

2017 IS LOTS OF FUN.....ARROWHEAD FOR EVERYONE!!!!

Welcome to the ARROWHEADLINES

62 YEARS OF SERVICE TO CHILDREN

Edition 62
Volume 2

July 3, 2017

Upcoming Events

Monday, July 3 rd	1 st Day for Last 6 Weekers (L6) COLOR WEEK Begins! Wear RED, WHITE & BLUE to celebrate America's birthday!
Tuesday, July 4 th	CAMP CLOSED- Independence Day!
Wednesday, July 5 th	Wear NEON colors
Thursday, July 6 th	Wear TYE DYE
Friday, July 7 th	Wear GREEN & WHITE (camp colors) Camp Show- Bob's Critters
Monday, July 10 th	Dress from a Decade Day! 1 st Day for Last 5 Weekers (L5)
Tuesday, July 11 th	Visiting Day for GIRLS & First 4 Weekers (F4) (raindate- Fri. 7/12)
Wednesday, July 12 th	SPORTS LOGO DAY!
Thursday, July 13 th	Crazy Hat Day!
Friday, July 14 th	Last Day for First 4 Weekers (L4) Camp Show- Disco SR Camp- Baseball clinic

Friday Afternoons Are Always Special

The entire Junior, Intermediate & all Senior Girls Camps will be entertained by a series of talented performers.

******VISITING DAY******

Scroll down for more info---Don't miss seeing your campers at their best!!!!

Director's Corner

Creetings to our **Arrowhead** Family! I would first like to express my deep gratitude for the cooperation and enthusiasm of our campers, parents, and staff that have made the first two weeks of the camp season so wonderful. As we are celebrating our 62nd summer, and as my third camp season as Head Director, I am elated that you are choosing to spend the summer with us.

Arrowhead was started by my grandfather, Al Gilbert, in 1956. He had a lifelong dream to start a day camp that could be a "child's paradise." He is truly a pioneer in the Main Line Day Camp Industry and he is a beloved figure by all who know him. In 1985, he passed on this tradition to his children, my mother Ellen Gilbert and my Uncle Howie Gilbert. Their hard work in making **Arrowhead** the unique and special place it is has been an inspiration to both myself and my younger cousin Julie (Howie's daughter). I enjoy working with Julie, especially giving her guidance and helping her learn all about our amazing family business. We are a lucky family.

This off season has brought many new changes & improvements here at **Arrowhead**. In addition to the construction of our brand new rock climbing wall at Pioneering, we have been working hard to develop our CIT (counselor in training) program, which we will initiate in the summer of 2018. We are excited to expand & enrich our community with the additions of CIT's.

I have been at **Arrowhead** every summer since I was two years old and this is my favorite place in the world. Nothing gives me more pride as to watch my son Aidan and my daughter Lilly grow up and become campers. It is truly a blessing to spend my days at **Arrowhead** with the guidance of my mom and uncle, the support of my cousin and the other directors, and the vision of my children spending their summers making lifetime friends and memories as yours have for the past 62 years.

We are so excited about the start of this camp season and we hope it brings all of you the happiness as it has given us over the years. Thank you for being part of our family!

Yours for better camping,

Uncle Brian Witt

Visiting Day

VISITING DAY FOR BOTH BOYS AND GIRLS WILL BEGIN AT 10:00 A.M. AND END AT THE CAMPERS' LUNCH PERIOD. (Approx. 12 noon)

GIRLS:	Tuesday, July 11	Rain date: Wednesday, July 12
BOYS:	Thursday, July 20	Rain date: Friday, July 21

Rain dates/Postponements will be determined by 9:30 A.M. on the day of the event via our website (www.arrowheaddaycamp.com), Facebook page & Twitter account.

Lunch will be provided to all parents and invited guests. It will begin at approximately 11:45 A.M.

A notice with directions and your child's schedule will be sent home prior to these dates.

Also- For our 4 week campers as follows:

First 4 weekers (F4) regardless of gender = Tuesday, July 11th

Last 4 weekers (L4) regardless of gender = Thursday, July 20th

WHERE ARE THE CLOTHES I SENT TO CAMP?

Over the past several summers we have established a method of clothing conservation to minimize the loss of your children's clothing in camp. All bunks use the Brown Paper Bag method of clothing storage.

This is what we do:

1. Children bring their laundry bag to camp with their bathing suits, towels, extra set of clothing and a sweatshirt or raincoat.
2. Upon arrival to the bunk the counselor assigns children a cubbie with their name on it.
3. The counselor puts only the child's bathing suits and towels in the cubbie.
4. All other clothing is put in a brown paper bag with the child's name on it and stored on a separate shelf in the bunk.

