



FAMILY GUIDE 2026

Our Mission

The goal of our program is to provide the children of our community with an environment where they are safe, supervised and motivated to participate in age-appropriate activities. Our objective is to promote good citizenship and a sense of community spirit through a fun and social atmosphere. At Camp Connor, we provide our campers with the opportunity to develop healthy relationships with their friends and peers in their community!



PROGRAM INFORMATION

- Where? 70 Connor Ln, Poland, ME 04274
- When? June 22nd, 2026 - August 21st, 2026

Camp Director: Amanda Olmstead

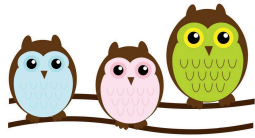
Email: rugernriver@gmail.com

Cell Phone: (207) 776-2548

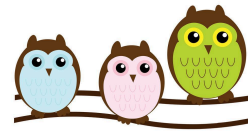
Camp Phone: (207) 998 - 2024

Program Description:

A fun, safe, outdoor experience with a waterfront for children in grades 1-8. The majority of our time will be spent alternating through small group activities, utilizing our recreational field, picnic area, trails, and waterfront. Activities include team building, sports and games, arts and crafts, kayaking, etc. All campers will have the opportunity to swim each day! Our themes for each week will offer different and special activities, which may include on-site guests and several local field trips - all included within the cost of camp. All campers will have the opportunity to develop connections with same-aged peers and our well-trained and engaged staff, while ensuring proper safety protocols.



Who's Who at Camp Connor



Amanda Olmstead - Camp Director	Ashley Strout - Group 1 Counselor
Nicole Patenaude - Assistant Director	- Group 2 Counselor
Sophie Patenaude - Positive Behavioral	Mckayla Fournier - Group ½ Counselor
Support Team (Groups 1-4)	Payton Blake - Group 3 Counselor
- Positive Behavioral Support Team (Groups 5-8)	Grace Robertson - Group 4 Counselor
Ben Cushman - Sports and Games Director	Group ¾ Counselor
Outdoor Life Director	Chloe Laprell - Group 5 Counselor
Sam Deblois - Lifeguard	Abby Bsullak - Group 6 Counselor
Lilah Bright - Lifeguard	Group 5/6 Counselor
Ashlyn Holbrook - Lifeguard	Jess Cedergren - Group 7 Counselor
- Nurse	Willa Gallipeau Eldridge - Group 8 Counselor
Sarah Turgeon - Nurse	Counselors In Training:
	Superstar Subs:
	Graceyn Camire

“Behind the scenes,” we also have the amazing Poland Parks and Recreation team:

Poland Parks & Recreation Director: Scott Segal

Poland Parks & Recreation Coordinator: Vanessa Harlow

Without whom we could not function!

If you have any questions concerning balance due, adding/dropping/switching weeks or wait list, please contact them Monday-Friday at 207-998-4601 option 5



Week 1- June 22 - June 26 - Splash into Summer Week

Let's start our summer off with a splash! We're bringing the "beach" to camp for a week of wet and wild fun. Campers will enjoy lots of water games and activities, ocean themed crafts and even some fun water inflatables. We will end our week with a Luau party. It's sure to be a week of Sun-sational fun!

Week 2- June 29 - July 3 - Festive Fiesta Week

Get ready for the most wonderful time of the year! From spooky Halloween fun, to Easter egg hunts and even the Jolly holidays, campers will dive into a world of festive fun. There will be themed games, and seasonal surprises all week long, culminating in a Red, White and Blue celebration and cookout to end the week. Campers will be sure to make memories that are merry, bright, and unforgettable.

Week 3- July 6 - July 10 - Goals and Games Week

Join us for an action packed week full of hands-on sports and collaborative games, as well as board games, card games and more. To add to the challenge and fun, campers will participate in a week long event - the Camp Connor Olympics - where they can earn points for their team, participate in a "color run" and on Friday we have one final camp-wide competition and then celebrate all of our teams accomplishments!

Week 4- July 13 - July 17 - Where the Wild Things Are

Come and join us for a week that is all about animals, from everyday pets, barnyard critters and more! Campers will engage in animal themed games, crafts and activities, as well as a variety of furry visitors and encounters throughout the week. We will also have a camp wide field trip, for even more animal adventure.

