ADTC staffers are trained in basic first aid and CPR, and our counselors are well-versed in handling dance-related injuries.

**EMERGENCY CARE** - In the event that a camper needs immediate medical attention, she will be taken by the HCM or Program Director, or via ambulance (with an ADTC escort whenever possible), to the nearest medical facility or hospital, as listed on the "Nuts & Bolts" page in the "Preparing for Camp" section of this Parent-Camper Handbook. ***Should we feel your child requires off-camp medical care, we will attempt to contact you first.***

**HEALTH SCREENING** - All campers will be screened for general health by the HCM upon their arrival at camp. The HCM shall look for signs of physical abuse, head lice and illness. Observations shall be recorded in the Health Log and noted on the camper's medical form. Campers showing signs of physical illness may be unable to check into camp.

**STORAGE OF MEDICATIONS & PRESCRIPTION DRUGS** - All meds (prescription and non-prescription) for campers must be turned in to the HCM. Bring all medications in a zipper-locked bag clearly marked with the camper's name. Meds must be in the original container with dosage and frequency clearly marked. The HCM or Program Director is responsible for keeping all medications secure, including medications that must be refrigerated. The HCM or Program Director may make specific exceptions to this policy as required. Campers with inhalers should bring two, one to keep in their room and one to leave with the nurse. Don't forget your anaphylactic kit if you have severe allergies.

**ADMINISTRATION OF MEDICATIONS & PRESCRIPTION DRUGS** - Medications must be administered by an ADTC staff member while your camper is at ADTC. We will have "Medical Administration" forms available to be completed at check-in. The HCM or Program Director will bring medications to meals and dispense them; counselors will send their campers to the HCM or Program Director for bedtime medications. Any medications not picked up when your child checks out of camp will be disposed of the week after your child's departure.

**MANAGING FOOD ALLERGIES &/OR DIETARY RESTRICTIONS** - Parents of campers with serious food allergies or dietary restrictions should note these on health forms and plan to speak with the cook &/or nurse during check-in for their session. Please note that you are encouraged to purchase and bring to camp any desired or necessary food items for your camper during her stay with us. Special dietary items will be stored appropriately in the kitchen and served to your camper based on the schedule you discuss with the kitchen staff. Under no circumstances should food be stored in a camper's room without prior consent from the ADTC Program Director. Should you wish to speak with the kitchen staff and/or nurse prior to arriving for check-in, we can arrange this approximately 3-4 weeks prior to your camper's check-in date. Please contact the ADTC office at 866-383-2382, ext. 0 or email [Info@DanceADTC.com](mailto:Info@DanceADTC.com) to arrange this.

**TRAVEL OFF CAMP PROPERTY** - Accompanying staff is required to carry copies of the Camper Health Forms. A First-Aid certified staff member will review contents of a First Aid Kit with the HCM or Program Director, as well as any necessary medications. Any treatments or medication dispensed on the trip will be recorded by the counselor in charge of the activity. The HCM will review the treatment log for any follow up that should be done.

## ADTC Policies Regarding Cell Phones, the Internet & Other Technologies

ADTC takes the safety and well-being of our campers very seriously. We strive in every way to earn and keep this trust. With the pervasiveness of the Internet and other technologies, we must ask for the partnership of our campers' parents to ensure their safety – before, during and after camp.

The information in this section is designed to help you understand the challenges some technologies pose to the synchronicity and safety of our camp community. Please review this information yourself, then share the information you learn with your daughter. As always, please call our office (866-383-2382) if you have any questions or concerns about any of these issues.

### CELL PHONES & OTHER MEDIA DEVICES

*Campers may check-in one personal cell phone &/or music device (such as an iPod or MP3 player) with our office upon arrival at camp. We will gladly hold on to these devices for the week in our secure lock boxes. If your camper is traveling to camp on her own and has a cell phone for travel purposes, she will need to turn it in to the office upon arrival at camp. Please let the office know if we should expect her to have one. Cell phones will be given back to the camper at her scheduled "call home time" ONLY (Thurs afternoon or evening each week), while music devices will be given back ONLY when the camper needs to rehearse a dance. Otherwise these devices are "strictly prohibited" and must remain in the camp office until check-out. Here's why...*

Due to digital technology, uploading capabilities and social media, cell phones, cameras, iPods and/or similar media devices pose an imminent threat to a camper's safety and privacy. We take the safety and privacy of our campers very seriously and know that you do, too. And while it may seem counter-intuitive, we have found that girls who have access to their cell phone at camp have a harder time adjusting to camp life and fully engaging in camp activities because they are preoccupied with calling home, texting friends, etc. And they have more difficulty with homesickness.

Most importantly, having a cell phone at camp inhibits a camper's ability to learn self-reliance and to assert her independence. The very fact that the camper is away from home and out of her "comfort zone" is one of the major benefits of camp. As a child learns to trust other caring adults, she also learns, little by little, to solve some of her own challenges – to cope on her own, to be resilient, and to trust herself.

Having the ability to contact her parents at-will unfortunately means a camper will miss out on this fundamental benefit of camp. It prevents our staff - as your child's temporary caregivers - from getting to the bottom of any problems that may arise and addressing them quickly. Sending a "secret" cell phone to camp (that your camper doesn't check in with our office) is like saying to your child that you as a parent haven't truly come to peace with the notion of her being away from you and in the care of our staff. It is like telling your child that you do not think she will be safe at camp!

