

# SunCatcher SERVANT CAMP

at Atlantic Mountain Ranch

Information for Campers and Parents - 2010

## SunCatcher Servant Camp

Atlantic Mountain Ranch is partnering with SunCatcher Therapeutic Riding Academy to offer a unique servant camp opportunity in the Black Hills. Your youth group will work with a group of Black Hills youth who are mentally or physically challenged, and are learning to ride horses. Under the training and supervision of SunCatcher staff, you will learn to lead horses, assist riders with mounting and balance, and celebrate the freedom and joy that riding can offer young persons with varying abilities. No horse experience is necessary - we will train you. Also spend time doing your own trail ride, hiking, in Bible study and worship, cooking over a fire, and enjoying the relationships that form in a camp community. Program designed for up to 20 campers plus adults.

**Arrival Time:** Registration is between 3:00 and 4:30pm (Mountain Daylight Time) on Sunday at Atlantic Mountain Ranch.

**Departure Time:** is between 9:30 and 10:00am on Friday.

**Insurance Info** - Lutherans Outdoors carries a minimal insurance policy for accidents and illness incurred at camp. Our policy assumes the camper's insurance will be the primary coverage. If we must take someone to the doctor for treatment, the clinic will first file a claim with the camper's insurer. If there is no insurance, or if the camper's policy will not pay for this accident or illness, our insurance will cover the costs up to \$2,000 for an accident and \$200 for an illness. Personal property is not covered by camp insurance and any claims for loss or theft will need to be submitted to your personal homeowner's/renter's insurance company.

Lutherans Outdoors in South Dakota is an equal opportunity provider and is operating on the Black Hills National Forest under the terms and conditions of a Special Use Permit.

## Life at Camp

Atlantic Mountain Ranch is located in the southern Black Hills just northwest of Custer. Your group leader has directions to camp.

**Housing:** Campers will live in simple bunkhouses with no electricity, and an outhouse nearby. A modern dining hall and shower house are located a short distance away.

**Meals:** Wholesome and well balanced meals are prepared by the camp staff with help from the campers. We often cook over a fire and eat outdoors. If you have any special dietary needs, please notify us ahead of time.

**Schedule/Staff:** We will spend Sunday evening in group building and orientation for the upcoming week. A large portion of each day Monday through Thursday will be spent going to serve at the SunCatcher facility in Rapid City. The rest of the day will be spent in Bible study and discussion, recreation, mealtime chores, worship and singing, with some time for relaxation and getting to know each other better. Two Atlantic Mountain Ranch staff will be with your group at all times.

**Offering:** Each week we take an offering at camp. This year the offerings will go toward the Lutherans Outdoors Campership Fund, to ensure that truly everyone is able to attend camp. We are also collecting food and toiletries for the food pantry and women's shelter in Custer if you would like to contribute.

### **Payment of Fees/Refund Policy**

Fees are to be paid two full weeks in advance. A billing statement will be sent to your youth group. Please notify us immediately if you cannot attend. The \$100 deposit per person is not refundable, but is transferrable to another camper going from your church group. Do not bring payments to camp.

## The Packing List

*(Bring camping clothes for warm days  
and cool nights)*

- \_\_\_ Sleeping bag (good for 30-40 degrees)
- \_\_\_ Pillow
- \_\_\_ Work boots/shoes to wear around horses
- \_\_\_ 2nd pair of shoes (for relaxing at campsite)
- \_\_\_ 2 pair of shorts
- \_\_\_ 2 pair long pants (work pants or jeans)
- \_\_\_ 4 t-shirts (no tank tops-*chance of sunburn*)
- \_\_\_ 5-6 pairs of socks (thin & heavy)
- \_\_\_ Underwear
- \_\_\_ 1 lightweight long sleeve work shirt
- \_\_\_ Warm jacket or sweatshirt
- \_\_\_ Wool sweater or polar fleece layer
- \_\_\_ Towel/washcloth
- \_\_\_ Rain gear (coat & pants or poncho)
- \_\_\_ Gloves/knit hat for warmth
- \_\_\_ Bible
- \_\_\_ Notebook, pen
- \_\_\_ Flashlight (with extra batteries)
- \_\_\_ Toiletries
- \_\_\_ Sun screen, lip balm, insect repellent
- \_\_\_ Cap, hat or bandanas (for sun protection)
- \_\_\_ Medications (please send prescriptions in  
the original bottle with the doctor's  
directions on the label)
- \_\_\_ Water bottle (20 oz to liter size) - optional
- \_\_\_ Backpack (school book bag size)
- \_\_\_ Clothes for your van trip home
- \_\_\_ Optional items (sunglasses, camera,  
deck of cards, hacky sack, your  
favorite work gloves)
- \_\_\_ Your health form

**Please label your personal belongings** - It really helps to identify items in the lost and found and get them returned to you.

