



# Camper's Guide 2023

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enriching lives through the camp experience



## What Makes Eagle Hill Unique?

Eagle Hill is set on two hundred beautiful acres in the foothills of the Berkshire Mountains. The campus consists of rolling hills and spacious fields of green grass. The remote setting in the country, tranquil and serene during the winter, comes to life with the sights and sounds of campers playing ball and singing songs during the summer.

We have campers that range in age from 7 to 16 years old. Many of them come from New York and New Jersey, but we have campers from all over the country, and we even have campers from other countries.



At Eagle Hill, there are a ton of things to do. The activities include team sports, like Soccer and Basketball. We also have individual sports, such as Tennis, archery and golf. Our Arts program is becoming more popular each year. These activities include things like Ceramics, Theatre, Dance, and Music. We also have several special activities like Skootch, Quest for the Golden Arches and World Cup Soccer.

There are three sessions to choose from at Eagle Hill. This means that campers have the choice of coming to camp for the first two weeks of camp, the last two weeks of camp, or the full four weeks.

Eagle Hill is a warm and friendly place to spend the summer. All of the counselors and campers get to know each other and spend time together making friends. In a place like Eagle Hill, it's not uncommon to find counselors spending their free time playing games with campers from different bunks.

We are working hard to develop a camp season that will be safe, yet fun. We want you to have the kind of great camp experience that our Eagle Hill campers have had for years. Please know that we may have to make some adjustments and changes to the way we do things. If needed, we hope that they will be small changes and will not at all affect the quality of your camp experience.

As we head toward the summer, we will tell you that Eagle Hill has one of the most naturally beautiful campuses in New York. Better yet, the people at Eagle Hill are really great! Campers are genuinely happy to be at Eagle Hill and will show you with their warm greetings and welcoming smiles. All summer long, we know you'll love being with us!

Jesse Scherer  
*Director*

# Welcome

## Notes From an Eagle Hill Camper

Looking back, I would like to say that I wasn't a bit scared, but that wouldn't be true. Actually, I was very nervous before my first summer at camp. Aside from a few sleepovers at a friend's house, I had never been away from home, especially not for a whole summer.

When we arrived at the bus stop, my mom helped unload the car and gave me the once over, checking my hair and teeth etc... As we waited for the bus, meeting other campers from my town was very reassuring.

Then all too soon I was on the bus and camp had begun. I was nervous about so many things on the first day. What activities will I get to do? What will my counselors be like? What if I don't make any friends? When I got off the bus, prepared for my first camp day, I met my counselors and bunkmates, and we all got a tour of camp.

Despite the fact that we all stayed up a bit past lights out, the next morning we were all awake at the crack of dawn, and ready to start our day's activities. I couldn't believe that even though I had been at camp for less than a day, I was so comfortable, it felt like much longer.

I was so worried about making friends, that I didn't even realize I already had. When my mom came to camp for Visiting Day, she asked me how I liked being away from home. I told her that I missed her but that Camp Eagle Hill was now my summer home!

—Eagle Hill Camper

## TO OUR NEW CAMPERS

*Going to camp can be one of the most exciting experiences of a child's lifetime. Some campers jump in without a care in the world, while others spend hours thinking about all of the "What ifs". The good news, is that most children that attend camp just "love it" and spend years remembering tales of the great times they had at camp.*

*Going from that first day to the last and building on the fun is what makes Eagle Hill special. If you are nervous about camp, have questions, or would just like to talk to us, give us a call or drop us an e-mail. No question is too silly or not important enough for us to answer. We would love to chat and get to know you. When you arrive at camp, we can be "old friends".*

*We are going to keep you really busy. Look forward to an especially action-packed start to our season. But first things first;*

*What are you bringing to camp? No, not what clothes—This is for your parents to worry about. Do you have some pictures of your folks, a pet, and maybe your brother or sister that you would love to hang by your bed? Pictures are really fun to have around. How about a great poster, a pillow case or sheet set, or even an old blanket that makes you feel snug and comfortable when the weather gets cool. These are great items to use on your bed. It's like getting a touch of home while still being at camp.*

*Remember to bring your favorite stuffed animal.*

*Why would anyone think of leaving home without this cherished friend?*

*Now that we are settled in, we have to start thinking of what we are interested in doing while at camp. Make a list of a few things that you are really looking forward to doing. This way you can check it out and make sure you have done all that you have set out to do. Once at camp you can add to the list each time you do something that you never thought you would do.*





