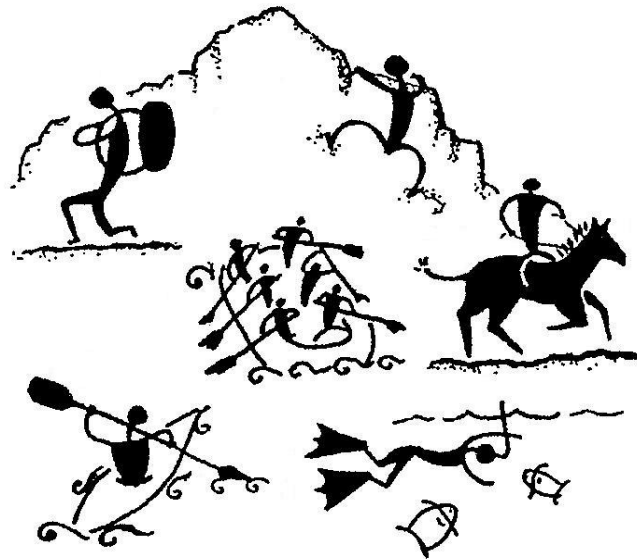
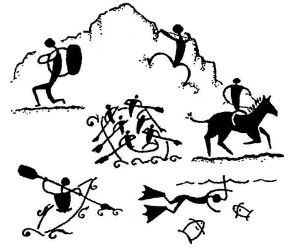


SOAR

Parent Handbook



Weekend Adventures 2009



Dear Parents,

We would like to welcome you and your child to SOAR! You are about to embark on an exciting weekend adventure with your child, and it is important for you to prepare ahead of time to ensure this is a successful experience for all. You are giving your child a wonderful gift by enrolling them in one of SOAR's programs.

SOAR is accredited by the American Camp Association, a group comprised of community and camp professionals who are dedicated to enriching the lives of children and adults through the camp experience. ACA defines "camp" as "a sustained experience that provides a creative, recreational, and educational opportunity in group living in the out-of-doors. It utilizes trained leadership and the resources of the natural surroundings to contribute to each camper's mental, physical, social, and spiritual growth."

More specifically, we believe camp is one of the best ways to teach pre-teens and teens to be successful, independent, and self-sufficient in a close cooperative learning community that is supportive of their individual gifts and differences. Our goal is to give campers a wide range of activities, skills, and experiences that will not only challenge them while they are here at SOAR, but will also relate to their experiences at home and in the classroom. After campers return home, parents frequently comment to us about how much their children have grown, not only physically, but in their attitudes and self-esteem. These are important and positive changes we strive to instill in our campers while on their SOAR adventures.

We look forward to providing your camper with a weekend of fun, friends, and unforgettable memories!

Sincerely,

Jonathan Jones
Executive Director

John Willson
Director of AD/HD & LD Programs

Table of Contents

Letter to Parents	2
Checklist for Parents.....	4
Packing for Camp.....	5
Appearance Guidelines	6
Camp Packing List	6
North Carolina Weekend Gear List.....	7
Equipment & Gear Guide	8
Communication & Phone Policy	11
Birthdays at Camp	11
Health & Personal Well-Being	11
Parent Notification of Injury and/or Illness	11
Personal Hygiene.....	11
Medication.....	12
Insurance	12
Participant Discontinuation of the Program	12
Transportation Policies and Procedures	12
Financial Information	13
Inbrief & Debrief Process	14
Travel to Camp	14
Driving Directions to Balsam Base	15
When You Arrive at SOAR	16



CHECKLIST FOR PARENTS

- Carefully read the ENTIRE parent handbook.

