

## Navigator’s Notes – Bring This To The Campout

Congratulations! By taking your child on an Adventure Guide campout you are letting them know that they are the most important person in your life. If you have been on a campout before, you know that it is a great opportunity to make memories and build a strong relationship with your child. If this is your first campout, get ready for memories that will last a lifetime!




Under the guidance of a carefully selected camp staff, you will find yourself in the heart of the foothills of the Palo Pinto Mountains less than 75 miles west of Fort Worth, Possum Kingdom is The Great Lake of Texas. More than 18,000 acres of crystal clear water, a Texas oasis surrounded by beautiful cliffs and rolling hillsides. Whether you are visiting for a weekend or staying for a lifetime, Possum Kingdom Lake has the amenities and services to meet your every need, from first-class dining and resorts to some of the finest marinas and golf courses in Texas.

In our effort to make this a positive experience for everyone we ask that you please leave alcohol at home and respect the policies and procedures set forth by camp and your Program Director. Thanks for helping make your campout safe and successful.

Good Decisions!!! Camp Grady Spruce is an Alcohol Free facility, please respect their rules. Practice good fire safety and enjoy the fire pits and grates at the cabins! Such reckless behavior is discouraged and prohibited and the camp reserves the right to dismiss anyone that doesn't practice common sense.

Please feel free to contact us with any questions that you might have. We look forward to having you and your child as our guests!

### **Navigators – Please get this information to your circle**

<b>Pre-Camp Notes</b>	
<p><b>REGISTRATION DEADLINE:</b> <b>April 6<sup>th</sup></b></p>	<p>We would like all registrations in 2 weeks prior to campout and a late fee will be added for any registrations that are turned in the week of the campout. You can register on-line or at the branch. If you are not sure that you're registered call Samantha at 972-231-3424. Registration includes Saturday breakfast, lunch, and Sunday breakfast. If you miss the deadline, you'll miss the fun!! Cabin assignments will be provided when you check-in. Any special needs requirements; please contact Samantha at sbuehler@ymcadallas.org.</p>
<p><b>April 18<sup>th</sup></b> Firewood Deadline</p> 	<p>Firewood – You can call Dean Anderson with A2Z Tree Service at 817-219-1299 or better yet go to the link below to order your firewood. You can pay with Visa or MasterCard. Call no later than the Wednesday before the campout. Prices for seasoned wood are 1/4 cord for \$80 – about 30 cubic feet. <u>Quantities may be limited due to US Forest Service fire restrictions.</u></p> <p><a href="http://www.shop.buywoodnow.com/">http://www.shop.buywoodnow.com/</a></p> <p>Regarding campfires. Please be respectful of the fire rings provided and keep your fires within the fire rings. Only burn firewood, no trash or other debris. Keep your fires reasonable and modest; we are all familiar with the news stories about the wild fires and such.</p>




Navigators – Campout Workbook

Navigators please print this entire document and bring it with you to campout. There is quite a bit of information within this document that should be shared with your circle.

Horseback Riding  
 Time: \_\_\_\_\_  
 (riding times will be assigned at Navs meeting Friday)

**Camp Schedule**

**Friday**

Time	What	Where
5:00 <sup>PM</sup>	Check In & Cabin Assignments 	Main Camp – everyone must check in at Ray Beans’ Dining Hall. You will receive cabin assignments when you check-in. Absolutely do not drive on the grass!! Feel free to arrive early and fish or just relax and enjoy the camp.  YMCA Camp Grady Spruce – 3000 Park Rd. 36 - Graford, TX 76449 Ph: 940-779-3411 – <a href="http://www.campgradyspruce.org">www.campgradyspruce.org</a>  The drive takes about 3 hours, plan accordingly. There are two routes (north along 380 and south through Ft. Worth). Try to get to camp early so that your kids can enjoy some time with their friends. The Navigator will write you a note if needed for your employer...  <b>Eating!!</b> There are no meals served Friday or Saturday night. Arrive early and cook hot dogs and hamburgers at your camp or stop along the way for dinner. Everyone must check in before going to their cabins. Drive Safe! Arrive safe!
7:15 <sup>PM</sup> Dining Hall	Navigators Meeting Required Attendance	Dining Hall at Main Camp (Base Campers & Navigators Only). Review schedules, camp rules, assign riding times, meet camp staff.  Horseback riding times will be assigned at the Nav’s meeting, if your Navigator cannot make the meeting be sure to send a delegate or your group will not be horseback riding.
8:15 <sup>PM</sup>	Flashlight Walk	Meet up by the Dining Hall

