

CARMEL VALLEY TENNIS CAMP

GENERAL INFORMATION

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20805 Cachagua Road • Carmel Valley • CA • 93924 • www.carmelvalleytenniscamp.com

Arrival Day - Sunday: Arrival time is between 2:00 and 4:00 pm.*

If you are bringing your child to camp, you may just drop them off, and it's also fine to help them get settled and then tour the camp area. Generally, it's best to stay no longer than an hour and no later than 4:00 so that your camper can begin to acclimate to camp.

Departure Day - Saturday: *

9:00 - 10:00 - Group lessons for parents' viewing

10:00 - Graduation

11:15 - Departure from Camp

*Please do not bring dogs or other pets to camp. Thanks!

Parents' Concerns

We want to make your child's stay at Camp the best possible. If you have concerns prior to or while your child is at Camp, please e-mail cvtcss@gmail.com or call the office at 831.659.2615 during the day (9am-6pm) to speak with Susan or Steve. No other Staff member receives calls from camper parents during camp because they are very busy taking care of your child and all the other campers. You will have the opportunity to talk with the counselors on check in day and at the end of the session.

Medical Forms

There are two medical forms, a four page green one for you to complete and a one page pink one to be completed and signed by a physician. These need to be returned no later than four weeks prior to the beginning of your child's session at camp. As of 2009, California requires all residential camps to have physician signed medical forms on file for each camper. We cannot admit your child to camp without a current completed form signed by a physician.

Telephone and Mail

Cell phones generally don't work at camp. Campers are not allowed to make or receive calls or text to/from their cell phone. The exception to this is when we go to Carmel in a two week session. We choose to have a landline phone at Camp so that campers may call home if they wish, and we make the phone available Wednesday late afternoon of the first week of each session. We have 1 camper phone and 51 campers so... campers are limited to making or receiving 2 calls per day, with each call limited to 5 minutes. The phone is available from 7:30am to 9:30pm. We ask that parents not call their campers unless their camper has called and left a message asking for a call. If you call your camper one of three things will most likely occur: no one will answer because all the campers are involved in activities; the phone is busy; or a camper answers and attempts to get your child to the phone. The phone does not accept any coins so it is only accessible for long distance calls with a phone card or by calling collect. We encourage families to provide their campers with a phone card; we generally have them for sale in the pro shop. The Office phone line is not set up for messages to campers.

Unless you are out of the country, please don't send faxes or e-mails to campers as our setting is rural with limited phone lines and satellite internet access in the Office only (not high speed). Most campers don't receive care packages but those that do are required to open them in the Office and any food or drinks are removed because we don't allow them in the rooms. Campers love receiving letters.

Temperature Ranges

Because we are further inland than Carmel and at 1200 feet elevation, we have wider temperature ranges than the coast. Our average maximum and minimum temperatures over the past few summers are as follows: June - 77 and 46; July - 87 and 52; August - 88 and 51. Although it gets warm during the day, the temperature always drops as the sun goes down. It is highly unusual to have rain.

Tuition Insurance

Included in this packet is a letter from TravMark, a company that specializes in tuition insurance for camper families. We highly recommend families to consider this protection in the event that a camper is unable to attend. Our stated policy on cancellations is that the only refund available after May 1 is the amount paid less the \$300 deposit only if the space can be filled by the camp. The letter describes how to access their site.

Visitors at Camp

Camp is a closed community, and we don't have visitors at camp. If you need to see your child while Camp is in session, please contact Susan or Steve. During the session campers may only leave Camp or a Camp excursion with their parents or guardians.

Discipline

Carmel Valley Tennis Camp reserves the right to dismiss any camper whose conduct is detrimental to the Camp. No refund will be made. The possession or use of alcohol, illegal drugs, marijuana, or cigarettes is prohibited and will result in dismissal. Any camper who willingly destroys camp property will be responsible for the repair and/or replacement of the damaged property.

Laundry

Camper laundry is done weekly for campers staying two weeks or longer by a local service for a fee. Please provide a laundry bag with your camper's name.

Lost and Found

Carmel Valley Tennis Camp is not responsible for lost or damaged clothing and personal possessions. It is best to mark all articles your children bring to Camp. We discourage campers from bringing expensive items to Camp (clothing, electronic games, jewelry, etc...). We have a lost and found area that we go through with the campers the night before the end of the session.