# The Daily Program

## Daily Schedule

### A.M. MORNING

- 7:30 .....Wake up
- 8:00.....Breakfast
- 8:45.....Cleanup
- 9:25.....Inspection
- 9:30 .....1st Period
- 10:30...2nd Period
- 11:45 ...Lunch

### P.M. AFTERNOON

- 12:45 ...Rest Hour
- 2:00 .....3rd Period
- 2:55 .....4th Period
- 3:50 .....5th Period
- 4:35.....Back to Bunks for Showers
- 5:45 .....Lineup
- 6:00 .....Dinner
- 7:00.....Free Play
- 7:45 .....Evening Activity
- 9:00 .....Canteen/ Refreshments
- Curfew  
(varies based on age)

**NOTE: The following is a description of our typical camp program.**

Each day there will be five activity periods. Some of the activities you will go to with your bunk. These are called Group Activities. They will be either Sports periods, Tennis periods, General Swim periods or Swim Instruction periods (for younger campers).

The other activities you will choose on your own. These are called options periods. There are two kinds of options. The first are called “Majors”. The second are called “Minors”.

Major Periods are picked once every four days and kept the same for that period of time. Minors are picked each morning for that day. Most of the group activities will also be available in the list of options for Majors as well as Minors. Below is a sampling of what you might find in your daily list of elective choices.

### GROUP ACTIVITIES

- Soccer
- Softball
- Basketball
- Lacrosse
- Volleyball/
- Newcomb
- GaGa
- Hockey
- Tennis
- Swim Instruction



### ELECTIVES

- |                |                     |            |
|----------------|---------------------|------------|
| Tennis         | Web Design          | Soccer     |
| Climbing Tower | Ceramics/ Pottery   | Lacrosse   |
| Zip Line       | Woodworking         | Volleyball |
| Low Ropes      | Crafts              | Hockey     |
| Go Carts       | Drawing/Painting    | Ping Pong  |
| Ballet         | Jewelry             | Guitar     |
| Hip Hop Dance  | Musical Theatre     | Drums      |
| Cheerleading   | Drama Improvisation |            |
| Gymnastics     | Technical Theatre   |            |
| Golf           | Stage Crew          |            |
| Archery        | Basketball          |            |
| Martial Arts   | Softball            |            |
| Cooking        | Boating             |            |
| Mountain Bikes | Fishing             |            |
| Photography    | Swimming            |            |
| Graphic Design |                     |            |





# Tips For Bunk Living

Living in a bunk is one of the best parts of being at camp. For many of you, having bunkmates in camp may be the first time that you've had to share a room. This may take some getting used to, but in the end, the time you spend with your friends in the bunk will be among the most memorable of your experiences. Here is a list of a few tips to ensure successful bunk life for everyone.

1. Respect each other's stuff. Don't borrow things that aren't yours without permission. Be willing to share your stuff, and try not to overreact if someone borrows something from you without your permission. Remember, living together is an adjustment for everyone.
2. Be inclusive. Try not to leave anyone out when playing bunk games. It's ok to have some quiet time for yourself, but don't exclude yourself from the group either.
3. Keep your stuff organized. This will help prevent things from getting lost.
4. Do your fair share. It's everyone's job to keep the bunk clean and tidy. During cleanup, make sure you do your job thoroughly. And it never hurts to help others with their job as well.
5. Go to bed and get up on time - and allow others to do the same. Getting a good night's sleep is key to a successful day at camp.
6. Listen to your counselor. Your counselor is responsible for your safety.

7. Patience is a virtue for bunk life. Taking turns and being understanding will go a long way in making a happy bunk.

8. *And in case mom is reading...* brush your teeth, wash with soap, and change your underwear.

Building a great bunk community is something that your counselors can do. But it definitely helps if you keep these tips in mind when dealing with your bunkmates. If you are having difficulties with any of your bunkmates, remember that you can always talk to your counselor.

