

This newsletter was prepared by Cayuga campers for kids who are interested in attending for the first time. Our campers give straight-up answers to all of the popular questions. Learn what campers like best about Cayuga. It's all here inside this issue!

CAMP CAYUGA

.. it lasts a lifetime!

A Newsletter for kids by kids

"I sign-up for sports everyday. That's what I like best."



"Best of all, I like the counselors."



"Evening Activities - That's the best part of my day."



"The Special Events are really WACKY... That's what we like best!"



"I'm forever stuck on Camp Cayuga. I don't want to go home."



What I Like Best About Cayuga

"We like meeting kids from all over the world."



"I like having a lot of activities to choose from each day."

"We really like living with the older kids on Teen Campus. It's cool."



"We make a lot of friends each summer, and that's what we like best about Cayuga."



"I like all the activities, especially my private tennis lessons."



"I SIGN-UP FOR ALL THE TRIPS. THEY'RE THE BEST."



"THE BEST THING I LIKE IS PERFORMING ON STAGE."

"I really like competing in Intercamp Tournaments."



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Welcome Aboard



Hi kids, I'm Brian (your Camp Director) and I'd like to welcome you to Camp Cayuga. What makes Cayuga special is "OUR CAMPERS". They're really nice kids who come to camp to make friends and have fun. Sure, Cayuga has plenty of activities & beautiful facilities, but the best

part of camp is OUR CAMPERS – they're great! Most of this newsletter was prepared by our campers, who have expressed in their own words how easy it is to make friends at Cayuga. This newsletter will answer most of your questions. Our campers have given you straight-up answers to questions about Cayuga's daily activities, trips, evening program, camp rules, and a whole lot of other stuff. You'll soon learn why our campers really like it here at Cayuga! Your summer will be loaded with fun-filled action-packed activities and you'll meet nice kids from all over the world! Having fun and making friends is what Camp Cayuga's all about. It's a summer you'll cherish forever.

CAMP CAYUGA ... IT LASTS A LIFETIME!

Any questions? Contact the Cayuga Hot-Line at (908) 470-1224 or email us at info@campcayuga.com.

WE'RE JUST THE RIGHT SIZE

We're not too big and we're not too small. WE'RE JUST THE RIGHT SIZE!

The total population includes about 390 campers who are split-up on two campuses - Junior Campus with 250-270 campers, and Teen Campus with 150-170. You'll find the camper population to be just the right size! It's large enough to provide a challenging & varied activity program that caters to each age group. At the same time, we're small enough where everyone practically knows everyone, and it's easier for our staff to get to know you personally, and provide the individual attention you may need. Operating two separate campuses (instead of one large camp) helps us maintain the family atmosphere that characterizes Camp Cayuga.



"I never went to a summer camp that separates the older teens from the other kids. I really like it!"

Junior Campus & Teen Campus 2 separate Campuses "That's What I Like Best!"

WHAT DO YOU LIKE BEST ABOUT CAYUGA? One common answer to that question is: "I like the idea of separating teenagers from the younger campers". Another popular answer is: "I like the idea that each campus operates their own program that's geared to the different age groups on each campus".

Cayuga's natural landscape divides 350 acres into two separate campuses on the same estate. This unique feature distinguishes Cayuga from other traditional summer camps. Each campus is located on opposite sides of the lake, and features its own facilities. The programs are different and tune-in on the specific interests of the campers on each campus. The day and evening activities, as well as the special events, operate separately throughout the summer.

JUNIOR CAMPUS houses about 125-135 girls & 125-135 boys. This includes campers entering 1st through 8th grade who are 13 years old & younger. All of the activity offerings, evening programs, and special events focus on the interests of this age group, whereas the Teen Campus program focuses on the interests of teenagers. When asked, "What do you like best about Junior Campus?", the #1 answer is: "Having our own campus without the big kids".

For all of you teenagers who are 13 years old (or older) before camp and entering 8th grade (or higher), you'll be staying on TEEN CAMPUS. This campus is just for teenagers! Compared to Junior Campus, it's smaller and has fewer kids. The Teen Program offers more flexibility and special privileges that aren't available on Junior Campus, like waking-up later each morning, and not having to sit with your counselor in the dining hall during lunch meals (you can sit anywhere you want with anyone you want)!

By the way, for those of you who are 13 years old before camp and entering 8th grade, even though you're eligible to reside on Teen Campus, you are permitted to live on Junior Campus if you want. Most 13 year old campers who are entering the 8th grade reside on Junior Campus. The choice is yours!

"I'M 13 YEARS OLD AND GOING INTO 8TH GRADE. I LIKE HAVING THE CHOICE OF JUNIOR OR TEEN CAMPUS. I'VE DECIDED I'VE DECIDED TO REMAIN ON JUNIOR CAMPUS FOR 1 MORE YEAR."



"I love Junior Campus! I like being on a different campus from my older sister, but I can still spend some time with her if I want to."

"I like the idea of being on Junior Campus this summer and Teen Campus next summer. I'll still be close to my younger sister and brother."



"This camp has two separate campuses. They are smaller compared to my old camp. I like a small campus - it's easier for me to feel at home and make new friends."

CAYUGA IS AWESOME

There's so Much To Do all day & all night!

