



Info for your Counselor

Please Mail this with the Health History Form

In order to help us provide a quality experience for your camper, we invite you to share some information below. This information will be shared with their counselor.

Name Camper prefers _____ Camp attending _____

Camper Age _____ Grade in the Fall _____

Camper's email (for end of the week address list) _____

Names and ages of any brothers or sisters:

Ever been to camp before? Yes / No Is this the first time away from home? Yes / No
1st time at CFLC? () Yes () No If No, how many previous summers? _____

Swimming Ability ___ Non swimmer ___ Beginner (avoids deep water) ___ Intermediate (deep water ok) ___ Advanced

Dietary Restrictions (i.e. vegetarian, lactose intolerant, etc) _____

Things I like to do:

singing dancing sports scouts musical instrument watching tv read video games hang out
with friends internet talk on phone shopping drawing horseback riding biking swimming
church activities skiing family activities hiking camping playing board games crafts
Others _____

Please mark the number that best describes you (your camper)

Outgoing	5	4	3	2	1	shy
Jump in the water	5	4	3	2	1	ease in slowly
Go with the flow	5	4	3	2	1	show me the schedule
Follow the leader	5	4	3	2	1	I am the leader
Can't wait for camp to start	5	4	3	2	1	nervous about coming to camp

PARENTS Please describe any additional information that you think might be helpful for us to know (ie night time rituals, soothing techniques, fear of dark, bedwetting, etc.)

A **Positive attitude** will help ensure a good experience for your camper, especially if it is their first time at camp. Talk over the new experiences they will have being in the out-of-doors with other boys and girls in a Christian camp setting. Tell them about the staff that will help them have a safe, exciting experience.

Please note: the program works best if you allow us uninterrupted time with your camper, visitors are not allowed on camp during camp sessions and campers are not able to make or receive phone calls or to return e-mails.

To keep in touch you may bring letters or notes with you to registration to be delivered throughout the week, send e-mail (to 4campers@shentel.net) that will be printed and delivered each day, or send a fax (540-933-6971). Be sure to include your camper's name on their fax or e-mail.