What to Bring to Camp

Suitcase or duffle bag to hold personal belongings (shelf space is limited)

Warm sleeping bag	Sun Block	Bathing suit	Sweaters/sweatshirts
Pillow	Sunglasses	Casual clothes	Sweats
Tennis racquet(s)	Hat	Casual shoes	Warm jacket
Water bottle	Bug spray	Toiletry Articles	Tennis socks
2-3 Bath towels	1 Beach towel	Pajamas/sleepwear	Laundry bag
Tennis shoes (non marking court shoes only)		Phone card (if you want)	

Appropriate tennis clothes (colored shorts & t-shirts are fine) Nice/casual outfit for the final dance

What not to Bring to Camp

Cash, food, drinks, video iPods or iPads with R or X rated movies, computers, parental advisory music (CD's or on iPods/iPads/phones), extension cords or power strips. Any of these, or any other items that cause a disruption to campers, will be held in the Office until the camper's departure.

Travel Information

The closest airport to camp is the Monterey Airport, approximately 45 minutes by car. Campers also fly into San Jose International Airport (approximately 2 hours by car) and San Francisco International Airport (approximately 3 hours by car).

As a convenience for camper families, the camp will transport campers to and from Monterey airport for a fee. Arrangements must be made with the camp at least two weeks prior to your camper's travel. The fee for campers able to travel on their own (without the unaccompanied minor airline requirement) is \$50 each way. Because of the additional time involved, the fee to transport an unaccompanied minor is \$100 each way. Please contact us if you have any questions when making airline reservations.

For either San Jose or San Francisco airports, we recommend the transportation company All Access Luxury Transportation that can be reached by e-mail at allaccesslimo@comcast.net or by calling 831.393.1001. Contact them directly for rates and scheduling pickups/dropoffs. They will pick up your camper at baggage claim and return him/her to the ticket counter, or the gate if the camper is an unaccompanied minor.

Another option for older campers is the Monterey Airbus that operates hourly to/from downtown Monterey and to/from San Jose and San Francisco airports. Contact them at www.montereyairbus.com or call 831.373.7777. For a \$50 fee each way, we will transport the camper to/from the Airbus station in Monterey.

From the Bay Area: Approximately 2 hrs. from San Jose and approximately 3 hrs. from San Francisco.

Take Highway 101 South to the Monterey Peninsula/Prunedale (156 West) exit. Follow 156 West until it merges with Highway 1 at Castroville. Stay on Highway 1 to the Carmel exits (Carpenter Street and then Ocean Avenue.) Go past Ocean Avenue to Carmel Valley Road and turn left. Then follow the directions from Carmel.

From Carmel: Approximately 26 miles, approximately 50 minutes

Take Carmel Valley Road east through Carmel Valley Village (approx. 12 miles). The Village is the last place to get gas. Continue on Carmel Valley Road to Tassajara Rd. (approx. 11 more miles). Please take your time, the roads from Carmel Valley Village on are winding. Go right on Tassajara Rd. to Cachagua Rd. (approx. 1.3 miles). Go right on Cachagua Rd. for 1.1 miles to 20805 (right hand side). The CVTC mailbox is black. Go right in the driveway and across the bridge. Follow the driveway around to Camp.

From Santa Barbara and other areas south of Carmel: Approximately 3 3/4 hours from Santa Barbara.

Take Highway 101 to Greenfield. Take the first Greenfield exit which takes you over the freeway and then head north onto Main Street. Go left at the second stop light (Elm Ave.) which is County Road G16. At this point you are between 50 minutes and one hour from Camp (with no gas services) and about to drive a very rural two lane road, but about a half hour quicker than driving up to Carmel and then coming to Camp. Simply stay on G16 until you get to Tassajara Road where you will turn left. Go left on Tassajara Rd. to Cachagua Rd. (approx. 1.3 miles). Go right on Cachagua Rd. for 1.1 miles to 20805 (right hand side). The CVTC mailbox is black. Go right in the driveway and across the bridge. Follow the driveway around to Camp.

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Places to Sleep and Eat in Carmel and Carmel Valley CVTC's Picks

Carmel Valley - 25-30 minutes from camp

Places to stay

Bernardus Lodge - small luxury resort and spa - 831-659-3131 - www.bernardus.com

Carmel Valley Ranch - resort - 831-625-9500 - www.carmelvalleyranch.com

Carmel Valley Lodge - mid range small motel - 831-659-2261 - www.valleylodge.com

Los Laureles Lodge - mid range small motel - 831-659-2233 - www.loslaureles.com

Blue Sky Lodge - reasonable rates - 831-659-2256 - www.blueskylodge.com

Places to eat

Cafe Rustica - lunch & dinner - pizza to fresh fish - 831-659-4444

Will's Fargo - lunch & dinner - hamburgers to steaks - 831-659-2774

Wickets - lunch & dinner - bar & grill at Bernardus Lodge - 831-658-3550

Running Iron - lunch & dinner - old time cowboy saloon, hamburgers, etc. 831-659-4633

Carmel Valley Market - soup, sandwiches - general market - 831-659-2472

Wild Goose Bakery Café - breakfast, lunch, coffee bar - 831-659-5052

Carmel - 40 minutes from camp

Places to stay

Carmel Mission Inn - family hotel - 800-348-9090 - www.carmelmissioninn.com

Mission Ranch - Carmel historic classic - 800-538-8221 - www.missionranchcarmel.com

