

## 4-H Camping



For nearly 90 years, Virginia 4-H has been involved in camping programs. The first Virginia 4-H

Camp was held in Fairfax's backyard— Loudoun County!

Four-H Camping has been a proven and effective method of reaching, teaching, and involving youth in leadership and life skill



development. Four-H camping is cooperative group living in a natural environment, which focuses on the individual's social, spiritual, mental, and physical development.



The purpose of 4-H camping is to develop life skills using fun, educational programs and activities. The six (6) major life skills that are emphasized at Junior 4-H Camp are:

- Understanding Self
- Communicating and Relating to Others
- Acquiring, Analyzing, and Using Information
- Problem Solving and Decision Making
- Managing Resources
- Working with Others



## Mark your calendars!

**Fairfax, Arlington, and Alexandria  
4-H Junior Camp**

**July 4 – July 8, 2010**

Northern Virginia 4-H Educational Center  
Front Royal, VA  
<http://sites.ext.vt.edu/4hcenter/northern/>



**4-H is a community of young people across America who are learning leadership, citizenship and life skills.**

### To register visit

<http://offices.ext.vt.edu/fairfax/programs/4h/index.html>

### For more information about 4-H Camping, contact:

**Lenah Nguyen, Extension Agent, 4-H Youth Development**  
E-mail: [lgeer@vt.edu](mailto:lgeer@vt.edu) or (703) 324-5353

If you are a person with a disability and desire any assistive devices, services, or other accommodations, please contact Lenah Nguyen, Fairfax Extension Agent at 703-324-5353 or TTY (703) 222-9693 during business hours of 8:00 a.m. and 5:00 p.m. to discuss accommodations five days prior to the event.

# Fairfax County 4-H Junior Camp

A tradition of learning in an outdoor setting, building leadership and life skills for the future.



**Virginia Cooperative Extension  
Fairfax County Office  
12011 Government Center Parkway  
Suite 1050  
Fairfax, VA 22035**

**Telephone: 703.324.5353**  
<http://offices.ext.vt.edu/fairfax/programs/4h>



## 4-H Camping... A Whole New World

4-H Camping really is a whole new world for children where they can explore their interests, old and new, in a safe environment with caring counselors and adult volunteers.

Fairfax County offers an annual residential camp with Alexandria and Arlington Counties at the Northern Virginia 4-H Educational Center. Specialty Camping is also offered by the Northern Virginia 4-H Educational Center.

## Fairfax, Arlington & Alexandria 4-H Junior Camp

4-H Junior Camp is an overnight camp held at the Northern Virginia 4-H Educational Center in Front Royal. This could very well be the most fun your child has all summer!

Campers have the opportunity to pick their roommates if they like, and are then placed in a room with campers of similar age. Each room is part of a Pack, which serves as the camper's "family" during the week of camp. Packs are involved in different contests on various days and Bear Claws are awarded for spirit and participation!

Each day, campers go to three different classes that they choose prior to arriving at camp. There is free swim and recreation time each day, as well as evening programs and a campfire. Past evening programs include Water Olympics, a rock concert, and a News paper Fashion Show.

## A Day in the Life

A day in the life of a 4-H Camper is full of fun and activities—take a look at the typical schedule:

7:00 a.m.	Rise and Shine!
7:45 a.m.	Flag Raising and Breakfast
9:00 a.m.	Class One
10:00 a.m.	Class Two
11:00 a.m.	Class Three
Noon	Lunch
1:00 p.m.	Camp Assembly & Teen Time
2:15 p.m.	Pack Meetings
3:00 p.m.	Activity Period (Recreation & Swimming)
5:00 p.m.	Go to dorms and get ready for dinner
5:45 p.m.	Flag lowering and dinner
7:00 p.m.	Evening program
8:30 p.m.	Evening snack
9:00 p.m.	Camp Fire
10:15 p.m.	Dorm meetings
10:30 p.m.	Prepare for bed
11:00 p.m.	Lights Out!

## Specialty Camps

Each year, the 4-H Center offers specialty camping opportunities. These include at least 2 sessions for Cloverbuds (age 5-8), Adventure Camps, Shooting Education, Rafting & Rock climbing, and much more. A separate brochure is issued each year for these camps.



## What kind of classes can I take?

**These are the classes that will be offered at 4-H camp**

- Archery
- Arts & Crafts
- Canoeing
- Cheerleading
- Counselor-in-Training (CIT) class
- Dance
- Fishing
- High Ropes
- Horsemanship
- Jewelry Making
- Journalism
- Leather Crafts
- Low Ropes
- Model Rocketry
- Outdoor Cooking
- Outdoor Living Skills
- Outdoor Sports (Basketball, Tennis, and Others)
- Performing arts
- Rifely
- Robotics
- Scrapbooking
- Swimming (Beginning, Intermediate, Advanced)
- T-Shirt art
- Web Page Design
- Woodworking

## Camp Staff

Each year we recruit teen volunteers to serve as Counselors and Instructors for our camps. These teens, as well as our adult volunteers go through almost 24 hours of training prior to serving. Training covers a multitude of things including the different needs of different age groups, their duties while at camp, and many other topics.

Each of our 4-H Centers are accredited by The American Camp Association; the authority on youth camping in the country. Our staff is trained to the ACA requirements and you can rest assured that your child will have a safe and fun time at 4-H Camp!