# YMCA Adventure Program | Kindergarten Camper Spring Campout










Camp Grady Spruce - Graford TX – April 20<sup>th</sup>-April 22<sup>nd</sup>


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## Saturday

Time	What	Where
All Day	Circle Flag 	Navigators – Be sure to bring your tribal flag to the camp and display on your cabin or nearby tree. Be sure to present your colors at each event, carry your flag with you through the day.
8:00 <sup>AM</sup> 8:30 <sup>AM</sup>	Breakfast 	Dining Hall – Two dining times are provided to keep lines to a minimum. Arrive on time or risk going hungry... Please only come to the dining hall at your designated times, times will be given out closer to camp. Meals will be at both sides. 8:00 <sup>AM</sup> First Group 8:30 <sup>AM</sup> Second Group
9:00 <sup>AM</sup>	Nation Games	Sports Fields by Activity Center– great fun to kick off the day. Come for a great time and fun games with the entire federation.
9:30 <sup>AM</sup> /Directly after Nation Games	Rocket Launch	We will launch rockets on the far end of the field near the fence. If you bought your rocket from the Y, we will have wadding and engines available.
10:00 <sup>AM</sup> to 11:45 <sup>AM</sup>	Enjoy the Activities 	<ul style="list-style-type: none"> <li>• Boat Rides to Hell’s Gate, visit a remote &amp; deserted island, (At Main Camp)</li> <li>• BB Guns – Official Daisy Red Riders, but don’t shoot your eye out!</li> <li>• Archery – This even more fun when Mom isn’t around</li> <li>• Frisbee Golf, Basket ball</li> <li>• Horse Back Riding – You must wear long pants and shoes (12+ rides/hour).</li> <li>• Canoeing – Staying dry is the name of game here.</li> <li>• Fishing (bring your own gear and bait)</li> </ul> Please make sure a Y staff is at the activity before starting.
12:00 <sup>PM</sup> 12:30 <sup>PM</sup>	Lunch 	Dining Hall – Two dining times are provided to keep lines to a minimum. Arrive on time or risk going hungry... Please only come to the dining hall at your designated time, times will be given out closer to camp. 12:00 <sup>PM</sup> First Group 12:30 <sup>PM</sup> Second Group
1:00 <sup>PM</sup> to 4:30 <sup>PM</sup>	Enjoy More of the Activities 	Same as above.
5:00 <sup>PM</sup>	Dinner 	<b>Dinner!</b> There are no meals served Friday night or Saturday night.
TBD Start	Council Fire Precession Starts	Gathering location will be given out during Navigator Meeting Friday night. A Navigator Member will escort your circle to the fire.
TBD Start	Council Fire 	Chapel (see the map). Bring your flashlights but please do not shine the lights at the fire or at the Navigator members.

## Sunday

Time	What	Where
8:00 <sup>AM</sup> 8:30 <sup>AM</sup>	Breakfast 	Dining Hall – Two dining times are provided to keep lines to a minimum. Arrive on time or risk going hungry... Please only come to the dining hall at your designated time... Meals will be at both sides. 8:00 <sup>AM</sup> First Group 8:30 <sup>AM</sup> Second Group
9:15 <sup>AM</sup> to 10:00 <sup>AM</sup>	Feather Ceremony	Outside of the dining hall. Sing along song singing. This is the best way to close the weekend, awards will be given out. Gather outside the dining hall just after breakfast.
10:00 <sup>AM</sup> to Noon	Pack Up and Enjoy the Camp	Drive Safely Everyone!! Check Out: Please sweep the cabins, bag up your trash and pick-up around the camp ground. Please the camp cleaner than you found it. If you moved any tables, bunks or mattresses, please return them where you found them.



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## **More Important Stuff**

**About Your Campout:** This is a full service campground, meaning that you will be in cabins with heat and in some cases A/C. All cabins will have a bathrooms and showers. The bunk-beds are hard with what resembles a mattress. Bring either blankets or a sleeping bag and pillows. There are no linens, so you need to bring towels and such. Don't forget the stuffed animals and those stinky blankets that every kid has and needs to go to sleep. With that said, make sure you have it when you leave. If you are a light sleeper consider some ear plugs, you can find at any sporting store that carries hunting gear. These are cabins, not hotel rooms so set your expectations accordingly. Please keep the kids from jumping off of the bunk beds – a broken leg or twisted wrist is not the memory you are looking to achieve.