AQUATICS

- ★ Recreational Swimming
- ★ Intercamp Swim Meets
- ★ American Red Cross Instruction
- ★ Polar Bear Club
- ★ Water Basketball
- ★ Water Volleyball
- ★ Water Polo
- ★ Snorkeling
- ★ Scuba Diving Clinics
- ★ Tubing at the Lake
- ★ Sailing
- ★ Canoeing
- ★ Paddle Boards
- ★ Paddle Boats
- ★ Windsurfing
- ★ Kayaking
- ★ Row Boats
- ★ 25' Lake Trampoline with Slide & Launcher
- ★ 14' Floating Log
- ★ The Rolling Log
- ★ Large Floating Blanket

Creative Arts

- ★ Arts & Crafts
- ★ Ceramics
- ★ Pottery (24 wheels)
- ★ Lanyards
- ★ Braiding
- ★ T-Shirt Creations
- ★ Macrame
- ★ Painting
- ★ Basket Weaving
- ★ Jewelry Making
- ★ Sketching & Drawing
- ★ Model Rocketry
- ★ Wood Projects
- ★ Block Printing
- ★ Leather Crafts
- ★ Needle Craft
- ★ Shrinky Dinks
- ★ Clay Sculpting
- ★ Mask Making
- ★ Decoupage
- ★ Paper Mache
- ★ Beading
- ★ Silk Screening
- ★ Tie-Dying

PERFORMING ARTS

- ★ Modern Dance
- ★ Ballet
- ★ Social Dance
- ★ Ribbon Dancing
- ★ Acting Classes
- ★ Improv Clinic
- ★ Yoga
- ★ Aerobics
- ★ Zumba
- ★ Singing
- ★ Guitar
- ★ Keyboards

TRAPEZE & CIRCUS

- ★ High Flying Trapeze
- ★ Two Static Trapeze Rigs
- ★ Aerial Silks
- ★ Spanish Web
- ★ Corde Lissee
- ★ Aerial Lyra
- ★ Flying Trapeze Shows
- ★ Circus Shows
- ★ Rolling Globe
- ★ Stilt Walking
- ★ Clowning
- ★ Unicycling
- ★ Acrobatics
- ★ Tumbling
- ★ Magic Tricks
- ★ Juggling
- ★ Diabolos
- ★ Devil Sticks
- ★ Plate Spinning

ATHLETICS

- ★ Archery
- ★ Skateboarding
- ★ Field Hockey
- ★ Softball
- ★ Paintball
- ★ Soccer
- ★ Bubble Soccer
- ★ Basketball
- ★ Flag Football
- ★ Weight Training
- ★ Gymnastics
- ★ Roller Skating
- ★ Floor Hockey
- ★ Inline Skating
- ★ Cheerleading
- ★ Lacrosse
- ★ Rugby
- ★ Jogging
- ★ Track Meets
- ★ Volleyball
- ★ Sports Clinics
- ★ Ultimate Frisbee
- ★ Tennis
- ★ Private Tennis Lessons
- ★ Bungee Jumping Trampoline
- ★ Horseback Riding (English & Western)
- ★ Foil Fencing
- ★ Newcomb
- ★ Kickball
- ★ T-Ball
- ★ Baseball
- ★ Judo
- ★ Karate
- ★ Golf
- ★ Frisbee Golf
- ★ Badminton
- ★ Pickleball
- ★ Dodgeball
- ★ Tetherball
- ★ Ping Pong
- ★ Riflery
- ★ GaGa
- ★ Exercise & Fitness

ADVTURE & WILDERNESS

- ★ Ropes Course
- ★ 205' Zip Line
- ★ 32' Climbing Tower (3-sided)
- ★ Rappelling
- ★ Cabin Overnights
- ★ Mountain Biking
- ★ Cookouts
- ★ ATV Quads
- ★ Horseback Overnights
- ★ Scenic Trail Rides
- ★ Nature Hikes
- ★ Backpacking
- ★ Compass Reading
- ★ Delaware River Rafting Trips
- ★ Survival Clinics
- ★ Evening Campfires
- ★ Horse Care Instruction
- ★ Petting Zoo (bunnies, goats, ducks, mini horse)

Media Arts

- ★ Digital Photography
- ★ Camp Newspaper
- ★ Radio DJ Broadcasting
- ★ Video Game Room

CAMP CAYUGA

WHERE DO THE KIDS COME FROM?

A lot of campers live in New York, New Jersey, Connecticut, Pennsylvania, Maryland, and Virginia. Some kids travel from all over the United States and from abroad too! Last summer we had campers & staff from 26 states and 17 countries. It's really cool - You'll make friends from all over the world!



HOW MANY KIDS WILL BE IN MY CABIN?

Junior Campus cabins house 8-14 kids and 2-3 college-enrolled counselors. Teen Campus cabins are a lot larger and have 18-24 teenagers plus 3-4 counselors.



WHAT DO I PACK MY STUFF IN?

Most kids use large duffel bags for packing their camp clothes. Some campers use suitcases. You can keep your duffel bag/suitcase under your bed and use it for storage, or you can put it in 'camp storage' during your stay, if you'd like. The choice is yours.



SHOULD I TAKE THE BUS TO CAMP?

About 20% of our east coast campers take the bus to camp. The bus service caters to the New York areas of Long Island & Rockland County. It's a nice way to start your summer by making friends on the bus before you arrive at camp! The buses are comfortable, air-conditioned, and have a restroom. Most campers arrive by car.



DO I HAVE TO CLEAN-UP MY CABIN?

Yes, 'clean-up' takes place after breakfast. You get about 30 minutes to make your bed, tidy-up your clothes in the cubby, and do a cabin chore. The chores rotate among your cabinmates, and include jobs like sweeping, emptying the cabin's trash can, opening windows, and clearing-off your clothesline. Your counselors will clean and disinfect the cabin bathroom. By the way, the cleanest boys & girls cabin each week is awarded a special prize like an ice-cream party or pizza party.



CAN I BRING COSTUMES & PROPS?

Of course! There are a bunch of fun evening activities & special events where a costume or unique prop from home will come in handy. Some examples include: The Talent Show, Skit Night, Halloween Social, Hollywood Social, Super Hero Social, and Crazy Hat Day. Some campers make their props & costumes at the Creative Arts Pavilion. To see what Special Events & Evening Activities are planned, go to the 'Calendar of Events' webpage.



DO MOST NEW CAMPERS COME TO CAMP WITH A FRIEND?

