

River Oaks Community Church Youth Ministry

**ROCC Youth Fall Retreat (6th – 12th grades)
YMCA Camp Hanes
October 5-7, 2018**



Cost \$150

REGISTER & PAY ONLINE AT ROCCYOUTH.ORG

This packet includes all the information needed for this trip.

2018 ROCC Youth Fall Retreat General Information

What: This is our annual Fall Retreat and we are combining our high school and middle school ministries! This will be a fun and adventurous weekend for each student.

Where: We will stay at YMCA Camp Hanes, which is located in King, NC. We will travel by two chartered buses to and from the camp. It is about a forty-five-minute drive from the church.

When: We will leave Friday, Oct 5, at 5 pm from the church and will return Sunday, Oct 7, at 12:30 pm. Please be at the church Friday afternoon at 4:30 pm. We will call or text if we run late on Sunday.

Who: Students who are currently enrolled in 6-12th grade.

Why: This will be a weekend of fun and adventure, along with great teaching, bonding, worship, and ministry.

How: Complete the enclosed "Medical Information and Consent Form" (all students must fill out) and "Medication Release Form" (if you plan on sending any medication, prescription or otherwise, with your student), both found at the end of this packet. Please bring forms, a copy of your insurance card, and (non-tax deductible) payment of \$150 to ROCC Youth on Sunday afternoon or to Janet Pemberton in the church office by **September 28, 2018**. Checks may be made out to ROCC Youth or River Oaks Community Church, with "Retreat" and your child's name in the memo line.

THEME: The theme this year is "That's What HE Said" and we'll unpack 4 of the "I Am" Statements of Jesus and the significance of each one of these statements and how they apply to us today as His followers:

- Session 1: I am the bread of life
- Session 2: I am the way, the truth and the life
- Session 3: I am The Good Shepherd
- Session 4: I am the resurrection and the life

The Gray Steadman band from Harvest Winston will be leading us in worship on Friday & Saturday.

Emergency Contact:

The camp is located at: 225 Camp Hanes Rd., King, NC 27021.

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| - Brian Edmonds cell phone: (336) 682-3936. | - Corey Mitchell cell phone (336) 391-9792 |
| - Doug Todd's cell phone is: (336) 816-4845. | - Camp Hanes office: (336) 983-3131. |

All of the names listed above will be at the retreat and will be an active part of the planning process.

Financial Assistance:

We don't want any student to be prevented from going because of finances. We understand that many families have multiple students in youth so please contact us if you need a scholarship form. Don't underestimate the power of support letters and even setting up a gofundme.com page.

PLEASE ask your student to come with an expectant heart and a desire for God to move in their life!

- **NO CELL PHONES (see emergency contact list above if you need to reach a student)**
- No tobacco, alcohol, or drugs
- No weapons including pocketknives
- No electronics: cell phones, iPods/MP3 players, game systems, etc.
- No expensive jewelry or clothing
- No shirts with offensive language or graphics (promoting alcohol, tobacco, etc.)
- No tank tops; no tight shirts; no low-cut shirts; no spaghetti-strap tops.
- No boxers, bra straps, or underwear showing

ROCC YOUTH Retreat Tentative Itinerary:

FRIDAY	4:30 pm	Arrive at church
10.05.18	5:00	Leave for camp
	5:45	Arrive at the camp
	6:30	Dinner
	7:30	Evening teaching and worship
	9:30	Activity sign-ups and snack time
	10:30	Small group time in cabins
	11:00	Lights out
SATURDAY	8:00 am	Breakfast
10.06.18	9:00	Quiet Time / Devotions
	9:30	Morning Service
	12:00 pm	Lunch
	1:00	Free Time
	5:30	Dinner
	7:00	Evening Service
	10:00	Snack Time
	10:30	Small Group Time
	11:30	Lights Out
SUNDAY	7:00 am	Pack up
10.07.18	8:00	Breakfast
	9:00	Quiet Time / Devotions
	9:30	Morning Service
	10:30	Small Group Time
	11:15	Load Bus
	12:15pm	Back at church

Free Time Activities Available:

High Ropes/Alpine Tower	Hiking (as long as trail is dry)	Archery	Zip Lines
Basketball	Riflery (still TBD)	Football	Climbing Wall

If someone is not an outdoor enthusiast, please do not let the activities discourage him or her from coming on this trip. The grounds are beautiful and colorful this time of year. Many students enjoy sitting around and getting to know each other. This will be a great trip for fellowship and bonding, which is especially important if your student is new to our ministry. It is a great way to get to know everyone and return home on fire for God with new friendships!

FYI and Rules:

- The trained YMCA Camp Hanes staff closely supervise and instruct the youth on all sports activities.
- Our youth leaders also monitor all sports activities and will chaperone students at all times.
- Each student is assigned to a small group with two or more assigned adult leaders.
- Students must always be in groups of at least three people.
- No one is allowed in the cabins, except during sleep time.
- Strict boundaries are set up and enforced by the youth leaders.
- Girls are not allowed in the guys' cabins or on the path leading to the guys' cabins.
- Guys are not allowed in the girls' cabins or on the path leading to the girls' cabins

For any youth not following the rules, parents will be contacted and will be asked to transport the offending student home—no exceptions.

Packing List – Bring only one suitcase. Please label all belongings.

