



## **2009 PARENT HANDBOOK**

**P.O. BOX 297  
MENTONE, ALABAMA 35984-0297  
PHONE: 256/634-4404  
FAX: 256/634-4405  
[www.alpinecamp.com](http://www.alpinecamp.com)**

**JUNIOR CAMP**  
**May 27-June 6**

**FIRST TERM**  
**June 8-July 3**

**SECOND TERM**  
**July 6-July 31**

Dear Alpine Family:

Over fifty years ago, Mr. O was preparing to open Alpine's gates for the first time. As we prepare for Alpine 2009, it is hard to believe that this summer marks fifty-one years of boys coming to Alpine, swimming in Little River, building life-long relationships, and living in God's beautiful creation, and Carter and I are thrilled you will be a part of it.

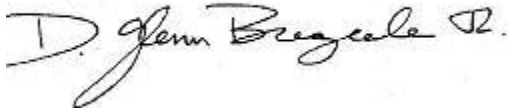
Thank you for choosing Alpine Camp for your son (or sons). We want you to know that our most important responsibility for the summer is the health and safety of your son. We, along with the O'Ferralls and all the Alpine family, do not take this responsibility lightly, and we want to express our appreciation for the confidence you have placed in us.

We have been traveling from Virginia to Texas this off-season, hiring quality Christian young men to be counselors, and we have been blessed again with an exceptional group of guys, many of whom are former Alpine campers or returning counselors. We remain convinced that the counselors are what make Alpine so special, and it is a joy each year to see the Lord raise up an amazing staff.

We are firmly convinced that Alpine has been and will continue to be a place where a boy can come to be safe, to feel accepted for who he is, to grow in his walk with the Lord, and to have the time of his life. We want your son(s) to be able to unplug from all the modern distractions at home, make new friends, cultivate old friendships, and be challenged as he learns new skills in the outdoors.

Carter and I are thankful for the relationships that we have with so many of you, and we look forward to meeting others of you this summer. Please call on us at any time with your questions or comments. We can't wait to see all of you for Alpine 2009!

Warmest regards,



Glenn & Carter Breazeale  
Directors

## **TRAVEL INFORMATION**

### TRAVEL FORM

All campers must complete a travel form prior to coming to camp. ***We need a travel form even if your son is traveling to and from camp by car.*** The travel form is due by May 1, 2009 and is available here: [Alpine Travel Form](#).

DRIVING TO CAMP: The camp gates will open at 8:00AM CDT. You may drop off your son(s) between 8:00AM CDT and 1:00PM CDT on Opening Day. You may pick up your son(s) between 7:30AM CDT and 12:00PM CDT on Closing Day. Please do not arrive before 7:30AM (Central Time Zone) on Closing Day. Any camper riding home with someone other than his parent or legal guardian must provide written permission to the camp office.

MEETING THE BUS IN BIRMINGHAM: On Opening and Closing Day, Alpine charts a bus to meet campers and parents at the Birmingham Airport. You may meet the bus in Birmingham even if your son is not flying. Alpine staff members will meet parents and boys at the Baggage Claim area of the Birmingham airport between 8:00AM CDT and 11:00AM CDT on opening day. We recommend that you park on the first level as close to Baggage Claim as possible. Please be extremely cautious as you cross the street to Baggage Claim. The Alpine counselors will be wearing dark green Alpine Camp shirts and khaki shorts so that you can recognize them easily. Our staff will help parents load luggage on to the bus. Campers may board the bus upon arrival and a counselor will take care of them from that point forward. Please call the camp office if you have a travel delay or an illness on opening day (256-634-4404). The charge for the bus is \$150.00 roundtrip and \$75.00 one way.

On Closing Day, we will meet parents at the Baggage Claim area of the Birmingham Airport between 8:00 AM CDT and 12:00 AM CDT. Whether your son is flying to/from camp or just meeting the bus, please provide us with your cell phone number.