Week 5- July 20 - July 24 - Magic and Mystery Week

Welcome to a week of Magic, storytelling and wonderment. From games and galaxies, to wizards, spies and Astronauts. Campers will be transported to other worlds and get to explore their imaginations, solve mysteries and go on missions too. In addition to themed games and crafts, campers can also look forward to a special guest and some other magical surprises as well.

Week 6- July 27 - July 31 - Explore the Great Outdoors!

Get ready for a week of celebrating nature! From hiking and outdoor skills, to nature art and S'mores. Campers will enjoy a week of learning about and engaging with nature. We will have a special guest or two and groups will have an opportunity to go on an age appropriate field trip to explore even further.

Week 7- August 3 - August 7 - World Explorer Week

Join us as we travel around the world: exploring the seven wonders and more. Campers will experience a different era and or location each day, ending the week off with a camp favorite - Gold Rush! This treasure Island challenge brings everyone together for a super silly relay race against time (and pirate counselors) to collect treasure and see which team can win the coveted Gold Rush trophy!

Week 8- August 10 - August 14 - Superheroes and Idols Week

This week we will celebrate our heroes! From the real life superheroes in our community, to those that wear capes (or crowns) in movies and more. Campers can create their own alter egos, design costumes and engage in STEM challenges related to "powers." They will also meet some local heroes and more.

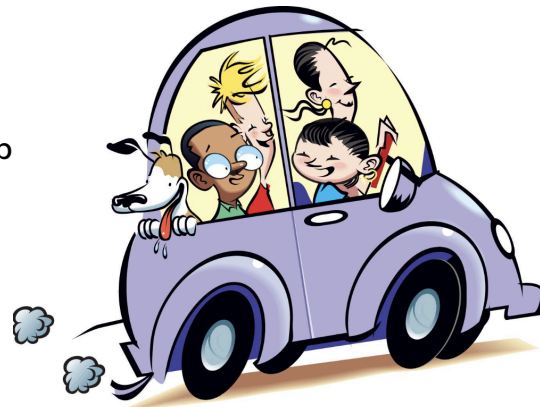
Week 9- August 17 - August 21 - Lights, Camera, Action Week

Get ready for a week of performance, music, art and creativity! From set and prop making to singing/dancing and more. There will be lots of fun and games, a special guest and on Friday campers will have the opportunity to share and celebrate each other at "Camp Connor's Got Talent!"

Pick Up & Drop Off:

Drop-Off time starts at 7:00am, Pick-Up ends at 5:30pm

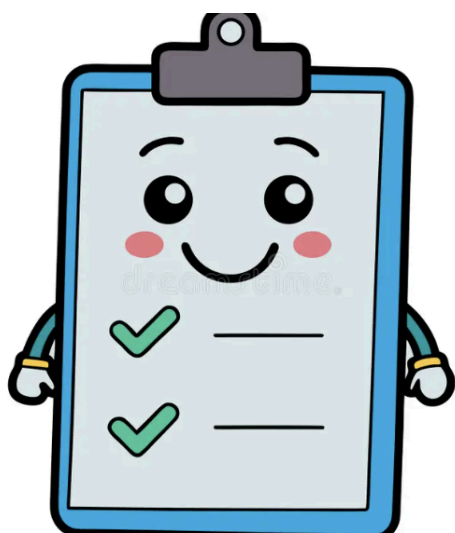
When dropping off or picking up your child(ren), the road to get to camp is set up in a way for you to drive down and loop around in a circle. This keeps the flow of traffic going, and avoids having to park or back up. We ask that you please stay in your vehicle and wait until you approach the staff member on duty to drop off or pick up your child. Please do not have your child exit the vehicle before your turn! When dropping off your child(ren), the staff member will make sure they have all they need for the camp day. When picking them up, a staff member will communicate that your child is getting picked up. Please wait in your vehicle for your child(ren) to arrive.



If you need to speak to a staff member, or one of the Camp Directors Amanda or Nicole, we ask that you please call ahead to arrange to do so, and park at the parking area above, and walk down. Please do not park in the drop-off/pick-up circle! This again keeps the flow of traffic moving along and makes for a speedier drop-off/pick-up experience.

