



YMCA Northeast Leaders Club Autumn Rally Oct. 25th – 27th



**Camp Jewell YMCA, Colebrook CT
A property of the YMCA of Greater Hartford
Hosted by the YMCA of Greater Nashua**

YMCA Northeast Region – 2019 Leaders Club Autumn Rally
THE GREATEST SHOWMAN – THIS IS ME
Advisor Information

Dear Advisor:

The management team of the Northeast Leaders Club Autumn Rally is excited to present Autumn Rally 2019, “**The Greatest Showman – This is Me**”. We look forward to your club’s attendance. Please review this information to ensure your club’s registration can be completed.

****Printing Shortcuts****

Leaders Packet: pages 5 – 11

Club Roster: page 4

Advisor Packet: pages 12 – 14

Directions: page 15

Registration Guide: pages 2 – 3

****Registration Procedures****

1. Leaders must have been active participants in your club in order to participate
2. Leaders must be 13 years old by October 25th and in grades 7th – 12th. Leaders outside 13-18 years old and not currently in grades 7th-12th cannot be accepted. **If you have any questions or looking for exceptions, please reach out!**
3. Each club is required to send 1-2 club advisors. Advisors must be 20 years of age by October 25th and be a current employee or volunteer of the YMCA.
4. **Rally Fee is \$145.00** for Leaders. **\$140** for Advisors
5. Required registration **materials must be fully completed**. They include...
 - a. Leader Application, Code of Conduct, Elective Sheet, Jewell waiver & Medical form for each leader.
 - b. Advisor Application and Staff Commitment for each Advisor.
 - c. A Club Roster form and payment check for each club.
6. Clubs are to send **one YMCA check** for their entire rally fee.
7. **Mail/Email all registration materials to the Rally Director, Josh Schupack at:**
YMCA of Greater Nashua
24 Stadium Drive Nashua NH 03062 Or jschupack@nmymca.org
Attn: Leaders Autumn Rally
8. Registration materials are due **ON OR BEFORE October 20th**.

REGISTRATION IS LIMITED TO 120 LEADERS ON A FIRST COME FIRST SERVE BASIS. REGISTRATION CAN BE REFUSED IF CAPACITY IS REACHED OR IF YOUR MATERIALS ARE INCOMPLETE. BE ACCURATE AND SEND EARLY!

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****Check List* - Do this BEFORE you mail your registration!!!***

For each leader...

- Will be 13-18 years of age and in grades 7th-12th before the event.
- Rally Application – FULLY COMPLETED, signed by parent AND club advisor.
- Code of Conduct – SIGNED by parent and leader.
- Elective Sheet – With 3 DIFFERENT choices listed in order of preference (1st, 2nd, 3rd choice)
- Camp Jewell Waiver – FULLY COMPLETED and signed by a parent
- Camp Jewell Medical Form – FULLY COMPLETED and signed by a parent

For each advisor...

- Will be 20 years of age before the event.
- Has completed a background check and been approved by your YMCA to work with teens
- Advisor Application – FULLY COMPLETED and signed by advisor.
- Staff Commitment – SIGNED by advisor and their supervisor.

Final touches...

- Club Roster – FULLY COMPLETED and signed by your Branch Director
- One YMCA check for your club's entire fee, payable to the YMCA of Greater Nashua

Mail/Email all registration materials to Josh at:

YMCA of Greater Nashua
24 Stadium Drive
Nashua, NH 03062
Att: Leaders Autumn Rally

Or

Emailed to:
jschupack@nmymca.org

Deadline for registration materials to be received is on or before October 20th

For general rally questions or registration contact:

Josh Schupack
Rally Director
jschupack@nmymca.org

YMCA Northeast Region – 2019 Leaders Club Autumn Rally
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Parents... Keep this page for your info!

What is the Rally?

The Leaders Club Rally is a regional leadership and character development program designed by YMCA professional staff. It is an opportunity for teens from different areas of the Northeast region to come together and explore their diversities and commonalities, participate in physical and intellectual activities, explore personal values and create memories they won't soon forget! Rallies are a pinnacle highlight of the Leaders Club program, one with decades of history and traditions.

Where is the Rally?

The Rally is held at Camp Jewell in Colebrook, Connecticut. The accommodations include heated cabins however teens are required to bring sleeping equipment such as a sleeping bag and pillow. Please refer to the *What to bring* list to ensure your teen is prepared.

