



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA Camp Hi-Rock Coaching Period Request

Please return the coaching period request form to the office no later than two weeks before your camper will attend.

RESIDENT CAMP: All campers will participate in two morning and two afternoon coaching periods each week. Please write your camper's top coaching period request (1 for each week your camper will be attending) on the included form. Choices can be modified once your camper arrives at camp.

DAY CAMP: Campers attending day camp are placed in one of three units;

Chipmunks (youngest day campers) - Campers in the Chipmunk Unit do not need to complete this form. Chipmunk campers will experience some of the activities below that are developmentally appropriate, but not during the formal coaching periods (which integrates day camp with overnight camp programs).

However, if you would like to express interest in having your camper gain some exposure to an activity during the week (such as through a demonstration or introductory activity period), please use the space on the back of this form to describe your wishes in-depth, and do not hesitate to contact our Day Camp Director at (413) 528-1227.

Bobcats (middle day campers) - Campers in the Bobcat Unit will be signed up for a morning coaching period each week. Please write your camper's top choices on the included form.

Falcons (oldest day campers) - Campers in the Falcon Unit will be signed up for both a morning and an afternoon coaching period each week. Please write your camper's top five choices on the included form.

We will do our best to help campers get at least one top choice every week. Please understand that coaching period availability depends heavily on several factors, including programming availability, scheduling needs, staff skills, and overall camper interest.

Coaching periods are listed on the back of this form.

The included form should be submitted no later than two weeks before your camper's first day at camp.

The following is a list of typical activities that are offered:

A Cappella	Dance	Kayaking	Softball
Advanced Swimming	Digital Photography	Low Ropes Course	Swimming
Air Riflery	Drama	Martial Arts	Tennis
Archery	Fishing	Outdoor Living Skills	Touch Rugby
Arts & Crafts	Fitness	Overnight Camping	Ultimate Frisbee
Aerobics	Flag Football	Rock Climbing	Volleyball
Basketball	Frisbee Golf	Rocketry	Wake Boarding*
Canoeing	Gardening	Row Boating	Water Skiing*
Cooking	High Ropes **	Snorkeling	Web Journalism
Creative Writing	Hiking	Soccer	Windsurfing

* = extra fee required

** = Resident Camp only

- Red and yellow swimmers will be accompanied by staff on the same boat for safety reasons:
 - Canoeing
 - Row Boating
- To take part in the following activities, it is *required* that your camper swim test as a blue- or green-level swimmer:
 - Kayaking
 - Water Skiing
 - Wake Boarding
- The following activities are limited to green-level swimmers only:
 - Advanced Swimming
 - Snorkeling
 - Windsurfing

To learn more about coaching periods, requirements, and the camp schedule, please refer to the Parent Handbook, or call us at (413) 528-1227.

(Chipmunk Camper parents, please use this space)

The included form should be submitted no later than two weeks before your camper's first day at camp.

Resident Camp Coaching Period Request Form

Camper Name _____

*** Office Staff Use Only ***

Camper #

Unit

Swim Color Y R B G

Period Assigned (by staff)

Activity Choice

(Choose top choice for each week you will attend)

1A

1A

1B

1B

2A

2A

2B

2B

3A

3A

3B

3B

4A

4A

4B

4B

Day Camp Coaching Period Request Form

Camper Name _____

*** Office Staff Use Only ***

Camper #

Unit

Swim Color Y R B G

Period Assigned (by staff)

Activity Choice

(Choose up to five top activity choices)

1

1

2

2

3

3

4

4

5

5