No, actually most kids first arrive at camp not knowing anyone. Some campers say it's actually easier to meet a bunch of new kids when you come to camp by yourself. The atmosphere is friendly and welcoming, so it's real easy to make friends.



IS THERE A BATHROOM INSIDE MY CABIN AND IS IT NICE?

Yes, each cabin has its own bathroom. On Junior Campus the bathrooms include 3 private showers, 3 private toilets, and 4-5 sinks. On Teen Campus, the typical bathroom includes 7 private showers, 7 private toilets, and 8 sinks. Each bathroom also has a large closet, and a lot of shelves for your toiletries. There's always plenty of hot water!



CAN I BRING STUFF TO DECORATE MY AREA IN THE CABIN?

Yes, some campers bring framed photos of their family, friends, and pets from home; wall posters; and stuffed animals. By the way, if you hang-up a wall poster, it has to be 'G' rated.



CAN I STAY IN THE SAME CABIN WITH MY FRIEND?

Yes, as long as you and your friend submit a Bunk Request Form. There are some conditions to satisfy, like you & your friend must be enrolled in the same camp session, and entering the same grade in September. Ask your parents to complete this form that's on their dashboard.



WHAT KIND OF CLOTHES DO I WEAR AT CAMP?

Camp is no place to be worried about fashion. So, casual wear is in-style at Cayuga. That means t-shirts, shorts, and sneakers are worn by mostly everyone including our senior staff and counselors.



WHAT'S A TYPICAL DAY LIKE?

Well, 4 days a week you follow a 'regular' schedule and wake-up at 8:00am. Teen Campus wakes-up 20 minutes later. The remaining 3 days, you follow a 'late breakfast' schedule and wake-up at 8:50am. The regular schedule includes 7 periods each day. The first period is a 'sign-up' period for your electives (unless you're a Junior). Each activity period is an hour that includes 10-minute travel time between activities. We meet at flagpole twice a day for flag lowering & raising. Evening Activities begin at 7:45pm (8:30pm on Teen Campus). There's a different evening activity each night of the week!



A UNPLUGGED

WHAT HAPPENS ON THE WEEKENDS?

Actually, weekends at camp are kinda like any other day of the week. In fact, during camp it's easy to forget what day of the week it is! Anyway, the weekend program is the same as the weekday program. Every day of the week is action-packed!



HOW WILL I KNOW WHAT'S GOING ON?

You'll get the scoop from your counselors. They'll explain everything to you, and will show you how to sign-up for your daily electives; join intercamp tournament teams; ride in horse shows; sign-up for clinics & trips; and so on. The Senior Staff make announcements at flagpole assemblies to remind you of what's going on. More camp news (like cabin inspection scores, team rosters, tournament brackets) is posted daily on the Bulletin Board.



HOW WILL I FIND OUT WHERE MY ACTIVITIES ARE LOCATED?

On your first day, the counselors will give you & your cabinmates a tour around camp. We'll show you the location of all activity sites, cookout & overnight areas, the health center, and other buildings. The Elective Program Staff will also lend a helping-hand since they're always checking-in at the activity sites. By the way, a map of all activity sites and program meeting areas is posted on the Bulletin Board.



WHAT'S MY ACTIVITY SCHEDULE LIKE? I'M ENTERING 4th GRADE AFTER CAMP.

If you're entering 4th grade or lower after camp, you're in the Junior Division, which means you follow a 'structured' activity schedule that's already set-up for you. Your schedule includes going to the pool everyday, lake activities four



days a week, and horseback riding twice a week. Your other scheduled activities are different each day. As a junior, you travel to your activities with your cabinmates, and you'll always be with your cabin counselor.

WHAT'S MY ACTIVITY SCHEDULE LIKE? I'M GOING INTO 5th GRADE.

If you're entering 5th grade or higher, you select your activities each morning after breakfast. You sign-up at the same time as other campers in your age group. This way, you can meet-up with your friends and plan your activity schedules together. Over 60 activities are offered daily. The Elective Program is very popular!



HOW WILL I REMEMBER WHAT ACTIVITIES TO ATTEND EACH DAY?

When you enter the sign-up room, you're given an Activity Card where you'll write-down your selected activities for each period. Your Activity Card includes the list of your activities for the day. If you lose your Card, you can go to the 'Happy Hut' where our Elective Program Staff have copies of your activity selections. If you're a 'Junior', your activities have already been selected, and your counselor escorts you and your cabinmates to those activities.



MUST I ATTEND MY ACTIVITIES?

Yes, you must attend your activities. Activity Instructors take attendance at the beginning of each activity period. Since you're selecting your activities, it makes sense that you'll attend & participate. If you want to change your Activity Card, that's ok, but you must report to the 'Happy Hut' to get approval from the Elective Program Staff. They'll gladly change your Activity Card (and update the attendance list). If you're a 'Junior', your schedule includes a variety of popular activities that are geared to your age group.



DO I STAY IN MY CABIN ON RAINY DAYS?

No, actually you spend very little time in your cabin - no matter what the weather is like! Except for Rest Period, you're out & about. On rainy days, you follow a fun indoor activity program that utilizes all of the camp's indoor facilities, and there are plenty! We do stuff like watching movies, playing board games/ bingo, doing indoor sports (like basketball & dodgeball), and a bunch of other indoor activities (pottery, ceramics, dance, weight training, etc.).



CAN I "CHECK-OUT" THE OTHER CAMPUS?

Yes - There are several activity sites that are shared between the two campuses. The lake, stables, petting zoo, pickleball courts, skate park, and paintball fields are located on Teen Campus and shared with the kids on Junior Campus. The flying trapeze, ropes course, bungee trampoline, ATV quad track, game room, and tennis center are located on Junior Campus and shared with the teenagers living on Teen Campus.