- Complete the following forms and return ASAP. Forms may be completed by accessing them from our website at www.soarnc.org/requiredforms.html. This is the **recommended** way to complete forms. If you do not have internet access, please contact SOAR and we will provide you with the forms that need to be completed and return to us by mail or fax.
 - Emergency Contact Information
 - Medical Information
 - Participant Agreement and Acknowledgement of Risk
 - Student Goals Worksheet & Solution ID Scale
 - Physical Exam Form
 - Transportation Form

- Send a copy of Immunization Records to SOAR

- Send a copy of your Insurance and Prescription Card(s) to SOAR (front & back)

- Call SOAR to confirm your flight times (if applicable, see pg. 15 for details)

- Send a copy of flight itinerary to SOAR (if applicable)

- Final payment can be mailed, taken over the phone, or made online. This should be done no later than one month before your child's course begins.



Time to start gearing up for camp!

This handbook contains information that you will need to be ready for camp. Please take a few minutes to read through everything. It's all important, and if you are familiar with the information you can save time and questions later on. Keep this information handy so you can refer to it later.



Plan to make camp preparation a joint effort. Spend time as a family discussing camp policies and procedures. Carefully read through all information and forms contained in this packet. **Complete the forms and return them as soon as possible so we can make plans for your camper.** We make staffing, trip, and class plans based on the information on these forms, so don't delay in sending them back!

Packing for camp

As you begin your planning and packing for camp, keep in mind that storage space is limited. Don't over pack! We have carefully selected each item on the gear list to ensure your child will have everything he or she needs while on their course. All items on the gear list are required unless stated otherwise. Each camper will have a limited amount of space in the cabins and on the vans to store their belongings.

Be sure to label all of your child's belongings, including clothing, cameras, gear...everything! (An excellent label source is Campbound.com) While we make every effort to help your child keep track of their belongings, we cannot be responsible for items that are lost. *Note: SOAR will return labeled items of \$25 value or greater. Items will be mailed C.O.D. SOAR is not responsible for returning items which are not labeled.*



Appearance Guidelines

SOAR is dedicated to providing students with meaningful experiences that allow them to learn and grow. To that end, we feel an obligation to insure each person feels comfortable in his or her attire and is not overly distracted by the clothing of those around them.

Therefore, we have formalized our dress and personal appearance code. This dress code takes into consideration the need for self-expression, while also eliminating distractions that might undermine our students' experiences.

Staff and students are not permitted to wear provocative clothing. Male staff and students are not permitted to wear pants that expose their underwear or clothing with rips and tears in inappropriate places. Additionally, shirts are required unless involved in water activities. Female staff and students are not permitted to wear: short-shorts, tube tops, belly shirts or any garment that exposes an excessive degree of cleavage or the midriff area, pants that expose their underwear, or clothing with rips or tears in inappropriate places. Uncovered bathing suits should be reserved for water activities and must be either a one-piece bathing suit or bikini with ½ inch straps. String bikinis are not permitted.

Clothing that depicts violence, drugs, alcohol, or sexualized references is unacceptable. Staff and students are not permitted to wear torn clothing while at base or in public. Large key chains, cell phones, or beepers should be left at home.

Significant appearance changes while at camp are not permitted. These include but are not limited to the following: drastic changes in hair style or color, piercings of any kind, and henna (temporary) tattoos.

We thank you in advance for your cooperation.

Camp Packing List

On the following page you will find the gear list for SOAR Weekend courses. If you have any questions about gear, please feel free to contact the admissions office at (828) 456-3435.

Do Not Bring

Cigarettes, drugs, alcohol, sparklers/fireworks, weapons (including knives), hair dyes, expensive or valuable jewelry, skateboards, cell phones, computers, pagers, boom boxes, CD players or radios with speakers, walkmans, Discmans, or hand held video games. SOAR staff will not responsible for these items if they are brought.