Please note that Adults will be asked to provide a photo ID in order to confirm they are on the “pick up list” from registration. Parents/guardians should let camp staff know if this list needs to change and can call or write a note if someone else will be picking up in case of an emergency. Campers will not be released to persons not on the pick up list.

If you will be picking up your child early, please give us a call ahead of time and we will do our best to ensure your child is ready for you when you get to camp.



Daily Checklist:

Each camper should bring a backpack with the following items everyday:

All items brought to camp should be clearly labeled with the camper's name.

- A refillable water bottle

**** If you do not have a refillable water bottle for your child at drop-off, we do have some at camp that you can purchase for \$10 and we can charge your account.****

- Breakfast - if they have not eaten prior to arrival
- Lunch - please ensure it does not require heating up or

refrigeration (ice packs in their lunch box would be perfect) as we do not have the ability to do this for all campers.

- Snacks, snacks, snacks!
- Comfortable and appropriate clothing for the weather and activities.
- Closed-toed shoes (sneakers) are REQUIRED.
 - We will be walking through the trails multiple times per day and sneakers allow their feet to be safe from roots, rocks, etc... Campers will also not be able to participate in our daily sports activities without proper footwear. Crocs do not count as closed-toe shoes safe for sports/games - we have had many rolled ankles!
- Bathing Suit & Towel
- Plastic bag for wet clothes/items
- Extra set of clothes
- Jacket or Sweatshirt for when temperatures are a bit chilly
- Sunscreen & Bug Spray
 - We do regular sunscreen applications throughout the day
- Medication (if applicable): A signed form must be filled out and any medications are kept at the nurses station. Campers may not keep medications in their bags.
- Sunglasses or Hat (optional)
- A book (optional)
- NO ELECTRONICS: We do not recommend electronics as these can get lost or damaged, this includes cell phones. If campers do bring a cellphone, we ask them to please leave it in their bag.



Groups:

Groups will have their own designated areas at camp, where they will stay, unless they are at a scheduled activity. Two groups share one location: groups 1 and 2, groups 3 and 4, groups 5 and 6, as well as groups 7 and 8. There will be little intermingling between other groups. As the groups are arranged by age/grade, requests to move groups will not be considered, unless there is a very serious concern that would need to be approved by the camp director.

If you have a concern, you can email Amanda at rugerriver@gmail.com



Sunscreen/Skin Protection:

- Apply sunscreen for your child before camp
- Reapplication is recommended throughout the day
- Camp has sunscreen dispensers
- Sun exposure may be limited if sunscreen is not reapplied
- Try to avoid over-exposure to the sun in order to prevent heat related illnesses and damage to the skin
- Hats are encouraged as well as playing in the shade
- Please send an alternate sunscreen with your child if desired



Bug Spray:

- Apply bug spray for your child before camp
- Additional bug spray provided by camp contains deet
- Please send an alternative with your child if desired

Breakfast/Lunch:

Prior to lunch, campers will go 4 at a time (2 girls, 2 boys) to the bathrooms to wash their hands. A CIT, Float staff, Lifeguard or Director will be assigned to supervise the bathrooms during this time.

Breakfast and Lunch Schedule:

- 8:00am to 9:00am (Breakfast)
- 12:00pm to 1:00pm (Lunch)



Please pack your child plenty of fluids and a refillable water bottle. We want to ensure that all campers stay hydrated, as they are very busy and it can get very hot! It is important campers are getting proper nutrition throughout the day to continue to be active kids. Please send your child with snacks, snacks, snacks! We will have a morning snack and afternoon snack time.

No microwavable lunches please as we do not have microwaves available to reheat/cook food.

Bad Weather:

Our goal is to hold camp even if the weather does not 100% cooperate. If we know a day in advance that the next camp day's weather is going to impact being able to have the outdoor experience at Camp Connor (i.e. downpouring, thunderstorms, etc), we will notify families in order to give enough of a heads up that we will need to close camp the following day.



If we are already at camp and the weather becomes an issue, we will make a decision to either wait it out and resume activity, or if necessary, we will contact parents/guardians to pick your children up early. Most importantly, we want to make sure campers and staff are safe. We hope to have as little interruption to our camp schedule as possible.