Clothing: (no shorts or swimsuit needed for this trip)

- ___ Sturdy shoes or tennis shoes for outdoor activities & socks
- ___ Jeans or long pants
- ___ Shirts - Bring long *and* short-sleeved shirts (check the weather and make sure you pack accordingly)
- ___ Sleepwear – modest please, no spaghetti-strap tops
- ___ Medium-weight jacket, gloves, hat (it may get cold)
- ___ Underclothing (socks, underwear, t-shirts)

Miscellaneous:

- ___ Bible, notebook or journal, and something to write with
- ___ Flashlight
- ___ Personal toiletries (toothpaste, toothbrush, soap, shampoo, deodorant)
- ___ Medication taken regularly in their original containers (must be given to youth leader at registration)
- ___ Extra pair of glasses or contacts if you wear them
- ___ Antibacterial wipes
- ___ Plastic trash bag for dirty clothes
- ___ Snacks for personal use (Ziploc bags to keep the bugs out)
- ___ Towel and washcloth
- ___ Flip flops for the showers
- ___ Twin size bed sheets and blanket or sleeping bag, pillow
- ___ Guys: bring a 2-liter soda and a salty snack to share (chips, pretzels, Fritos, nuts, etc.)
- ___ Girls: bring a 2-liter soda and a sweet snack to share (cookies, candy, brownies, etc.)

Complete the Youth Medical Form and Consent for Off-Site Trips on the next page ONLY if you haven't done one for the school year. You can check the attachments on your student's CCB account at rocclink.org if you are unsure.

River Oaks Community Church
Youth Medical Form and Consent for Off Site Trips and Activities

(Please print)

Youth Name: _____ Nickname: _____
Home Address: _____ City: _____ State: _____ Zip code: _____
Home Phone: (____) _____ Age: _____ DOB: _____
Health Problems: _____
Daily Medicines: _____
Medicine Allergies: _____
Food Allergies: _____ Bee Sting or Other Allergies: _____ Last Tetanus Shot: _____
Does the student have any special medical needs we need to know about?
Parent/Guardian Name: _____
Home #: (____) _____ Work #: _____ Cell #: _____
Parent/Guardian Name: _____
Home #: (____) _____ Work #: _____ Cell #: _____
Other Emergency Contact Name: _____ Phone: (____) _____

My Child _____ has my permission to attend any River Oaks Community Church Youth trips or activities during the 2018 summer and 2018/2019 School Year. I acknowledge that participation in these activities involves risk to the participants and may result in injury. I hereby release and promise to indemnify, defend and hold harmless River Oaks Community Church, any youth leaders who are associated with the activities, and any other volunteers associated with these events from all liability should any injury occur directly or indirectly out of any activities or transportation to or from any activities in which my child participates.

Sign: _____

In consideration for the opportunity to participate in these trips or activities, the participant (or parent/guardian if participant is a minor) acknowledges and accepts the risk of injury associated with participation in and transportation to and from the event. The participant (or parent/guardian) accepts personal financial responsibility for any injury or other loss sustained during the event, as well as for any medical treatment rendered to the participant that is authorized by the Adult Chaperones. I give my permission for the Adult Chaperones to administer minor first aid to my child should the need arise. This may include the use of over-the-counter medicines, including: Tylenol or Advil for minor fever/aches/pains; Sudafed for congestion; Benadryl for allergies/rash; Robitussin DM and/or cough drops for coughs; Dramamine for motion sickness or nausea; Visine eye drops for eye redness/irritation; Imodium for diarrhea. I have crossed out any of the medicines that I do not want given to my child. I also give my permission for the Adult Chaperones to use their judgement should my child need urgent medical care. I expect the Adult Chaperones to attempt to contact me before my child is taken to an Urgent Care Facility or Emergency Department, unless there is a life-threatening situation, then I expect to be contacted as soon as possible. I hereby authorize the Adult Chaperone to sign for my child's medical treatment should the need arise. I understand that I am responsible for all medical expenses incurred.

Sign: _____

I also give my permission for pictures/video to be taken of my child on youth trips and to be used on church publication sites like FaceBook, Instagram, SnapChat, Twitter, riveroakschurch.org, etc.

Sign: _____

I agree with the above, and hereby give my consent for my child to attend trips or off-site trips or off-site youth activities during the summer leading up to and including the 2018/2019 school year.

Parent/Guardian Signature for above: _____ **Date:** _____

For office use only – Reviewed by: _____

I agree with the above, and hereby give my consent for this trip. **Responsible Party Signature:** _____ **Date:** _____

Medication Release Form

(Complete only if you are sending medications for us to administer)

Student's Name: _____ DOB: _____

"I am sending my child's prescription medicines (if any) for the Adult Chaperone to administer to my child. I am also sending non-prescription medicines (if any) that my child may need. I am sending all medicines in their original containers that are clearly labeled with the child's name, and how often the medicine is to be given. All medicine containers are in a zip lock bag that is labeled with my child's name. I acknowledge that all medicines are to be in the care of an Adult Chaperone for dispensing to my child." (Quoted from ROCC Medical Release Form)

Please list prescription medications, dosage, and administration instructions below.

All medications (prescription or otherwise) must be in the care of the church designated adult chaperone, _____ and will be returned to the student's parents upon arrival home from the trip.

Medication will be given based on instructions below.

Medication	Dose	Time/Frequency of Administration

Parent/Guardian Signature: _____ Date: _____