FLYING TO CAMP: Some parents choose for their son(s) to fly to AND from camp; others send their son(s) to camp via plane but then pick them up at the end of the session (and vice versa). We will meet campers at their gate upon arrival and accompany them to their gate for departure at the Birmingham, Alabama Airport. Birmingham, AL is the only city where Alpine Camp staff members will be meeting flights. You will need to book your own reservations for your son(s) and we do not use a travel agent to book flights for campers. We will provide chartered bus transportation to and from the Birmingham, AL airport, and the charge for the bus is \$150.00 roundtrip and \$75.00 one way.

Campers flying into Birmingham need to arrive between 8:00 AM CDT and 11:00 AM CDT on opening day and departures should be scheduled between 8:00 AM CDT and 12:00 noon CDT on closing day. We will have staff members at the Birmingham, AL Airport meeting flights on opening day and delivering boys to their flights on closing day. Please provide your son's airline, flight number, and time of arrival/departure on the travel form and reconfirm all travel information a week before your son(s) come to camp. If you have an e-ticket for your son(s) please forward a copy to Clay ([clay@alpinecamp.com](mailto:clay@alpinecamp.com)). *Campers may not arrive prior to opening day.*

#### FLIGHTS FROM NEW ORLEANS

We are happy to report that Southwest is once again providing direct flights from New Orleans to Birmingham. Please see [www.southwest.com](http://www.southwest.com) for more details.

#### BUS TO JACKSON, MS SECOND TERM

Depending on the level of interest, we will plan on sending 1 or 2 buses from Alpine to the Smith Wills Stadium parking lot in Jackson, MS on Closing Day of Second Term. The cost of the bus trip is \$175.00 per camper. We need at least 30 boys to have 1 bus and at least 50 boys to provide 2 buses. Spots will be given on a first-come first-serve basis. Please note that we will cancel the bus if we do not have the minimum number of boys signed up.

#### **LUGGAGE**

Please pack your son's belongings in a footlocker or duffel bag. Send blankets, sheets, towels, pillow and sleeping bag in a duffel bag and send clothes in a footlocker. Our cabins do not have space for large trunks and as a result, wardrobe trunks are not allowed. Each boy will have a wooden shelf to arrange all his belongings and trunks will be safely stored underneath the cabins.

#### **SHIPPING LUGGAGE TO CAMP**

You are welcome to ship your son's trunk/duffel bag to camp. We recommend United Parcel Service (UPS). They deliver directly to camp on a daily basis. Please send luggage to **c/o Alpine Camp for Boys, Inc., 138 County Road 619, Mentone, Alabama 35984**. Check with UPS for weight and size limitations.

## **HEALTH INFORMATION**

We feel a keen sense of responsibility for the health and safety of your son and as such we employ the following health procedures during camp. Our medical staff confers with cabin counselors on the daily health habits of the boys in their cabins, and they also advise the administration regarding all health and safety matters.

Our infirmary operates as a primary care clinic for the camp. Your son's health record is maintained there and should he need medical assistance we are well equipped to help him. Our medical staff consists of one physician and three registered nurses. This allows us to have two nurses on duty 24 hours a day. In addition, 90% of our staff are instructed in American Red Cross First Aid and are CPR certified. The infirmary is fully stocked with medical supplies to aid with everything from minor abrasions to more serious conditions. Please emphasize to your son the importance of going to the infirmary to see the nurses if he feels bad or has any bites, rashes or an abrasion. Explain to him that we are there to help him stay healthy.

If our medical staff feels a camper needs treatment that we cannot provide, we have excellent medical facilities a short distance away at DeKalb Regional Medical Center in Fort Payne, Alabama or at T. C. Thompson Children's Hospital in Chattanooga, Tennessee. We do not notify a parent when a camper is in our camp infirmary overnight for some minor ailment, but if your son should become seriously ill or suffer a major injury be assured we will notify you immediately.

Please assist us in caring for your son by completing a Health Examination Form. You complete and sign the front page of the form, and your son's physician must complete and sign the back. **IT IS IMPERATIVE THAT YOU SIGN THE BOX IN THE CENTER OF THE FRONT PAGE.** In case of an emergency, our local hospital will not provide medical treatment for a camper without this signed authorization. Alpine Camp for Boys requires that every camper have a physical examination by a licensed physician within twelve months of his arrival at camp. We ask that the form be complete and returned to the camp office by May 1, 2009, if possible. If the physical cannot be completed by then the form must be returned no later than two weeks prior to your son's arrival at camp. Please know that no camper will be admitted to camp on Opening Day if we do not have his completed Health Examination Form. You can find a copy of the Health Form here: [Alpine Health Form](#).