Monte Verde Inn - European style Bed & Breakfast - 831-624-6046 - www.monteverdeinn.com

Places to eat

Little Napoli - lunch & dinner - fresh Italian - 831-626-6335

Flying Fish Grill - dinner only - Pacific Rim Seafood - 831-625-1962

Rio Grill - lunch & dinner - California cuisine - 831-625-6436

Carmel Bakery - Deli style bakery on Ocean Ave. - 831-626-8885

Monterey - 50 minutes from camp

Places to stay

Numerous reasonably priced hotels on Munras Avenue

Other attractions

Monterey Bay Aquarium

Fisherman's Wharf

Del Monte Center - mall with multiscreen movie theater

How To Help Your Child Have A Great Time At Camp

Bruce Muchnick, EdD

Summer camp is more than a country vacation for children. At camp, kids learn to appreciate the outdoors, develop companionship and pick up skills that enhance self-reliance, cooperation and interdependence. These skills will remain with them throughout childhood and into adulthood.

Camp also serves as a kind of refuge where children can unburden themselves of the pressures at home. Camp frees them, gets their creative juices flowing and renews their sense of being kids.

To help your child have a successful time at camp this summer...

- **Think of camp as a learning experience.** Sending your children to camp offers a wonderful opportunity for both you and your children to practice "letting go" - and to become more emotionally independent.

Learning to let go allows children to develop autonomy and a stronger sense of self. It also gives parents a chance to take care of themselves and get to know each other again. When children return, parents can feel refreshed and be available and accessible to them again.

- **Prepare for camp together.** Decisions about camp - like where to go and what to pack - should be a joint venture, keeping in mind your child's level of maturity. If your child feels part of the decision-making process, his/her chances of having a positive experience will improve.

- **Don't buy a whole new wardrobe.** Camp is more rugged than life at home. A child doesn't need new clothes...and having well-worn clothes and familiar possessions will help ease the transition. This is especially important for first-time campers.

- **Talk about concerns.** As the first day of camp nears, some children experience uneasiness about going away. Children should be encouraged to talk about these feelings. Ask your child about his feelings rather than acting on what you think his feeling may be. Communicate confidence in his ability to handle being away from home and remind him about successes he has experienced in other situations.

- **Have realistic expectations.** Camp, like the rest of life, has high points and low ones. Not every moment will be filled with wonder and excitement. At times, your child will feel great while at other times he may feel unhappy or bored. And kids may not always get along well with each other.

Solution: Encourage your child to have a reasonable and realistic view of camp discussing - in advance - both the ups and downs. Camp experiences will provide opportunities for problem solving, negotiating, increased self-awareness and greater sensitivity toward others. Don't send your child to camp feeling pressured to succeed. The main purposes of camp are to relax and have fun.

WHEN YOUR CHILD IS AT CAMP

- **Don't call within the first two weeks** if your child will be away at camp for the whole summer. It takes that long to adjust to being away...and a call from home may disrupt the process. It's hard to get an accurate sense of how a child is managing over the phone - this can be unsettling for you and your child, so it's best not to call at all.

- **Communicate in writing.** Summer camp offers kids and parents the chance to develop a rarely practiced skill - letter writing. Write as often as you want. Keep in mind that this is your child's connection to home and family.

Your letters should be upbeat. It's fine to write that you miss your child, but don't include things like *The house is so quiet without you.*

Better: Ask specific questions in your letters about your child's activities...bunk life...friends, etc. This will help him organize his letters home.

• **Packages are appreciated every now and then.** But don't send food - it's disruptive if some kids in the cabin receive food packages and others receive nothing. Receiving food packages may be contrary to camp policy. If your child asks you to sneak food packages, don't. Even if you think the rule is silly, breaking a camp rule might interfere with your child's sense of right and wrong.

Better: Send postcards, cartoons, newspaper and magazine articles, comics, game books, puzzles and other items that can be shared with friends.

Tell your child...*I understand that you're hungry. that's why you have three great meals each day and snacks. I'll send you some comic books. Hope you enjoy them. Why don't you share them with your bunk?*

• **Don't make major changes at home.** This is not the time to redecorate his room or get rid of his pet snake. When kids return from camp, they like their rooms and their lives to be the same as when they left.

• **Help your child cope at camp.** Most kids need a few days to adjust to life at camp and being away from home. During this time, many experience homesickness. They miss familiar surroundings, parents, pets and friends.

Most kids cope with these concerns and - with the help of camp staff - build support systems. If your child's letters contain urgent pleas for you to bring him home resist the temptation to rush to camp. Avoid making deals such as *Give camp one more week. If you're still unhappy, we'll bring you home.*

Better: Support your child's efforts to work out problems with the help of the director and the camp's staff.

