

Summer Plus

• empower •

Summer Plus is a week long program for local young people to have fun learning new hobbies or skills in a safe, Christian environment. This program is unique because it focuses on exposing participants to many aspects of wellness- emotional, spiritual, financial, intellectual, environmental, physical, and social.



Through addressing multiple aspects of wellness, we aim to improve overall well being in our participants. Other desired outcomes for Summer Plus participants include:

- heightened spirituality
- increased participation in extracurricular activities
- increase in healthy choices
- increased community engagement
- increased number of positive mentors
- increased resilience
- increased overall well being

Each activity in the Summer Plus camp week is carefully planned so that we can see evidence of these desired outcomes reflected in our participants at the end of the week.

Assistance from adult volunteers like you, for instance, helps to increase the number of positive mentors that youth participants have.

Workshops

Adult volunteers participate in 1-2 workshops during the Summer Plus Camp day. Volunteers can either lead a workshop or help other adult volunteers who are leading the workshop. Regardless of role as a workshop leader or assistant, all adult volunteers will be serving as mentors for the youth participants during the camp week.

Workshop Leaders:

With a focus on wellness in Summer Plus, workshops should reflect at least one of the seven aspects of wellness (as identified on the wheel above). With that being said, workshops may look different from the past. There are certainly ways to bring your skills to the table, though! For example, many of these workshops can be framed as “Intellectual” or “Social” factors in wellness. We want to make sure that we are being *intentional* about the “what” and the “why” behind what we do.

One of the things to keep in mind when planning your workshop is making *an explicit connection* between the skill or activity learned and how it contributes to your overall well being.

You will be contacted periodically throughout the time leading up to the camp week so that Mountain T.O.P. staff can ensure you are ready to plan the best workshop possible. The staff will help as much as they can, but workshop leaders and helpers are asked to bring materials for their workshops or try to get financial contributions to help cover the cost of the workshop materials.

A summer staff person will call you the week prior to your arrival at camp to help with any last minute plans and details. This is a good time to tell the staff person your facility needs, as well as ask any questions about logistics.

Field Trip

The focus of the field trip day is to bring all that we have learned full circle. Mountain T.O.P. staff has learned from assessing our programs that we can do a better job of meeting the goals that we have set for our programs. Dedicating a day to focusing on wellness will ensure that we are meeting our goals for Summer Plus. The field trip day will allow campers to experience different aspects of the wellness wheel in their own community. For example, groups may complete a scavenger hunt where they complete tasks related to different aspects of wellness.

Adults will play a crucial role during field trip day in serving as leaders and mentors for the group. Additionally, adult volunteers may be asked to facilitate group discussions or activities.

Friday Celebration

Workshops are abbreviated on Friday to allow time for our end-of-week celebration. This is a time to bring the camp community together to celebrate the week's journey and allows young people the opportunity to show off their newly acquired skills and talents.

Each workshop group will exhibit, read, perform, or display what they have learned. Family and friends of participants are invited to join and see what their child has learned throughout the week. This is an exciting time for participants and volunteers to be affirmed for all that has been accomplished throughout the week.

Club Time

After lunch, Club Time allows participants to burn off energy and learn practical leadership skills in games and activities that get them moving. The games may have a theme or lesson that adult volunteers can help stress for the youth participants. Since volunteers may be moving around quite a bit, we ask that you bring comfortable walking shoes (preferably closed-toe). You may also wear comfortable shorts as long as they are of a suitable length.

Discovery Time

Discovery Time is a 30 minute block of time where small groups can discuss the theme of the day. Summer Staff may decide to lead this time or instruct adult volunteers to do so. Either way, this is a good time for adult volunteers to mentor youth participants and share their own life experiences.

Opening, Van Routes, Lunch and Closing

These are times throughout the camp day where adult leadership is appreciated and much needed. These are also valuable opportunities to engage with youth campers!

Opening and Closing Circle: This is the first and last activity of the camp day. The entire camp community- staff, adult volunteers, and youth participants- all gather to go over logistics and set the tone for the day then relay final announcements. Staff members

may lead a song or activity as well. Volunteers are welcome to bring songs or activities to be used during Opening Circle.

Van Routes: Adult volunteers and staff will provide transportation for youth to get to and from camp. Vehicle arrangements will be made before the camp week begins. The van routes are a great time for youth and adults to get to know one another and for adults to see where campers live.

Lunch: As we gather to share a meal together, there will be plenty of opportunities for adult volunteers and youth participants to fellowship together. Also, adult leadership is needed to facilitate the lunch process. This includes making sure everyone gets enough to eat, keeping the dining hall clean, and finishing lunch within a timely fashion. There is a serving process we follow in order to make sure we receive free and reduced lunches for the children from the Summer Food Service that summer staff will help explain.

Typical Week at Summer Plus

Monday -Wednesday

7:00 Group Morning Devotional

7:30 Breakfast

8:00 - 8:20 Adult meeting

8:30 - 10:00 Van routes to pick up campers, workshop leaders prepare workshops

10:00 - 10:30 Opening Circle

10:30 - 12:00 Workshop Time #1

12:00 - 12:35 Lunch

12:35 - 12:55 Club time (Led by staff)

1:00 - 2:20 Workshop Time # 2

2:25 - 2:55 Discovery Time (Small groups that are led by volunteers)

2:55 - 3:00 Closing

3:00 - Clean up and take campers home

Thursday - Field Trip Day

7:00 Group Morning Devotional

7:30 Breakfast

8:00 - 8:20 Adult meeting

8:30 - 10:00 Van routes to pick up campers

10:00 - 10:30 Opening Circle

10:30 - 12:00 Field Trip Activities

12:00 - 12:30 Lunch

12:30 - 2:25 Field Trip Activities

2:25 - 2:55 Discovery Time

2:55 - 3:00 Closing Circle
3:00 - Clean up and run Van Routes

Friday - Celebration Day
7:00 Group Morning Devotional
7:30 Breakfast
8:00 - 8:20 Adult meeting
8:30 - 9:30 Vehicles leave to pick up campers
9:30 - 9:45 Opening Circle
10:00 - 12:40 Workshops prepare for Celebration
12:45 - 1:30 Lunch
2:00 Summer Plus Celebration

After adults get back from vehicle routes, we will have an MPT celebration out in the county together!