## **INSURANCE**

All of our campers are required to provide proof of health insurance coverage. Please attach a copy of the front and back of your insurance card with your son's Health Form. If a camper receives medical treatment or medication outside the camp infirmary, the camper's health insurance company will be billed accordingly. Any incidental charges, including medical bills for any accident, illness, or medications will be the responsibility of the parent or guardian.

## **COMMUNICATION WITH CAMPERS**

Parents may communicate with campers in 2 ways: (1) letters (2) CampMinder email. Mailing address: **P.O. Box 297, Mentone, AL 35984.**

Alpine offers an email service through our website [www.alpinecamp.com](http://www.alpinecamp.com). Camp provides each parent with a login ID and a password. Parents can then create guest accounts for extended family and friends. The website allows parents to email campers as well as view daily pictures and read the daily newsletter. Alpine reserves the right not to deliver inappropriate emails. ***Emails received after 7:00 AM CDT will be delivered the following day.***

We maintain long distance service for business purposes and emergencies in the summer. Campers are not allowed to receive phone calls. Any calls made to campers must be cleared through the Director. Please **DO NOT USE** our FAX number for normal correspondence with your son. Correspondence by fax is only allowed for international campers.

Ph: 256.634.4404

Fax: 256.634.4405

## **SPENDING MONEY/KNITWEAR**

Each camper has a spending money account apart from the general camp fee. The spending money deposit is \$125.00 for the Junior Camp or \$150.00 for 1<sup>st</sup> and 2<sup>nd</sup> Terms. Spending money charges include deductions for Trip Day, cabin pictures, Powerade fountain drinks, extra toiletries, etc... Unused funds/Account overruns will be refunded/billed at the end of camp. Camp provides a small store with stamps, stationery, soap, toothpaste, shampoo, and other basic necessities. Alpine Camp knitwear (T-shirts, sweatshirts, shorts, tribe jerseys, and laundry bags) is also available for sale in the store. Before camp begins, we will provide a knitwear order form for you to fill-out and send back to Camp. Your knitwear orders should be sent in by May 1. ***Alpine requires that each camper have a minimum of two camp T-shirts and a tribe neckerchief along with a slide to be used with the neckerchief.*** We do not fill knitwear orders until the campers arrive at camp. All knitwear is stenciled when delivered.

## **FOOD**

Alpine employs a trained dietitian and buys the best food available. We serve food in abundance in three completely adequate meals each day. The basic camp fee also includes an afternoon treat at the store each day.

## **PACKAGES**

In the past, the large number of packages received by campers promoted a competitive atmosphere at Camp and overwhelmed our small camp post office. As a result, we have a NO PACKAGE POLICY. Brown manila envelopes are considered packages. Please inform family and friends of our **no package policy** and remind them not to send food, candy, gum or sunflower seeds in letters. Campers are not allowed to have food in their cabins. If your son needs an item that you deem is necessary to his enjoyment of camp life, such as a forgotten tennis racket, sweatshirt, or sleeping bag, you may send it

addressed to your son, c/o Camp Office at our shipping address. The package will be opened and delivered to your camper's counselor. Otherwise, we will return packages to the sender.

### **TOBACCO/ALCOHOL/DRUGS**

THE USE OF TOBACCO, ALCOHOL OR ILLEGAL DRUGS IN ANY FORM will result in immediate dismissal from camp.

### **CABIN PLACEMENT POLICY**

One of the real benefits of a camp experience involves meeting and making new friends from different places. Alpine Camp encourages campers to attend without concern for hometown buddies. We will try to honor a request for two campers from the same hometown to be in the same cabin, if their age and grade level will allow and if the parents of both campers make the request. ALL CABIN REQUESTS NEED TO BE ON THE APPLICATION OR IN WRITING FOUR WEEKS PRIOR TO ARRIVAL. The Director's cabin placement is final.