**Roles:** Most circle will assign roles. One person responsible for ordering the firewood, one to bring food one to cook, a cook or grill master, therapist, mediator and such – everyone should take a role. Pack whatever you like but expect the kids to raid each cooler – so bring extra. Don't expect the kids to eat much so attempt to bring snacks that might offer some nutritional value (cereal bars, fruit, lunchables and other make-believe healthy stuff – protein wards off bad behavior). Make sure you pack any medicines your kids need but also bring your usual off the shelf meds too (allergy meds, Tylenol, whatever) – there are no pharmacies nearby. Bring extra shoes and socks, a pair of long pants and closed toe shoes. And I hate to say it, bring rain gear.

**Keep an eye on the kids:** Recommendation, the buddy-system or better yet – the herd-system. Kids should never be alone or not where a parent is not nearby. This weekend is about time with your child, be sure to have your one-on-one time. Don't use the drive to the camp as an opportunity to catch up on voice mail, put down the phone and talk to your kid – turn off the TVs in back seat. You kids will remember this weekend more than any other weekend in their entire life.

**Meltdowns:** Usually reserved for Saturday afternoon when the kids are the most tired. Work through it with the kids. Just know that it will happen and it will be over in 10-minutes or less. I don't suggest silly threats (we are going to leave if you don't stop...).

**Behavior:** Not the kids, the dads. Make good decisions. The camps are alcohol free facilities; this is a weekend to spend with your kids – not a weekend to get loaded with your buddies. But also, encourage the kids to behave well and be respectful of the camp and each other.

**Most Important:** Make sure that the kids are having a great time. We expect the dads to have a ton of fun too, but you will be tired, achy and cranky. This is camping and the facilities are not Ritz or even Motel 6 like. The camps are mostly run by volunteers, so be patient and set your expectations accordingly...

**Sleeping Arrangements:** Most cabins have between 12 and 16 beds (6 to 8 bunk beds). The size of your circle will dictate how many cabins your circle will be assigned. Because we are full capacity, your circle may be sharing a cabin with another circle or in multiple cabins. We do our best to avoid this but there is limited space and we have to accommodate everyone. Please do not move beds out of cabins. We can suggest other alternatives if you want all your circle to be in the same cabins.

If your child is one that likes to wonder in the middle night, you might consider letting them have the bottom bunk and you take the top bunk. Please, keep the kids from jumping off of the bunks. Snorers, you know who you are – work with your cabin mates to minimize their pain and discomfort inflicted by your snoring.

**Chant or Song.** Each Circle should create a chant, a war song or some other creative way to vocalize their Circle. Each Circle will be asked to sing, shout or scream their chant or song on the council fire.

**Horseback Riding:** Riding times will be assigned at the Navigators' meeting on Friday night. Please get to your designated departure point 5-10 minutes early. All riders must wear: helmets (provided), long pants, and closed toe shoes.

**Nation Games:** Nation Games at the athletic field behind the activity center. This is a great group activity. A great team building experience for the campers.

**Scavenger Hunt:** Lists will be provided on the last page of the packet. Any circle that completes scavenger hunt and shows it to a navigator will earn additional honor points.

**Boat Rides to Hell's Gate:** A ten minute boat ride to a deserted island where you can hike and explore. The view from on top of the island is great. The boats will leave every hour from the dock. This is about a 1½ hour trip.

**Directions and Check in Procedures:** Once you have checked in, you will be given your cabin assignments. You may drive near your cabin and quickly unload your car. Do Not Drive on The Grass! Immediately move your car the designated parking areas, if not you are assured to get a few dings and scratches. Do not drive on the grass!!

**Waterfront:** No swimming is prohibited in the lake and no boating without a certified lifeguard on duty. Everyone must wear a properly secured lifejacket at all times while boating. Adult must be present in all boats/canoes.

**Other Camp information:** Please remember no silly string, sidewalk chalk, pets, or digging holes. We need to keep the camp they way it was before we came.

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**Camp Cooking:** All of the cabin areas will have a fire pit. Typically, the fire pits don't offer much of a grill to cook on. Many bring portable gas grills or charcoal grills. Just remember, sometimes you may be quite a distance from your camp area. You can also bring a grill to place over the fire pit or put some charcoal in the fire pit for cooking. There are raccoons that will break into the coolers at night, so make sure you secure things the best you can.