**DO NOT bring** junk food, electronic devices (i.e., walkmans, MP3 players, iPods), cell phones, tons of toiletries, clothing with inappropriate slogans or logos, knives, fireworks, weapons, pets, illegal substances (alcohol, drugs, cigarettes), or other unnecessary or dangerous items.

Sweatshirts, T-shirts, snacks, etc., will be available for you to purchase. Clothing prices range from \$12 - \$40.

**Questions?** For questions regarding registration, please call Cheryl Lundeen at 800-888-1464. For questions about the program or facilities, call Mary Stutz at 605-673-4040 (winter) or 605-673-3017 (summer).

## Thoughts Before Camping in the Black Hills

**Weather:** Elevations range from 5,000-7,000 feet. In summer, one may encounter frost, rain, hail, and snow as well as 85-90 degree days. Bring clothing that can be layered for varying conditions. At camp, staying dry is important. Rain gear is a must.

**Footwear:** Make sure you have good work boots, not athletic shoes, for your work projects. This does not necessarily mean buying a new pair of boots. Make sure boots, whether new or used, are well-broken-in to your feet. This will help prevent blisters. Make sure you have good, heavy socks to wear with your boots.

**Sleeping:** It may get down close to freezing at night, so a warm sleeping bag is important. You will be sleeping in unheated cabins on bunk beds with mattresses.

**Gloves:** The camp will provide work gloves, but if you have a favorite pair, bring them along.

### The Servant Camp Address:

**Atlantic Mountain Ranch  
11760 Custer Limestone Rd  
Custer SD 57730**

### Phone:

**605-673-3017 or 605-673-3435 (summer only)  
or Outlaw Ranch 605-673-4040**

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**Be sure to bring your Health Form with you to camp!**



## How to prepare you and your child for camp

Giving your child to the care of other people is perhaps the greatest act of trust you as a parent can give. We aim to do everything we can to earn and keep that trust; and, we know we cannot do this without your help. We want to partner with you to ensure your child/children will have the safest, most fun and faith-filled experience possible while at camp. Following are a few suggestions as you prepare your child for their week at camp:

- Talk about camp before you go. Ask questions together and discuss what camp might be like and what they might expect. Let them know what you will be doing when they are away. Help your child focus on making new friends and on being involved in camp activities.
- If your child has any special health, food allergies, or sleep related concerns, please share those with the camp staff so they can prepare for your child's arrival.
- Send a letter to your child before camp begins so a message from home will be awaiting his/her arrival. Ask specific questions about what they are doing and encourage them to write back. Send self-addressed stamped envelopes or postcards with your child so they can write home. While campers do not have the ability to use email while at camp, if you send an email to camp we will make sure and give it to your child when we hand out mail.
- For safety sake, we have a **“no cell phone” policy at camp**. Cell phones can be lost, stolen or used inappropriately with photos or calls to outsiders who could potentially put campers at risk. Regular use of cell phones/texting also tends to slow the formation of community and takes away from the learning and growth of being in an outdoor setting. For these reasons we ask you to **please leave cell phones at home**.
- Be prepared to talk about camp with your child upon their return home. This is important. The act of “processing” your child's experience helps them not only share with you what they did; it also serves to involve parents in the experience and helps the child reflect on how they have grown.
- If this is your child's first time away from family for an extended period of time and you feel they may become homesick, speak openly on the topic before your child leaves camp.
- Try brainstorming some positive coping strategies like talking to their camp counselor, writing letters, or drawing pictures of what they did that day. It is not always helpful to simply tell your child that you will come and get them (even phone calls prevent this opportunity for success). Overcoming homesickness can be a great achievement for your child. Rest assured, should your child get homesick while at camp—and we feel it would be helpful—we will contact you by phone. If this happens, please use this as an opportunity to build up your child and help them face this new experience.

Going away to camp is a wonderful growth experience for both campers and parents. Please let us know how we at camp can help YOUR child have the best week possible. **And here is the best tip yet...** pray for YOUR child while they are away at camp... and everyday for the rest of their lives!