We promise that we will not hesitate to tell you if your child is experiencing an abnormally hard time in her adjustment to camp. Meanwhile, you can talk with your camper *before she leaves for camp* about any nervous feelings she may be having. Tell her that you trust her, and that you know she will be safe and taken care of while at ADTC. Tell her that there will always be someone there to help her while she is at camp.

If you &/or your camper are having a hard time thinking about leaving her cell phone at home, please use this as a springboard for a larger conversation about nervous feelings.

Violation of our "no cell phone & other media device" policy will result in confiscation of the device and an **immediate \$50 penalty deducted from your child's canteen account**. Any remaining balance will be due upon check-out before the device can be returned. Any money which has to be collected will be donated to our World Dance Charity.

As always, please call us if you have any questions or concerns: 866-383-2382.

*HELP YOUR DAUGHTER SUCCEED BY MAKING SURE SHE UNDERSTANDS OUR POLICY!*

## Policies Regarding Keeping in Touch outside of camp

**Parents: We want your ADTC experience to be safe and fun year-round. Please review these policies with your camper - thanks for your support!**

Regarding a camper's potential interactions with ADTC staff and other campers outside of camp – either electronically or otherwise – parents are fully responsible for monitoring and supervising their own children.

### KEEPING IN TOUCH WITH FELLOW ADTC CAMPERS

ADTC views social networking sites and other Internet communication as a positive way for campers to keep in touch with friends and express themselves after camp. Campers may exchange emails or social media contact info with other ADTC campers and invite them to be on their “friends” list in any way they see fit.

### KEEPING IN TOUCH WITH ADTC COUNSELORS

Our pledge is to hire only trustworthy, capable staff members. The intense effort we put into our hiring process helps us live up to this pledge. Our staff works with your children in the context of a visible, well scrutinized environment that has many built-in policies regarding behavior.

In general we discourage our staff from having social contact with ADTC campers outside of the camp environment. But in this technological age, this policy is not always realistic.

Keep in mind that despite our best efforts, we at ADTC cannot control what happens after camp concludes. Campers may seek out their ADTC counselors via online searches, etc., without their parents' or ADTC's specific awareness or permission. We recommend that parents closely and continually supervise their children's online activities.

### CAMPER POLICIES REGARDING CYBER-BULLYING AND HARASSMENT

Cyber-bullying and harassment are not tolerated at ADTC. Rude, demeaning, intimidating or vulgar emails, texts, social posts, instant messages or other such notes, sent to or about other ADTC campers are absolutely unacceptable. Likewise, creating false screen names or accounts to harass members of our camp community, or to spread false and damaging information about them, is unacceptable.

## Media Release

As part of your form requirements, we ask parents to sign a media release at check-in. It is important that you understand this release before arriving at camp. Here is what it says:

*American School of Dance, LLC (dba “American Dance Training Camps”, a/k/a, “ADTC”) retains the right to use any photographs, videotapes, motion picture &/or digital recordings, or any other records of our dance camp events for the ADTC website, publicity, promotion, advertising, or any legitimate commercial purpose associated with ADTC and its businesses. In compliance with COPPA (Child Online Privacy Protection Act) my signature confirms that I understand and agree that my child's picture (without name) may be used on publicly accessible areas of the ADTC website, pamphlets, and other promotional materials, in the sole discretion of ADTC.*

**Please note, if you decline the Media Release your camper will not be able to participate in any photographs during their week, including the All-Camp, Team and Individual Headshots or photographs with Instructors.**



# Arrival/Departure, During Camp & After Camp

## Sunday Check-In Procedures

Check-in for each ADTC camp session is Sunday afternoon from 2:00 - 4:00pm\*

### Check-in Stations:

1. **Front Desk** - receive Welcome Packet, camper name tags & welcome bags
2. **Health Screening** - review health forms and turn in all medications (sealed & labeled in original packaging)
3. **Canteen** - review child's account, add funds &/or clear any tuition balances
4. **Activity & Electives** - register for optional activities & dance electives for the week
5. **Phone call sign-up** - schedule Thursday call home time & turn in cell phone or other electronics (if applicable)

Team meetings, facility tours & all camp orientation will begin after check-in.

*\* Pets are not allowed on camp grounds due to camper allergies and fears. Please leave your pets at home as it can get rather hot inside the family vehicle during check-in and check-out. We do, however, recognize the Americans with Disabilities Act and welcome Service Animals as required for specific individuals. Any parent or family member who is mobility restricted should make themselves known to our staff and where possible we will seek to assist you with getting around the facility.*

## Keeping in Touch While Your Daughter is At Camp

**NO PHONE CALLS, please** - Unless you have a true emergency, please refrain from calling your child or the camp. Questions or concerns can be communicated via email to the Program Director for your ADTC location - you can also use the PD addresses below to email your daughter w/ the subject: "EMAIL FOR (DAUGHTER'S NAME) - PLEASE PRINT/DISTRIBUTE" - *please do not send an email to your daughter before her camp session begins.* Here are our PD emails by location:

**VT:** [VTPD@DanceADTC.com](mailto:VTPD@DanceADTC.com) / **CA:** [CAPD@DanceADTC.com](mailto:CAPD@DanceADTC.com) / **IL:** [ILPD@DanceADTC.com](mailto:ILPD@DanceADTC.com) / **MD:** [MDPD@DanceADTC.com](mailto:MDPD@DanceADTC.com)

**NC:** [NCPD@DanceADTC.com](mailto:NCPD@DanceADTC.com) / **CO:** [COPD@DanceADTC.com](mailto:COPD@DanceADTC.com) / **WI:** [WIPD@DanceADTC.com](mailto:WIPD@DanceADTC.com) / **TX:** [TXPD@DanceADTC.com](mailto:TXPD@DanceADTC.com)

*Your camper will be permitted to call home after lunch on Thursday at an assigned time scheduled during check-in. We discourage phone calls home earlier in the week as they can often make a camper who is still adjusting to camp homesick.*

**Care Packages** - For camp care packages, check out [www.eswak.com](http://www.eswak.com) for ideas.

**Snail Mail** - Campers LOVE to receive mail, especially the good old-fashioned kind! For your convenience, our Program Directors will email you our summer addresses the week before your camp session.

**Facebook & Instagram** - Don't forget to [follow us on Facebook](#) & [Instagram](#) for daily camp photos! Each and every day of camp our photographers are hard at work taking hundreds of pictures...at the end of the day we post these photos to our Facebook page. Instagram hashtags for your ADTC location will be communicated to you at check-in for your session.

**Emergency Contact Info** - If you have a real emergency and must call to speak with your child ("just to check in" is not an emergency!), you can reach us (or leave a message if we are unavailable at the moment) by dialing our toll free number, 866-383-2382, and then choosing the extension for your location (below). We will receive your message, return your call and put you in contact with your child as quickly as possible.

**VT** - ext 1 / **CA** - ext 2 / **IL** - ext 3 / **MD** - ext 4 / **NC** - ext 5 / **CO** - ext 6 / **WI** - ext 7 / **TX** - ext 8

**Phone contact with parents/guardians will be established in an emergency** or when there is concern about a camper's health and/or when a situation is not progressing as expected.

## Visitor Policy

For the safety and security of our campers, there is no visitation during the camp week. Plan to have your daughter be your tour guide after the Friday Show when she can share her favorite places with you!

## Friday Night Student Showcase

All parents, siblings and friends of campers are invited to attend our Friday Night Student Showcase at 7:00pm. It will be a casual event consisting of short routines that will highlight each dancer's progress during the week. The show will be approximately one hour. Looking to stay in the area after check-in or the big Friday show? Or maybe you're looking for a vacation for the whole family (or romantic getaway for two!) while your daughter attends camp? Great - you deserve it and we're here to help! We partner with area hotels to offer special vacation packages if you wish to stay nearby while your daughter attends ADTC! Check our website for details.

## Saturday Check-Out Procedures

Check out on Saturday is from 9:00 - 11:00am at all ADTC locations.

### Check-Out Procedures:

1. **Purchase ADTC Logo-wear**
2. **Settle Canteen Accounts**
3. **Pick Up ADTC Certificate & Parent Letter**
4. **Make reservation for next summer (OR next week, if available!) - we'll have an exclusive, one-time discount for you at check-out!**
5. **Sign your camper out**

Please remember to check for all belongings, laundry bags, sleeping bags and other items. It is your responsibility to see that all camper items, including any medications, are taken home with you when you pick up your camper. Camp staff will not locate misplaced items nor can we mail them to you after you leave camp. At the end of camp, all lost items are donated to a local charity.

**Early Check-Out: We are able to accommodate campers who need to check out early on Friday evenings after the all-camp show.**

## Weekenders

Multi-week campers are welcome to check-out with their parents (or another authorized person) on Saturday from 9 - 11am, but they must check back in on Sunday by 3pm. The majority of multi-week campers stay with us between sessions. The weekend stayover fee includes a Saturday field trip (transportation, lunch, dinner & movie), Saturday night lodging & supervision between camp sessions, as well as Sunday morning brunch. Multi-week campers must confirm whether they will stay over with us & pay the stayover fee at check-in.

## After Camp

### **SHOW DVDs**

We hire professional videographers at each ADTC location for each Friday Night Performance. In order to offer this service, we unfortunately cannot allow parents to take their own videos of our shows. You can purchase a copy of your daughter's show through the ADTC National Office. Please email [info@DanceADTC.com](mailto:info@DanceADTC.com).

### **TIPPING**

Please be advised that there is NO TIPPING or giving gifts to staff members of the Camp. Parents who wish to show their appreciation for their child's counselor and/or staff are encouraged to make a donation to ADTC's scholarship foundation in the staff member's name. A copy of the tribute will be awarded to the staff member and filed in personnel records to recognize the effort.

### **PARENT SURVEYS**

After camp we will be emailing you with a quick survey. Your comments, complaints and suggestions are greatly appreciated! If there are questions you cannot answer, please ask for input from your daughter. We will use these surveys to make improvements for next year.