## THINGS THAT SHOULD NOT BE BROUGHT TO CAMP:

- Gum • Water Guns • Glass Containers • Pocket Knives/Fishing Knives • Handheld Electronic Games • Chairs (lawn, beach, bean bag, etc) • TVs, DVD Players • Portable Storage Units • Expensive Items • Extension Cords • Plug-in Fans • iPads/Tablets • Laptop Computers

**A CELL PHONE THAT DOUBLES AS A CAMERA OR MUSIC DEVICE-** please bring separate camera + music devices

*We cannot be held responsible for items that are lost or damaged while at camp.*





# Meals And Canteen

## MEALS

At Eagle Hill, we pride ourselves on offering a fully nutritional menu that has plenty of variety for campers with varying tastes and preferences. Each meal has options that will appeal to vegetarians as well.

Each morning, for breakfast, we serve a hot meal. This could include things like, eggs, waffles, pancakes, french toast, or hot bagels. We also always have a variety of cold cereals to pick from as well as other alternatives such as hot cereal, and fresh fruit.

For lunch, the menu also contains a variety of options. Some of the most popular items include Pizza, Tacos, Chicken Nuggets, and Wrap Sandwiches. During each lunch and dinner, there is a salad bar available that also contains alternative options.

Our dinner menu consists of a healthy combination of items from each of the four food groups. Entrees can include things such as Lasagna, Chicken Parmesan, Turkey, Meatloaf, or Stir Fry. The dinner salad bar always contains plain pasta and often times, baked potatoes, soups, and other great options. Even with all these options, if you are unable to find something that you like, all you have to do is tell your counselor, and we will do our best to find something that appeals to you.



### GLUTEN FREE FOOD PROGRAM

*A new dedicated gluten free kitchen* serves meals to our campers and staff who either have celiac disease or who may be gluten intolerant.

The camp chef has created an entire menu that is completely gluten free, from pizzas to home-made chicken fingers, burritos and brownies. Our camp will guarantee that all of the foods, snacks, condiments and beverages are gluten free.

## CANTEEN

Most nights, after Evening Activity, we open the canteen. The Canteen is sort of like a camp store, but it doesn't cost you any money. Each camper receives one snack and one beverage item. The canteen has candy and soda, but also has ice cream, popcorn, and fruit.

## NO FOOD IN BUNKS

With all this food available, there is no need for you to have extra food in the cabins that can ruin your appetite for healthy meals. Therefore, it is our strict policy that **NO FOOD BE KEPT IN THE BUNKS**. We ask and appreciate the cooperation and understanding of both you and your parents in this matter.



# Sample Calendar: Evening Activities

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25 Staff Opening Night Talent Show	26 Minute To Win It	27 Eagle Hill Idol	28 Campfire	29 Divisional Activity	30 Team Survivor Night	1 DJ Party
2 Luau	3 Dancing With the Stars	4 July Fourth Celebration	5 Divisional Activity	6 Campfire	7 Pudding Wrestling	8 Holy Cow Ice Cream
9 Hobbies	10 Miss Eagle Hill	11 Divisional Activity	12 Triathlon	13 Teambuilders	14 DJ Party	15 Campfire
16 Holy Cow Ice Cream	17 MTV Night	18 Sadie Hawkins	19 Musical Review	20 Prom	21 Closing Night Awards Ceremony	22 Last Day of Camp
23	24	25	26	27	28	29



# Bunk Requests

We completely understand how important the bond of friendship and the bunkmate relationship is at camp. We too have made some of our closest and best friends at camp! With that being said, our Bunk Request policy is fair and simple... we will do our best! The complexity that goes into forming camp groups goes beyond just the simple requests. To ensure the best possible experience for everyone at Camp Eagle Hill, we ask that you trust us and the decisions we make.

## WE ASK THAT YOU HELP US BY FOLLOWING THESE SIMPLE STEPS...

1. All bunk requests must be made on or before June 1st.
  2. Campers must be within one year of age or one grade level for us to potentially honor requests.
  3. We ask that you not make "DO NOT PLACE ME WITH" requests. We are open to discussing any and all social situations and certainly want all campers to feel comfortable and safe. We will make every effort to set up groups that will be successful at Eagle Hill.
- Please remember, if problems crop up, we will be happy to discuss needs for individual campers at any time.







# Communications And Technology

## MAIL

Mail and packages come into camp and go out of camp every camp day except Sundays. Campers receive mail and packages every day after lunch.

## PHONE CALLS

We allow campers to bring cell phones to camp. However, we have one strict rule regarding cell phones. Cell phones must be kept in the office. Any cell phone found in a bunk will be held by the camp office and NOT returned until the end of a camper's stay with us at camp. Each week, there will be a set time when you will have access to your cell phone to make calls or send texts to whomever you'd like.

