

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.

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

WHAT DO YOULIKE 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 120 girls & 120 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 an hour 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. There are a lot of 13 year old campers on Junior Campus who are entering 8th grade. The choice is yours!

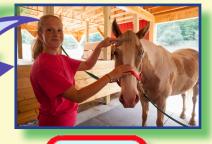
WE'RE JUST THE RIGHT SIZE

YEAH, WE'RE NOT TOO BIG AND WE'RE NOT TOO SMALL. WE'RE JUST THE RIGHT SIZE!

THE TOTAL POPULATION INCLUDES 390 CAMPERS WHO ARE SPLIT-UP ON TWO CAMPUSES - JUNIOR CAMPUS WITH 240 CAMPERS, AND TEEN CAMPUS WITH 150. 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 ATMOPSHERE THAT CHARACTERIZES CAMP CAYUGA.



"I'm 13 years old
\$ going into 8th grade.
I like having the choice
of Junior or Teen Campus.
I've decided to remain
on Junior Campus
for 1 more year."





"I love
Junior Campus.
I like being
separated 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 BROTHER,





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
- Water Aerobics
- Scuba Diving Clinics
- Tubing at the Lake

• Arts & Crafts

• Ceramics

• Macrame

Painting

Pottery

- Fishing
- Evening Pool Parties

· Lanyards & Braiding

• Copper Enameling

• T-Shirt Creations

• Basket Weaving

· Jewelry Making

Model Rocketry

Cooking & Baking

• Sketching & Drawing

CREATIVE ARTS

- Sailing
- Canoeina
- Paddle Boards
- Paddle Boats
- Windsurfing
- Kayaking
- Row Boats
- 25' Lake Trampoline with Slide & Launcher
- 14' Floating Iceberg
- · The "Rolling Log"

Wood Projects

• Leather Crafts

Block Printing

• Needle Craft

Clay Sculpting

Mask Making

Decoupage

Beading

Tie Dying

• Paper Mache

• Silk Screening

Air Brushing

Lanyards

• Large "Floating Blanket

ATHLETICS

- Archery
- Skateboarding
- Field Hockey
- Softball
- Paintball
- Soccer
- Bubble Soccer
- Basketball
- Flag Football
- Weight Training
- Gymnastics
- Tumbling
- Roller Skating
- Roller Hockey
- Floor Hockey
- Inline Skating
- Cheerleading
- Touch Football
- Ultimate Frisbee
- Lacrosse
- Rugby
- Jogging
- Track Meets
- Volleyball

- USTA Tennis
- Private Tennis Lessons
- Bungee Jumping Trampoline
- Horseback Riding (English & Western)
- Horse Care Instruction
- Foil Fencing
- Newcomb
- Kickball
- T-Ball
- Raseball
- Judo
- Karate
- · Golf
- Frisbee Golf
- Badminton
- Wrestling
- Dodgeball • Tetherball
- Ping Pong
- Riflery
- GaGa

ADVENTURE &

- Exercise & Fitness
- Sports Clinics

DERFORMING ARTS

- Modern Dance
- Ballet
- Social Dance
- Ribbon Dancing
- Acting Classes
- Improvisation

- Aerobics
- Zumba
- Chorus Club
- Guitar
- Keyboards
- Drums
- Bongos

WILDERNESS • High Ropes Course

- 205' Zip Line
- 32' Climbing Tower
- · Compass Reading
- Cabin Overnights
- Mountain Biking
- Cookouts
- ATV Quads
- Rappelling
- Horseback Overnights
- Scenic Trail Rides
- Nature Hikes
- Backpacking
- Delaware River Rafting Trips
- Survival Clinics
- Evening Campfires
- Animal Care
- Petting Zoo (bunnies, goats, calf, mini horse)

Media Arts

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

• Pottery Wheel Operation • Fabric Painting

- Mini Drama Productions •

TRAPEZE & CIRCUS ARTS

- High Flying Trapeze
- Two Single Trapeze Rigs • Static Trapeze
- Aerial Silks
- Spanish Web
- Corde Lissee Aerial Lyra
- Learn to Fly!
- High Flying Trapeze Shows
 Devil Sticks
- Trapeze Competitions
- Perform Dazzling Routines
 Rolling Globe

- Stilt Walking
- Clowning Unicycling
- Acrobatics
- Tumbling Magic Tricks
- Juggling Diabolos
- Plate Spinning

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 Unit-



ed 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!