# Life At ADTC

## Dance Screening & Dance Groups

ADTC is for all level dancers. Absolute beginners through experienced performers are welcome at ADTC. But because dance is the focus at ADTC, we need to know everyone's dance ability. This is for safety and also so each camper can learn and be challenged at the appropriate pace. Age is also a factor in determining dance groups for the session.

After check-in on Sunday, campers will participate in a “dance screening” where they learn two short dance combinations. This informal process helps our teachers place campers in appropriate dance groups for the week.

If campers feel uncomfortable with their dance group after the first day of classes, and they wish to move down to a lower level, they may do so by telling the Program Director at Monday night's dinner. If they wish to move up to a higher level, they will need to schedule another dance screening with the Program Director & your Instructors. Please understand that moving up to a higher level is usually not possible, even after a re-screening.

## ADTC Master Schedule \*

7:20am	Wake Up Call
7:45 – 8:30am	<b>BREAKFAST</b>
8:45 – 9:00am	Morning Reflection & Warm-up
9:00 – 9:50am	Dance Period 1
10:00 – 10:50am	Dance Period 2
11:00 – 11:50am	Dance Period 3
12:00 – 12:45pm	<b>LUNCH</b>
1:00 - 1:50pm	Afternoon Dance Elective (Beginner Ballet, Intermediate Ballet, Tap or World Dance)
2:00 – 4:45pm	Day Activities (field trips, optional activities, dance electives, team events, etc)
4:45 – 5:30pm	Siesta / Canteen
5:30 – 6:15pm	<b>DINNER</b>
6:30 – 7:15pm	Camp Fires
7:15 - 9:15pm	All Camp Activity
9:15 – 9:45pm	Free time, Canteen (ages 10 +); Curfew & Team Meeting (ages 8 & 9)
9:45 – 10:00pm	Curfew & Team Meeting
10:30pm	<b>LIGHTS OUT!</b>

\* *The Master Schedule is subject to change and may vary slightly depending on your camp location, and depending on the day of the week and what activities are planned. A full, day-by-day schedule will be given to all campers upon arrival to camp, and also will be posted in at least one of the common areas (the canteen, dormitory hallways, &/or dining area).*

## Twin Tuesday & Wacky Wednesday

We have two fun team activities (“Twin Tuesday” and “Wacky Wednesday”) that campers should plan on each week:

**TWIN TUESDAY** is a chance for team members to dress alike ALL DAY and earn points for their team. We do a Twin Tuesday fashion show before Dance Tech Night - all the twins (and sometimes Triplets) parade their costume and then perform a little dance or skit. We always award for 1st, 2nd and 3rd place. **Please plan to bring any matching outfits you may have (one for you and someone else).**

**WACKY WEDNESDAY** is just a wacky dress day with points going to the wackiest camper. Again, we do a fashion show and offer the chance to do a little dance or performance. Campers can also perform wacky routines or group pieces. **Please plan to bring the craziest, wackiest, wildest clothes you can find! Wigs and hats are most welcome!**

## Schedule Details

### **WAKE UP CALL**

All campers will be woken up by their counselors at 7:20am. Time to get out of bed, clean up your room for inspection and get prepared for breakfast, warm-up and dance classes.

### **MEALS**

Mealtimes are at 8am, 12pm and 5:30pm daily. Campers are called to breakfast by hallway (free sit), lunch is with dance groups, and dinner is with teams. This allows campers to mix with different groups at each meal & further expand their social network.

### **MORNING REFLECTION & WARM-UP**

Morning Reflection is a relaxing time at the start of the day from 8:45 - 9:05am during which one staff member sets the tone for the day by making a thoughtful presentation. Morning Reflection offers a positive start for the day and gets the entire camp thinking about values. All-camp warm-ups immediately follow.

### **DANCE PERIODS**

ADTC operates on a rotating dance schedule with four 50-minute dance periods from 9:00am - 1:50pm (breaking for lunch from 11:50am - 1:00pm). You will be given dance group assignments on Monday morning, at which time you will receive your dance period schedule.

### **FIELD TRIPS**

Field Trips are offered daily from 2:00 - 4:45pm You can only sign up for field trips if your parents have signed the necessary permission slips – Be sure to make note of which field trips you register for. Also, remember to prepare ahead and follow the rules for each field trip (proper dress, what to bring, etc.). All campers must report to the cafeteria at the scheduled “check out” time for their field trips.

### **AFTERNOON ACTIVITIES**

For those campers not pre-registered for a field trip, sign up for on-campus afternoon activities takes place during check-in. Daily optional activities include (but are not limited to):

- **Arts & Crafts** – Organized arts & crafts activities are offered daily.
- **Dance Electives** – Afternoon dance elective classes are special interest or technique- based and do not focus on choreography (zumba, dance aerobics, yoga, breaking, etc). Afternoon dance electives vary day to day and week to week.
- **Other Activities** - These will be depending on and unique to your camp location.

### **SIESTA**

Siesta is a 45 minute rest period after day activities and before dinner from 4:45 – 5:30pm. Campers are expected to remain in their rooms during Siesta. Only campers who register for Spa Services or activities that return to campus after Siesta are excused.