### **CATHOLIC MASS**

Our campers of the Catholic faith attend services in Fort Payne, Alabama. If parents of Catholic campers prefer their sons attend the interdenominational service held at camp, please indicate this on the application, or notify camp in writing.

### **VISITORS**

Junior Camp: Campers in the Junior Session (5/27-6/6) are not allowed to have visitors during the camp term.

1<sup>st</sup> & 2<sup>nd</sup> Terms: We do not have a Visitors' Day in any of our camp sessions. Parents may visit during the final two weeks of the 1<sup>st</sup> and 2<sup>nd</sup> terms. We ask that you not visit more than once and that you make your visit brief. The best time of day to visit is between 1:45 p.m. and 3:15 p.m. CDT on any day of the week. Our personal recommendation for visiting is to wait until the last week of the term and plan your visit around the time you plan to pick-up your son. Experience has taught us that visits from parents in the middle of a camp term can be very disruptive, even to boys who have made an easy adjustment to the camp environment. We do not allow campers to leave camp with a visitor, even with their parents.

### **HOMESICKNESS**

For many boys, camp is their first experience away from home for an extended period of time. It is only natural that some of these boys will experience a genuine case of homesickness. Frankly, we would be surprised if boys did not get homesick. Years of experience have taught us that periods of homesickness are usually brief. With your close cooperation and understanding, we feel that overcoming homesickness can be a valuable step in the emotional development of your son.

Before camp starts, it is normal for boys to be nervous and even express concern about coming to camp. The best thing you can do is highlight all the positive aspects of camp.

It is very important that you do not make a “pick up deal.” A “pick up deal” is when the parent promises to come pick up their son if he is not having fun. Studies have proven that once this deal is made a boy will not make the effort to get into camp and overcome his fear, but rather, will only focus on going home.

First time camp families will receive a DVD on homesickness by Dr. Chris Thurber, a recognized expert on kids and camp. For more information on Dr. Chris Thurber, [click here](#). If a returning camp family would like a copy of the DVD, please contact the camp office.

Once your son is at camp, if you receive one or two homesick letters, please do not be alarmed. Respond quickly with a letter that is cheerful and firm. Parental firmness has proven a near positive cure.

### **BIRTHDAYS**

At Alpine birthdays are special. We recognize each camper on his Birthday and provide a cake for him to share with the boys at his table. Birthdays are also the one exception to the no package policy. If you would like to send a birthday package to your son, please write BIRTHDAY PACKAGE in bold letters on the outside of the package and mark “Hold for Birthday”! Please do not send food in the Birthday Packages. Since we have numerous Birthdays each summer, we ask that you not use the telephone to wish your son Happy Birthday.

### **MUSIC POLICY**

We value recorded music at camp and use it regularly for special events and activities. However, our desire is to provide the most wholesome atmosphere possible for your son during his stay at Alpine. We want campers to enjoy the sights and sounds of Lookout Mountain and Little River away from the streaming music and images that dominate our culture. For this reason, we do not allow CD players, MP3 players, radios, or any other electronic listening or playing devices at camp. This includes Walkman radios, iPods, PDAs, Game Boys, PSPs, etc...

### **CELL PHONE POLICY**

Campers may not bring a cell phone to camp. If a camper is found having a cell phone or using a cell phone (theirs or someone else’s) 24 hours after arrival, HE WILL BE SENT HOME.

### **CAMERAS**

Digital cameras are not allowed at camp. Campers may bring an inexpensive, non-digital camera to document their experience at camp.

### **PIERCINGS**

For safety reasons, campers may not wear piercings of any kind at camp.

## **VALUABLES**

Your son should not bring valuable items such as expensive cameras, watches, or jewelry to camp.

## **LAUNDRY**

Laundry service is available once a week to all campers. Please make sure that you mark all of your son's clothes and personal belongings with his name. Do not forget to mark raincoats, tennis shoes, pillows, etc...Please attach a list of contents to the inside of each piece of your son's luggage. Alpine Camp does not accept responsibility for the campers' personal belongings. Do not send nice clothes to camp.