SHOULD I TAKE THE BUS TO CAMP?

About half of our campers take the bus to



camp. We recommend it. 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. About 15% of campers travel by plane, while the remaining campers travel by car with their folks.

DO MOST NEW CAMPERS COME TO CAMP WITH A FRIEND?

No, 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.

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 you have to satisfy, like you & your

friend must be: 1) Enrolled in the same camp session, and 2) Entering the same grade in September. Ask your parents to complete this form. It's located on their dashboard.

HOW MANY KIDS WILL BE IN MY CABIN?

Junior Campus cabins have 8-12 kids and 2-3

collegeenrolled counselors. There are 2 cabins that can sleep up to 15 camp-



ers. Teen Campus cabins are a lot larger and have 18-24 teenagers plus 3 counselors.

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, mopping, emptying the cabin's trash can, opening windows, and clearing-off your clothesline. Your counselors will clean & disinfect the cabin bathroom. By the way, the cleanest boys & girls cabin each week is awarded a special ice-cream party!

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 sinks. The largest bathroom has 4 showers, 4 toilets, and 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 & some shelves for toiletries. There's always plenty of hot water!

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 a t-shirt,



shorts, and sneakers are worn by mostly everyone including our senior staff and counselors.

WHAT DO I PACK MY STUFF IN?

Most kids use large soft trunks for packing their camp clothes. Some kids bring hard



trunks and other kids use suitcases. Duffel bags are popular too. You can keep your trunk under your bed and use it for

storage, or you can put your trunk in 'camp storage' during your stay, if you'd like. The choice is yours.

CAN I BRING COSTUMES & PROPS?

Sure thing! There's a bunch of fun evening activities & special events where a costume or unique prop from home will come inhandy. The Big Talent Show, Skit Night, Halloween Social, Hippie Social, and Super-Hero

Social are just a few events where your costume will be a big help. Some campers make their props at the Creative



Arts Pavilion. To see what Special Events & Evening Activities are planned, go to the 'Calendar of Events' webpage.

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

Yes, some campers bring framed photos of their family & friends from home, wall posters, and stuffed animals. By



the way, if you hang-up a wall poster, it has to be 'G' rated.

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 about an hour 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 elec-

tives (unless you're a Junior). Each activity period is about 1 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!

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. Cayuga's trips are generally scheduled on weekdays.

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 DO I KNOW WHERE THE ACTIVITIES ARE LOCATED?

On your first day, your counselor will give you and 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 and collecting rosters. 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 scheduled activities are different each day of the week. 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. 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 these 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 activity roster). If you're a 'Junior', your schedule includes a variety of popular activities that are geared to the interests of 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'll follow a fun Indoor Activity Program which utilizes the Gym, Teen Rec Center, Martial Arts Room, 2 Dance Studios, 2 Art Pavilions, Pottery Room,

Ceramics Room, Exercise & Fitness Room, Radio Station, Game Room,



and so on. There's plenty of indoor space for rainy day games and activities!

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, hockey rink, 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) once in a while participate in Teen Campus events, like the Mud Run & Color Run. Sometimes the teens perform their skits & recitals for the kids on Junior Campus.

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) during Rest Period. Sometimes trip meetings are held to review the procedures & safety rules. Other campers may be at the office if they have a call-back appointment.

REAL QUESTIONS WITH

CAN I WATCH TV?

Sorry, no TV 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 AT CAYUGA?

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, arts &



crafts, mountain biking, hiking, flying trapeze, circus arts, drama, petting zoo, fishing, bungee trampoline jumping, chorus, dance, camp newspaper, zip line, lake activities (sailing & boating, paddle boards, water trampoline, etc), game room, radio DJ, & 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 skate, you'll



need to bring your skates, skateboard, and all your safety

pads (for knees, elbows, & wrists). Skate helmets are provided by the camp. If you want to play lacrosse, you'll need to bring all of your safety gear. Lacrosse sticks are provided by the camp. For all other activities, Cayuga provides the stuff you'll need. Some campers prefer to bring their own tennis racket or horseback riding helmet - that's ok, but remember to label each item with your name!