The oldest kids on Junior Campus (entering 8th grade) occasionally participate in Teen Campus events, like the Color Run. Sometimes, the teens perform their skits and talent shows for the kids on Junior Campus. Teens, who are living on Junior Campus, can spend an entire day on Teenside when they sign-up for Rookie Day.

WHAT HAPPENS DURING REST PERIOD?

Most kids relax during Rest Period. You can write letters, read, play quiet games & stuff like that. Many campers are scheduled to go to the Canteen (camp store), and others may be scheduled to callback their parents at this time. Occasionally, meetings are held during Rest Period to review safety rules & procedures for upcoming trips.



REAL QUESTIONS WITH

CAN I WATCH TV?

No, but don't worry about it. Since there's so much action going-on each day and night, you won't miss your favorite TV show. By the way, the only way to get television reception at camp is via satellite. TVs are prohibited, so don't bring your TV to camp.



DO I HAVE TO BE A GOOD ATHLETE TO HAVE FUN?

No, Cayuga offers a wide spectrum of activities for all types of kids. If you don't like competitive activities, that's ok because there are dozens of other activities to choose from, like pottery, ceramics, mountain biking, hiking, flying trapeze, circus arts, petting zoo, bungee trampoline jumping, cooking, dance, zip line, lake activities (fishing, sailing, boating), game room and a lot more. If you enjoy competitive sports, Cayuga has plenty!



WHAT SPORTS EQUIPMENT SHOULD I BRING?

You'll need to bring a softball mitt or baseball glove. If you plan to roller skate, we recommend bringing your own skates. (The camp has a limited supply of skates in certain sizes.) For all other activities, Cayuga provides the necessary equipment you'll need.



We do not recommend bringing items like a skateboard, tennis

racket or horseback riding helmet. You can't lose it, if you don't bring it! If you enjoy competitive activities, Cayuga has plenty to choose from each day. Here are some of our most popular activities & events that involve individual & team competition: basketball, softball, baseball, soccer, archery, riflery, tennis, swimming, and horseback riding. Intracamp and Intercamp competitions are offered in all of these activities!

WHAT'S UP WITH INTERCAMP TOURNAMENTS? ARE THERE TRY-OUTS?

If you enjoy competing in sports, Cayuga's Intercamp Tournament Program is for you!

There's a team for practically every land sport. All you have to do is sign-up for the team.



Since there are no-tryouts, you can sign-up for as many teams as you'd like. No pressure in 'making the team'. Cayuga competes in 100+ tournaments with nearby camps. Some tournaments are held at Cayuga, while others are 'away' games. Intercamp Tournaments are voluntary.

CAN I TAKE PRIVATE TENNIS LESSONS?

Yes, private tennis lessons are offered daily.

They're optional and advance registration is required. There are 10 courts



at the Tennis Center, which allows private lessons to operate without interfering with the regular tennis instructional program. Regular tennis lessons typically include 2-5 campers with 1 instructor. While this ratio is satisfactory for most campers, nothing beats one-on-one private instruction.

CAN I GO ON A RAFTING TRIP? DO I HAVE TO QUALIFY?

Yes, all campers have to qualify before going on a rafting trip. Campers, who are entering 5th grade (or higher), must pass Cayuga's Deep Water Swim Test. This test involves demonstrating your ability to swim, tread water, and properly paddle in a raft. Rafting Trips take place on the scenic Delaware River in northern Wayne County, which is only about



45 minutes from Cayuga. We depart camp after lunch; spend the afternoon on the river; and return before dinner. The Delaware River features some of the most beautiful natural surroundings in the Pocono Mountains. It's an exciting afternoon trip!

WHAT IS ROOKIE DAY?

If you are residing on Junior Campus this summer, and are eligible for Teen Campus next summer, you should sign-up for Rookie Day. It's your chance to spend a day on teenside to check it out. The morning program includes a tour of the Teen Campus facilities, like the cabins, dining hall, infirmary, rec center, art center, weight room, and



a lot more. After the tour, you'll sign-up for your electives with the teenagers and attend activities with them for the entire day. Rookie Day is voluntary.

HOW DO I SIGN-UP FOR YANKEE AAA BASEBALL GAMES?

It's easy. We will remind you at flagpole assemblies when the next game is scheduled. If you want to go, you sign-up that day (at the same time you sign-up for your activities).

If you select the trip, it will be listed on your Activity Card (with the activities you selected for that day).



If you're a 'Junior', you can attend 'day' baseball games. If you're entering 5th grade or higher, you can attend both day & night games. The stadium is less than an hour from Cayuga. These games are a blast!

CAN I MAKE CAMP FRIENDS BEFORE CAMP BEGINS?

Yes, you sure can! Join the Cayuga Pen Pal Club and correspond via email with other Cayuga kids.

When you sign-up for the Club, you'll receive the Pen Pal Email Directory.



This is a list of camper names (both new & returning) who joined the Club & are attending camp this summer. The Directory also includes each camper's email address, grade after camp, and the camper's session. Membership in the Pen Pal Club is for Cayuga campers only. If you sign-up, we expect you to reply to all Pen Pal emails.

H STRAIGHT ANSWERS

WILL I GET THE CHANCE TO PLAY A ROUND OF GOLF?

Yep - The local Golf Course is really nice, and it's only 30 minutes from camp. One staff member is assigned to each foursome. Cayuga provides the clubs, bag & balls. We do not recommend bringing your own clubs. We'll remind you at flagpole assemblies when the next golf trip is scheduled. If you want to go, you sign-up that day (at the same time you sign-up for your activities). As long as you're deemed qualified to play on a public golf course, you're permitted to go. By the way, golf instruction is offered daily at camp inside netted golf cages.



CAN I PLAY IN PAINTBALL GAMES?

