

# YOUTH/TEEN PROGRAMS

## CHILD CARE SERVICES:

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NWF will provide child care service at the Summit. Child care for infants and young children (up to 3 years old) will be available from 7:00 a.m. - 5:00 p.m. For 3- and 4-year-olds, child care is available from 1:00 - 5:00 p.m. following the preschool program. Additionally, child care is available for youths (5-12 years old) prior to the Youth Program from 7:00-8:30 a.m. and following the youth program from 3:30-5:00 p.m.

To pre-enroll your young child(ren) in the Summit Child Care program, please complete and return the enclosed child care enrollment form. Upon reaching the Summit and receiving your class schedule in your registration packet, please sign up for specific child care hours at the child care registration table on the Front Porch of the Inn. At that time, please indicate the days and times you will need child care for the week. Should your schedule change or additional child care hours be necessary, daily registration will also be available from 7:45 - 8:30 a.m. and 11:45 a.m. - 1:15 p.m. in the Dining Hall. Please note: Parents must register for daily child care at least **24 hours in advance**.

Child care at the Summit is available only for parents who are attending field trips, classes, or other NWF Summit activities during the day and require supervision for their children.

**Fees:** Child Care fees are **\$5.00 per hour per child**, payable to NWF at the time you register for the service (at opening day registration or daily in the Dining Hall). Payment may be made by personal check, cash, or traveler's check. **Credit cards will not be accepted.**

**Supplies:** Please bring any supplies (diapers, bottles, snacks, favorite toys) that your child will need during the time that she/he is being watched.

**Director:** Rue Gordon is the editor for the National Wildlife Federation's Conservation Directory, an annual publication listing governmental organizations and agencies engaged in conservation education activities at state, national and international levels. In her spare time, Rue also works as a volunteer assisting teachers with young children both in and outside the classroom. Rue also has experience babysitting and especially enjoys her 5-year-old granddaughter Desire. Rue worked as the Child Care Director at the 1995 Blue Ridge Conservation Summit.

**Staff:** Each staff member has many years of experience working with young children in a variety of educational settings. The child care staff includes Murt Cisar, Karen Desmarais, Tina Egan, and Julie Frana.

## SPECIAL NOTES FOR CHILD CARE

- If you will need child care for your infant or child during lunch (12 noon to 1:00 p.m.), please sign up for this service at opening day registration or at the daily registration table in the Dining Hall. Lunch care will only be provided when parents are registered for an all-day field trip.
- To arrange care for your child following his/her preschool or youth program, please indicate this need on the enclosed preschool and youth program enrollment forms for each child, and remember to sign up for these specific child care hours at opening day registration as well.

## Your Big Backyard Preschool Program:

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This half-day program will help preschoolers explore and develop an appreciation for the natural world. The activities, based on NWF's YOUR BIG BACKYARD magazine, will include micro-hikes, touch and feel expeditions, fun-with-nature crafts, songs, and dramatic play.

The week will offer children ages 3 through 4 a chance to discover nature through hands-on activities. Some topics the children might explore are baby animals and their homes, insects, trees, flowers, mammals, birds and the five senses.

**Schedule:** The Preschool Program will meet each day from 8:15 a.m. to 12:00 noon. Participants should check in at Summit Registration on opening day.

**Director:** Betty Trummel, an experienced elementary school teacher, is a veteran of over 20 Summits. She is currently teaching fourth grade in Crystal Lake, Illinois and has a Master's Degree in Outdoor Education from Northern Illinois University. As part of the Presidential Award of Excellence in Science Teaching, Betty has been chosen as one of the top ten elementary science teachers in Illinois. Betty is active in the out-of-doors as a hiker and camper and has also been involved in producing orienteering maps and teaching orienteering workshops to adults and children.

**Staff:** Scott Lewis has worked with NWF's Your Big Backyard program at the Rocky Mountain, Big Sky, and White Mountain Summits. He is an enthusiastic and patient father of four boys and loves to share his interest in the outdoors with children. He holds a bachelor's degree in environmental education and biology from Cornell University. Scott is presently the Executive Director of SHARE, D.C., the Community Development Food Network.