The clothing is kept this way so that the children have less clothing to deal with on a daily basis. Usually, the children use only their bathing suits and towels. If the occasion should arise that they need their extra clothing, the counselor is able to locate it immediately and give your child what they need. For you, this means less laundry each week. The only things that should come home for washing each week are bathing suits and towels. At the end of the summer, you should get all of your children's clothing returned in their laundry bag. So, to answer the question- Where

are the clothes I sent to camp? The clothes are safely stored in a brown paper bag in their bunk!

**OUR CAMP PHONE NUMBER IS
(610) 353-KIDS
CALL THIS NUMBER ANYTIME YOU NEED US
DURING THE SEASON
7:00 A.M.- 6:00 P.M.- MONDAY THRU FRIDAY
FAX ANYTIME- (610) 695-8118
E-MAIL: chiefarrowhead@comcast.net
24 hours- 7 days a week
*Please allow 24 hours for a response if e-mailing on a weekend**

E-MAIL UPDATES- 2nd REMINDER

We will be communicating with our parents by sending out individual bunk news e-mails & photos. These weekly e-mails will contain specific information for the campers bunk (upcoming special events, what to wear, and bring in, etc.) along with newsy notes and tidbits of information of the prior week. We also will be uploading weekly photos & videos of our campers in action to their individual bunk pages on the Arrowhead website. Easy access links will also be included. Our commitment to keeping parents informed of all things **ARROWHEAD** along with our high-tech connectivity keeps **ARROWHEAD** the leader among area day camps. If you are unsure whether or not you supplied us with your family e-mail address, please call us to confirm. We are capable of sending our e-mails to multiple addresses- just let us know and we will add as many e-mail addresses as you request. We will also be utilizing this method to communicate to our **ARROWHEAD** families in the rare event that should an emergency arise along with any other vital information that we deem necessary throughout the summer and the off-season. We thank you for your cooperation.

JUST A REMINDER

If you have not already sent in your **green health form**, please do so in order that we may have current medical information, as well as emergency contacts for your child. If your child needs to take any medication during the camp day, please make sure they know to bring it to the Nurse's Office upon arrival to camp. This is for your child's protection!

A SPECIAL WELCOME TO **ARROWHEAD AND **AMERICA****

This season we are pleased to announce the addition of 2 foreign exchange students to our **2017 staff**. These gentlemen are from the United Kingdom and they are as excited to be here as we are to have them. They are as follows:

Harvey Mann- UK

David McLean- UK

They will be employed during the camp day at various assignments where they are qualified. We look forward to learning and sharing about our different cultures and we are sure you will join us in welcoming them to **ARROWHEAD & AMERICA**.

ATTENTION PARENTS:

If you are changing your child's transportation in any way (picking up early, etc.) please make sure the main office is aware of the change. You must do this by UTILIZING our new **ARROWHEAD Transportation Request Forms** (blank form included in this edition or download from our website under "Forms & Applications" or call us and we will be happy to fax one to you or send it home with your child). Phone calls or just telling your child's driver will **not** be honored. Children must be picked up **NO LATER THAN 3:00 P.M.** Should you not be present by the 3:00 P.M. time, your child will be sent home on normal transportation. Camp dismissal is at **3:15 sharp!** Also, should you be dropping your child off at camp in the morning, it must be **no earlier than 9:30 A.M.** This is for your child's safety, as our staff arrives at **9:30** so there is no supervision before that time. Camp begins at 9:40 A.M. This is for you and your child's protection. **ARROWHEAD** times must be adhered to and will be strictly enforced. In addition, should your child not be coming to camp for any reason, telling the driver is sufficient. There is no reason to call camp for this. Thanks for all your help in this very important matter!

Reminder to all **Extended Day Campers**- Early drop off is between 7:30 and 9:15 and late pick-up is between 3:30 and 5:30.- **no later- please take note!**

FOOD, SNACKS & TREATS

For the safety of all we ask that all food, snacks and treats be kept at home. We have many campers with severe allergies of a critical nature and need this policy to be strictly enforced. We appreciate your cooperation and understanding.

Thank You

PROPER FOOTWEAR AT CAMP

We are informing all of our parents that sneakers and sneakers only are the appropriate footwear for your children to wear during our camp day. Any variety of sandals, flip-flops, pool shoes etc. are not only inappropriate, but also dangerous. Our campers are engaged in various activities, including: running, jumping, climbing, etc. and sneakers are for these endeavors. Parents, we ask you to use common sense and please follow our advice for the safety of your children. Thank you.