If you are entering 5th grade or higher, you're old enough to play. The paintball fields have rolling hills, trees, bunkers, and open areas loaded with natural & man-made obstacles, like huge inflatables & sheds. You'll get a paintball gun, 300 pellets, and a face mask. The activity period is 2 to 3 hours. Cayuga hosts an Annual Intercamp Paintball Championship Tournament in July and August. Paintball is offered daily, it's optional, and advance registration is required.



DO MY PARENTS PAY EXTRA FOR HORSEBACK RIDING?

There's no extra fee - Horseback Riding is included in the tuition. Cayuga features a top quality horseback riding program in a traditional camp setting, where you can participate in a well-rounded activity program, and at the same time concentrate on your riding skills! The Equestrian Center features a barn, 20 horses, 2 riding rings, wooded pastures, and miles of scenic trails. If you're a 'Junior', your weekly schedule includes 2 riding periods (optional). Additional classes can be requested.



HOW CAN I SPEND MORE TIME AT THE STABLES?

If you really like horses and want to spend extra time at the Equestrian Center, you're not alone! Many campers sign-up for an activity we call 'Junior Stable Staff'. This is reserved for kids who want to help-out with chores like grooming, feeding, watering, walking-out the horses after a lesson, and mucking-out (only if you want to). You can also sign-up for the 'Petting Zoo' activity and take care of our animals. They're very friendly and cute!



CAN I RIDE IN HORSE SHOWS?

Two shows will take place at Cayuga's Equestrian Center, while the others are hosted by nearby camps. We also schedule two Gymkhanas, which are popular with campers who are looking for 'extra fun' at horseback. With events like 'musical stalls' and 'barrel racing', the fun never ends! By the way, everyone is invited to ride in our Horse Shows. There are no try-outs. The Horse Show classes are categorized by ability, so if you're a beginner you'll be riding in a class with other beginners. There are 4 Horse Shows this summer. By the way, you can also sign-up for Horseback Overnights.



I NEVER RODE AN ATV. CAN I TRY IT?

Yes, everyone can ride ATVs. It doesn't matter how old you are. What matters most is passing the 'Safety Control Test'. The instructor will determine your ability to manage the ATV and understand its operation. Once you pass, you can ride twice a week if you'd like. The ATVs are child-size 4-wheelers, and remain on the ATV track under the supervision of the activity instructors. You'll be given a helmet, eye goggles, and safety pads. ATV Riding is offered daily, it's optional, and advance registration is required.



CAN THE BOYS & GIRLS ATTEND ACTIVITIES TOGETHER?

Yeah of course - Cayuga is a coed camp! The 'day' activities are coed, unless they involve physical contact. Evening activities are also coed. Keep in mind the '10 Foot Rule'. This means that boys are not permitted within 10-feet of a girl's cabin, and girls aren't permitted within 10-feet of a boy's cabin.



WHAT'S 'EXTREME SPORT JUMPING'?

Extreme Sport Jumping is one of the wildest activities. It's a large rig that combines a trampoline with a bungee cord. It has 4 separate trampolines, so 4 kids can be jumping at the same time. You're hooked-up to a bungee cord that's connected to a hydraulic lift. As you jump higher & higher, the hydraulic lift readjusts the height settings on the rig. With this safety feature, you can never overstretch the bungee cord while jumping. It's fun & safe! Imagine, the bungee cord can propel you 24 feet in the air! Wow, that's crazy fun!



CAN YOU TELL ME ABOUT COOKOUTS & OVERNIGHTS?

Cookouts & Overnights are scheduled for Junior Campus cabins every night. The sites are located in secluded wooded areas on the camp property, and have been chosen for their privacy & natural beauty. Your first task is to collect wood and set-up the fireplace area. For cookouts, you grill your own burgers & hot dogs over an open flame (instead of eating dinner in the dining hall). For overnights, after the evening activity you head-out to the site with your sleeping bag. After making smores and telling stories around the campfire, you'll sleep-out under the stars.



MORE CAMP CAYUGA

WHAT RAMPS & RAILS ARE AT THE SKATE PARK?

The Skate Park features straight grind rails, kinked grind rails, quarter pipes with rails, half-pipes, bank ramps with rails, roll-ins, wedges, spines, and a large half-pyramid with wedge jump combos and an angled flat ledge. There's also a huge half-pipe measuring



40' long, 20' wide, 4' high. Our ramps were built by Wood-

ward Ramps & Rails and Hot Rails, two of the industry's leaders for durability, ride-ability, and safety.

CAN ALL CAMPERS GO ON THE FLYING TRAPEZE?

Yes! It's a thrill of a lifetime to "Fly through the air on the flying trapeze". This activity will bring a high level of excitement to your summer camp experience. You ought to give it a try. 'Juniors' are scheduled this activity twice a week. If you're entering 5th grade or higher, can select the Flying Trapeze as one of your daily electives.



WHAT HAPPENS AT THE ADVENTURE ROPES COURSE?

The Ropes Course is located in a wooded area, and features a 3-sided 32' high climbing tower, where you'll learn to rock climb and rappell. There's also a long Zip Line where you'll glide for over 200 feet

through the woods. It's awesome - It's so much fun, you'll want to do it over & over again!



ARE THERE CLINICS?

Yes, there are a bunch of them. The two



most popular clinics are the 'Survival Clinic' and 'Scuba Diving Clinic'. These clinics incur an additional

fee and pre-registration is recommended. Other clinics (improv, basketball, soccer, tennis, etc) are included in the camp tuition. All clinics are optional. For this summer's clinic dates, go to the 'Calendar of Events' webpage.

WHAT HAPPENS AFTER DINNER?

After dinner, everyone chills-out until 7:30pm (8:30pm on Teen Campus) when we meet at the flagpole. This is when we lower the



American Flag, and make announcements about upcoming events. The Evening

Activity begins after flagpole assembly and ends at curfew time. To see this summer's Evening Activity Schedule, go to the 'Calendar of Events' webpage.