NORTH CAROLINA WEEKEND ADVENTURE GEAR LIST

PACK NECESSITIES

- Daypack (book bag)
- Sleeping Bag
- Sleeping Pad (off-base courses)
- Pillow (optional)
- Sunglasses
- Sunscreen
- Insect Repellent
- Poncho or Rain Suit
- Canteen/Water Bottle
- Whistle
- Headlamp
- Extra Batteries

CLOTHING

- Light-weight Hiking Boots
- Tennis Shoe
- Socks, wool (1 pair)
- Socks, cotton (2 pair)
- T-shirts (2)
- Pants or Jeans (1 pair)
- Shorts (2 pair)
- Shirt, long sleeve (1)
- Underwear (3 pair)
- Bandana
- Hat (synthetic or wool)
- Sweater (synthetic or wool)
or Jacket (cooler months)
- Windbreaker (rain jacket can double for this)
- Swimsuit
- Water shoes*

FOR CAVING ACTIVITIES:

- Caving Clothes**

COOKING UTENSILS

- Eating Utensils
- Plastic Cup
- Plastic Bowl and/or plate

BATH ARTICLES

- Bath Towel (1)
- Wash Cloth (1)
- Soap & Soap Box
- Toothbrush & Toothpaste
- Shampoo
- Deodorant

NOTES:

1. All clothing and personal effects should be labeled.
2. Jewelry, valuable watches and radios should be left at home.
3. All knives must be left at home.
4. Please do not bring food for this course.

* No Velcro straps please.

** These must be clothes that you do not mind getting dirty or ruined.

EQUIPMENT / GEAR GUIDE

Did you ever receive a gear list from a wilderness program and panic? So much stuff! Likely questions arise. Where do I begin? Does my child need to be ready for an Everest expedition, or can I just go to Wal-Mart? The outdoor gear industry is like anything else. You get what you pay for. Do you need to purchase expensive equipment from a specialty store? No, not necessarily. First ask yourself a few simple questions:

- How much am I willing to spend?
- Will this equipment ever be used again?
- How comfortable do I want my child to be?
- How quickly will he or she grow out of this equipment?

With all of this in mind, let's talk gear! Here are a few tips in looking for the most critical items:

LARGE DUFFEL BAG (or Backpack)

Please pack all of your gear and clothing in a duffel bag or large backpack. You will store your gear in this bag while on base camp. For some courses, this bag will also be used in the field. A backpack provides pockets to help organize the gear, but is generally a more expensive option. The best duffel bag is one that has a zipper running the full length rather than the top-loading model.

DAYPACK

A daypack is a small "backpack" used to carry essential gear for day excursions. A medium size daypack (~2000 cubic inches of volume) with a hip belt for distributing the weight of the pack to the student's hips is the best choice. A school-type "book bag" will suffice if it has padded shoulder straps, is fairly large, and is well constructed. The daypack must be large enough to carry the "five essentials" and then have a room left over for extras such as food or gear. The five essentials include: rain gear, water bottles, headlamp, whistle, and extra warm clothing.

HIKING BOOTS

Hiking Boots can be expensive. If you already own a pair, then it is recommended to bring them. However, there is no need to go out and spend a lot of money if your child will not utilize them in the future. Boots should do a few things well - support the ankle, support the arch, get good traction on trails, keep the feet reasonably dry, and be as light as possible. **ALWAYS TRY ON BOOTS AND FIND A PAIR THAT IS COMFORTABLE AND SUPPORTIVE.** When you try on the boots, wear the socks you plan to wear on course – one heavy wool or synthetic outer sock and one light inner sock are good choices. Boots should have a snug fitting heel to prevent excessive heel lift that can cause blisters. There should be plenty of toe room, even when walking downhill. Some details to look for include: high ankle support, a stiff sole that flexes at the ball of the foot, and padding around the ankle cuff.

All leather boots are not necessary, as they take longer to break in, and are costly – a combination nylon and leather boots will be more than adequate. There are several companies making good lightweight hiking boots. These include: Coleman, Nike, Reebok, Hitech, Danner, Vasque, Merrill.

Boots can be water proofed at least three ways:

- Leather/nylon boots can be sprayed with a silicone base spray like Scotch Guard or painted with a liquid silicone treatment such as Aquaseal.
- You can purchase boots with a Gore-tex liner built in to the boot.