## **TRIP DAY**

During each camp session, every age group at camp takes a day trip on a chartered bus (e.g. 4<sup>th</sup> graders to Dollywood for the day; 8<sup>th</sup> Graders to Ocoee River for a day of whitewater rafting). We also occasionally take certain age groups on short out-of-camp trips (e.g. 6<sup>th</sup> & 7<sup>th</sup> graders to Chattanooga Lookouts game). We will notify you prior to Opening Day if your son's trip(s) requires special permission or waivers. All necessary money for tickets, bus fare, meals, and snacks for out-of-camp trips will be deducted from your son's spending money account.

## **HORSEMANSHIP**

In addition to our traditional horseback riding program, four-week campers who have finished the 5th grade or higher will have the opportunity to participate in our Horsemanship Program. In this program each camper will receive two hours of small group instruction three days a week covering riding skill, grooming, saddling, horse care, and stable management from certified Camp Horsemanship Association Instructors. There will be an additional \$85.00 charge for this program. This fee must accompany the application and is fully refundable in case of cancellation. This program is limited to 50 campers per session, and campers are accepted into the program on a first come -- first serve basis. A separate Boy Scout Merit Badge Horsemanship Program will be offered for campers who are active in scouting and desire to acquire this merit badge at camp. It can require more than one summer to complete these merit badge requirements depending on the camper's riding skills and desire when he enters the program.

## **WHAT TO BRING -- JUNIOR CAMP**

1 pillow  
2 blankets  
4 sheets (2 sets)  
2 pillowcases  
6 towels  
4 washcloths  
2 laundry bags (not plastic)  
3 pair blue jeans or long pants  
1 pair sweatpants  
2 sweatshirts (may be Alpine knitwear)  
1 jacket  
6 pair shorts  
1 pair white shorts (may be Alpine knitwear)  
8 T-shirts  
2 Alpine Camp white Sunday shirts (required)  
8 pair underwear  
8 pair socks  
2 swimming suits  
1 rain poncho (required)  
2 pair tennis shoes (1 old)  
1-2 bandannas  
Flashlight  
Soapbox & toiletries  
Bible  
Tennis racquet  
Sleeping bag  
Rubber thong slides (shower shoes)  
1 pair of rain boots/duck shoes/sandals with heel strap  
\*\* 1 pair of riding boots  
1 water bottle  
Battery operated fan  
1 tribe shirt (required)  
Camouflage Attire (optional for night activities)  
Swimming goggles (optional)

## **WHAT TO BRING – 1<sup>st</sup> AND 2<sup>nd</sup> TERMS**

1 pillow  
2 blankets  
4 sheets (2 sets)  
3 pillowcases  
8 towels  
5 washcloths  
2 laundry bags (not plastic)  
3 pair blue jeans or long pants  
1 pair sweatpants  
2 sweatshirts (may be Alpine knitwear)  
1 light jacket  
2 pair nice shorts or long pants (for parties)  
2 sport shirts (knit, collared - parties)  
8 pair shorts  
2 pair white shorts (may be Alpine knitwear)  
10 T-shirts  
2 Alpine Camp white Sunday shirts (required)  
10 pair underwear  
12 pair socks  
2 swimming suits  
1 rain poncho (required)  
2 pair tennis shoes (1 old)  
1-2 bandannas  
Flashlight  
Soapbox & toiletries  
Bible  
Tennis racquet  
Sleeping bag  
Rubber thong slides (shower shoes)  
1 pair of rain boots/duck shoes/sandals with heel strap  
\*\* 1 pair of riding boots  
1 school backpack for rising 7<sup>th</sup> graders and up  
1 water bottle  
Battery operated fan  
1 tribe shirt (required)  
Camouflage Attire (optional for night activities)  
Swimming goggles (optional)  
\*\* Required for campers taking horseback riding. Must be shoes or boots with a hard, smooth sole and a definite heel (not sneakers, duck shoes, hiking boots, or boots with a deep ridged tread, or sandals). Campers will not be allowed to participate in horseback riding without proper shoes.