

JUNIOR SUPPORT STAFF: AGES 14–17

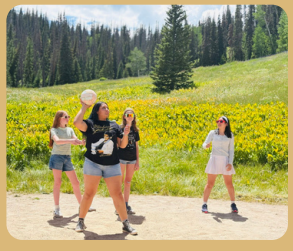
6 DAYS AND 5 NIGHTS AT YMCA MILL HOLLOW. A FEW HOURS OFF-SITE AT A NEARBY RESERVOIR.

"Support Staff" refers to Mill Hollow's leadership team. The Junior Support Staff program gives teens a behind-the-scenes look at how camp runs by shadowing different departments and learning a variety of skills. It's a great opportunity to explore strengths and interests while still enjoying camp favorites like activities, all-camp games, and s'mores. This program is designed for teens whose talents shine behind the scenes, not just in counselor roles.

SAMPLE SCHEDULE

- 7:30 AM Wake Up
- 8:00 AM Morning Mindfulness
- 8:15 AM Breakfast
- 9:00 AM Leadership Session
- 10:00 AM Plan Evening Program
- 12:00 PM Lunch and Chores
- 1:00 PM Rest Hour
- 2:00 PM Free Time and Snack
- 3:00 PM Help Lead Choices
- 4:00 PM Leadership Session
- 5:00 PM Dinner
- 6:30 PM Lead Evening Programs
- 8:30 PM Evening Routine and Taps
- 10:00 PM Lights Out





FAQ: CAN MY TEEN BRING TECH TO CAMP?

We encourage campers to leave technology at home, especially cell phones (there's no service anyway). Cameras are welcome, and e-readers or music devices (with headphones) may be used during Rest Hour and before bed. Inappropriate use may result in confiscation until Check Out. Camp is not responsible for lost or damaged items.

PACKING FOR JR SUPPORT STAFF WEEK

CLOTHING
-5 T-Shirts
-2 UV-Protective Shirts
-3 Long Sleeve Shirts
-5 Pairs of Shorts
-3 Pairs of Pants
-12 Pairs of underwear
-7 Pairs of Socks for Day Use
-A Few Pairs of Warm Socks for Sleeping
-1 Set of Pajamas
-1 Sweater / Hoodie / Jacket
-1 Raincoat
-Sun Hat / Baseball Hat
-Sunglasses
-Swimsuit and Beach Towel
-Warm Hat and Light Gloves
-1 or 2 Sets of Base Layer Thermals
-Sneakers

Bedding
-Twin-Size Fitted sheet
-Sleeping Bag or Comforter
-Pillow
-Blanket for Evening Programs

PLEASE NOTE: Because of camp's elevation, the weather changes quickly and the UV is more intense. Layers and sun protection are a big deal.

BATHROOM
-Toiletry Bag / Shower Caddy
-Toothbrush and Toothpaste
-Body Wash / Soap
-Shampoo / Conditioner
-Bath Towel
-Lotion
-Menstrual Hygiene Items
-Shower Shoes (i.e. Flip Flops)
-Sunscreen
-Bug Spray
-Deodorant
-Hairbrush and Hair Ties

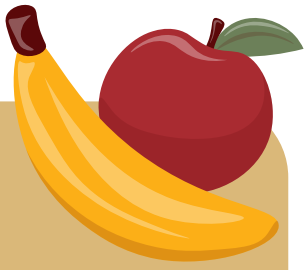
MUST HAVE
-Water Bottle

NICE TO HAVE / OPTIONAL
-Sandals (MUST have a heel strap)
-Small Bag or Water Bottle Strap
-Head Lamp or Flashlight
-Laundry Bag
-Comfort Items (i.e. Stuffed Animal or Family Photo)
-Eye Mask or Ear Plugs
-Disposable or Lightweight Digital Camera (Please leave phones at home)
-Stamped and Addressed Envelopes
-Book or Journal
-Returning Campers: Dog Tag Necklace
-Fishing Pole and Tackle

NEED TO BORROW SOMETHING FROM THE LIST OR HAVE A QUESTION? NO WORRIES! JUST SEND CALI AN EMAIL! CGURNICKI@YMCAUTAH.ORG



SAMPLE MENU FOR JR. SUPPORT STAFF WEEK



SUNDAY
DINNER: Spaghetti & Meatballs, Broccoli, Garlic Bread

MONDAY
BREAKFAST: Pancakes, Scrambled Eggs, Bacon
LUNCH: Corn Dogs, Potato Wedges, Jell-O Cups
DINNER: Orange Chicken, Rice, Steamed Veggies

TUESDAY
BREAKFAST: Biscuits & Gravy, Potatoes, Scrambled Eggs
LUNCH: Sub Sandwiches, Potato Chips
DINNER: Chicken & Cheese Enchiladas, Mexican Rice, Corn

WEDNESDAY
BREAKFAST: Waffles, Sausage Links, Scrambled Eggs
LUNCH: Chicken Tenders, Waffle Fries, Roasted Broccoli
DINNER: Beef Stir Fry with Veggies, Egg Rolls, Rice

THURSDAY
BREAKFAST: Croissant Breakfast Sandwiches, Hash Browns
LUNCH: Cheese or Pepperoni Pizza, Salad Mix
DINNER: Baked Ziti, Chicken Breast, Green Beans, Roll

FRIDAY
BREAKFAST: French Toast, Sausage, Granola, Yogurt
LUNCH: Cheeseburgers, French Fries

MENU ITEMS ARE SUBJECT TO CHANGE BASED ON SUPPLIER INVENTORY. ALTERNATIVES ARE AVAILABLE TO MEET ANY DIETARY NEEDS.

IN ADDITON TO WHAT IS SEEN ON THE MENU, EVERY MEAL AT CAMP IS SERVED WITH A FRESH FRUIT BASKET AND MILK. DINNER HAS A FRESH VEGETABLE BASKET IF VEGGIES ARE NOT LISTED ON THE MENU. THROUGHOUT THE DAY, WATER AND JUICE OR GATORADE IS AVAILABLE.