WHAT ARE EVENING ACTIVITIES LIKE?

The Evening Activities are the highlight of each day. This is when all campers unite, and camper enthusiasm & spirit peaks! The Evening Activities are different every night, and for the most part, they are scheduled separately on each campus.



Sometimes, the Seniors on Junior Campus will participate in events on Teen Campus, like the Color Run.

ARE THERE ANY DANCES?

Yes, our dances are 'socials' with a theme - where everyone gets dressed-up for the occasion. Last summer we had the Halloween Social, Hollywood Social, Super Hero Social, and Hippie Social. There's always good music, an excellent light show, lots of dancing, and costume contests (cabin points are awarded to the winners). Dances are a lot of fun - even if you don't dance! At the end of the summer, both campuses get together for dancing at the farewell Prom.



WHAT HAPPENS ON MY BIRTHDAY?

Birthdays are special at Camp Cayuga. We begin the celebration at morning flagpole assembly when we raise the Birthday Flag, and make a congratulatory announcement on your behalf. You'll receive a birthday card



in the mail from the camp staff along with a Birthday Care-Package

loaded with Cayuga stuff, like a frisbee, sports bottle, Cayuga key chain, and a few other fun surprises! At dinner we'll jazz-up your table with birthday decorations, and sing the Happy Birthday song to you. For dessert, you & your cabinmates will be served ice cream & birthday cupcakes, baked by the camp's chef.

WHO HELPS ME IF I HAVE A PROBLEM?

Cayuga counselors have an excellent reputation for caring and making sure you're having a great time. Your Division Director also helps-out. This is an older adult



who's in charge of the campers & counselors in your age group. Your Division Director will introduce himself/herself to you on arrival day, and will be in contact with your parents all the time to keep them updated on how you're doing.

WHAT HAPPENS IF I FEEL SICK?

If you're not feeling well, the camp nurses will take care of you. They'll do their best to make you feel comfortable in the health center (infirmary). There are about 7-8 nurses who live in the two infirmaries. Our camp nurses are nice, and are usually moms who have their own kids attending Cayuga. If you ever need outside medical treatment, the nurses will notify your parents. The local medical clinic and hospital are only 10 minutes from camp.



CAYUGA UNPLUGGED

CAN I SPEND TIME WITH MY BROTHER OR SISTER?

Yes! Join the Sibling Club, which meets for a double period (about 2 hours) every 2 weeks. The Sibling Club Leader will organize a different event for each Club meeting, which in the past included working on arts & crafts projects together and private pool parties. The Sibling Club was originally

created for siblings who lived on separate campuses. Today, the Sibling Club is available to all siblings (and cousins) – even if you reside on the same campus.



CAN MY PARENTS COME TO VISIT?

There is no official Visiting Day, however your parents are welcome to visit you. This option is available to all parents, except those who have campers enrolled in a 2-week session. Visitation is not permitted for 2-weekers. Parents have the flexibility to visit any day. Your folks are required to remain at the



office, until you're escorted from your activity. Visitors are not permitted to

roam around camp or enter the cabin area. Campers are permitted to sign-out anytime after 11:00am, and must sign-in before 4:00pm.

CAN I BRING MY CELL PHONE?

No, you cannot bring your cell phone to camp. In fact, all electronics are prohibited. But don't worry, your parents can send you emails everyday. They can also speak with Division Director at any time to see how you're doing. You are permitted to call your parents from the camp office, if a telephone appointment is made.



CAN MY PARENTS TELEPHONE ME?

Yep, your parents can telephone you once every 2 weeks, but no calls are allowed during your first 7 days. Your folks will need to schedule a phone call appointment to speak with you. This can be done online. Each phone call is limited to 5 minutes.



CAN I RECEIVE MAIL?

Yes, of course. The mail is delivered and picked-up everyday. There's no limit to the amount of letters you can receive, however you are required to write your parents once every 2 weeks. We call it "Letters Home for



Canteen". This means you have to bring your letter (addressed to your parents) to the

Canteen (camp store) before you get your daily snack allowance. By the way, the canteen sells stamps, writing paper, envelopes, and pens.

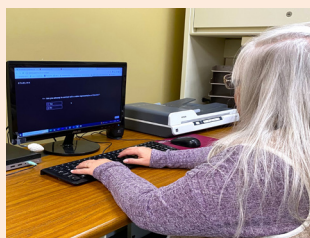
CAN I RECEIVE CARE-PACKAGES?

Yes, packages are permitted as long as they abide by the camp's guidelines. In addition to books and card games, you can receive certain food items like pretzels & crackers, as long as they're stored in a sealed rubber-maid type container. Other types of food & candy are prohibited.



CAN MY PARENTS EMAIL ME?

Yes, your parents can email you everyday, but to do so, they must use the services of CampMinder. More info about sending emails is located on your parent's dashboard under 'Camp Stamps'.



DO I NEED MONEY AT CAMP?

We do recommend bringing money for personal stuff you want to buy at the canteen (like a sweatshirt or stuffed animal). If you attend an AAA baseball game or theatre trip, you may want money to buy a souvenir. The more trips you attend, the more money you'll need. Cayuga has a 'Camp Bank' that will hold your money in safekeeping. Your parents can view your Camp Bank balance at any time from your online account.

If your balance is low, your folks can deposit more money by sending a check to camp or by using a credit card from their online dashboard.



WHAT KIND OF STUFF IS SOLD AT THE CANTEEN?

The Canteen is where you pick-up your daily snack allowance, which includes 2 snack items. This allowance is already paid for by your parents (the canteen fee). Snacks include pretzels, chips, ice cream, popcorn, candy, granola bars, fresh fruit, and a variety of drinks (bottled water, slushies, soda, power aid, juice). The Canteen also stocks batteries, stationery & stamps, prepaid international calling cards, prepaid visa cards, tooth paste, toothbrushes, diabolos, model rockets, sports bottles, stuffed animals, small back-



CAN I ATTEND RELIGIOUS SERVICES?