YMCA Camp Jewell
6 Prock Hill Road, Colebrook, CT 06021
888.412.2267 – Emergencies Only Please!

How much does the Rally cost?

The Rally is \$145.00 per person. This is the direct cost to operate the event.

Who is in charge of the Rally?

An experienced team of YMCA professionals who spend months planning the event directs the Rally. Many activities are also facilitated by home town advisors from each attending club. For questions or concerns you can contact:

Josh Schupack, Rally Director

jschupack@nmymca.org - prior to the event

401-368-6338 – during the event, emergencies only please.

Camp Jewell 888.412.2267 - during the event, emergencies only please. Cell service is very limited at camp.

Will my teen be able to call home?

Unfortunately no. A critical part of the Rally experience is for teens to fully engage in the environment and activities. Rest assured if any concerns, special circumstances or emergencies arise your teen will be allowed contact home. Cellular service is very limited at Camp Jewell. Teens are welcome to bring phones but they will be left in their housing during the event.

When will my teen get back?

The Rally will be dismissed at 12:00 PM on Sunday, October 27th. Please check with your teen's advisor for estimated time of return.

Does my teen need money?

There are no expenses during the event however your teen may need money depending on their travel distance. Many clubs stop for dinner on the way to the Rally and again for lunch on the way back. Please check with your local advisor for these details.

Are there items that should be left at home?

Please leave all valuables at home as the YMCA is not responsible for lost or stolen items. Electronics such as MP3 players, cell phones, etc. are also not permitted at the Rally. If brought, they will be asked to remain in the leader's housing for the weekend as they distract from program. There is no service anyway!

Please be sure to review the Rally Rules with your Teen!

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Teen Application

Name: _____ DOB: ____/____/____
YMCA: _____ Age: _____ Grade: _____
Address: _____
City: _____ State: _____ Zip: _____
Phone: _(____) _____ E-mail: _____

Emergency Contact 1 Name: _____ Emergency Contact 2 Name: _____
EMG 1 Phone: _(____) _____ EMG 2 Phone: _(____) _____

Year in Leaders (circle): 1st 2nd Vet GV
Gender ID (For Housing): Female or Male or NB

*1st year = this is the only school year (2018-19) you've attended a rally
2nd year = attended at least one rally or NELS in a previous school year
VET = attended a rally or NELS in **two separate and previous** school years
GV = VET status and you are graduating school this year*

Medical Information

Insurance Carrier & Policy #: _____

If needed my child can take (circle all that apply): Tylenol Ibuprofen Naproxen Benadryl TUMS

Physical restrictions, allergies and dietary needs (vegetarian, vegan, etc.):

Medical Conditions and Medications Taken if applicable (list time and amounts needed, list separately if needed):

Medications must be given to the Rally staff in their original Rx container upon arrival.

Parental Permission

I give my child _____ permission to attend the 2019 Northeast Leaders Club Autumn Rally from October 25th – 27th. In event of a medical emergency I give the YMCA staff permission to provide the necessary medical treatment and/or bring my child to the nearest hospital if deemed necessary. I certify that my child is in good health and able to participate. I also understand that if my child does not adhere to the rules and policies of the Rally he or she may be sent home early at my expense.

Parent / Guardian Signature _____ Date _____

Advisor Recommendation

I certify that _____ meets the requirements for participation and is prepared to fully engage in the 2018 Northeast Leaders Club Autumn Rally.

Advisor Signature _____ Date _____

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THE GREATEST SHOWMAN – THIS IS ME
Code of Conduct (The Rules)

The following rules, expectations and policies have been adopted to promote a healthy, safe and fun environment for all Rally participants.