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 & water 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 over 120 tournaments with nearby camps. Some tourneys 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. Private Lessons are given by the Tennis Director and/or his assistants who are qualified tennis instructors. 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?

To qualify for a rafting trip, you must pass Cayuga's Deep Water Swim Test and Rafting Test, to demonstrate you're a good swimmer, and know how to properly paddle.

The Trip Director reviews the river safety rules & trip procedures with you before leaving



camp. The staff will remind you at flagpole assemblies when the next trip is scheduled. The Delaware River is only 45 minutes from camp. It's an exciting trip and the natural surroundings are beautiful.

ARE THERE ANY EXTENDED TRIPS?

Once in a while we'll schedule a 3-day trip for campers who wish to explore exciting places like Busch Gardens in Virginia, Canada's Wonderland & Niagara Falls, and the like. We've attended these places in the past, and they're great trips! By the way, you don't



have to go on an extended trip to look for fun. There's plenty of fun stuff to do without having to

leave camp! The 3-day trip is optional and incurs an additional charge. To see if a 3-day trip is scheduled this summer, go to Cayuga's 'Calendar of Events' webpage.

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

It's easy. We'll remind you at flagpole assemblies when the next game is sched-

uled. 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 gets 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!

ANY TRIPS TO AMUSEMENT PARKS?

Yes - Dorney Amusement Park & The Wild Water Kingdom is scheduled twice this summer. All campers & staff attend the trip. We



depart after breakfast and return to camp about an hour after curfew. It's an action-

packed full-day loaded with thrilling rides and entertainment. Lunch and dinner at the park is provided by the camp. There's no extra fee for this trip, since it's included in your canteen fee. For trip dates, go to Cayuga's 'Calendar of Events' webpage.

I STRAIGHT ANSWERS

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

Yes - Cricket Hill 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. You can bring your own stuff if you want. 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 (semi-automatic), 300 pellets, and a face mask. The activity period is 2-3 hours. Cayuga sponsors an Annual Intercamp Paintball Championship Tournament at the end of each summer. 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, con-



centrate on your riding skills! The Equestrian Center features a stables, 20 horses, 2 riding rings, pasture, 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,



walkingout the horses after a lesson, and muckingout (only if you

want to). You can also sign-up for the 'Petting Zoo' activity and take care of our miniature horse, calf, goats, and bunnies. They're very friendly and cute!

CAN I RIDE IN HORSE SHOWS?

Yes, 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 be-



ginners. There are 3-4 Horse Shows this summer. By the way, you'll want to sign-up for our Horseback Overnights too. They're awesome!

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 physical & mental maturity, and evaluate your ability to manage the ATV and understand its operation. Once you pass, you can ride

as often as you'd like. The ATVs are child-size 4-wheelers, and remain on the ATV track under the super-



vision 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.



The 'evening' activities are also coed. Keep in mind the camp's '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 & very safe! Imagine this - The bungee cord can propel you up in the air 24 feet.

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 chore 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 the dinner meal 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.

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 measur-



ing 40' long, 20' wide, 6' high. Our ramps were built by Wood-

ward Ramps and Rails & 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 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! The most popular clinics include the



Survival Tactics Clinic, Scuba Diving Clinic, Circus Arts, Soccer, and Basketball. There's

MORE CAMP CAY

generally 1-2 clinics scheduled each week. Clinics are optional and voluntary. The Survival & Scuba Diving Clinics incur an additional fee and preregistration is recommended. For clinic dates, go to Cayuga's 'Calendar of Events' webpage.

WHAT HAPPENS AFTER DINNER?

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



campers lower the American Flag, and staff make announcements about upcoming

events. Afterwards, the Evening Activity begins (it ends at curfew time). To see this summer's Evening Activity Schedule, go to the 'Calendar of Events' webpage.

WHAT ARE EVENING ACTIVITIES LIKE?

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. Once in awhile, the teens perform their skits & recitals in front of the kids on Junior Campus. The 'Seniors' on Junior Campus will sometimes attend events on Teen Campus, like the Mud Run & Color Run.