If you'd like to attend religious services, no problem. Jewish services take place on the camp property at the lakefront on Fridays. The service is led by a Cayuga staff member. Christian services take place in town on Sunday mornings. The church is located 10 minutes from camp, and transportation is provided. Generally speaking, not many campers participate.



MORE CAYUGA UNPLUGGED

HOW'S THE CAMP FOOD?

The food is pretty good. The meats, vegetables, and fruit are fresh and high-quality. If you're a picky eater, don't worry about it. There's always alternative choices (pasta, leftovers) available at each meal. In addition to the main entrée at lunch & dinner, there's a complete salad bar, and a separate station for peanut butter & jelly. No camper ever leaves the table hungry! A sample menu is posted online.



WHO ARE THE CAMP DIRECTORS & WHAT ARE THEY LIKE?



Brian Buynak is the Camp Owner. He's a real 'camp guy' who hasn't missed a summer at camp since 1957 (he was 3 months at the time). His parents turned-over the directorship to him in 1983. Brian enlightens us each morning with his 'Thought for the Day', and has a habit of appearing out of nowhere! Cayuga's Co-Director is Molly Bisson, who started her career at Cayuga in 2005. She's a year-round staff member who's dedicated to making sure you're having a great time! The Director on Teen Campus is Steve Beals (Bealzy), who is also a year-round staff member. He lives at camp all year, and started his Cayuga career back in 1984. He enjoys working with teenagers, and has been the Director since 1994.



WHO WASHES MY DIRTY CLOTHES?

'Laundry Day' is scheduled once a week. This is when you empty your personal laundry bag into your cabin's large laundry bag. These large bags are picked-up by an independent laundry company. It takes them 1-2 days to wash your clothes and return them. The



general rule is to bring 10 days-worth of clothes, no matter how long you're staying at camp.

HOW WILL I KNOW WHAT TO BRING?

After you sign-up for camp, your parents will be given an online account where they can access camp forms & documents. The recommended clothing list is posted on their dashboard. It includes everything you need to bring to camp. It also lists optional items, as well as prohibited items that you can't bring.



CAN CAMPERS EARN AWARDS?

Cayuga is real serious when it comes to recognizing campers for their achievements, enthusiasm, and sportsmanship. Camper-of-the-Week pennants and t-shirts are awarded to one camper from each cabin. Activity trophies are awarded at the 'Oscars Ceremony' (end of first-half) and again at the Banquet (end of summer). You don't have to be the best hitter on the field to receive a baseball trophy, or the best rider to get a horse-back riding trophy. It's your effort that counts!



CAN MY PARENTS SEE PHOTOS OF ME THIS SUMMER?

Yes, the Camp Photographers take hundreds of pics and upload them daily. Your parents simply login to their account, go the 'Photos' section, and click 'Summer Snapshots'. There are usually 300-400 photos posted every day on Cayuga's website. The photographers take pictures all day every day, rain or shine.



CAN I EXTEND MY SESSION?

It's not uncommon for kids to extend their session after arriving. First-time campers do it all the time. As long as there's space in the next session, you can stay longer. The best advice to remember is to tell your counselor as soon as you decide to stay longer.



WHAT HAPPENS IF I LEAVE CAMP EARLY?

We are so confident you'll have a good time at Cayuga, we guarantee it! The 'First-Time Camper Guarantee' provides a full pro-rated refund for the session you attended. Your parents get their money back for the days you missed, as long as you abide by the camp's departure procedures.



CAN I TOUR CAYUGA BEFORE THE SUMMER?

Yes. 'Open House' is the best time to visit. Plenty of staff will be on-hand to give tours and answer your questions. Snacks & refreshments are available too. Tours are conducted for each campus between 1:00pm-3:30pm. If you can't attend Open House, that's ok. You can tour Cayuga anytime. Simply call/email the camp office or complete the online form 'Schedule a Tour' with your date/time preferences. The camp staff will follow-up your request and make the arrangements. We're proud of Cayuga, and love giving tours.



ARE ALL ACTIVITIES INCLUDED IN THE CAMP TUITION?

There are 60 activities offered daily and only 4 of them incur an additional charge. These include paintball, ATV riding, private tennis lessons, and academic tutoring. The current fees for these activities are listed on the paper enrollment application and your online account. You must preregister for these activities no later than your arrival day.



IS THERE A CAMP REUNION?

Absolutely! Reunions started back in 1964 when Mike Buynak was the Camp Director. Since then, the Winter Reunion has become a tradition at Cayuga. It's an opportunity to see everyone from camp in one place at the same time. It's a lot of fun, and in some ways, it kinda feels like we're all back at camp! In recent years, the reunions have been held at a family entertainment center that's loaded with thousands of high-tech video games and other amusing attractions.



WHEN DO I GO TO BED?

That's one of the most popular questions! If you're going into 4th grade or lower, you return to your cabin at 9:00pm and your bedtime is 9:30pm. If you're entering 5th or 6th grade, your curfew is 9:30pm with lights-off at 10:00pm. If you're entering 7th or 8th grade, your curfew is 10:00pm with lights-off at 10:30pm. If you're residing on Teen Campus, you have a 10:30pm curfew and your cabin lights get turned-off at 11:00pm.





WHAT'S BREWING THIS SUMMER?

A Bowl Full of Action-Packed Fun!

EXCITING TRIPS & CLINICS

SURVIVAL CLINICS

SURVIVAL CLINIC is an intense tactical overnight course. Instructors teach campers how to build a safe shelter using natural materials; locate water in the wilderness and learn how to purify water; start a fire without using matches; identify wild-edible plants; read a compass; tell the time of day without using a watch/clock; and treat minor cuts & bruises using basic first-aid techniques. The clinic is offered twice per 2-week session.