**Camp Fires:** Please be safe around the fires, burn only firewood – no bombs, cans, trash or other debris. Camp fires are great fun, enjoy them safely. No cutting/chopping down trees. Keep fires in the fire pits/rings ONLY. Please do not move the fire rings.

**Behavior:** Be wise and make good decisions. Alcohol, fireworks and bad behavior are not allowed. This is a weekend for you to build lasting bond with your child. The YMCA reserves the right to kick you out for such decisions.

**Your Navigator Team:** This team is committed their time to the program. We want you to have a great time. We do not however run the camp facility, concerns regarding the camp facility need to be addressed with the camp director; of course the Navigator will assist in any way possible.

**Fund Raising:** The Navigator may sell dog-tags. Please support the program by purchasing these items. This money goes directly the Adventure Princess and Adventure Guide Program to help with some of the expenses covered by The Navigator Volunteers.

**The Bell:** The bell is to be used for 2 purposes: to call people to meals or to alert people to emergencies. If you hear the bell ring for 1 solid minute or more, come to the dining hall immediately for further details. Please do not allow children to ring the bell.

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**Camp Grady Spruce:** YMCA Camp Grady Spruce – 3000 Park Rd. 36 - Graford, TX 76449 - Ph: 940-779-3411

**Driving Directions, but you may go online to route your own plan.**

YMCA Camp Grady Spruce

3000 Park Rd. 36 - Graford, TX 76449

Ph: 940-779-3411

[www.campgradyspruce.org](http://www.campgradyspruce.org)

## **To Main Camp and Ray Bean Camp sites**

- From Dallas/Fort Worth (about 120 miles): Follow I-30 West (from Central Dallas) to the I-20 merge west of Fort Worth heading towards Weatherford/Mineral Wells.
- Exit the Highway 180 cut-off at Weatherford. Continue on Highway 180 through Weatherford and Mineral Wells (Mineral Wells is the last guaranteed stop for food if you want to eat).
- Just west of Mineral Wells, turn north (right) onto Hwy 337 following it for 11 miles.
- At the 4-way stop in Graford, turn Left onto Hwy 254 following it 8 miles to the intersection of Hwy 254 and Hwy 16.
- Veer left onto Hwy 16. Proceed 2 miles.
- Turn right onto Park Road 36 (at The Cabins on the Corner). Stay on Park Road 36 through the 4-way stop past Mr. C's gas station.
- Park Road 36 will veer left after approximately 6 miles. Park Road 36 dead ends into the Main and Ray Bean Camps.

## **South Route- From Dallas/Fort Worth (about 120 miles):**

- Follow I-30 West (from Central Dallas) to the I-20 West merge west of Fort Worth heading towards Weatherford/Mineral Wells.
- Exit the Highway 180 cut-off at Weatherford.
- Continue on Highway 180 through Weatherford and Mineral Wells (Mineral Wells is the last guaranteed stop for food if you want to eat).
- Just west of Mineral Wells, turn north (right) onto Hwy 337 following it for 11 miles.
- At the 4-way stop in Graford, turn Left onto Hwy 254 following it 8 miles to the intersection of Hwy 254 and Hwy 16-veer left onto Hwy 16.
- Proceed 2 miles to Park Road 36 turning right at the bait shop.
- Following it through the 4-way stop past Mr. C's gas station. The road will split after approximately 6 miles.
- Veer left for Main and Ray Beans Camps which will be to your left at the end of Park Road 36.

## **North Route:**

- Head North from Richardson to US 380 through Denton, Decatur and Jacksboro.
- West of Jacksboro, take a left onto FM 4 south to Graford.
- Turn right on highway 254 in Graford and follow until it merges with HW 16.
- Take HW 16 and turn right onto Park Road 36 and follow the signs to Grady Spruce Main Camp.

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### **No Tolerance Alcohol Policy**

The YMCA Adventure Guide program is an alcohol and a drug-free environment. The use of alcohol or illegal drugs on YMCA property or during a YMCA Adventure Guide event is strictly prohibited. The YMCA Adventure Guide program has a no tolerance policy. Anyone found drinking or using illegal drugs will be asked to leave the program for one year. This policy is consistent with the mission of the YMCA and is the policy dictated by the YMCA of Metropolitan Dallas.

