

CAMP COVECREST

PARENT INFORMATION

Thank you!

Parents,

Thank you for entrusting us with the care of your child for a week at Life Teen Summer Camp! We are excited to help create opportunities for them to encounter Christ and draw nearer to Him. This information will be helpful for you as your teen prepares for camp. It is an honor to help lead your teens closer to Christ. If there is anything we can do to better serve you and your family in this mission, please let us know. We are praying for you!

In Him,

Christie Kreikemeier
Director of Summer Camps
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Kelly Simpson
Assistant Director of Summer Camp
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Molly McLaughlin
Hidden Lake Summer Camp Coordinator
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Information for Parents

- Please see the packing list and ensure your teen is packed and their clothes are in line with our modesty and 'what not to bring' guidelines.
- If there is an emergency, please call the office (706-782-5961) or the emergency cell (706-982-0306) and ask to speak to our Camp Director. We promise to contact you as soon as possible in the rare event of a medical emergency at camp.
- If you are trying to check in on your child at camp, **please do not call the office line**. You can arrange calling times and the best phone number to use with your child's youth minister or group leader. Keep in mind there is limited cell phone service at camp so it may take time for a youth minister to return a call.
- On Tuesday of your teen's week of camp, you will receive an email with a link to a private web page with daily highlights from camp along with daily pictures. We want you to be able to see the work God is doing and experience the week of camp with your teen even if you can't be here with us.
- If you have questions or concerns about your parish's travel information, camp costs, or additional information not included here, **please contact your youth minister or group leader**.

CONTACT US

Contact Person: Elizabeth Martinez,
Covecrest Guest Relations
Office Number: 706-782-5961
Emergency Number: 706-982-0306
(no texting)
Email: covecrest@lifeteen.com

Mailing Address:
Camp Covecrest
25 Falls Drive
Tiger, GA 30576



Packing List

What to Bring:

We recommend a duffle bag not a rolling suitcase as gravel roads can damage wheels and difficult to navigate.



- Two pairs of clothes & 1 pair of shoes to get messy (we recommend athletic shorts, a non- white T-shirt, and shoes that will stay on your feet while running)
- Clothing that is comfortable and appropriate for rock climbing (longer shorts necessary)
- 6 days worth of athletic/casual clothes for daily outdoor activities (t-shirts, shorts, etc.)
- Sweatshirt/light jacket for cooler mornings and evenings
- One piece bathing suit/swimming trunks (**Ladies will need to bring shorts to wear over swim suit & men will need to wear a shirt when not swimming**)
- Toiletries (shampoo, conditioner, soap, toothbrush, toothpaste, deodorant, etc.)
- Towels (2 recommended- 1 for shower, 1 for swimming/lake time)
- Twin-size sheets/blanket/pillow or sleeping bag/pillow
- Money/Cards for snacks and apparel at the Outpost and crafts in the Art Barn (suggested amount \$20-\$50 per camper)
- Bug repellent
- Sunscreen
- Flashlight
- Water bottle
- Sunglasses and/or hat
- Rain jacket/poncho (it does rain often in the afternoons!)
- Bible (We will be using a Bible during sessions and morning prayer)
- Journal and pen
- One pair closed-toe tennis shoes for climbing
- One pair of sandals or slides for showering
- One pair of water shoes that can be secured to feet (if participating in away day)

What Not To Bring

- Cell phones, I-Pad/I-Pod/tablets, and computers
- Tobacco products, illegal drugs and alcohol
- Juuls or other vaping devices
- Weapons of any kind, including guns or knives
- Lighters
- Portable Gaming Devices



Packing List

Preparation Suggestions

Your child's week at camp is going to be an incredible time filled with making new friends and growing in your relationship with Christ. There are a couple things you can do to help them prepare and make this week the #bestcampever.

1. Go to confession! Encourage your child to attend with you. This way they are open to all the graces God has for you at camp.
2. Encourage your child to write a thank you to your youth minister and core members for going to camp with them!
3. Take a couple minutes to pray about what you want them to get out of camp.. Be honest with God and let Him know how you're feeling about your son/daughter going to camp.
4. Head to Mass! Before your week of camp, be sure to make it to Mass and say some prayers for the week ahead!

Guidelines for Modesty

At Life Teen Summer Camps we encourage all campers to respect their own bodies and those of others. We require all campers and adults to adhere to our modesty guidelines. Below are the rules for the sake of comfort, safety and modesty.

- No short shorts- All shorts must cover your thighs. Many activities during camp involve bending, running, and sitting. If you place your hands at your sides, your shorts should be at least as long as your fingertips & must be visible from under your shirt.
- No thin-strapped tank tops- Shirts must cover your chest and undergarments. "Bro tanks" with thicker straps are allowed as long as the chest cannot be seen through the open arm holes and undergarments are covered.
- No crop-tops- Please make sure your shirt covers your entire stomach and back while sitting and with your arms raised above your head.
- No tight pants- Please do not wear tights, leggings or any style of form-fitting work-out pants.
- Appropriate swim wear- Ladies swim attire is a one-piece bathing suit and shorts. If you wear a two-piece bathing suit you will be asked to wear a T-shirt as well. Mens swim attire is swim trunks- speedos are not allowed. If you place your hands at your sides, your swim trunks should be at least as long as your fingertips.