### **CAMP FIRES**

Daily camp fires are discussions held after dinner (not necessarily by a camp fire) to explore girls’ issues like nutrition, competition, self-empowerment, friendship & socialization, technique & performance as well as dance history and culture. All camp fires are mandatory and campers are grouped by age.

### **CANTEEN**

The ADTC Canteen carries snacks, beverages, personal items, dance apparel & supplies, and ADTC t-shirts and souvenirs. The canteen is open most days during free time.

### **ALL-CAMP NIGHT ACTIVITIES**

Night activities are mandatory and usually revolve around a team event. Some ADTC favorites include American Dance Idol (campers choreograph & perform their own routines), Dance Tech (campers compete in leaps, turns, trivia, strength & flexibility competitions) & Field Night (outdoor events & relays).

### **CURFEW**

Nightly curfew is at 10:00pm (earlier for 8 - 9 year olds) followed by a Team Meeting where campers share thoughts and counselors provide positive closure on the day and gets the group thinking and talking about how to have a better day tomorrow. Lights Out is 10:30pm SHARP.

*\* Daily schedules are subject to change without notice. Expect ADTC schedules to vary by day of the week and by camp location. Each location’s daily schedule for the week will be posted for campers and distributed at check-in.*

## 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" so 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 respond in kind.
- 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 -- then you will be back home and you will 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 growing up in a friendly, supportive atmosphere. Generally, as each day passes, you'll find you're feeling better about being away from home. You'll discover that not only are you capable of surviving without your parents and 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 before every meal.
  - People with runny noses should use tissues.
  - Get proper rest. ***Siesta is important.***
  - Wear sun block and bug spray when outside.
  - Brush teeth and wash your face morning and night.
  - Shower regularly. Daily swimming is not a substitute for bathing.
  - Eat healthy meals.
  - Drink plenty of water! Eight glasses a day!
  - 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 germs.
- 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**

As campers 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" 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

1. Complain or criticize only to someone who can do something about it.
2. 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.**

# What ADTC is All About

## Raising Happiness at Camp

At ADTC, we believe that happiness is a skill and not an in-born personality trait. Parents - back when you were growing up, you may remember a world much more about rank, hierarchy & obedience, with an emphasis on results (achievements). Well, fast forward thirty years and your children are growing up in a world much more about feelings, questions & empathy...but with the same pressure to achieve. Did you know that this pressure to achieve may be what is cutting your child off from integration and the ability to BE happy? Indeed, children taught to focus on achievements will never be content. But children taught to be content will achieve everything...and more. Camp can serve as a relief from some of this tension because camp teaches skills to be happy in life. And over 200 studies show that happiness needs to come first - it's not get this, that or the other to be happy. Happiness precedes success in every place.

### THREE WAYS ADTC RAISES HAPPINESS AT CAMP

- We help girls tap into their "growth mindset"**. There are two powerful mindsets: "fixed" & "growth". Fixed mindset people believe success results from innate talent or ability, while growth mindset people believe success results just as much from hard work and practice - the emphasis is on the process. And guess what? If you practice something really hard every day (like, say, DANCE), you WILL get better at it. At ADTC, we strive to create a growth mindset by:
  - ▶ Praising campers and talking about their successes (& the successes of those around them) using growth mindset language.
  - ▶ Asking questions about their process (what their strategies were).
  - ▶ Creating a culture that really celebrates risk-taking. This generation is terrified to make mistakes - we counter this by creating a mini-culture that celebrates how "failure makes success".
- We create gratitude routines & rituals**. Our society lives in an abundance paradox: the abundance we're accustomed to leaves us more likely to feel disappointed when we don't get what we think we want. Gratitude is the opposite of entitlement and can literally change the ways we've grown accustomed to thinking. Consciously & deliberately practicing gratitude - as we do routinely at ADTC dinners & team meetings - has even been proven to increase overall happiness by 25%!
- We create a culture of kindness**. At ADTC we ask that campers acknowledge one kind thing they did for someone and one kind thing someone did for them each day. We also practice "Secret Angels" - kind of like "Secret Santas" where campers draw a name on the first night of camp (Sunday) and that's their "angel" for the week. Everyone participates, staff included! Campers do kind things for the other camper they are assigned every day throughout their week with us. At the end of the week, everyone announces their secret angel (after the Friday Show). This is a GREAT activity for the whole camp. Anytime any camper has down time, they put all their energy into making something for their angel. Kindness is contagious AND it is an instant happiness booster.
  - ▶ We are happier when we spend money on others.
  - ▶ Kindness increases serotonin.
  - ▶ Kindness un-does the effects of stress.

## ADTC Mission, History & Development

### MISSION STATEMENT

At ADTC, we combine high-level dance instruction with a unique and memorable summer camp experience. Our main goal is to further the development of each camper as a dancer and a person. Our outstanding dance program and wide variety of recreational activities allow campers to stay fit, build lasting friendships and gain self-confidence through their accomplishments both inside and outside of the dance environment.