# Junior Naturalist and Naturalist Youth programs

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Children ages 5 through 8 will experience exciting new adventures in the Junior Naturalist discovery program designed especially for them. Each day will present new opportunities as they hike forest trails, explore mountain ponds and streams, and learn about the Adirondack Mountains.

The Naturalists for youth ages 9 through 12 will investigate the Adirondacks through journaling, interactive games, and hikes that will highlight the natural history of the region.

Through hands-on discovery, youth will take home an enhanced awareness and better understanding of our natural world. Field trips will travel to many of the diverse areas of the Adirondacks.

**Schedule:** Parents should register their children on opening day of the Summit at Registration. Teachers will meet with parents and children briefly on Saturday, July 5<sup>th</sup> at 6:15 p.m. to greet the children and announce the group assignments.

The groups will gather at 8:15 a.m. each morning to begin the day's adventures. Activities will run from 8:15 a.m. to 12 noon, and 1:30-3:30 p.m. The children in the Youth Program will eat lunch with their parents unless the children are on an all-day field trip with the Youth Program.

Parents who are on Summit field trips which extend through the lunch period or beyond 3:30 p.m., can arrange to have their children supervised during that time at a cost of \$5.00 per hour per child. Please notify the Director of the Child Care Program if you will need this service. Children must be signed up for child care no later than the morning that you will be on the field trip.

**What to Bring:** Each day your child should bring a pack with jacket, rain gear, extra socks, sunscreen/hat, insect repellent, and water bottle or canteen.

**Junior Naturalists** (ages 5-8): Two pairs of old tennis shoes.

**Naturalists** (ages 9-12): Sturdy tennis shoes or well broken-in, lightweight hiking boots are recommended for the trails.

Please permanently label all items, including clothing, with your child's name. Also, bring some clothing that you do not mind your child getting wet or dirty!

**Co-directors:** Gwen Pratt has a long association with the Summit program and has worked with the Youth Program in the Adirondacks, Banff, Nova Scotia, the Pacific Northwest, and the Rocky Mountains. She has experience as a public school teacher and park naturalist. She has created various experiential education programs which she currently offers for the Colorado Springs Park and Recreation Department.

Tara Wintermeyer is the Senior Coordinator of Youth and Teen Programs at the National Wildlife Federation. She has worked with NWF for 10 years and has served as the Registrar, Assistant Director and

Director of NWF's Eastern and Western Wildlife Camps. Tara received her Bachelor of Science in Natural Resources specializing in Environmental Interpretation from the Ohio State University. She oversees the planning and operation of the summer camp programs, Wildlife Camp and Teen Adventure, and is responsible for coordinating a variety of other youth and teen activities offered by NWF. Tara is excited about the opportunity to co-direct the Adirondacks Summit youth program with Gwen Pratt.

**Staff:** The instructors for the Youth Program have been selected for their dedication and love for children as well as for their special interests in outdoor education and nature study. All of the instructors are experienced teachers and naturalists. The staff for the Youth Program this year includes, Mike Herr, Steve Houser, Leslie Krebs, Gail Nyquist, Cheryl Peden, Valerie Morris, Brenda Holmes Stanciu, and Jim Baker.

## Explorer and leadership program (ages 13-14)

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New this summer, the Explorer program is designed just for teens ages 13 and 14. Explorers will investigate the unique surroundings of the Silver Bay area through action-packed hikes, field trips, orienteering, rock climbing, and special presentations. Activities tentatively planned for the week include a field trip to an archeological dig site, a hike to the summit of Mt. Algonquin, and sailing classes.

Explorers will learn and practice orienteering techniques, discover the mysteries of wetland ecology during a field trip to a bog, canoe on Lake George, take part in the Keepers of the Water Program and Energy-Environment simulator, hike to Jabe's Pond for an exciting overnight adventure (optional), spend a day rock climbing and work as a team to complete the low ropes and group initiative course.