THEATRE TRIPS

THEATRE TRIPS: Do you enjoy going to the theatre? You can continue that theatrical experience this summer at Cayuga. Trips are scheduled every 2 weeks to the Forestburgh Playhouse, which was founded in 1947 and is the oldest continuously operating summer theatre in New York. It has earned a fine reputation for its youth productions, and it's less than an hour from camp.



BASEBALL GAMES

BASEBALL GAMES: This summer you can watch the AAA Yankee Baseball Team (RailRiders) play at the PNC Field in Scranton (less than an hour from camp). Minor League baseball games (AAA) record more hits & runs than the major leagues, so an exciting time for everyone! The RailRiders will be playing teams like the Buffalo Bisons (Toronto Blue Jays), Durham Bulls (Tampa Bay Rays), and the Rochester Red Wings (Washington Nationals).



GOLF COURSE TRIPS

GOLF COURSE TRIPS take place at Cricket Hill Golf Course. It's a small 18-hole public course that's only 30 minutes from camp. We play 9-holes, and one staff member is assigned to each foursome. All campers are eligible to attend, as long as they're deemed qualified to play on a public golf course. Cayuga provides the clubs, bag & balls. Keep in mind that golf instruction is offered daily at camp inside netted golf cages.



RAFTING TRIPS

RAFTING TRIPS take place on the scenic Delaware River in northern Wayne County. To qualify for eligibility, you must pass Cayuga's Deep Water Swim Test. This basically requires you to be a good swimmer, and know how to properly paddle a raft. River safety rules will be reviewed before you depart camp. The Delaware River is only 45 minutes from camp. Delaware River Rafting Trips offer some of the most beautiful natural surroundings in the Pocono Mountains. You'll cherish this trip forever!



SCUBA DIVING CLINICS

SCUBA DIVING CLINICS are taught by PADI certified divers from *Inland Water Sports*. Campers will learn the fundamentals of scuba diving, which includes instruction in equipment use, clearing goggles, equalizing pressure techniques, and underwater breathing with tanks. This 50-minute clinic takes place in the main pool.



MORE INFO ON CLINICS & TRIPS

The Scuba Diving & Survival Clinics are optional and incur an extra charge. You can sign-up online in advance (recommended) or sign-up at camp. The Program Staff will tell you when to attend the clinic and add it to your Activity Card. Note: All other clinics (basketball, soccer, improv, etc) are included in the camp tuition. Trips are also optional and incur an extra charge. No advance registration is available. You simply sign-up in the morning on the day of the trip. For rafting trip dates, go to our 'Calendar of Events' webpage. Delaware River Rafting Trips offer some of the most beautiful natural surroundings in the Pocono Mountains. You'll cherish this trip forever!

POP QUIZ

OK kids, here it is...your Pop Quiz. Test yourself to see how much you really know about Cayuga. It's all good fun! (The correct answers are below.)

- 1) How many activities are offered daily?
- 2) How many counselors live in each cabin with the campers?
- 3) What time do we wake-up on 'regular schedule' days?
- 4) True or False: All intercamp tournament teams require try-outs, and you may not be selected to be on the team.
- 5) True or False: Some kids travel to camp from Europe.
- 6) True or False: Some campers travel to camp by bus.
- 7) True or False: Campers are required to clean the cabin bathrooms every day after breakfast.
- 8) True or False: Campers are not permitted to receive care-packages.
- 9) True or False: There is no extra charge for horseback riding. Horseback Riding is included in the camp tuition.
- 10) Are most of the activities coed? Yes or No?
- 11) Are there any days when you can wake-up later than the regular day schedule? Yes or No?
- 12) True or False: The Buynak family has owned & directed summer camps since 1957.
- 13) True or False: Camp Cayuga is located in the Pocono Mountains of Northeast Pennsylvania.
- 14) True or False: You are not permitted to receive emails at camp.
- 15) True or False: Cell phones and other media/electronic devices are permitted at camp.
- 16) True or False: If you're 12 years old and going into 8th grade, you're permitted to live on Teen Campus.
- 17) True or False: There is no daily camp uniform. The fashion at Cayuga is "casual & comfortable."
- 18) True or False: The curfew for Intermediates (going into 5th or 6th grade) is 9:00pm and lights-out at 9:30pm.
- 19) True or False: If you're participating in the Elective Program, you select your activities everyday after breakfast - not a few days in advance.
- 20) True or False: I'm guaranteed a fun time at Camp Cayuga!

ANSWERS: 1) Over 60 activities. 2) 2 or 3 counselors per cabin. 3) Wake-up is at 8:00am. 4) False. 5) True. 6) True. 7) False. 8) False. 9) True. 10) Yes. 11) Yes. 12) True. 13) True. 14) False. 15) False. 16) True. 17) True. 18) True. 19) True. 20) True. Cayuga's First-Time Camper Guarantee promises a prorated tuition refund if you depart before the end of your registered camp session.

CAMP TOURS

You're invited to tour Camp Cayuga! Cayuga's 'Open Door' policy encourages first-time campers to tour camp at any time that's convenient. We're proud of our facility and love giving tours. Cayuga is less than 3 hours from New York City & Philadelphia. You can schedule your tour online, or call us at (908-470-1224). Driving Directions & a Travel Map are available on our website.

OPEN HOUSE

Open House is the best day to visit Camp Cayuga. It's the ideal time for new campers to check-out Cayuga for the first time. You'll get a tour around campus with a bunch of other new kids, and you'll have the opportunity to meet & speak with some of Cayuga's Senior Staff members. Open House is scheduled in the Spring each year. Go to our website to learn when Open House is scheduled. Please plan to arrive at Open House after 12:30pm. Tours of both Junior Campus & Teen Campus will be conducted between 1:00pm and 3:15pm. Open House ends at 4:00pm. We hope you can make it!

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