### BRIEF HISTORY OF ADTC

American School of Dance, LLC (dba: American Dance Training Camps) was founded as a Fairfield County, CT dance school in 2003 by recent college graduate, Lindsey Fadner. Lindsey believed a summer dance camp near her family's ski condo in Stratton Mountain, VT might be a fun idea and that summer "ADTC" held 3 weeks of camp. Nearly 100 dancers from the Fairfield County, CT area attended, most of whom danced at American School of Dance during the year. Just three years later ADTC in Stratton Mountain offered five sessions to more than 250 campers from all over the country. In addition, 2006 marked the year that ADTC expanded to Squaw Valley, CA, offering three sessions to over 100 campers. 2012 is ADTC's tenth anniversary. We currently operate in Vermont, New Jersey, North Carolina, Illinois and California, and attract more than 700 campers per-year from all over the US and world.

## ADTC's Overall Goal

The overall goal of American Dance Training Camps is to operate a FUN, engaging program while fostering the physical and emotional well-being of our participants. We promote development of character and self-esteem, celebrate diversity and nurture a love for dance.

### ADTC GOALS FOR CAMPERS

- To have fun**. Campers will actively participate in challenging, enjoyable dance & summer camp activities in beautiful locations. To achieve this goal, ADTC provides age-appropriate and entertaining programs, taking advantage of the natural setting of each location. We offer a variety of dance, aquatic, arts, and challenge-based activities.
- To know the rules**. Campers will follow clearly stated rules that help to manage the risks involved in learning new skills. To help campers achieve this goal, ADTC will provide well-trained staff and a well-managed camp that meets industry standards. The standards we follow include those of the American Camp Association.
- To feel Secure**. Campers will both experience and foster **a setting that does not permit bullying, intimidation, or harassment**. To help campers achieve this goal, ADTC will provide adequate supervision and appropriate consequences for misbehavior. Campers are encouraged to be sensitive to the feelings of others, and to report instances of bullying.
- To develop strong character**. Campers make daily choices based upon positive values that guide good behavior. To help campers achieve this goal, ADTC provides encouraging, consistent role models who make appropriate choices themselves. The values we teach at ADTC are Appreciation, Dedication, Trust and Caring (ADTC).
- To make new friends**. Campers will accept and include others as they learn that differences are strengths to be celebrated. ADTC's staff creates and maintains an environment where everyone is respected and included. We define diversity as the mosaic of people who bring with them a variety of backgrounds as assets to our camp community.
- To give back**. We encourage our campers to participate in service activities that benefit their communities. When people participate in efforts to support the global community it makes the world a better place!
- To further the development of each camper as a dancer**. Each camper will participate in four dance classes per day in which they learn performance pieces for the Friday night show. Campers will also engage in daily "dance discussions" covering issues important to their development as dancers.
- To learn leadership skills**. CITs will have opportunities to set expectations for, inspire, and motivate others in a positive way. To help CITs achieve this goal, ADTC will teach group management skills and give CITs a chance to take on purposeful roles. The leadership training thread runs through all teen offerings, not just the CIT program.

## The ADTC Manifesto

We are a company inspired by and created for strong girls. Tune into the latest "reality" show, take a stroll down the aisles at a girls' clothing store, or pick up the latest edition of a teen magazine and you'll get a taste of what girls are up against every day. From "wink, wink" and "eye candy" slogans emblazoned across Abercrombie & Fitch thongs to in-your-face advertising billboards portraying young women in compromising positions, the messages girls get about their bodies, sexuality, and about each other are at best harmful and degrading.

At ADTC, girls have a unique opportunity to shed some of this unnecessary psychological "weight" they've accumulated from living in our harsh world. At ADTC, girls find a place where they aren't bombarded by media images that tell them to be skinnier, wear makeup, and dress for boys. ADTC is a tight-knit, all-girl community where girls feel safe to reconnect with the authentic "selves" so many have difficulty holding on to during the school year.

We know that girls aren't the problem and that programs designed just to raise "self-esteem", or in some way fix girls aren't sustainable solutions to the cultural dilemmas they face daily. That is why our summer team is trained to empower girls - to embody, model & teach our sixteen character values, or "manifesto in action." These values support girls as they become critical thinkers & leaders - as they work together to create a better world for one another.

Together, let's shed some weight this summer so we can get a better picture of our "selves."

~ Lindsey Fadner, ADTC Owner & Founder

### THE FOUR A's

**Attention.** We believe in practicing & teaching the self-regulation of attention so that it is maintained on immediate experience: observing, listening, and noticing all the feelings at play in ourselves & in others.

**Acceptance.** We believe in practicing & teaching acceptance of ourselves and of others just as we are, with curiosity, openness, appreciation and allowing.

**Appreciation.** We believe in practicing & teaching appreciation at the very core of our being for everything we observe and experience: including all of our gifts, our limits, our longings, and our obstacles.

**Allowing.** We believe in practicing & teaching an allowing of emotions to "just be" as they are, with all their ecstasy and ache, without trying to take control, so they have the opportunity to pass on by.

### THE FOUR D's

**Desire.** We believe in practicing & teaching how to relate wisely to desire because while desire is intrinsic to life, it can contract into craving that traps us in suffering.

**Decision.** We believe in practicing & teaching wise decision-making by pausing to reflect on a situation and our experience before reacting habitually so we can choose the best response for ourselves and others.

**Discipline.** We believe in practicing & teaching the importance of discipline to staying on a path with purpose and living our values every day.

**Dedication.** We believe in practicing and teaching dedication to our path & to our values, as well as dedication to actions of body, speech, and mind that aid our own and others' well-being.