ARE THERE ANY DANCES?

Yes, our 'dances' are socials with a theme where everyone gets dressed-up for the occasion. In the past our themes included: The Halloween Social, Rave Social, Hill Billy Social, Super Hero Social, and Hippie Social.

There's good music, an excellent light show, a lot of dancing, and



costume contests (cabin points are awarded to the winners). They're 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 anouncement 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 and 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 division. He'll introduce himself 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 medical staff will take care of you. They'll do their best to make you feel comfortable in the health center (infirmary). There are about 7 nurses who live in the infirmary. They're available all the time. 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.

IGA UNPLUGGED

CAN I SPEND TIME WITH MY BROTHER OR SISTER?

Yes! One way is to join the Sibling Club, which meets for a couple periods (about 2 hours) about every 10 days. The Sibling Club Leader will organize a different event for each Club meeting, which in the past

included baking cookies together, working on an arts & crafts project together,



private heated pool parties, and so on. The Sibling Club was originally created for siblings who lived on different campuses. Today, the Sibling Club is available to all siblings – even if you reside on the same campus.

CAN MY PARENTS COME TO VISIT?

Yes - There are 2 official Visiting Days. One during the first-half session and the other during the second-half session. Your



parents, siblings, grandparents, relatives, and friends are invited. Certain

activities will be open for you & your visitors, like swimming, sailing, boating, tennis, creative arts, bungee trampoline jumping, etc. There's also a Horse Show (or special riding classes) scheduled. Visiting Days are not intended for campers enrolled in a two-week session.

WHAT HAPPENS IF MY PARENTS CANNOT ATTEND VISITING DAY?

If you are not expecting visitors on Visit-

ing Day, you'll attend a special Mystery Trip for the day. You'll depart from

camp



before Visiting Day begins (10:00am) and will return after Visiting Day ends (4:00pm). This trip is mandatory, and advance registration is required.

CAN MY PARENTS TELEPHONE ME?

Yes - Your parents can call you once every

2 weeks. There's no telephone calls allowed during your first week. Keep in mind your parents can call your



Division Director whenever they wish - to learn how you're doing. Likewise, your Division Director will be contacting your parents when it's deemed necessary.

CAN I RECEIVE MAIL?

Yes, of course. The mail is delivered and

picked-up everyday except Sunday. There's no limit to the amount of letters you can receive, but you are required



to write your parents about once a week. 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. If you're too busy to write a letter, you can use the camp's fill-in-the-blank letters. They're real easy to complete. By the way, the canteen sells stamps, writing paper, envelopes, and pens.

CAN I RECEIVE CARE-PACKAGES?

Yes, while most camps nowadays prohibit

care-packages, Cayuga still permits them as long as they abide by the camp's guidelines. In addition to books,



magazines, and games, you can receive food items like pretzels & crackers (like 'goldfish'), as long as they're stored in a sealed rubbermaid type container. Other types of food & candy are prohibited.

CAN MY PARENTS EMAIL ME?

Yes, your parents can email, but to do so, they need to use the services of Camp-Minder. This is an



independent company who manages all incoming personal email messages by bundling and sorting them. More info about sending emails is located on your parent's dashboard under 'CampStamps'.

DO I NEED MONEY AT CAMP?

Yes, all campers bring money for personal stuff you may want to buy from 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. The Camp Bank is open 6 days a week for deposits & withdrawals. Certain trips fees are paid out of the Camp Bank.

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 (value \$2). 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, tooth paste, toothbrushes, diabolos, model rockets, sports bottles, stuffed animals, small backpacks, baseball caps, and Cayuga apparell (t-shirts, sweatshirts, sweat pants, shorts, etc).

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 speak-



ing, religious services are not popular.

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MORE CAYUGA UNPLUGGED

HOW'S THE CAMP FOOD?

The food is actually pretty good. Ask any camper who went to Cayuga, and they'll tell you the same thing. The meats, fish, vegetables, and fruit are of the very best quality. If you're a picky eater, don't worry about it. There's always alternative choices

(leftovers, etc) available at each meal. In addition to the main entrée at lunch & dinner, there's a complete salad bar, as well as peanut butter &



jelly. No camper ever leaves the table hungry!