These guidelines are for teens and adults and **also apply for all messy clothes**. Our staff will ask you to change if you are wearing something that violates the above guidelines.





Facts about Covecrest

Covecrest just celebrated it's 21st anniversary!

The population of Tiger, GA in 2021 was 486.

There are 25 staff members, plus 9 additional community members at camp. That's 7.5% of Tiger's population.

In 2022, Covecrest had 2883 people use the facilities for retreat and 2954 campers for summer camp.



Covecrest Staff

Camp Director:

Amanda Grassi is the Camp Director at Covecrest, and lives at camp full time. She has served with Life Teen internationally and in the United States.

Guest Relations:

Elizabeth Martinez is the Covecrest Guest Relations coordinator. She helps welcome everyone who steps foot onto Covecrest grounds with a helpful hand and a big smile.

Covecrest Mission Coordinator:

Kelly Rau is the Covecrest Mission Coordinator. Kelly leads formation throughout the year for our full time missionaries who live in community at the camp. Kelly is a former full time missionary and lives at camp.

Facilities:

Ethan Tipton, the Covecrest Facilities Manager, ensures our grounds and facilities are always top-notch. Ethan is a former missionary and lives at camp full time.

Food Services Coordinator:

Rosy Martinez is our head chef and keeps everyone at camp extremely well fed!

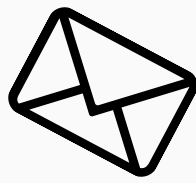
Full Time Missionaries

Our Full Time Missionaries commit to a year long formation while living in community at camp. They will be coordinators and mentors for the summer missionaries.

Summer Missionaries:

Life Teen Summer missionaries are college-aged students who give up their summers to pray, live in community, and lead teens closer to Christ. We have over 50 summer missionaries who will help you lead your small groups, facilitate our ropes courses, serve your meals and be great role models for your teens.

Camp Mail



Letters can be submitted online at lifeteen.com/camps/camp-mail. Online messages will be organized and given to Group Leaders to pass out to campers on Tuesday and Friday nights. Please keep in mind that all mail for campers delivered after Friday afternoon will be returned to sender.



F&Q

What happens at camp?

The Life Teen Summer Camps staff plans, prepares, and facilitates the programming, liturgies and activities for each day. Each day your child will experience daily Mass, opportunities for the Sacrament of Reconciliation, and other powerful prayer experiences. Our evening sessions will break open scriptural topics to lead your teens into a more authentic encounter with Christ. All of this alongside our low and high ropes courses, an obstacle course, messy games and plenty of free time. Each day campers will enjoy three delicious meals and a snack with their parish.

Will you accommodate my child's food allergies?

Yes! When you complete your online paperwork, we will ask if your child has any allergies. Please make sure that your group leader is aware of this allergies. Our kitchen team will take necessary steps to make sure your child has plenty of food and nutrients.



Can I communicate with my child?

Regular communication between you and your child will need to be organized with the Youth Minister or Group Leader. As mentioned above, we do offer the opportunity to send camp mail! Letters can be submitted online at lifeteen.com/camps/camp-mail. Online messages will be organized and given to Group Leaders at the daily core member meetings to pass out on Tuesday and Friday nights.

Please keep in mind that all mail for campers delivered after Friday afternoon will be returned to sender.

What's all this camp lingo?

We may use some language at camp that you are unfamiliar with. Here are some definitions:

Group Leader- This is the individual who is leading the parish group. Often this person is a Youth Minister, Campus Minister, Parent Volunteer, or Core Member. This person is our main point of contact about all things camp.

Small Groups - Each day will have at least 30 minutes for small groups. As a parish-based ministry the number and make-up of your small groups is up to your group leader. They may split groups by gender, by age, or by experience at camp.

Hour of Mercy- Each morning, we will offer one hour of optional confession for all camp participants called Hour of Mercy. It's an opportunity for teens to choose freely to experience Christ in the Sacrament of Reconciliation. With up to 300 teens at camp we encourage teens to try to go to confession before camp starts as well!

Organized Free Time (OFT)- We will offer plenty of options for your teens- from, Flickerball, Gaga Ball, to arts and crafts, to waterfall hikes- there are great options to recreate and relax. The Outpost, the camp store, will also be open during this time offering official camp apparel, snacks and drinks.

Messy Games- Our program team develops and creates a rotation of games including mud, water, paint and YUCK! as a fun time to be silly, let loose, and bring them together as a parish.

Morning Praise- Each morning, campers will gather together to start the day in prayer. This is done often through scripture as we open God's word.

Snack Chat- Each night the parish will meet all together for a snack and time of debrief led by their Youth Minister. This is a great time to share ways that God moved and connect as a group.

