



# HIDDEN LAKE

June 3-8, 2024

Only 8 boy  
spots and 8  
girl spots  
available!



For boys & girls

6th-8th grade

Our Lady of  
Perpetual Help  
& St. John the  
Apostle

979-548-2020

[www.olphsja.org](http://www.olphsja.org)

# Hidden Lake 2024

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## WHAT IS HIDDEN LAKE?

Hidden Lake is a part of the LifeTeen movement, whose mission is to lead middle schoolers closer to Christ. We are a retreat center, mission base, and summer camp, but most importantly, we are a home to any and all. Hidden Lake is a Catholic-Christian camp that offers Mass, confessions, scripture-based themes, team building activities, and other prayers to help teens encounter Christ and His Church.

## WHEN IS HIDDEN LAKE?

June 3-8, 2024

## WHERE IS HIDDEN LAKE?

Dahlone, GA

## HOW DO WE GET THERE?

All participants and chaperones will travel by PLANE. If you have a fear of flying, you will not be able to attend camp.

**PLEASE NOTE THAT CELL PHONES AND ALL ELECTRONIC DEVICES WILL NOT BE ALLOWED AT CAMP. ALL CONTACT WITH YOUR PARTICIPANT DURING THE WEEK WILL BE DONE THROUGH CHAPERONES!**

## HOW DO I REGISTER?

Step 1: Complete the registration packet and interview

Step 2: Follow payment schedule

Step 3: Complete Hidden Lake online paperwork

# Hidden Lake Registration Payment

## \$950 PER YOUTH

IT IS IMPORTANT YOU UNDERSTAND THE PAYMENT SCHEDULE FOR CAMP AND THAT ANY PAYMENTS, INCLUDING THE INITIAL \$150 DEPOSIT TO OUR LADY OF PERPETUAL HELP CATHOLIC CHURCH, ARE **NON-REFUNDABLE**. PLEASE REVIEW THIS PAYMENT SCHEDULE.

<u>DATE</u>	<u>BALANCE</u>	<u>PAYMENT</u>
	\$950	
REGISTRATION	\$800	\$150 (deposit) -> <b>DUE AT TIME OF REGISTRATION</b>
OCT. 25	\$700	\$100
NOV. 1	\$600	\$100
DEC. 1	\$500	\$100
JAN. 1	\$400	\$100
FEB. 1	\$300	\$100
MAR. 1	\$200	\$100
APR. 1	\$100	\$100
MAY 1	\$0	\$100
	TOTAL:	\$950

**COST BASED ON THE FOLLOWING:**

- \$585 CAMP FEE FOR ALL YOUTH
- BUS TO AND FROM CAMP

THE \$950 WILL GO TOWARDS COVERING CAMP COST, BUS RENTAL, AND CHAPERONE COST. THIS TOTAL STILL FALLS SHORT THAN MOST OTHER CAMPS, EVEN IN TX.

\*FINAL PAYMENT DUE BY **MAY 1ST**,  
**NO EXCEPTIONS**. MUST BE PAID IN FULL AS  
THE PARISH BALANCE IS DUE TO HIDDEN  
LAKE & THE TRANSPORTATION PROVIDER\*

\*PLEASE NOTE THAT ANY AMOUNT CAN BE PAID AT ANYTIME BUT PAYMENTS MUST TOTAL REQUIRED AMOUNT BY RESPECTIVE DUE DATE.

\*FINANCIAL ASSISTANCE AVAILABLE PENDING DISCRETION VIA HIDDEN LAKE FINANCIAL COMMITTEE. PLEASE CONTACT THE PARISH OFFICE FOR MORE INFORMATION.

**\*YOUR COPY TO KEEP\***



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**I HAVE READ THE ABOVE PAYMENT SCHEDULE AND AGREE TO THE TERMS**

PARENT/GUARDIAN SIGNATURE: \_\_\_\_\_

PRINTED NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

# Hidden Lake Honor Code

IN ORDER TO FULLY PREPARE OURSELVES, INCLUDING OUR MINDS AND HEARTS, FOR THIS TRIP, THE HIDDEN LAKE COMMITTEE ASKS FOR ACKNOWLEDGEMENT AND ADHERENCE TO THE FOLLOWING STATEMENTS. PLEASE INITIAL NEXT TO EACH STATEMENT AS ACKNOWLEDGEMENT OF THIS HONOR CODE.