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 yearround staff member. He lives at camp all year, and started his Cayuga career back in 1984. He enjoys teenagers, and has been the Director since 1994.

WHO WASHES MY DIRTY CLOTHES?

Laundry Day' is scheduled about 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 2 days to wash, dry, fold, and return the

laundry. The general rule is to bring 10-days-worth of clothes, no matter how long you're staying at camp. The staff will remind you at flagpole assemblies when 'laundry day' is scheduled.

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 the best camper in each cabin. Activity trophies & certificates are presented 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 receive a horseback riding ribbon. 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. It's a simple process -Your parents simply login to



their account, go the 'Photos' section, and click 'Summer Snapshots'. There are 300-400 of photos posted everyday on Cayuga's website. That's right! Cayuga's photographers take pictures all day every day, raine 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, you can stay longer. The best thing to remember is to tell your counselor as soon as you decide to extend.

WHAT HAPPENS IF I LEAVE CAMP EARLY?

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. There's plenty of staff ready to help 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 - complete the online form 'Schedule a Tour' and include your date & tour time preferences. After that, the camp will reach-out with more information.

WILL I RECEIVE A YEARBOOK?

Yes. After each season the camp staff sorts through over 10,000 photos taken by the camp photographers. They select around 2500 pics, create an exciting slide show, add some music and - there you have it - Cayuga's Annual Digital Yearbook. It's a 2 hour show that will make you smile!

Your parents will receive an email in January with the yearbook's link It's best to download the file so you'll always have a copy.



IS THERE A WINTER REUNION?

Yes, 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 re-

cent 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 cabin lights get

turned-off at 9:30pm. If you're entering 5th or 6th grade, your curfew is 9:30pm with lights-off at 10:00pm. If you're enterng 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.



exciting t CLINIC

AMUSEMENT PARK TRIPS

AMUSEMENT PARK TRIPS: Each summer we schedule two Amusement Park Trips to Dorney Park & The Wild Water Kingdom. All campers attend (no age limit), and the trip is included in the camp tuition. We depart camp after an early breakfast and return to camp an hour after curfew. It's a full day of action, excitement, and fun! To learn the dates for these trips, go to the 'Calendar of Events' webpage.

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. This trip is optional and not included in the tuition. No advance registration is required. You sign-up in the morning (at the same time you sign-up for your activities). For playhouse trip dates, go to the 'Calendar of Events'webpage.

BASEBALL CAMES

BASEBALL GAMES: This summer you can watch the AAA Yankee Baseball Team (RailRiders) play at Lackawanna Stadium 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 Charlotte Knights (Chicago White Sox), Columbus Clippers (Cleveland Indians), and the Rochester Red Wings (Minnesota Twins). All campers are eligible to attend. This trip is optional and not included in the tuition. No advance registration is required. You simply signup in the morning on game day. For baseball game dates, go to the 'Calendar of Events' webpage.

COLF COURSE TRIPS

GOLF COURSE TRIPS take place at Cricket Hill Golf Course. It's a small 18-hole pubic 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. This trip is optional and not included in the tuition. No advance registration is required. You simply sign-up in the morning on the day of the trip. For golf course trip dates, go to our 'Calendar of Events' webpage. 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 and Rafting 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. This trip is optional and not included in the tuition. No advance registration is required. 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!

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. The clinic takes place in the main pool. Campers who are entering the 5th grade or older are eligible to participate. Cayuga Scuba Diving Awards are distributed to those who participate. This 50-minute clinic is optional and incurs an extra charge. You can sign-up online from your dashboard.













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.

- How many activities are offered daily?
 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
- 15) True or False: There are 2 BIG trips to Dorney Amusement Park each summer. Everyone attends
- 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!

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



YOU'RE INVITED TO TOUR 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 than3 hours from New York City & Philadelphia. You can schedule your tour up online, or call us at (980-470-1224). Driving Directions & a Travel Map are available at www.campcyuga.com.

GPEM HGUSE

OPEN HOUSE is the best time to visit Camp Cayuga! That's the time many new campers come to see 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. Check-out 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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