

# CAMP COVECREST

CAMPER INFORMATION

## Welcome Home!

Campers,

We are so excited to hangout with you for a week at the #bestcampever! This packet includes information on what to bring and what not to bring along with a few helpful tips for how to get ready for camp. Know that we are praying for you, your family, and friends. See you soon! We cannot wait to welcome you home!

In Him,

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## Roles at Camp

### Group Leader:

This is the person organizing the trip and the main group contact throughout the registration process and while at camp. The group leader must be an adult, age 21 or older, and must attend camp with the group.

### Core Member:

This is an adult chaperone. They must be at least 21 years old and be able to sleep in the same accommodations as a teen. They must be safe environment and background checked within your home diocese. While at camp, the core members are to participate as any camper would and so be role models for openness to God in every camp adventure. Along with having fun, core members are responsible for the actions and participation of the your youth. Core members will be present and attentive during sessions and act as small group leaders. Please keep these guidelines in mind while selecting the adults who will serve as your group's chaperones.

### Leadership Team:

Each week we are blessed with an amazing host who leads our evening sessions, a musician who leads worship for Mass and sessions, and a priests who lead us in the sacraments. Our dynamic camp leadership is VIRTUS trained and ready to lead your teens closer to Christ.

### Priest/Religious:

You may see priests, deacons, or religious brother or sisters around camp, Know that they are here for you. They will be joining us for sessions and activities all week long. Make sure to thank them for your presence if you see them around camp!

**Camp Covecrest**  
25 Falls Drive  
Tiger, GA 30576



**LIFE TEEN**



# 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

- 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

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 prepare and make this week the #bestcampever.

1. Go to confession! Ask your youth minister when your parish offers confession (most do it weekly) and try to go before camp starts.
2. Write a thank you to your youth minister, core members or mom/dad for sending you to camp!
2. Take a couple minutes to pray about what you want to get out of camp and write it down in a journal. Be honest with God and let Him know how you're feeling/what you're thinking.
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.





## 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.



LIFE TEEN

## 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.



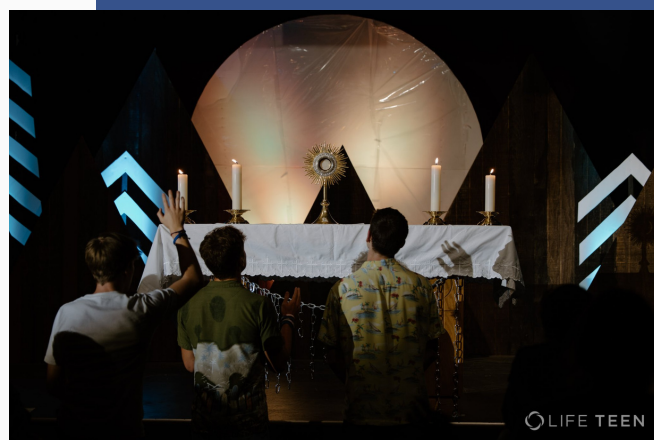
## What happens at camp?

The Life Teen Summer Camps staff plans, prepares, and facilitates the programming, liturgies and activities for each day. Each day you 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 you 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 you will enjoy three delicious meals and a snack with your parish.



## Where will we sleep?

Due to the different ratios of male to female campers each week, we cannot provide exact housing information until the week before you arrive. You will sleep in either a cabin, a motel-style lodge, or a dormitory style lodge. We will do our best to house your entire group together and we will never put one camper from your group by themselves. We will give your group a housing assignment but leave the assignment of specific campers to beds within these designated rooms up to your group leader. At Life Teen camps we follow the Archdiocese of Atlanta policy which requires that adults cannot share sleeping or showering space with a minor unless in a bunk room with at least 2 adults present. We require adults to set 'adult bathroom times' with the other adults in their cabins and post it where teens can see to make sure teens and adults shower/changing area usage is separated.



## What if I have food allergies?

That's no problem! When your parent or guardian completes your online paperwork, we will ask if you have any allergies. Please make sure that your group leader is aware of your allergies as well. Our kitchen team will take necessary steps to make sure you have plenty of food and nutrients.



## 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.

**Please contact your group leader with additional questions specific to your parish group.**