Healthy Child Policy:

We will have a camp nurse/health care staff member on site every day to ensure consistency with medications, first aid, logging of illness and injury, and camper care. They are a great resource to campers and staff. To minimize the risk of infection to others, families are asked to keep their camper home if they are ill or not feeling well. Campers must feel physically well enough to participate in camp activities throughout the day to attend.

Should a camper become ill during the program, parents may be asked to pick their child up.



If a child is sent home during the day with a fever, diarrhea, and/or vomiting, 24 hours symptom free without medication is necessary prior to returning to camp.

Your camper should be kept home if they have the following symptoms:

- Actively vomiting, diarrhea, pronounced or persistent coughing, unexplained rash, fever.
- Any respiratory symptoms.

Please notify camp staff if your child has an active case of head lice.

- If camp staff have reason to believe a child may need a head lice check, we will call parents/guardians to ask permission before doing so.

- If a case of head lice is confirmed, pick up from camp may be necessary and parents will be contacted by the camp nurse and/or camp director. This course of action would be an effort to reduce the spread and number of cases across camp.
- Precautions taken at camp will include: Not sharing towels, hairbrushes, hats, or equipment, such as helmets. Participants with long hair will be asked to keep their hair up.

Staff are trained in CPR and First Aid. Any injuries will be given immediate attention.

Non-emergency injuries will be given first aid and the parent will be notified. If necessary, local fire/rescue will be notified. If EMS recommends that a child be transported by ambulance, we will ask for parent authorization. If a child is in a life threatening situation and we are unable to reach a parent/emergency contact immediately, EMS will determine if the child needs to be transported to the nearest hospital.

Counselors-In-Training:

Throughout the summer, we will have a few wonderful Counselors In Training joining us. They will all:

- Be in 9th grade and above
- Receive training and mentoring from camp staff, including our Assistant Director, Nicole, who is our CIT Supervisor
- Help support campers in a variety of tasks
- Learn about a counselor's role



Emergency Procedures:

- Staff have been trained and participated in mock scenarios
- All types of emergency situations have been considered
- Utilize our walkie talkie system to communicate
- Camp map has been provided to local emergency personnel to ensure easy access

Staff Certifications:

Every staff member has the following Certifications:

- CPR/First Aid/AED
- De-escalation and Behavior Management
- Activity Programming and Inclusivity
- Safety and Emergency Procedures
- Basic Water Safety

Several staff members also have:

- Lifeguard Certification
- Water Safety Instructor Certification



Waterfront/Swimming Activities:

We are very fortunate to have access to the waterfront and to be able to give each of our campers the opportunity to swim each day. Our entire team and community understand the exciting camp experience our waterfront offers the campers. That being said, safety is always our first priority and the safety of everyone while they are at the waterfront is of utmost importance.

All of our staff have been fully trained in Basic Water Safety, as well as CPR/First Aid. On staff, we also have three certified lifeguards, in addition to our head lifeguard. The following water safety guidelines are known and followed by all of our staff, in order to ensure the water is a fun and safe place for all of our campers:

- All campers will participate in our Waterfront Orientation on their first day of camp. Orientation consists of a video explaining safety procedures, conversations surrounding the expectations at the waterfront, and time for campers to ask staff/lifeguards questions.

- After the completion of the video, Waterfront lifeguards will conduct swim assessments for each camper. Campers will not be allowed to participate in swim activities until they've completed the assessment. The assessment consists of demonstration that the camper can float on back, treading of water, and swimming to the buoys and back. Throughout the assessment a lifeguard is with them 1:1.



- Based on swim assessments, campers will be assigned a level of swim comfortability, indicated to the lifeguards using three separate colors (red, green, and yellow).
- Campers given **RED** bracelets indicate they are not comfortable on their own in the water; therefore, they will not be able to swim outside of the shallow end, which lies within the camp's "L" shape dock. Some of these campers will be asked to wear a life jacket at all times in the water -- families are encouraged to provide a life jacket to ensure a perfect fit, but we do have life jackets available at camp.

