

January 14–15 • Norfolk, VA



# American Camp Association Mid-Atlantic Camp Conference

## Tuesday, January 14, 2020

12:00 p.m. – 1:00 p.m.	Registration & Check-In
1:00 p.m. – 2:15 p.m.	Welcome & Opening Keynote with Kat Shreve – North Café
2:30 p.m. – 3:45 p.m.	Educational Breakout Sessions
4:00 p.m. – 5:15 p.m.	Educational Breakout Sessions
6:30 p.m. – 7:30 p.m.	Dinner & Reception – North Café
7:30 p.m. – 9:00 p.m.	Social & Reception – North Café

## Wednesday, January 15, 2020

7:30 a.m. – 8:00 a.m.	Hot Topic Round Table & Exhibit Hall Grand Opening Hampton/Newport News Rooms
8:00 a.m. – 9:15 a.m.	Educational Breakout Sessions
9:30 a.m. – 10:00 a.m.	Exhibitor Round Tables
10:00 a.m. – 11:00 a.m.	Unopposed Exhibit Hall Time & Snacks
11:15 a.m. – 12:30 p.m.	Educational Breakout Sessions
12:30 p.m. – 2:30 p.m.	Luncheon & Closing Keynote with Kat Shreve – North Café



## Kat Shreve

Just minutes after the Shreve Family station wagon arrived at Camp Meadowlea in Bridgeport, WV and Kat jumped out, her career path in camp began. Since then, Kat has worn many hats in the world of camp and experiential education. Kat has worked for Project Adventure as a facilitator and developed environmental education programs at Rock Eagle 4-H Center. Additionally, in her 30+ years in camp, Kat has directed the Athens YWCO Camp for Girls, Girl Scout Camp Meriwether, YMCA Camp Colman, and currently, she is the Director of Programs for Camp Kudzu, a camp for children living with type 1 diabetes.



## Don't Gamble with Staff Orientation

Opening Keynote – North Café

Hey, we are camp professionals... we all know that! In a room full of collective knowledge and wisdom, let's come together and collectively increase the odds of a powerful, energizing start to getting ready for our campers by putting a new spin on things and raising the stakes. We will double down on breaking the ice and gathering together to share activities and narratives on improving staff training. You'll hit the jackpot with new, fresh ideas to bring back to your program. Be ready to move around and enjoy! BINGO- see you there. It is more of a playnote than a keynote!

## And the Oscar Goes To...

Closing Keynote – North Café

If a picture is worth a thousand words, a movie clip can speak volumes. Use the power of film to facilitate your staff training... Engage staff on the edge of their seat with illustrations of important training concepts concerning bullying, safety, communication, teamwork, diversity, and more using the big screen. (Bring your own popcorn).



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## Educational Breakout Sessions

Tuesday, 2:30 p.m. – 3:45 p.m.

### **Keeping Camps Full of Engaged Campers and Enthusiastic Counselors**

Marsha Gleit

James/Lynnhaven River

How can successful camp professionals mitigate some of the biggest challenges that they are faced with every camp season? Learn self-care strategies that when integrated into your life and your camp programs can result in reducing stress, restoring health and most importantly minimizing mid-summer burnout. Self-care is not a luxury; it is a necessity.

### **Measuring Outcomes 101: Easy Steps for Beginners**

Eddie Hill

Potomac/York River

Measure camper outcomes are essential for program improvement, demonstration of values, funding, and stakeholders. However, adding the extra task of data collection can be overwhelming for already very busy camp staff. This session will share the useful and practical ACA Youth Outcomes Battery for practitioners. We will also share a variety of settings in which the ACA-YOB has been used. Other resources (e.g., example questionnaires) will be distributed during this session.

### **Level Up Yourself - Level Up Your Staff**

Chris Quinn

Executive Dining Room

Many years ago I went on a journey to figure out how to make a better team and make my staff better. When I left the room they would take out their phones and use them. Sometimes they would even take out their phones when I was in the room. Nothing was really working for me. I realized all the trainings were telling me how to change them, but the quickest and most effective way to make them better was to make myself better as a leader.

### **Keeping Youth Active Through Triathlon: A Camps on Campus Model**

Rowan Williams & Taylor McIntosh

Senate Chambers

This presentation shares exciting outcomes from an innovative triathlon camp held on a college campus. The audience will learn about the outcomes, programming and ways to replicate triathlon camp. The session will also share ways to partner with USA Triathlon for support.

## Educational Breakout Sessions

Tuesday, 4:00 p.m. – 5:15 p.m.