Communicate your love and confidence in your child's ability to work through problems. Remind him, if necessary, that he has made a commitment for the summer. Overcoming homesickness and upsets in the cabin and learning to care for oneself are important challenges faced at camp.

Important: If you sense legitimacy in your child's complaints, talk candidly with the camp director. Allow the director and staff an opportunity to apply their expertise in helping kids adapt to the routines of camp life. Follow up with another call a few days later. Most adjustment difficulties can be worked through.

• **Trust your instincts.** The occasional child who is truly not enjoying anything, having a miserable time and not adjusting to camp life at all should be allowed to return home after a reasonable amount of time and effort.

Keep in mind that some kids feel guilty when an experience like camp does not work out for them. They may feel they have let their parents down.

If your child leaves camp, let him know he has not failed and there will be other summers with other adventures.

WHEN YOUR CHILD COMES HOME

After a summer of fun, adventure and freedom, fitting back into the family and assuming responsibilities may be a challenge for some kids.

Strategy: Give him time and space for this reentry process. Support the positive changes you observe. Reintroduce "house rules" with patience and awareness that your child has done some maturing over the summer.

Adapted from *Bottom Line/Personal* from an interview with Bruce Muchnick, EdD, a licensed psychologist in private practice, 706 Custis Road, Glenside, Pennsylvania 19038. His work includes psychotherapy with children and adults, management consulting and a "subspecialty" in camp psychology.

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A+ PROTECTION PLANS

Youth Program Participants

Camp Study Sports Travel

Many parents have inquired about cancellation/interruption protection to cover Program Costs. We make available a competitively priced program that we believe meets the needs of families. We highly recommend you review this comprehensive protection plan created especially for the youth program participants and their families.

Complete details of the plan and enrollment forms are available online at www.travmark.com. Purchasing the plan is simple, after reviewing the plan provisions; you need only to do the following:

1. Complete the simplified enrollment form including the following information:
Organization Name: Carmel Valley Tennis
Organization ID#: cvtc22
2. Purchase coverage with a credit card or download the mail in enrollment form and send it along with your check payable to Trip Mate. It's as simple as that!
3. An email confirmation will be sent automatically when premium has been received.

The Protection Plan provides coverage for:

- * **Program Cancellation** - (protects your non-refundable payments if you cancel program before it begins) for covered reasons such as injury, sickness, terrorist incidents, job termination, transfer of employment of 250 miles.
- * **Program Interruption** - (protects your non-refundable payments if you interrupt your program) for covered reasons such as injury, sickness, terrorist incidents, job termination & transfer of employment of 250 miles.
- * **Medical Expenses/Emergency Assistance** – medical bills for up to one year and for any special transportation required for medical reasons including expenses for parent to visit if hospitalized 3 days.
- * **Baggage** – for damaged, lost, or stolen personal articles.
- * **Medical Records On Line** – at your option, instant access to your medical records is available with the plan.

Please be advised that some important coverage enhancements are time-sensitive and require that your premium be received 90 days prior to the Scheduled Departure Date (unless your initial deposit for the Program is made within 90 days of the Scheduled Departure Date, in which case your premium must be received within 30 days of the date your initial deposit for the Program was paid)

Additional Information:

1. If your premium is received 90 days prior to the Scheduled Departure Date (or within 30 of the date your initial deposit, if your initial deposit for the Program is made within 90 days of the Scheduled Departure Date), the plans Exclusion for Pre-Existing Medical Conditions will be waived (provided you are not disabled for travel at the time our premium is paid).
2. If the plan is purchased less than 90 days prior to the Scheduled Departure Date or more than 30 days after your initial trip deposit (if your initial deposit for the Program is made within 90 days of the Scheduled Departure Date), the exclusion for Pre-Existing Medical Conditions will not be waived.
3. Once paid, the premium is non-refundable.

Or, what if you want to cancel for any reason!

With our new **Cancel For Any Reason Benefit Option**, you can cancel your Program up to 2 days prior to the Scheduled Departure Date for any reason not otherwise covered by the plan, provided: if your premium is received 90 days prior to the Scheduled Departure Date (or within 30 of the date your initial deposit, if your initial deposit for the Program is made within 90 days of the Scheduled Departure Date); and you insure 100% of all prepaid Program Arrangements that are subject to cancellation penalties or restrictions. With this benefit, you will receive 75% of the non-refundable program cost.

Please visit www.travmark.com to download the plan certificate which includes all plan terms, conditions and exclusions.

The plan is offered and administered by Trip Mate. If you have any questions regarding this coverage, please call Trip Mate, the Plan Administrator, at (888) 420 5378 (8am-5pm CST) and refer to Plan ID#550. Prepared November 2009.