### THE FOUR T's

**Truth.** We believe in practicing & teaching honesty as the best policy and understanding as the best goal. Using "non violent communication" as our method, we speak our truth with clarity and listen to another's truth with empathy.

**Trust.** We believe in practicing & teaching a trust in our own unique goodness & capability as well as a trust in the unique goodness & capability of the other.

**Teamwork.** We believe in practicing & teaching teamwork & cooperation. Always.

**Teach.** We believe in practicing and teaching that the best way to get what you want is to be the change you seek and then model it for others. Every one of us is a teacher and we need to take this role very seriously!

### THE FOUR C's

**Community.** We believe in practicing & teaching the art of living with an authentic sense of belonging - that is what a strong community is all about, a place where each and every one of us is important and belongs!

**Courage.** We believe in practicing & teaching courage: the ability to confront fears, uncertainty or intimidation & to act right in the face of popular opposition or discouragement.

**Creativity.** We believe in practicing & teaching creativity both inside and outside the dance studio.

**Compassion.** We believe in practicing & teaching compassion as a virtue - one in which the emotional capacities of empathy and sympathy (for the suffering of others) are regarded as part of love itself.



## ADTC Character Values: Our Manifesto in Action!

### THE ADTC DIVERSITY INITIATIVE

#### **What is Diversity?**

Diversity is the mosaic of people who bring a variety of backgrounds, styles, perspectives, beliefs, and competencies as assets to ADTC groups and individuals with whom they interact.

#### **What is DiverCity?**

“DiverCity” (yes - we meant to spell it with a “C”) is where we live at camp - an actual place (your city of residence for the weeks you spend with us this summer!) where campers and staff of different backgrounds, styles, perspectives, beliefs, and competencies live as a community.

### OUR CULTURE

#### **What is Culture?**

Culture is the lens through which we have been taught (for better or for worse) to view the world.

#### **What is Cultural Competence?**

Cultural competence is a set of competencies and skills that individuals and organizations can use to create an environment that values diversity. How does one do this?

- \* **Knowledge:** Gaining information about trends and people who bring diverse assets to ADTC.
- \* **Awareness:** Learning about yourself, your biases, how you interact with others, and the environment.
- \* **Skills:** Developing behaviors that model a value for diversity and inclusion of everyone here at camp.

#### What Happens in a Community that Does Not Value Diversity?

- > Bias is when people screen out evidence that contradicts their existing perceptions. Many people were raised in homogeneous communities. They gravitate towards people like themselves, and they are uncomfortable with differences they don't understand.
- > Stereotypes are fixed generalizations about others with certain dimensions of diversity. These judgments don't take into account the facts or the reality of the here and now.
- > Collusion is cooperation with others, knowingly or unknowingly, to reinforce stereotypical attitudes, prevailing behaviors, and norms that limit people, through denial, silence, or active cooperation.
- > Prejudice is when people see differences as weaknesses. Prejudice can turn into discrimination, ethnocentrism (seeing one's own group as superior to others), and in its worst incarnation, oppression.

### CAMPING PROGRAM PHILOSOPHY

#### **Mission**

The mission of the camping program is to build a healthy, interdependent community that enables individuals to grow and mature as persons, as part of a group, and as an integral part of our environment.

#### **Objective**

The principle objective of the camping program is to assist members of this community in developing personal, social and dance skills to result in informed decisions, responsible behaviors and constructive actions concerning our lives. In all, understanding relationships with ourselves, others and our environment is the objective. Camping builds self-esteem, confidence, and leadership through “adventure challenge” while dance promotes physical and mental health. We teach:

- \* **Dance Skills:** Improve dance technique, respect and appreciation for diverse dance styles, respect for one's own body.
- \* **Personal Development:** Self-confidence and self-esteem, goal setting, responsibility, personal abilities, new skills.
- \* **Social Development:** Communication and cooperation, trust, understanding of diversity, enthusiasm.
- \* **Leadership Development for Teens:** Integrity, communication, flexibility, collaboration, initiative, responsibility.

**We teach dance skills, yes, that's one level. But on a higher level, ADTC teaches life skills!**

# ADTC Camp Policies

## ***Parents: Please review these policies with your camper***

All campers are responsible to the camp's staff and Program Director. Each camper must agree to abide by the rules, which are in place for the benefit of all and mainly revolve around safety, common sense and respect. Those campers who do not comply with the rules may be sent home without refund at the sole discretion of the Program Director.

## Cancellation Policies

- After May 30 or up to thirty days prior to your first camp session (whichever is earlier): 50% of the total tuition price is refundable.
- No refunds can be given if a cancellation is within thirty days of the session start. No exceptions (including medical).
- No refunds can be given if a camper withdraws at any time after arriving at camp. No exceptions (including homesickness or injuries).
- There is no reduction of fees for late arrival or early departure. No exceptions.