Check with the manufacturer for the "best" method for waterproofing your boots.

SYNTHETIC/WOOL CLOTHING

Synthetic (also known as fleece, pile, or polyester) or wool clothing is an important component of a safe and comfortable outdoor experience. Synthetic and/or wool clothing will keep you warm under the most unfavorable conditions, even when the clothing is wet. Cotton will not! Please **do not** substitute cotton clothing for synthetic or wool clothing items indicated on the Gear Lists. Cotton is an ideal material for jeans and t-shirts as long as you have the synthetic or wool clothing available as well for cool or rainy weather.

SLEEPING PAD

Our cabins are equipped with mattresses. For the Social Skills Weekend, some groups will be camping out. They are used as a barrier between a sleeping bag and the ground. The pad is an essential item providing insulation from the cold ground. They also provide extra cushioning and comfort needed to enjoy a restful night's sleep.

Important information about sleeping pads includes:

- There are two different mattress styles - closed foam and self inflating open foam
- The closed foam mat price ranges \$9 to \$25
- The self inflating mattresses are more expensive, starting at \$40
- The two different styles are just as effective regarding insulation. The difference is in cushioning and comfort.

SLEEPING BAG

Summer weather can be unpredictable in the mountains, with temperature varying greatly. We would suggest a sleeping bag rated at 20 - 40 degrees F for the April Weekend, and a 40 degree F bag for the May/June weekend.

What to look for in a sleeping bag:

- The comfort rating is measured in degrees F. Remember the temperature rating is relative. If you are cold or warm natured, remember to compensate accordingly.
- Weight is important - look for a bag that is as light as possible. A 0 - 40 F degree bag should weigh no more than 2 to 5 lbs.
- Compressibility refers to the size of the stuff sack in which the sleeping bag can be stuffed. The smaller, the better. Be careful, manufactures know you will be evaluating compressibility so they sell very small stuff sacks with their bags. Make sure you and your child can get the bag back into the sack without difficulty.
- The most efficient sleeping bag design is the mummy bag with a hood or draw string.

The fill or insulation in a bag will determine the warmth to weight ratio. There are two types of fill: synthetic and down. We strongly suggest synthetic because it will maintain some insulating value even when wet and will dry much faster than down.

RAIN GEAR

The price of adequate rain gear starts at \$30. Rain gear consists of a separate top and bottom made of plastic coated fabric. **WARNING: DO NOT BUY A VINYL PONCHO - IT WILL SELF-DESTRUCT IN 30 MINUTES OR LESS EVEN UNDER GOOD CONDITIONS.** There are two types of jackets that are adequate: waterproof-nonbreathable and waterproof-breathable. Breathable materials allow sweat to evaporate through the jacket. Non-breathable will not. Some companies have added vents to non-breathable jackets to release body heat and moisture. Look to see where vents are placed as a backpack could block the vent. For courses involving horseback riding, a rain suit (top and bottom) works best.

WATERBOTTLES

Water bottles, also known as canteens, should hold at least 1 qt and not leak. The army surplus canteen is a 50/50 gamble as about 1/2 of them leak. The old western style round canteens typically leak and are hard to pack. The best water bottle is a plastic "Nalgene-Type" bottle. Please insure your child brings a minimum of two water bottles on their course (remember – all first year SOAR students will receive a water bottle when they arrive at camp).

WATER SHOES

Water shoes will be worn in all water based activities such as swimming. They can be purchased at any five and dime or Wal-Mart. The price is fairly inexpensive, between \$10 and \$20. Please purchase water shoes that are close-toed and non-Velcro and that fit like a slip-on shoe. SOAR will provide neoprene booties for whitewater rafting on Wyoming courses. Velcro shoes tend to cause blisters easily, especially on courses that are around sand, as sand gets trapped between the straps and chafes the skin.

SUNGLASSES

Sunglasses should filter infrared and ultraviolet rays 95-100% and look really cool! Ground glass lenses that are optically correct are best. Dark, cheap sunglasses can actually cause more damage to your eyes than having no sunglasses at all.