ELECTRONIC POLICY

One of the best, if not the best part, of summer camp is being able to enjoy the great outdoors. This is especially true with the winter we just had which trapped us indoors. Add to this that our children have spent so much time sitting in rows with pencil & paper and taking standardized tests, and they really need to be participating in all that **ARROWHEAD** has to offer so we respectfully request that all cell phones, mp3 players, tablets, etc. stay at home where they will be "safe & sound."

A NOTE TO ARROWHEAD DAY CAMP
Transportation Change Request
FAX (610) 695-8118 chiefarrowhead@comcast.net

Date _____

Camper's Name(s) _____ / _____

Bunk(s) _____ / _____

Vehicle _____

REQUEST FOR TRANSPORTATION CHANGE

My child(ren) will be picked up at _____ on _____
Time
_____ at the camp office.*
Date

****PICK UP MUST BE NO LATER THAN 3:00!!!***

Please allow my child to be dropped off at the home of _____ who also rides on the same vehicle as my child.

My child(ren) will be dropped off at camp at _____
Time
on _____.
Date

****DROP OFF MUST BE NO EARLIER THAN 9:30!!!***

Parent's Signature _____

* Please indicate name of individual if not parent or guardian

ARROWHEAD'S world famous **"Learn to Swim"** campaign is now in high gear. All of our campers have been tested and placed in the appropriate swim "school." Listed below are the skill levels pertaining to our 10 Fish Schools. We will all be working hard throughout the summer to pass as many schools as possible & always remember **SAFETY FIRST!!!!**

10 "SCHOOLS"	SKILLS	TESTS
POLLIWOG SKILLS:	<ol style="list-style-type: none"> Physical & mental orientation to water Breath holding & submerging entire body Floating, front glide and recovery 	<p>BEGINNER'S TEST</p>
GUPPY SKILLS:	<ol style="list-style-type: none"> Front glide, 10 ft. Front glide with flutter kick, 10 ft. Back float 	<p>GOLDFISH TEST: Camper jumps or dives into deep water, levels off, swims beginner or front crawl stroke down the lane, changes direction, turns over onto back and floats for ½ minute, then turns back over and swims the front crawl stroke back to the starting point.</p>
MINNOW SKILLS:	<ol style="list-style-type: none"> Back glide, 6ft. Back glide with flutter kick and skulling, 20 ft. Front crawl stroke, 20 ft. (beginners) 	<p>Awareness and understanding of basic safety skills and attitudes.</p>
GOLDFISH SKILLS:	<ol style="list-style-type: none"> Front crawl stroke, 20 yds. Beginning back crawl stroke, 10 yds. Changing direction Turning over Leveling off Jump- chest deep water Jump- deep water Front dive- (beginners) 	<p>ADVANCED BEGINNER'S TEST</p>
BARRACUDA SKILLS:	<ol style="list-style-type: none"> Rhythmic breathing Front crawl stroke, 20 yds. with good rhythmic breathing Beginning back crawl stroke, 20 yds. Survival float, 1 minute Treading water, 30 seconds Diving underwater, swimming 30 ft. 	<p>CATFISH TEST: Part 1- Camper dives into the water, swims under water approx. ½ lane, surfaces, treads deep water for 1 minute, swims front crawl stroke remainder of lane, changes direction and swims front crawl back down lane. Part 2- Camper jumps into deep water, swims ½ lane under water, surfaces and performs survival float for 2 minutes, swims elementary backstroke remainder of the lane, changes direction, swims back down the lane doing elementary backstroke.</p>
CATFISH SKILLS:	<ol style="list-style-type: none"> Elementary back stroke 25 yds. Front crawl stroke, 25 yds. Review/improve Back crawl stroke, 25 yds. Review/improve Treading water, 1 min. Survival float, 1 min. Bobbing 	
DOLPHIN SKILLS:	<ol style="list-style-type: none"> Front crawl stroke, 20 yds. 	