### **R.E.A.C.H.: Using Rock Climbing to Promote Wellness Among Youth With Type 1 Diabetes**

Christina Viglietta & Alex Bitterman

James/Lynnhaven River

The REACH program is using physical activities such as rock climbing to promote wellness among youth with type 1 diabetes. Held on a college campus, this program offers the opportunity for youth with diabetes to participate in fun and exciting activities throughout the year. The mission of the REACH program is to provide a unique and fun experience for youth with diabetes, educate, and focus on healthy lifestyles. This session will review the programming details and best practices.

### **Bigfoot Inspires Youth: Preparing Staff to Teach Leave No Trace in Urban Afterschool Programs**

Eddie Hill, Peter Ahl, & Jamie Childress

Potomac/York River

Increasing affinity for nature in urban youth— this is one of the goals of a partnership between the YMCA and Old Dominion University. This session will unpack the training module that prepared staff to lead Leave No Trace education programs in Norfolk-area YMCA afterschool programs, including details about how the Youth Outcomes Battery is framing the year-long initiative. Attendees will leave with resources to facilitate the training in their own program.

### **If Staff Training Were A Game Show and You Were the Host**

Kat Shreve

Executive Dining Room

Warning! This isn't a Sit-N-Git... no, you may be asked to Come On Down! This interactive session will examine creative approaches to share a significant amount of information to your staff during pre-camp in a lights, camera, (into) action way. Be prepared to be a contestant as we go through your camp's personnel policies, staffing structure, time off policies, changes from last season, and more.

### **In The Care Of Other People's Children: 10 Things Every Camp Should Start Doing Now**

Diane Tyrrell

Senate Chambers

A risk-free opportunity to learn from the mistakes of others! Based on decades of observing injury & accident trends, evaluating camp policies & procedures, and providing expert opinion for insurance and legal professionals when accidents happen in camps. Learn to avoid critical issues in ten most common reasons for injury/accidents and management mishaps in camps.

## Educational Breakout Sessions

### Wednesday, 8:00 a.m. – 9:15 .am.

#### **Cultivating Culture Through Team Building**

Jacob Litzenberg

James/Lynnhaven River

Often working in camp settings, we work with so many staff, all who bring different talents to the table. Sometimes it can be difficult to reign in all this talent to create a perfect culture. In this workshop we will spend time on discussing how to cultivate culture, and you will learn various team building activities you can take back and share with your team. Never underestimate the power of team building.

#### **Family Diabetes Camp: A Medical Camp Model**

Brendan Kane & Alex Bitterman

Potomac/York River

The Lions Diabetes Family Camp is a weekend long overnight camp experience held at Triple R Ranch. It has become a partnership between a local university and medical center. Campers and families have the opportunity to participate in fun and unique experiences including rock climbing, horseback riding, and more. All led by college student and staff volunteers. This session will present information on running a medical specialty camp.

#### **From the Trenches**

Emily Riedel

Executive Dining Room

Have you ever been in a sticky situation? Have you ever thought, "I wonder if I could have handled that better?" This workshop will review how to tackle a problem making sure to look at it from every perspective - Director, Counselor, Parent and Camper. We will use actual camp scenarios to review, role play and discuss how to be pro-active and prepare.

#### **Wilderness Medicine at Camp**

Eddie Hill

Senate Chambers

Camp serves over 14 million youth annually, one reason camp staff training is critical. Not all camp staff are equipped to handle the medical needs. Multiple organizations teach wilderness medicine curriculum. SOLO has been the leader in wilderness medicine education since 1976. This session will help camp staff consider how to handle medical concerns at camp. We will also review wilderness medicine curriculum through lecture and scenarios. Finally, we will share how to get certified in WFA.

## Educational Breakout Sessions

### Wednesday, 11:15 a.m. – 12:30 p.m.

#### **Translating Policies into Practice: How To Make Risk Management Relatable For Your Staff**

Sam Records

James/Lynnhaven River

Learn how to take the most boring, repetitive, and seemingly obscure trainings that we do with our staff and translate them into relatable real-world examples staff can understand. Connecting the dots from policies to practice is often overlooked in the interest of getting through content. In this session, we will focus on connecting those dots so that we can increase the likelihood that our staff will absorb and implement the critical information that keeps our campers safe.

#### **Staff Training Tips for Creating Less Sexist Camps**

Leslie Keller

Potomac/York River

Although it is impossible for camps to completely avoid being impacted by harmful systemic norms, we can set up our staff to create a more gender equitable environment for our campers and each other. In this session, we'll discuss how systemic sexism comes into play at camp and specific workshops and language you can use with your staff in order to mitigate some of these impacts.