EATING GEAR

Eating gear should be sturdy but does not need to be fancy. A plastic bowl or a metal sierra cup, spoon, fork, and butter knife are sufficient. They do not need a full blown "mess kit" or "cook set".

HEADLAMP

While camping out, students are typically having to perform tasks after the sun goes down that require the use of both hands (e.g., adjust tents, pack backpacks, etc.). Also, some courses offer caving as a program activity. Consequently, we would strongly recommend that students bring headlamps instead of flashlights. Headlamps are inexpensive (\$5-\$10) and are widely available in stores such as Wal-Mart or K-Mart.

SUNSCREEN

There are many effective sunscreens on the market. A few even combine sunscreen with insect repellent. The sunscreen you purchase should be waterproof and with a SPF rating no less than 15.

INSECT REPELLANT

A non-aerosol repellent is required (cream or liquid). Aerosol sprays can damage the waterproof characteristics of fabrics including tentage.

Communication and Phone Policy

Lots of information and our current camp newsletter and brochure can always be found on our website, www.soarnc.org. Important information will be sent to parents before and after camp through mail and email (if available). During the weekend camp, parents may call the following number if they need to communicate with a director:

- Balsam, NC base at (828) 456-3435 between the hours of 8 am – 5 pm (EST)
- After hours: Please leave a message on the machine at Balsam Base and a director will contact you as soon as possible.

SOAR programs provide students with an opportunity to develop greater independence and self-reliance. With this goal in mind, students will not have the opportunity to call home during their weekend course.

Birthdays at Camp

If a camper has a birthday during camp, the cook will bake a special cake for the dinner meal, and we'll sing happy birthday. If campers are out in the field for their birthday, the course director will make arrangements for a birthday surprise for your child.

Health and Personal Well-Being

The number one concern for us at SOAR is the health and well-being of our community. All SOAR instructors are certified in First Aid and CPR, and they receive training in all of our wilderness and adventure activities. You will be notified if your child is ill or injured and needs to be taken to the hospital.

Parent Notification of Injury and/or Illness

Parents will be notified of student injuries and illness under the following circumstances:

1. When the injury or illness requires medical care beyond the scope of staff certification.
2. When the student is to be seen by anyone other than SOAR staff for medical care.
3. When an illness or injury results in the student being separated from the group for a significant length of time (i.e.: more than one day).
4. When an illness or injury requires a student be removed from the course.
5. To obtain permission for administration of over-the-counter medication not included in SOAR's first aid kit (e.g.: cough or cold medication).

Personal Hygiene

SOAR is a wilderness adventure program, not a traditional residential camp. Students are given a minimum of two bath opportunities during their course. SOAR staff also provide opportunities for daily hygiene needs to be met, such as tooth brushing, hand washing, foot care, sponge baths, etc. We will encourage and model proper hygiene. Ultimately, it is the student's choice to take advantage of these opportunities.

Medication

Proper administration of prescription medication, over-the-counter drugs, and vitamins is critical, and we need your assistance. If your child will be on any prescription medication during the course, please send

each medication in the **original prescription container** (no pill dispensers please). Include *only* a two-day surplus. *Note: Each medication should be listed separately on the Medical Information Form.* Please notify SOAR if you will be initiating changes to your child's medication schedule during the 4 weeks prior to the course. If your child will be flying to SOAR, please **do not** put their medications in checked baggage.

SOAR staff receives training on all aspects of medication administration, including information about the common types taken by LD and AD/HD youth, their purpose and contraindications, and a standard protocol for administering the medication. SOAR instructors will review your child's medication information during the inbrief process.

Insurance

If an accident or injury does occur, your child will be transported to the nearest medical facility. Any charges for sickness related to doctor or hospital visits or prescription medications will be the sole responsibility of the parent. Family health insurance information must be written on the camper's medical form, and a copy of your insurance and prescription card (if applicable) must be on file with SOAR.