Campers that do not have a cell phone at camp will be able to make calls from our camp office.

## EMAIL

You will be able to receive emails from your parents. These emails will be printed out and distributed to you after lunch every day.



## IPODS AND DIGITAL CAMERAS

We have all become accustomed to the luxuries that technology offers us while at home. Since many of these gadgets offer comfort to you, we want you to be able to enjoy them while at camp. However, in order for us to accommodate these items at camp, we need your full cooperation regarding the following rules and guidelines:

1. We will not be responsible for loss or damage of these items. If this is of concern, then do not bring them to camp.
2. Laptop Computers, iPads or other tablets are NOT permitted at camp.
3. iPods are for use in the bunk only. You may not use them anywhere else in camp, unless it is being used with a particular activity. For example, you may find it handy to have your ipod at a guitar lesson, but you can not bring your iPod to the pool for free swim. iPods may be used to listen to music ONLY and may not be used to play movies, etc.
4. iPods and Digital Cameras cannot be used in any inappropriate or malicious way!
5. All cell phones will be stored in our camp office. You must have a camera and/or music player that is separate from your phone. Phones will not be made available to be used as cameras or music devices.

We are making a strong effort to provide you with the most comfortable environment at camp. We trust that these rules will be followed by everyone. We appreciate your understanding and



# Advice From Eagle Hill Alumni

Since 1963 Eagle Hill has been the summer home to thousands of campers and staff from around the world. For most of them, Eagle Hill holds a special place in their heart. The memories made at camp are truly ones that last a lifetime.

When asked to provide advice to our current campers on how to get the most out of your experience at camp, this is what our alumni had to say:

- Have an open mind. Camp offers incredible opportunity to try and experience an array of wonderful new things.
- Enjoy the scenery. It's a gorgeous camp filled with beautiful natural surroundings. It would be a shame not to take some time to appreciate it.
- Take a different elective every day. This gives you the opportunity to try new and interesting things that you may come to love and use in the future.
- Getting involved in bunk activities at Eagle Hill is just as important as the activities you choose.
- When at an activity, give it your all. Just participating isn't always enough.
- Try to step out of your shell and meet as many people as possible while at camp. Chances are these people are going to be your friends for life, so try to make as many as possible. You are not just learning sports and arts, but learning skills for life!







## A Special Note to Teens

Being a teenager at Camp Eagle Hill comes with a lot of privileges. Teens have the opportunity to be leaders of exciting camp programs like Tribals and Olympics. They also take part in extended trips to other cities. With those privileges, comes a lot of responsibility.

As you have begun to notice, being a teenager is not an easy task. Everyone around you has different expectations of how you should act, feel, behave or even dress. Many of you feel pressure in school, from parents, teachers and friends. Perhaps some of the greatest difficulties you feel during these “growing” years come directly from your peers. These years are also a time to try new things.

With all that everyone seems to be asking of you, it’s nice to be able to get away for the summer and not worry about pressure. At camp, there are a huge number of activities to choose from and a terrific number of friends to do them with. We have tried to create an atmosphere at Camp Eagle Hill where peer pressure does not have to be a concern.

This is what is stated in the enrollment form that your parents signed to register you for camp:

“The Camp reserves the right to dismiss any camper whose condition, conduct, influence, or behavior, is deemed by the Camp to threaten, or be detrimental to, the Camp, its property and/or members of the camp community, or the camp’s reputation.”

Camp Eagle Hill is not the place for experimentation. **Smoking, vaping and the use of drugs or alcohol are FORBIDDEN**, as is leaving your bunk after “lights out”. We are a modern co-ed camp filled with years of tradition, an excellent reputation in our local community and high standing within the summer camp industry. We pride ourselves on the quality of campers we attract. It is our hope that as an older camper, you will be a positive role model for the younger campers. Please treat each other with respect, have fun, use good judgment and enjoy your stay with us at Camp Eagle Hill.







#### WE ARE AVAILABLE TO HELP YOU

We hope that you are as excited about the upcoming summer at Eagle Hill as we are. We will do everything that we can to give you an exciting, challenging, fun-filled, and safe camp experience. We hope this booklet provided you with some comfort and answered some of your questions. If you have any additional questions or concerns, please feel free to give us a call in our camp office, or e-mail us at any time.

We can't wait to see you this summer at Eagle Hill!

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