



# Trek Week 2019

The staff of Camp Copass is thrilled that you've decided to join us for Summer Camp 2019. We are anticipating all that the Lord is going to do! If you have any questions contact Carla Besco, Director of Programming & Promotions: [Carla@campcopass.com](mailto:Carla@campcopass.com) or 940-565-0050.

**Registration:** Please download and complete the following forms and bring them with you to camp: 1) HEALTH/REGISTRATION FORM FOR EACH CAMPER/COUNSELOR 2) ROPES RELEASE FORM 3) MEDICATIONS FOR NURSE 4) LICENSE PLATE NUMBERS FOR VEHICLES STAYING ON CAMPUS DURING WEEK. Please do not mail or fax them. The FOLLOWING FORMS you will need to complete online prior to camp are 1) T-shirt order form, 2) Trek Choice forms and 3) boy/girl ratio forms ALL DUE BY MAY 30TH.

**Counselors:** This camp requires one counselor per 10 students, at least 1 male and 1 female for a co-ed group. Counselors are expected to attend ALL camp activities with the students. See REQUIREMENTS FOR COUNSELORS & SPONSORS link on website for 2019 required documents (includes CPT, Pastor Reference Form, No Visitor Policy, Background Checks) - all of these forms are to be sent to Camp Copass 2 weeks prior to your camp start date.

**Dress Code:** Girl's swimwear must be a modest one-piece (tankinis are permitted if entire midriff is covered). Girls suits not meeting dress code must be covered by a dark colored t-shirt. Boys are to wear modest trunk-type suits. The lifeguard may eject anyone wearing swimwear that is not in good taste. The lifeguard must be obeyed at all times. Boys must wear a shirt outside the pool. Any suggestive clothing or garments advertising alcohol or tobacco are not permitted. No spaghetti straps, tube tops, sleeveless or halter tops will be allowed. Modest shorts are permitted, but must be no higher than 5" above the knee.

**Medical Release Form:** Each camper and counselor must complete a health/registration form that is available online. Counselors will turn in all camper/counselor medications to the camp nurse during registration. Counselors, please encourage parents not to send over-the-counter medications to camp (ibuprofen, antihistamine, etc.). We keep these items stocked in the nurse's station. ALL MEDICATIONS AND OTC MEDS ARE TO BE TURNED IN AT REGISTRATION—NO MEDS ARE TO BE KEPT IN DORMS.

**Extracurricular Release Forms:** Ropes Course Release forms must be completed for all campers and counselors wishing to participate in the challenge ropes course.

**REC:** Recreation will be led by the a College Rec Team. Please remind your campers to bring appropriate attire (including closed toe shoes) to participate during outdoor recreational activities.

**Bible Study:** Bible study leaders will be provided for you. Church leaders will not be responsible for teaching. Campers will attend Bible study as part of their daily rotation.

**Trek Time:** Campers will have several activities to chose from. Sign-up forms are found online. **TREK TIME choice forms should be completed online by May 30 . Please do not fax or mail these forms.**

**Church Time:** This is a time for church groups to bond and reflect on the events of the day. Each church is responsible for leading their own group, however optional materials will be provided upon your request. Daily devotion guides will be provided upon your arrival at camp.

**6th Grade Zipline:** During Team Time (3:15-5:00pm) on their designated day 6th graders who have parent signed ropes course release forms, may experience the zipline. 3rd-5th graders have time to visit the gift shop, concession stand, frisbee/putt-putt golf courses, or participate in basketball and volleyball games.

## CAMP SCHEDULE

### Monday

1:00 Registration  
 2:30 Welcome Pep Rally for campers/Counselor Meeting in Dining Hall  
 3:30 Watermelon Mixer at Patio Cafe  
 4:00 Free Time (pool, gift shop, concession stand, frisbee golf, basketball, volleyball, gaga pits, human foosball courts & putt-putt are open)  
 5:30 Dinner  
 6:30 Worship  
 8:00 Church Time  
 8:45 CARNIVAL  
 11:00 Lights Out!

### Tuesday, Wednesday, Thursday

7:30 Quiet Time 8:00 Breakfast  
 9:00 Morning Pep Rally (dismiss to Counselor Meeting in Dining Hall)

	3rd grade	4th grade	5th grade	6th grade
10-10:45	TREK TIME	BIBLE ST.	REC	SWIM
11-11:45	BIBLE ST.	REC	SWIM	TREK TIME

### 12:00 Lunch

	3rd grade	4th grade	5th grade	6th grade
1:15-2	REC	SWIM	TREK TIME	BIBLE ST.
2:15-3	SWIM	TREK TIME	BIBLE ST.	REC

### Team Time

3:15	Red Team	Blue Team	Green Team
TU	Group Photos	6th grade Zipline	Extra Swim
WE	Extra Swim	Group Photos	6th grade Zipline
TH	6th grade Zipline	Extra Swim	Group Photos

5:00 Get cleaned up for dinner!  
 5:30 Dinner  
 6:30 Worship  
 8:00 Church Time  
 8:45 Nite Life:

	Tuesday	Wednesday	Thursday
	Surprise	Game Night	Surprise

10:00 Everyone in cabins

### Friday

7:30 Quiet Time 8:00 Breakfast  
 9:00 Closing Challenge



# SAMPLE MEALS

BREAKFAST	LUNCH	SUPPER
<b>Sunday 8:00 AM</b> <del>if under 200 then                      bacon/potato/sausage burritos                      cereal, fruit, yogurt bar                      milk, tea, juice, coffee                      else cheese omelets, sausage links,                      diced potato hash browns</del>	<b>Sunday 12:00 PM</b> <del>hamburgers                      lettuce, tomato, pickles, cheese                      mac and cheese                      chips                      ice cream (chocolate or vanilla)                      salad/fruit bar                      tea, coffee, juice</del>	<b>Sunday 5:30 PM</b> <del>bow tie pasta with Alfredo sauce and                      chicken fajita meat                      broccoli                      garlic bread                      salad/fruit bar                      brownies                      tea, coffee, juice</del>
<b>Monday 8:00 AM</b> <del>pancakes (original, blueberries, and                      chocolate chip)                      syrup                      sausage patties                      cereal/fruit/yogurt bar                      milk, tea, juice, coffee</del>	<b>Monday 12:00 PM</b> <del>ham and/or turkey sandwich                      chips                      potato soup                      chocolate or vanilla pudding                      salad/fruit bar                      tea, coffee, juice</del>	<b>Monday 5:30 PM</b> hamburgers lettuce, tomato, pickles, cheese chips ranch style beans cookies salad/fruit bar tea, coffee, juice
<b>Tuesday 8:00 AM</b> scrambled eggs crispy bacon biscuits and gravy cereal, fruit, yogurt bar milk, tea, juice, coffee	<b>Tuesday 12:00 PM</b> hot dogs mac and cheese apple sauce ice cream sandwich tea, coffee, juice	<b>Tuesday 5:30 PM</b> chicken and cheese crisps Mexican rice tortilla chips brownies salad/fruit bar tea, coffee, juice
<b>Wednesday 8:00 AM</b> french toast sticks syrup sausage patties cereal, fruit, yogurt bar milk, tea, juice, coffee	<b>Wednesday 12:00 PM</b> pizza (pepperoni) raspberry and lemon ice cups salad/fruit bar tea, coffee, juice	<b>Wednesday 5:30 PM</b> chicken tenders mashed potatoes and gravy green beans rolls ice cream (chocolate or vanilla) salad/fruit bar tea, coffee, juice
<b>Thursday 8:00 AM</b> cheese omelet diced hash browns crispy bacon cereal, fruit, yogurt bar milk, tea, juice, coffee	<b>Thursday 12:00 PM</b> Sloppy joes Chips Onions and pickles Ding dongs Salad/fruit bar tea, coffee, juice	<b>Thursday 5:30 PM</b> lasagna corn garlic bread chocolate or vanilla pudding salad/fruit bar tea, coffee, juice
<b>Friday 8:00 AM</b> If kids then Sausage and pancake on a stick Cereal, fruit, yogurt bar milk, tea, juice, coffee else pancakes	<b>Friday 12:00 PM</b> <del>quesadillas (beef and chicken)                      Mexican rice                      tortilla chips                      charro beans                      pastel de tres leches                      salad/fruit bar                      tea, coffee, juice</del>	<b>Friday 7:00 PM</b> <del>roast beef                      mashed potatoes                      carrots                      rolls                      banana pudding                      salad/fruit bar                      tea, coffee, juice</del>
<b>Saturday 8:00 AM</b> <del>scrambled eggs                      bacon                      biscuits and gravy                      cereal, fruit, yogurt                      milk, tea, juice, coffee</del>	<b>Saturday 12:00 PM</b> <del>grilled chicken                      baked potato                      green beans                      rolls                      assorted cookies                      salad/fruit bar                      tea, coffee, juice</del>	<b>Saturday 5:30 PM</b> <del>chopped brisket sandwich                      ranch style beans                      corn on the cob                      BBQ sauce                      pickles and onions                      peach cobbler                      salad/fruit bar                      tea, coffee, juice</del>

- All meals are subject to change
- All meals will have a gluten free equivalent
  - Although ingredients are gluten free all food is prepared in the same kitchen and due to that we cannot guarantee that it will completely gluten free



(1)

# summer dining hall menu

## general

Camp Copass endeavors to serve high quality meals with uncompromising attention to camper's needs. Please keep in mind though that we do not always have time to focus on one or two people while there are hundreds of others equally deserving of such care.

## peanuts

Camp Copass does not use peanut oil in cooking its food. The only items we have that contain peanuts are the individual packets of peanut butter and Honey Nut Cheerios from dispensers. For some meals, we provide cinnamon chocolate chip cookies that contain pecans, and these are labeled when set out. The croutons we serve with the salads are prepackaged in a facility that also packages soy and tree nuts.

## gluten

All meals will have a gluten free equivalent. Although ingredients are gluten free all food is prepared in the same kitchen and due to that we cannot guarantee that it will completely gluten free.

## vegetarians

Every meal Camp Copass serves contains meat. Fruit is set out at every meal and cereal every morning. A salad bar is provided for all lunch and supper meals. When we have hamburgers or lasagna meals, a vegetarian alternative is provided.

## solutions

We will make every effort to accommodate your needs. In the off season, you are welcome to make prior arrangements for you or your camper to bring food and store it in our kitchen's refrigerator or freezer. It must be clearly labeled and dated. In the summer, our storage space is limited so it is not possible to allow this. You may, however, bring a cooler and use ice to keep your food preserved. Additionally, there is a microwave oven in the kitchen available to use.

**view sample summer menu (<https://campcopass.com/wp-content/uploads/summermenu.pdf>)**

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