Participant Discontinuation of the Program

There are occasional instances in which SOAR students may need to leave or may be asked to leave from a SOAR course. These instances include, but are not limited to:

1. illness or injury
2. the student's profile and behavior upon arrival are inconsistent with the information presented in the application materials
3. the student requires an inordinate amount of one-on-one attention from SOAR staff
4. the student displays continual aggressive behavior toward other students, self, or staff
5. the student displays inappropriate sexual behavior
6. the student uses illegal drugs, alcohol, or tobacco products

SOAR reserves the right to remove students from the program due to these and other issues deemed appropriate to maintain the safety of SOAR students and staff and the integrity of the program. SOAR also recognizes that families may need to remove students from the program due to family emergencies, etc. While we will make all attempts to facilitate a speedy removal of the student from the field (normally 4-6 hours), families should be aware that evacuations may take as long as 24 hours due to distance from the trailhead.

Transportation Policies and Procedures

In order to keep our families abreast of SOAR's continued commitment to the safety of our students during transport, we have posted our Transportation Policies and Procedures on our website at www.soarnc.org under the "General Info" tab. If you have any questions regarding our protocols, feel free to contact us.

Financial Information

Registration Fee:

Families will be required to submit a \$50, **non-refundable registration** fee along with their application for admission. We accept check, MasterCard, Visa, and Discover. The registration fee will be refunded only if

the camper is not accepted. If a camper must cancel a course, the registration fee may be used for another course during the current season or during the next season. After that, the deposit will become unavailable for use.

Tuition Balance:

The balance of all tuition fees is due one month before the start of the first course. We encourage you to send your final payment via check or money order, but we will also accept Visa, MasterCard, and Discover. Tuition payments can be made on our website by clicking on the "Make a Payment" button.

Cancellations:

Upon cancellation, the tuition balance will be refunded on the following schedule:

- | | |
|----------------------------|-------------|
| ▪ Prior to 60 days | Full refund |
| ▪ Between 30 and 60 days | 50% refund |
| ▪ Between 15 and 30 days | 25% refund |
| ▪ Within 15 days of course | No Refund |

SOAR reserves the right to cancel a course due to insufficient enrollment.

Spending Money:

Students will not need spending money while participating on a SOAR weekend course. All activities and fees are included in the tuition fee.

Tipping:

This practice is NOT permitted at SOAR. Please share your appreciation in person or send a note to those persons you wish to thank. Some parents choose to contribute to the scholarship fund as a way of expressing extra thanks.

Inbrief and Debrief Process

The inbrief and debrief meetings are crucial to all of SOAR's programs. If you are driving your camper to Balsam Base, your inbrief will occur upon your arrival. **This process can take up to a half hour, so please take this into consideration when making your travel plans.** During the inbrief, you will meet with one of your child's counselors to review their medications and goals for the weekend program. During this time

you may also ask any last minute questions you may have. During the debrief, you will review your child's experience on the course. If your child will be flying to camp, we will be happy to conduct an inbrief over the phone with you. While it is crucial for your child to participate in this process, you may call the admissions office to request time alone with your child's counselors.

Please review the arrival and departure times below:

Driving to Balsam Base:

Arrive Friday from 5:00pm to 6:00pm

Depart Sunday from 12:00pm to 2:00pm

Flying to Asheville Regional Airport:

Arrive Friday from 3:00pm to 5:00pm

Depart Sunday from 12:00pm to 2:00pm



Travel to Camp

If your child will be flying to a course site, it is required for you to clear airline dates and times with the admissions office **before purchasing your ticket**. A copy of the itinerary should be sent to SOAR as soon as possible. Most airlines require a photo ID for children 16 years and older.

NOTE: Students (13 years or younger) flying alone are required to pay an unaccompanied minor fee to and from their destination. Please make arrangements with your airline to pay these fees as you purchase your tickets. Call your airline for any questions.