	<p>Review/improve</p> <ol style="list-style-type: none">2. Sidestroke (arms), 20 yds.3. Scissors kick, 20 yds.4. Sidestroke, 20 yds.5. Treading water, 1 min.6. Survival float, 2 min.	
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10 "SCHOOLS"	SKILLS	TESTS
<p>PORPOISE SKILLS:</p> <p>SHARK SKILLS:</p> <p>WHALE SKILLS:</p>	<ol style="list-style-type: none"> 1. Breaststroke (arms), 20 yds. 2. Breaststroke (kick), 20 yds. 3. Breaststroke, 20 yds. 4. Sculling, 10 yds. 5. Survival floating, 5 min. <ol style="list-style-type: none"> 1. Sidestroke, review/improve 2. Back crawl stroke, review/improve 3. Crawlstroke, review/improve 4. Breaststroke, review/improve 5. Surface dives- pike, tuck, and feet first 6. Long shallow dive 7. Stride jump 8. Inverted scissors kick 9. Sculling 10. Open turns, front, side, back 11. Survival stroke/float 12. Underwater swim, 20 ft. 13. Basic rescues 14. Artificial respiration <ol style="list-style-type: none"> 1. Elementary back stroke, review/improve 2. Back crawl stroke, review/improve 3. Breaststroke, review/improve 4. Sidestroke, scissors and inverted scissors kick 5. Front crawl stroke, review/improve 6. Overarm sidestroke 7. Inverted breaststroke 8. Trudgen stroke 9. Open turns, review/improve 10. Surface dives, review/improve 11. Survival float/stroke clothed 12. Standing dives, review/improve 13. Rescues 	<p>INTERMEDIATE TEST</p> <p>PORPOISE TEST:</p> <ol style="list-style-type: none"> 1. Camper swims 50 yds. Doing the elementary backstroke 2. Camper dives into deep water and swims 50 yds. Doing the crawl stroke 3. Camper swims 50 yds. doing the sidestroke. 4. Student jumps into deep water, swims underwater 3 body lengths, surfaces, treads water for 1 minute using arms and legs, then swims survival stroke 15 yds. 5. Camper swims nonstop for 5 minutes using any combination of strokes. <p>SWIMMER'S TEST</p> <p>SHARK TEST:</p> <ol style="list-style-type: none"> 1. Camper swims breaststroke 50 yds. 2. Camper swims backcrawl stroke 50 yds. 3. Camper swims crawl stroke 100 yds. 4. Camper swims sidestroke 100 yds. 5. Camper surface dives (pike or tuck) to 8 ft., swims 20 ft. underwater, surfaces and survival floats 5 min. 6. Nonstop 10 minute swim <p>ADVANCED SWIMMER'S TEST</p> <p>WHALE TEST:</p> <ol style="list-style-type: none"> 1. Camper swims continuously using sidestroke 50 yds, followed by the overarm sidestroke 50 yds (each stroke performed on both sides, with scissor kick 25 yds.) 2. Camper swims crawl stroke 100 yds. 3. Camper swims backcrawl stroke 100 yds. 4. Camper swims breaststroke 100 yds. 5. Camper swims inverted breaststroke 50 yds. followed by the elementary backstroke for 50 yds. 6. Camper swims trudgen stroke 50 yds. 7. Camper performs survival stroke 5 min. fully clothed 8. Camper swims continuously for 30 min.

MENU

Monday 7/3

Crispy CHICKEN NUGGETS

Mashed Potatoes
Juicy Pineapple

Monday 7/10

Build Your Own **BURGER**

Lettuce, Tomato, Pickles & Cheese
Jersey Corn Niblets
Fruit Cocktail

Tuesday 7/4

**CAMP
CLOSED**

Tuesday 7/11

“GIRLS” VISITING DAY DELI DAY!

Salami, Turkey, Tomato, Lettuce,
Cheese
Whole Wheat Bread
Toasty Tater Tots
Frosty Freeze Pops

Wednesday 7/5

PENNE a la Arrowhead

Whole Wheat Pasta w/ Marinara
sauce
Chopped Salad
Juicy Peaches

Wednesday 7/12

Whole Wheat PASTA MARINARA

House Salad
Creamy Chocolate Pudding

Thursday 7/6

CHICKEN CHEESESTEAKS

Veggies & Dip
Applesauce

Thursday 7/13

CHEESE QUESADILLAS

Tortilla Chips & Salsa
Juicy Mandarin Oranges

Friday 7/7

Hooray for HOAGIES

Fancy French Fries
Cool Choco Dips

Friday 7/14

CHICKEN PATTIES

Whole Wheat Buns
Crispy Chips
Ice Cream Sandwiches

All food is served “family style” by our Jr. Counselors & is available in our delightfully air conditioned Mess Hall. For those campers who do not care for the main meal of the day we always have available daily – soy peanut butter & jelly & marshmallow fluff (in any combination) on fresh whole wheat bread, hard boiled eggs, salad bar, fresh sliced NY bagels with cream cheese, baked potatoes, hotdogs with all the fixins’ and ocean fresh tuna fish salad.

Liquid Refreshment- All campers will have a variety of flavors of Arrowhead’s world famous ice-cold bug juice served during lunchtime in unlimited quantities- (Monday thru Thursday). Lemonade is served to all campers every Friday.

Snack- all campers (JR, INT & SR) receive a daily snack in the afternoon which includes special treats (cookies, pretzels, fresh fruit) along with a choice of white or chocolate milk- all low-fat!!!!