PARENT/GUARDIAN  
INITIAL

PARTICIPANT  
INITIAL

\_\_\_\_\_

\_\_\_\_\_

I **WILL** refrain from bringing any restricted items, including but not limited to, cell phones, iPad/tablets, computers, tobacco products, illegal drugs and alcohol, juuls or other vaping devices, weapons of any kind (including guns or knives), lighters, and portable gaming devices.

\_\_\_\_\_

\_\_\_\_\_

I **WILL** adhere to all clothing and covering guidelines in accordance with modesty expectations. This includes but is not limited to, no short shorts, no thin-strapped tank tops, no crop tops, no tight pants, no plunging necklines, and appropriate swimwear. For further clarification, please find the "Guidelines for Modesty" on the Cove Crest website.

\_\_\_\_\_

\_\_\_\_\_

I **WILL** refrain from any public displays of affection or sexual interaction, including kissing, hugging, touching, or anything that might be deemed unnecessarily romantic.

\_\_\_\_\_

\_\_\_\_\_

I **WILL** pay respect to and adhere to any rules, suggestions, and overall instruction given by chaperones, counselors, or any other leadership personnel at all times including curfew requirements and the three-person rule.

BY INITIALING ABOVE AND SIGNING BELOW, I UNDERSTAND AND AGREE TO FOLLOW THE GUIDELINES ABOVE. ANY ACTION FALLING OUTSIDE OF THESE GUIDELINES AS PER THE CHAPERONE'S DISCRETION WILL RESULT IN THE PARTICIPANT BEING SENT HOME AT THE PERSONAL COST OF THE PARENT/GUARDIAN INCLUDING TRANSPORTATION COSTS (BUS FARE, AIRFARE, ETC.) FOOD, AND HOTEL ACCOMODATIONS.

PARENT/GUARDIAN SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

PARTICIPANT SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

# Hidden Lake Interview

In order to fully prepare our minds and hearts to attend Hidden Lake, Father Preston will be conducting interviews of both the participant and the participant's parents. This interview is intended to demonstrate the participant's (and their parent's) obedience to the rules, maturity, and willingness to go. Attending Hidden Lake is a privilege afforded only to those who respect the chaperones and follow the guidelines set in this packet and by Father Preston. The interview with Father Preston is non-negotiable and any potential participant that refuses or does not participate in the interview process will not be allowed to attend Hidden Lake with Our Lady of Perpetual Help or St. John the Apostle Catholic Churches.



PARENT/GUARDIAN SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

PARTICIPANT SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

# Archdiocese of Galveston-Houston | Office of Adolescent Catechesis and

## Evangelization PARENTAL/GUARDIAN CONSENT FORM & LIABILITY WAIVER

Participant's Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_  
Home Address: \_\_\_\_\_ City/Zip Code: \_\_\_\_\_  
Parent(s)/Guardian(s): \_\_\_\_\_  
Home Phone: (\_\_\_\_) \_\_\_\_\_ Alternate Phone: (\_\_\_\_) \_\_\_\_\_  
Parish or Catholic School: \_\_\_\_\_ Grade: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_  
Email Address: \_\_\_\_\_

T-Shirt Size (Please Select one):  Small  Medium  Large  XL  2XL  3XL  4XL

### CONSENT & LIABILITY WAIVER

**Important! To be filled out by the Parent/Guardian for youth under 18 years of age.  
(If participant is 18 years of age or older, consent must be signed by the individual)**

I (name of parent/guardian) \_\_\_\_\_, grant permission for my child, (participant's name),  
\_\_\_\_\_ to participate in (event) \_\_\_\_\_  
to be held (date) \_\_\_\_\_ (time) \_\_\_\_\_ at (location) \_\_\_\_\_.

In consideration of my child's participation in this event, I agree on behalf of myself, my child named herein, and our heirs, successors, and assigns to indemnify, hold harmless and defend the Archdiocese of Galveston-Houston, the sponsoring parish, its pastor, youth ministry leader, principal, other agents, employees or other representatives associated with the event from any and all injuries, losses or claims arising out of my child's participation in the event.

*In signing this form I certify that all information contained herein is true and accurate to the best of my knowledge.*

\_\_\_\_\_  
Signature (Parent/Guardian) Date

**YOUTH PARTICIPANT:** In signing the line below I agree to abide by any/all policies and rules established for this event/activity (see Code of Conduct). Should I not be able to maintain the guidelines and expectations of the adults and my peers, I understand that there will be consequences for my actions, including being removed from the activity and being sent home at my parent's expense.