Explorers should check in with the Explorer staff at opening day registration

**Schedule:** 8:15-3:30 p.m. daily

**What to Bring:** Come prepared for weather which can change quickly from hot and sunny to rainy and cool. Each day you should bring a day pack with water bottle, snack, rain gear, sunscreen, and sunglasses. **FOR COMPLETE PACKING LIST, PLEASE REFER TO THE TEEN ADVENTURE LIST ON THE FOLLOWING PAGE.** Explorers will need the same equipment as the Teen Adventure participants.

**Explorer Staff:** The staff for the Explorer program include experience Summit faculty members Sam Mitchell, Mary Mascher, and Tara Wintermeyer. Additional assistance will be provided by Peggy Brosnan, Kent Cisar, and Harmony Schroeder.

# Teen Adventure program

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Exploring the Adirondacks, learning about the mountain, forest and lake environments, and developing your outdoor skills are just some of the activities you will enjoy during this adventure program. Hiking, canoeing, rock climbing, orienteering, and nature study classes, as well as an optional overnight will provide an exciting combination of adventure and educational experiences. You'll have a week to challenge both your mental and physical abilities as you learn about the ecology of this unique natural area.

**Schedule:** The Teen Adventure Program meets from 8:30 a.m. to 3:00 p.m. each day, and participants are expected to attend all of the daytime sessions unless specific arrangements are made with the instructors in advance. Any extension of daytime activities will be outlined with a schedule handout provided at the Summit. Lunches will be in the cafeteria unless the group is on an all-day field trip, in which case box lunches will be provided. Additionally, a few optional activities may be offered that require the rental of equipment, in which case small fees of \$5 to \$10 may be charged. Evenings will provide opportunities for soccer, sunset watching, frisbee, hacky sack, and owl prowls.

**What to Bring:** Come prepared for weather which can change quickly from hot and sunny to rainy and cool. Each day you should bring a day pack with water bottle, snack, rain gear, sunscreen, and sunglasses.

The following items are suggested for the week:

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| <input type="checkbox"/> long pants                                | <input type="checkbox"/> sneakers                   |
| <input type="checkbox"/> shorts                                    | <input type="checkbox"/> windbreaker or jacket      |
| <input type="checkbox"/> long-sleeved shirt                        | <input type="checkbox"/> sunscreen                  |
| <input type="checkbox"/> 4 pairs of hiking socks (2 thin, 2 thick) | <input type="checkbox"/> lip protection             |
| <input type="checkbox"/> day pack                                  | <input type="checkbox"/> sweater or sweatshirt      |
| <input type="checkbox"/> water bottle                              | <input type="checkbox"/> t-shirts                   |
| <input type="checkbox"/> notebook and pencil                       | <input type="checkbox"/> rain gear (jacket and hat) |
| <input type="checkbox"/> sunglasses                                | <input type="checkbox"/> swimsuit                   |
| <input type="checkbox"/> hiking footwear (well broken-in)          | <input type="checkbox"/> high energy snacks         |
| <input type="checkbox"/> insect repellent                          | <input type="checkbox"/> toiletries                 |

Optional items include:

- sleeping bag or bed roll for the optional overnight
- camera
- binoculars\*

\* See page 60 for information on NIKON's binocular loaner service.

**Teen Adventure Staff:** The teen staff is eager, experienced, and ready for fun. They all enjoy working with teens, exploring new environments, and sharing their knowledge of the outdoors with others.

Co-director **Joel Schroeder** is a high school biology and physics teacher from Iowa. He has been a part of NWF's Teen Adventure staff since 1985, presenting classes about backpacking, orienteering, outdoor skills, and hiking safety.

Co-director **Peggy Brosnan** teaches high school science in Maryland and has worked with both the Youth and Teen staff at many Summits. She has a wide range of outdoor experiences and overseas travel and enjoys hiking, climbing, and kayaking.

Additional Staff include **Kent Cisar** and **Harmony Schroeder**.