### Reinstatement Policy

The YMCA of Metropolitan Dallas allows each branch the opportunity to define criteria to reinstate those suspended due to the alcohol policy. After six (6) months of suspension and suspension from one campout, the suspended person(s) can be reinstated. The Richardson Family YMCA defines its reinstatement policy as follows:

Any person, suspended due to alcohol violations, can be reinstated if the person meets the following criteria:

- Has been suspended for at least 6 months
- Has missed one campout due to suspension
- In the opinion of the Council officer and Y-Staff involved the alcohol incident was limited to consumption or possession. No other person was harmed or disturbed by behavior resulting from consumption.
- In the opinion of the Council officer and Y-Staff involved the person cooperated with the punishment and peaceably left the YMCA event.
- In the opinion of the Council officer and Y-Staff the person honored the suspension by not attending YMCA events.

The suspended individual must request to be reinstated into the program by contacting the YMCA Program Director. The YMCA Program Director will then review the details of the alcohol incident with Council members then based upon the findings, determine the appropriate reinstatement action.

### **YMCA Mission:**

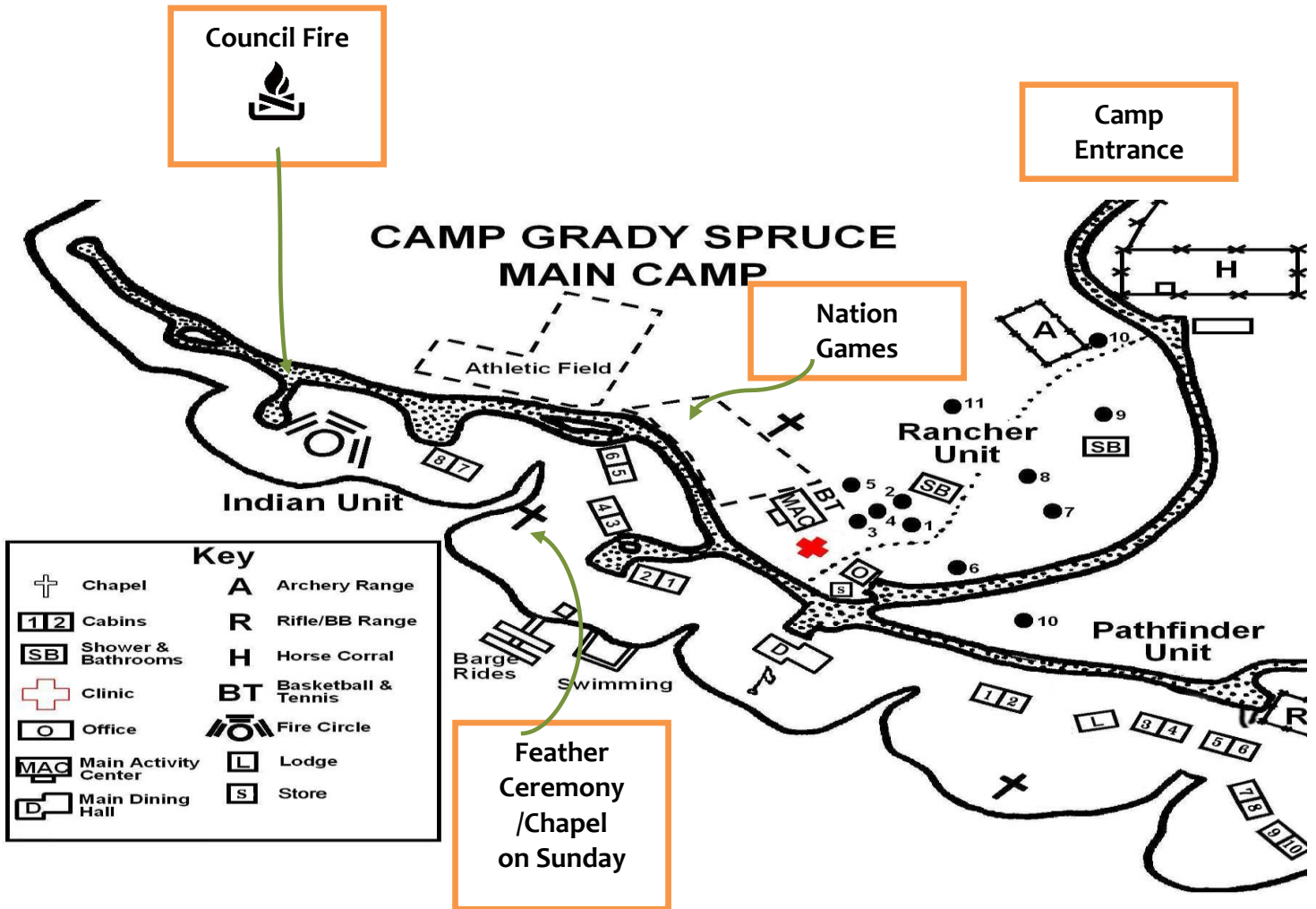
To put Christian values into practice through programs that building healthy spirit, mind and body for all.