\_\_\_\_\_  
Signature (Youth Participant) Date

### VIDEO/PHOTOGRAPHY CONSENT

As parent/guardian, I understand that promotional pictures and videos (individual and group) will be taken during this event. I give permission for my son's/daughter's picture to be used for promotional materials (newsletter, web page, calendars, power point, video etc.) in highlighting the event.

\_\_\_\_\_  
Signature (Parent/Guardian) Date

### ARCHDIOCESE OF GALVESTON-HOUSTON MEDICAL CONSENT FORM

#### Medical Matters

I hereby warrant to the best of my knowledge, my child is in good health, and I assume all responsibility for the health of my child. Of the following statements pertaining to medical matters, sign only those in accordance with your wishes:



**Emergency Medical Treatment**

In the event of an emergency, I hereby give permission to transport my child to a hospital for emergency medical or surgical treatment. I wish to be advised prior to any further treatment by the hospital or doctor and I understand that all financial obligations are my responsibility.

In the event of an emergency and you are unable to reach me, contact:

Name & Relationship \_\_\_\_\_ Phone \_\_\_\_\_ Family

Doctor \_\_\_\_\_ Phone \_\_\_\_\_

**Medications**

My child will bring all such medications, well labeled, that are necessary. Names of medications and concise directions for seeing that the child takes such medications, including dosage and frequency are as follows

My child is taking the following medication at the present time.

Medication(s): \_\_\_\_\_ Dosage: \_\_\_\_\_

Administer: \_\_\_\_\_

\_\_\_\_\_ I hereby **Do Not Grant Permission** for medication of any type, whether prescription or nonprescription, to be administered by my child unless the situation is life threatening and emergency treatment is required. (Please initial)

\_\_\_\_\_ I hereby **Grant Permission** for nonprescription medication (such as Tylenol, throat lozenges, cough syrup) to be given to my child, if deemed advisable. I understand that Aspirin will not be given to my son/daughter. (Please initial)

**Medical Conditions Information**

(Archdiocesan personnel will take reasonable care to see that the following information will be held in confidence.) My son/daughter has:

- Has had an episode of the following or has been diagnosed: \_\_\_ Seizures \_\_\_ Asthma \_\_\_ Diabetic • Allergic reactions to the following (foods, dyes, latex etc.)
- Has had a medical surgery within the last six months? \_\_\_ Yes \_\_\_ No still under doctor’s care? \_\_\_ Yes \_\_\_ No • Has a medically prescribed diet?
- The following physical limitations?
- Immunizations current and up to date: \_\_\_ Yes \_\_\_ No Date of last tetanus/diphtheria immunization • You should also be aware of these special medical conditions of my child (e.g. depression, anxiety, etc.):

**Insurance Information:** \_\_\_ No, I do not carry medical insurance at this time.

Insurance Carrier: Name of Insured:

Insurance Policy Number:

Father’s Name: Day Phone:

Mother’s Name: Day Phone:

In the event it comes to the attention of the chaperones associated with the activity that my child becomes ill with repeated symptoms such as headache, vomiting, sore throat, fever, diarrhea, I want to be called immediately. If this will be a long distance call, I want to be called collect (with phone charges reversed to myself). I fully understand the foregoing statements and sign this Parental/Guardian Medical Consent Waiver knowingly, freely, and willingly.

Signature (Parent/Guardian) Parent/Guardian must sign for anyone under 18 years of age. Date:

Signature (Participant 18 years of age or older must sign own consent) Date:

# 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 our ropes course (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 our ropes course
- 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

## No cell phone policy

New this summer is a no cell phone policy for teens once camp begins. We will ask group leaders to collect all phones and we will provide a safe place to store them for the week.

Parents, please plan to keep in touch through the parent website that will be emailed out on the first day of camp. In case of an emergency you can call the camp office or your group leader's cell phone.

# Packing List

## Preparation Suggestions

Your week at camp is going to be an incredible time walking alongside the teens and growing in your own relationship with Christ. There are a couple things you can do to help prepare and make this week the #bestcampever.

1. Go to confession! This way you are open to all the graces God has for you at camp.
2. Take a couple minutes to pray about what you want the teens to get out of camp and a hope for your own spiritual life. Be honest with God and let Him know how you're feeling/what you're thinking about going to camp.
3. Head to Mass! Before your week of camp, be sure to make it to Mass and say some prayers for the week ahead!
4. Hydrate ahead of time! If you come to camp dehydrated it is difficult to catch up while there. Make sure to drink plenty of water the week before and while at camp.



## 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.