## Camper Behavior Policies

- Respect the camp, the facility, all ADTC faculty and all fellow campers
- ADTC is a positive place – teasing, making fun, discriminating, bullying or putting down ANYONE will NOT be accepted - under ANY circumstances
- Disrespect, rudeness and profanity are NOT tolerated
- All campers will respect the property of fellow campers. Stealing is NEVER tolerated.
- Tobacco products, alcohol, drugs, or weapons are NEVER allowed at ADTC
- Cellular phones, computers or similar media devices are NOT allowed at ADTC
- NO visitors are allowed during the camp session (the Friday Night Show accepted), unless special arrangements are made in advance on the Authorized Release To, & From" or directly through the Program Director.
- Campers are never allowed to leave the camp area unsupervised (includes those campers who may have driven themselves to camp)
- Campers will be held responsible for any intentional property damage, including damage caused by reckless or irresponsible behavior.
- 10:00 p.m. – all campers must report to their rooms for curfew.

## Parent Behavior Policy

ADTC parents are expected to conduct themselves in a calm and professional manner, both on the phone and in person. Conduct that is abusive, abrasive or disruptive to staff or to other campers and/or their families will not be accepted.

## Dismissal from Camp

It is never our intention to exclude anyone. However, that need may unfortunately arise. Campers who choose to disobey the rules of our camp and/or who are negatively affecting the experiences of other campers or our staff will be dismissed immediately and without refund. In such cases, the parents are responsible to make arrangements for immediate pick-up. **ADTC has a zero-tolerance policy for inappropriate and/or disrespectful behavior.**

ADTC does not tolerate: violent behavior, possession of weapons, repeated profanity, disrespect, bigotry, sexual behavior, stealing, drug/alcohol/tobacco use, or any other unsafe behaviors. Campers must understand that such behaviors WILL result in immediate dismissal from camp.

## A special note about bullying

Most young people today are familiar with what bullying is. We at ADTC define bullying as when an individual purposely hurts or scares another person. Sometimes bullying behavior is obvious to spot. Other times, it's harder to recognize. There are many ways that young people bully each other, even if they don't realize it at the time. Bullying is...

- Punching, shoving and other physical acts meant to hurt a person physically
- Spreading negative and/or false rumors about another person
- Purposely excluding a person from being part of a "group"
- Teasing a person with the intent of hurting feelings
- Creating a scenario that "sets up" a person to be in trouble for something they did not do
- Encouraging friends to "gang up" on another person

At ADTC, our staff will be on the lookout for bullying. We teach our campers to always be sensitive to the feelings of others, and to be careful with their words and actions. Bullying will NOT be tolerated. Purposeful bullying will result in immediate dismissal from camp without refund.

## Safety policies

- No camper is to leave the designated ADTC camp area for *any* reason without a counselor.
- The buddy system is in place for everywhere a camper goes outside of our dorm.
- Always stay with the group. Campers must get permission to go with their buddies away from the group.
- If you ever get lost, stay together and stay put – we will come and find you!
- Campers must abide by all rules of activity vendors during field trips. Stay with the group.
- No swimming, gymnastics or trampoline allowed without a counselor present.
- No campers are allowed near a lake, pool, or horses without a staff member present.
- If you need to get up at night for any reason other than the bathroom, a buddy is required. Go directly to the Counselor room on your floor for assistance.
- No campers are allowed outside after dark without direct counselor supervision OR express permission from a counselor AND with at least one buddy. If outside after dark, flashlights are required.
- For the safety of all, campers must walk inside and between buildings and activities.
- Wear sunscreen daily at camp, even on cloudy days. We also recommend wearing a hat.
- Wear supportive shoes with socks to prevent blisters, sore feet, etc. Thong-style sandals are not recommended. Shoes with heels are not allowed at camp.
- Drink lots of water (8 cups/day). Headaches & stomachaches often result from dehydration.
- Be aware of poison oak/ivy at camp. If contact occurs, touch nothing and report directly to a counselor.
- If at any time you need a band-aid or don't feel well, please inform a staff member ASAP.
- Medicines are distributed by ADTC staff during mealtime. All campers are to see the Program Director for obtaining meds. See the "*Health Policies*" section for more information.

## Common Sense & Respect Policies

- At night, typical outside noises can include: frogs, insects, owls, crickets, etc. A "white-noise" machine or earplugs are recommended if you think night noises will be bothersome.
- Quiet time in the dorm is from 10:00 p.m. to 7:00 a.m. Quiet time is strictly enforced!
- Appropriate dress is expected at all times. Campers wearing revealing or otherwise inappropriate clothing will be notified and told to change by ADTC staff. Swimming suits / bikini tops are not appropriate dress, except when at the pool.
- A raised hand means silence for an announcement. Everyone, including staff, observes this signal.
- Keep our camp clean! Put trash in cans, and pick up litter.
- Dorm rooms are to be cleaned and beds made by campers daily before the first dance class.
- Keep living areas neat. Belongings should be kept in suitcases. Don't leave personal items in the bathroom areas. Do NOT leave food or food wrappers lying around in rooms – this can attract ants.

## Emergency Policies

- In the event of an emergency (fire, severe storm, etc.) it is important that campers report to their team leaders right away. Fire drills are usually conducted during each camp session.
- For medical emergency information, please see "*Health Policies*" below, and also the Nuts & Bolts page/s of the Preparing For Camp section.
- In the event of a national emergency in which parents are unable to contact the camp, we will stay together as a group and care for each and every child until we can safely reunite her with her family.