- SOAR staff will meet the student at the gate on the first day of the course and will return the student to the gate on the last day of the course. Parents will be called upon arrival and departure of their child.
- For Family Weekends, parents should rent a car in order to facilitate their transportation to and from their hotel. Rental cars are available at the Asheville Airport through Hertz, Avis, and National.

Driving Directions to SOAR

Directions to SOAR can also be found on our website: www.soarnc.org.

Balsam Base:

NOTE: Due to limited parking, we discourage families from driving motor homes, boats, or long trailers to Balsam Base Camp.

From Points North & East/Asheville (approximately one hour):

Take I-40 West. Take Exit 27 (Highway 19/23/74).

Following Route 23/74 you pass: Waynesville, Hazelwood, W. Waynesville (approx. 5 miles to Blue Ridge Parkway), Rest Area on left, Blue Ridge Parkway entrance on right.

Directly after the Blue Ridge Parkway Overpass, you turn right onto **Rosemount Road**. There is a SOAR sign there as well. Follow Rosemount Road approximately 2 miles (the first mile is paved, the second mile is gravel). The gravel section begins with a sharp right turn at Rosemount Cottages. **At every fork in the gravel road, go right.** The road dead-ends at SOAR's Balsam Base.

From Points West (approximately 2 hours from Knoxville):

Take I-40 East. Take Exit #27 (Routes 19/23/74) to Waynesville.

Following Route 23/74 you pass: Waynesville, Hazelwood, W. Waynesville (approx. 5 miles to Blue Ridge Parkway), Rest Area on left, Blue Ridge Parkway entrance on right.

Directly after the Blue Ridge Parkway Overpass, you turn right onto **Rosemount Road**. There is a SOAR sign there as well. Follow Rosemount Road approximately 2 miles (the first mile is paved, the second mile is gravel). The gravel section begins with a sharp right turn at Rosemount Cottages. **At every fork in the gravel road, go right.** The road dead-ends at SOAR's Balsam Base.

From Points South/Atlanta (approximately 3 hours):

Proceed north on I-85 to I-985. Continue north past Gainesville to the Clarksville area. **I-985 merges with Highway 441.** Stay on 441 through Clayton and Dillard. Just south of Franklin, NC take the 441 bypass, which directs you around the Franklin area. **Continue on 441 through Dillsboro to NC Highway 23/74.** Proceed East on 23/74 about nine miles to Balsam.

Just before crossing under the Blue Ridge Parkway, turn left onto **Rosemount Road**. Follow Rosemount Road approximately 2 miles (the first mile is paved, the second mile is gravel). The gravel section begins with a sharp right turn at Rosemount Cottages. **At every fork in the road, go right.** The road dead-ends at SOAR's Balsam Base.

When You Arrive at SOAR...

...a staff member will be waiting to greet you once you pull into base or arrive at the airport. If arriving at base, you will be shown where to park and will be led into the registration area. One of the members from our admissions team will sign you in, and ensure you have all necessary forms turned in. There will also be a chance for you to grab a quick snack before beginning your inbrief process. Once you are checked in, you will be led down to meet with one of your instructors. During the inbrief, you will review your camper's medication (if applicable), discuss goals for the course, and talk about any last minute questions you may have. After the inbrief is completed, you will be led to your cabin where you can store your gear. Parents will then say goodbye as their campers meet with their group for some awesome games before dinner.

On the first night, all campers will meet together for dinner. This will be a great chance for you to get to know the other people in your group. In the evening, you will meet in small groups to review what will take place over weekend. This will also be the time when you will form a group contract detailing your group's goals.

The next two days are a whirlwind. You will have the chance to try out all kinds of awesome and fun activities. It will be an adventure you will never forget!

We thank you for all your cooperation and patience with all of these details! Getting ready for camp is a huge task, even more so for us here at SOAR. The more you can do ahead of time the better. If you have questions, please feel free to contact us. Thank you so much for your consideration. We look forward to meeting you soon!