#### **Connecting Camps to NASA Citizen Science**

Tina Harte

Executive Dining Room

Learn how NASA is working to engage campers and communities as citizen scientists through a unified effort of gathering environmental data that explores factors affecting our climate. Join us as we share lessons learned during our "NASA Goes to Camp Pilot 2019", and learn how we are working to provide your campers with an authentic citizen science experience. All GLOBE support materials are free and easily accessed via the GLOBE website ([globe.gov](http://globe.gov)).

#### **Emergency Planning: How will your staff respond?**

Maile Armstrong

Senate Chambers

How will your staff respond to emergencies large or small? This session reviews components for creating or reviewing your emergency procedures as well as ideas for training your staff. Bring your camp's emergency procedures and be prepared to discuss responses-what goes right and what goes wrong. This session is for any camp staff member of any tenure or position responsible for safety and risk management.

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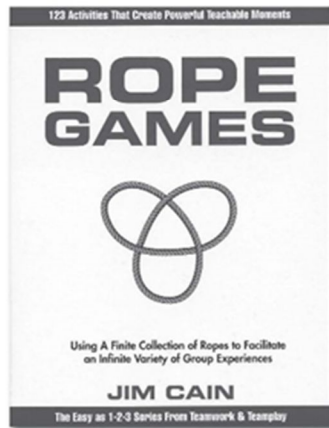
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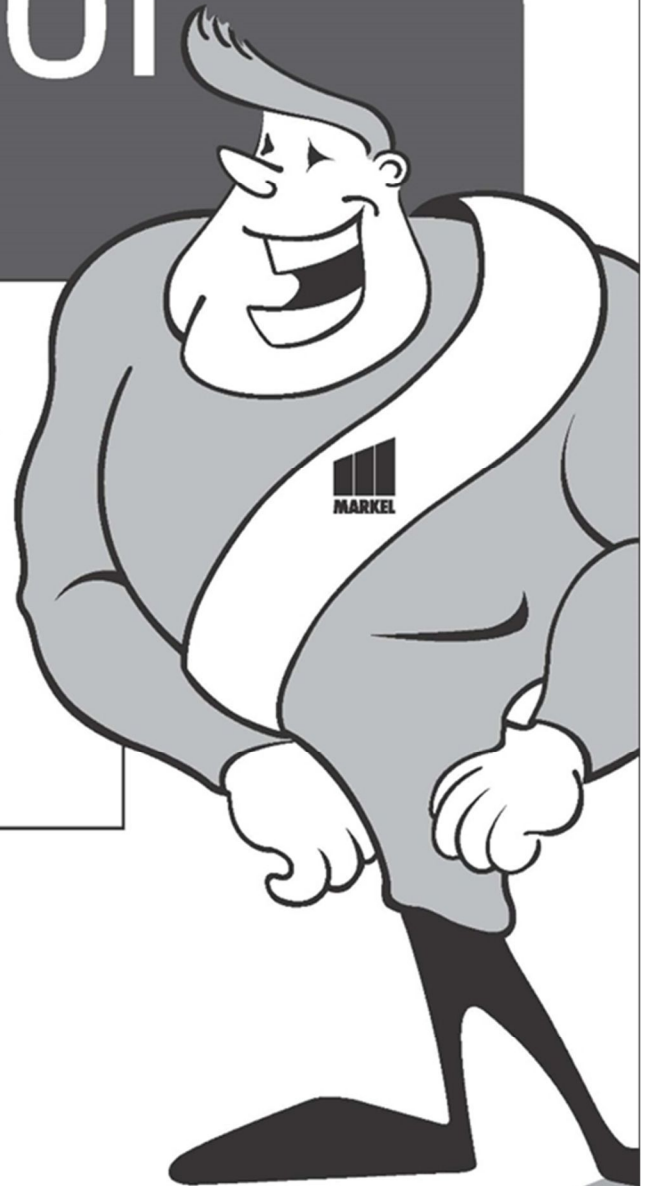
## Win a gift.

**The hunt for The Counselor is on again!**



- 40 Counselor cut-outs are hiding around the conference.
- Find one – bring it to the Markel booth.
- Receive Dr. Jim Cain's book, **Rope Games!** (123 activities that create teamwork and teamplay).

*Limit one prize per person*



**Markel's safety mascot, the Counselor is always on the lookout for camp safety. But at this year's ACA National Conference, you need to be on the lookout for him . . .**

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