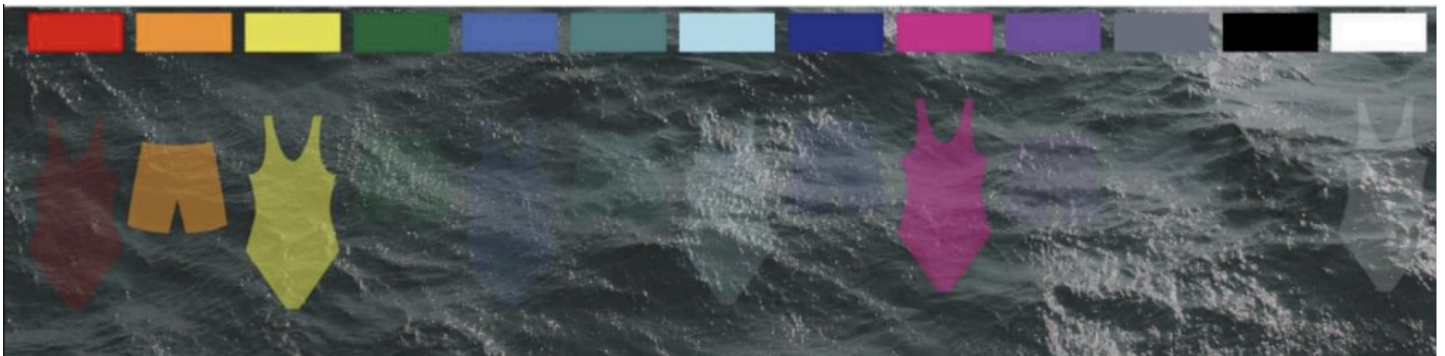
- Campers who are able to complete the assessment, yet display signs of fatigue will receive a **YELLOW** bracelet level, and if these campers would like to swim out of the shallow end, they may do so with a life jacket on.
- Campers will receive a **GREEN** bracelet level if they completed the assessment and did not display signs of fatigue. In these cases, the camper is allowed to swim within the designated camp swim area, both shallow and deeper ends, without a life jacket.



Even after a camper has been designated a bracelet/level of swim comfortability, staff will periodically give reminders that swimming in the "deep end" is a privilege and in order to keep the privilege, campers must continue to be safe, make good choices, and listen to their bodies when they are feeling tired while swimming.

Lifeguards will be in charge of a Sign In/Sign Out procedure while at the waterfront. Campers will sign into the water by communicating with the Head Lifeguard and waiting until they are acknowledged and given the "go ahead" to enter the water. Each time the camper would like to get out of the water, they communicate this with the lifeguards. Waterfront staff keep track of camper's swim colors and sign in/sign out attendance on their rosters.

Additionally, our lifeguarding staff ask that you please keep visibility of swimsuits in mind, when you are preparing for summer and packing with your camper. Certain colors are very difficult to see in the water. For reference, here is a guide helps illustrate what colors are most visible:



Kayaking:

Each group will have the opportunity to go out Kayaking at least twice per week, led by our OutdoorLife director. They will also be joined by some of you group counselors and/or CITs. We consider Kayaking a "Trial by Choice" activity, so while we encourage everyone to give it a try, we will never force anyone who is not comfortable into a kayak.

On the first day your camper participates in kayaking, an assessment will be done to determine their comfort level and capability. Based on this assessment, your camper will either operate a single kayak, or be paired with another camper/staff member in a double kayak. All campers and staff are required to wear a life jacket while kayaking. We will supply the life jackets. Campers are welcome to bring their own life jackets. Please be sure to write your camper's name on the inside.

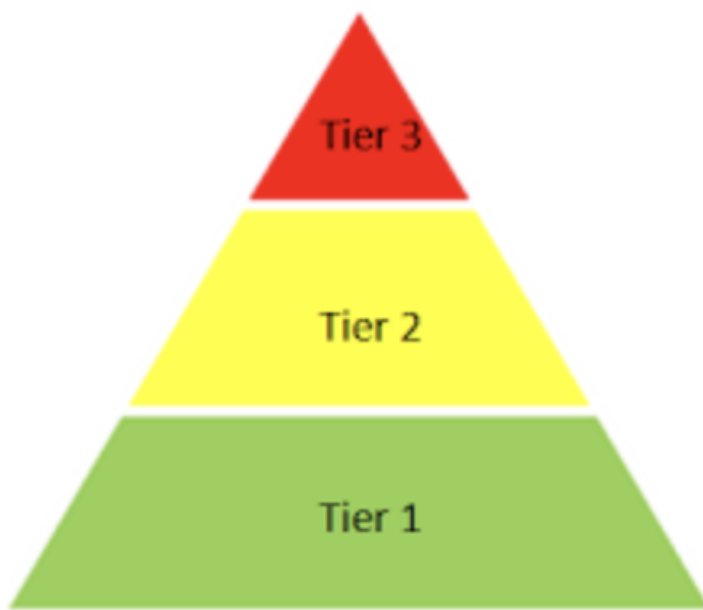


Behavior Management/Interventions:

At Camp Connor, we will be using Positive Behavioral Supports (PBS) as an approach to intervention that focuses on developing a deeper understanding of why a child engages in a challenging behavior and provides strategies to prevent occurrences of the challenging behavior, while teaching the child new skills.

Why? Because PBS uses a pyramid model to create individualized interventions that meet the child and the staff member where they are, which is proven to be more effective!

Challenging behaviors are identified through a 3-tier model:



Tier 1: minor or inconsistent behavior: the behavior stops when addressed, does not cause harm/danger and is manageable within a group setting (i.e. defiance, disruption, inappropriate language)

Tier 2: moderate behavior which requires support on a check-in/check-out basis, behavior causes harm/danger and is not manageable within a group setting (i.e. theft, inappropriate display of affection, property damage, etc.)

Tier 3: more intense/significant behavior that causes harm to self or others, must be resolved in a setting with the Director(s) (i.e. physical aggression, threatening behavior, harassment, bullying, eloping, use of substances, etc.)

Our hope and goal is to work together with campers and families and to keep all campers safe and enjoying camp. We hope that by making connections with campers, setting clear expectations and following through, that our campers will know that they are safe and cared for and that this will help them to feel accountable for their actions. When possible, we try to use instances of challenging behavior as “teachable moments” and to not jump straight to consequences. That being said, repeated instances of challenging behaviors or those behaviors that fall in “Tier 2 or 3” may result in the following types of actions:

- Conference with camper: within group setting, staff member discusses the incident with the camper and finds a resolution.
- Conference with camper and behavior support team: staff member and behavior support team will discuss the incident with the camper and find a resolution.
- Restorative practice: behavior support team and all parties involved will discuss the incident, repair damages, and resolve the situation.
- Loss of privilege

- Activity exclusion
- Potentially calling home to have a camper picked up for the day and/or being asked to stay home from camp the following day.

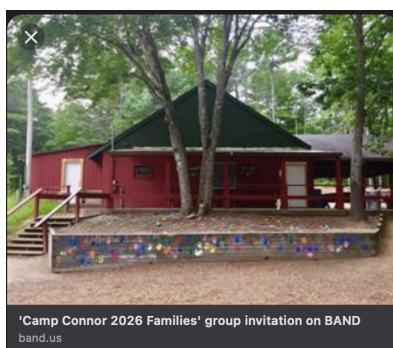
In the cases of more severe and/or repeated Tier 3 behavior, action plans may include:

- Conference with parents/guardians of camper to discuss current incident and/or concerning behavioral patterns that have been identified, and will work together to determine next steps, which may include:
 - Discussing additional effective interventions for the camper
 - Developing a Progressive Guidance Action Plan (PGAP)
 - Removal/expulsion from camp for a longer period of time or potentially the remainder of the camp season

Communication:

Good Communication with our families is very important to us! Please be proactive in asking questions or expressing concerns during pick-up or drop-off times. The nursing/health care staff will keep a confidential notebook of visits to the nurse involving campers. These incidents will be logged and a “nurses note” will be given to caregivers at pick-up. We have an open door policy. Please feel free to call/text/email or schedule an appointment to talk with our directors or nurses during camp hours. If you have more pressing questions or concerns, specifically around pick-up or drop-off times, we ask that you park “up top” at the parking lot and walk down into camp to talk with us. This will allow us to keep our loop clear and traffic moving.

****For the most current updates on all things Camp Connor (plus photos and more, once camp starts), Please join us on the Band App! Camp Connor 2026 Families!****



We're looking forward to a sunny, fun and fantastic 9th annual summer with you and your camper(s)!!

Sincerely,

The Camp Connor Staff