### **YMCA Core Values:**

Caring  
Honesty  
Respect  
Responsibility



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Item	Description	Who	Done
<b>Clothing</b> (put your name on everything)			
Extra clothing, socks, shoes			
Jeans	Long pants are required for horseback riding		
Warm Jacket			
Rain Gear			
Hiking boots	Closed toe shoes are required for horseback riding		
Back packs			
Circle T-shirts			
<b>Food</b>			
<b>Cooking</b>			
Grill	The fire pits at the camp typically do not have cooking grills.		
Grilling utensils			
Charcoal			
Lighter Fluid			
Matches and Lighter			
Aluminum Foil			
Firewood	Order from the contact provided or BYO. DuraFlame Logs work great to start fires.		
Table cloths			
Eating ware			
<b>Friday Night</b>			
Drinks			
Water			
Burgers/Hot Dogs & Buns			
Chili			
Chips & junk Food			
<b>Saturday Morning</b> (breakfast is served at the dining hall)			
Cereal Bars			
Coffee	Coffee for Dads		
Juice	Look for the juice that does not need to be refrigerated		
Milk	The little Horizon Milk boxes don't need to be kept cold.		
<b>Saturday Night</b>			
Steaks/Chicken			
Hot Dogs and Buns			
Salad			
Condiments			
<b>Sunday Morning</b>			
Cereal Bars			
Coffee			
Juice	Look for the juice that does not need to be refrigerated		
Milk	The little Horizon Milk boxes don't need to be kept cold.		
<b>Snacks/Misc</b>			
Snacks	Variety of individually packed snacks		
Ice	Several large ice chests full to keep drinks cold.		
Smores	Graham crackers, chocolate bars, marsh mellowes		
Fruit	Apples, Bananas, Grapes, etc.		
<b>Accessories</b>			
Lanterns			
Chairs			
Insect and Tic repellent			
Sleeping bag or quilt			
Extra blankets			
Pillows			
Toiletries			
Towels			
Towelettes/Wipes			
Hand soap	Anti-bacterial hand gel for kids is good		
Liquid Dish Soap			
Trash bags			
Flashlight and extra batteries			
Ice Chest			
Necessary Rx Medications			
<b>Recreation</b>			
Fishing Tackle			
Fishing Pole			
Cameras and Film			
Jam box and extra batteries			



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Adventure Princess / Guides  
Grady Spruce  
Scavenger Hunt (One Entry Per Circle)

(Circle name)

Item / Description (Each item may only be counted once)	Available Points	Your Circle's Points
1 Frog, Lizard, Snake or other critter – Hint: Ask a Navigator Member	5	_____
2 An ugly spider or creepy bug, not a real one – Hint: Ask a Navigator Member	5	_____
3 A very little Indian or a very little Cowboy – Hint as a Navigator Member	5	_____
4 4 Signatures from any Navigator Member	20	_____
5 Fossil or something that looks like a fossil	10	_____
6 Cricket or Grasshopper, or other non-stingy bug	5	_____
7 Green leaf from a deciduous tree	5	_____
8 Heart shaped rock	10	_____
9 Y-Shaped twig	10	_____
10 Wildflower	5	_____
11 Name one wild beast that you saw.	10	_____
12 Acorn and Pecan, or something that a squirrel would eat.	5	_____
13 Grass burr	10	_____
<b>Total</b>	<b>100</b>	_____

Activity Log (Everyone in your circle should participate)	Available Points	Your Circle's Points
1 Hiking or just wondering through the woods, with a parent please!	10	_____
2 Guided Hike Up Johnson's Peak – Perfect Place for a picture	10	_____
3 Horseback riding	10	_____
4 Rifle Range, everyone hits the target at least once	10	_____
5 Canoeing without tipping the canoe	10	_____
6 Boat ride to Hell's Gate to explore a deserted island – That is where "it" happened...	10	_____
9 Federation Games, must be present	10	_____
10 Fishing, catch and release...	10	_____
11 Story Time – Have a dad tell a great story by the campfire	5	_____
12 Tooth Brushing, Vegi-Eating and Reading	5	_____
<b>Total</b>	<b>110</b>	_____
<b>Grand Total</b>	<b>210</b>	_____