1. Respect the rights and personal property of others at all times.
2. Use of appropriate language is expected at all times.
3. No one is permitted to leave the Rally at any time prior to dismissal unless it is cleared by the Rally Management team.
4. No one is allowed to use motor vehicles. Cars will be parked for the weekend. Teens are not allowed to drive themselves to or from the event.
5. Anyone coming to the Rally with prescription medicine must notify the Rally Management team upon registration. **Medications must be in their original prescription bottle.** A management team member will distribute medications.
6. Absolutely no drugs, alcoholic beverages or tobacco (smoking or chewing) will be permitted. Violation will result in immediate dismissal from the Rally at the parent/guardian's expense.
7. Attendance at all activities and meals is mandatory. An expectation of Leaders and staff is to participate fully and show willingness to learn. We expect full cooperation at all times.
8. No Leader will be allowed in the dorms without staff supervision for any reason. Leaders are not permitted to return to cabins between activities.
9. Check all valuables with your advisor. The YMCA is not responsible for lost or stolen items. Please bring only enough money for meal stops prior to and/or after the Rally.
10. All leaders will be in their cabins from 11:00 PM until 6:45 AM.
11. All utilized areas are to be left neat and clean. We are the guest of a fellow YMCA facility and should treat the entire facility with care and respect. All items owned by the camp facility in the cabins, dining hall and activity spaces must remain there and be used for their intended purposes only. You and your YMCA will be charged for any damages.
12. Rally is an active environment. Closed toed shoes are required. No sandals or flip-flops please.
13. You must wear a "bumper" (name-tag) and have a pen/pencil with you always.
14. Proper dress is required at all times. Clothing determined to be revealing or offensive will require a clothing change prior to participation in any activity. The management team and staff advisors will have the final say on the appropriateness of clothing.
15. No pets of any kind are allowed.
16. Cell phones are allowed but will remain in cabins during the event. No iPods, video games, or technology of any kind will be allowed during the Rally. These items will be confiscated if seen; no warning will be given!
17. Please acknowledge that all YMCAs operate differently. We expect leaders to come to the Rally with a positive attitude ready to cooperate with the guidelines set forth by the Leaders Club program and the Rally Management Team.

I have read and understand the above rules and policies. I agree that my participation in the Rally is a privilege, and understand that violation of any of the above rules may result in dismissal from the Rally, at my Parent/Guardian's expense.

Leader's printed name

Signature

Parent/Guardian signature

Date

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Leader Electives

PLEASE CHOOSE 3 activities by rating your choices 1, 2, or 3. 1 being the activity you prefer most, 3 the least. We will try our best to give you your number 1 choice but come prepared for all three choices.

Printed Name

YMCA Branch

Historians:

Take photos and create a slide show for Sunday's closing. Please bring your own digital camera.

Board Games:

No "Risk" when making a "Monopoly". Enjoy a relaxed afternoon of board games.

Team Handball:

A classic high impact fast paced team game!

Archery:

Get ready to grab your bows and knock your arrows!

Autumn Boot Camp:

Come test your fitness level!

SUPER Extreme UFO:

Ultimate Frisbee in the crisp Autumn Air ... ☘ Be Somebody ☘

Meditation / Yoga:

Take some time to get warm and centered. Stretch, breath and relax the cold away

GV Experience:

A special opportunity **for GV's only**. Have an opportunity to decide what you want your GV year to be.

Arts & Crafts:

Get crafty!

Canoeing:

Dip, Dip and swing your paddle on Camp Jewell's lake!

Climbing:

Find your inner Spiderman on this rock climbing tower

Zombie Survival Skills:

Learn the skills and techniques needed to survive in the Zombie wild

CAMP JEWELL YMCA INDIVIDUAL ACKNOWLEDGEMENT OF RISK AND WAIVER OF LIABILITY

To: YMCA of Metropolitan Hartford, Inc., its branches, officers, directors, trustees, managers, employees, volunteer staff and agents (collectively and individually hereinafter referred to as the "Y").

The undersigned on behalf of himself/herself and his/her minor children named below (hereinafter collectively and individually referred to as the "Releasors") acknowledges that Releasors may participate in activities involving risk of injury to person or property and that they assume full responsibility for all such risk. Activities may include horseback riding, ropes course, and waterfront. The undersigned certifies that each of the Releasors is in good health with no condition, illness, or abnormality which might subject them to undue personal risk for engaging in such activities. In the event of any emergency requiring medical care, the Y is hereby authorized to use its best efforts to obtain whatever medical treatment it deems necessary or appropriate under the circumstances.

Furthermore, the undersigned on behalf of the Releasors hereby specifically releases, waives, discharges and covenants not to sue the Y with respect to any or all liability to the Releasors, their heirs, personal representatives and assigns for any loss or damage, and any claim or demand therefore, on account of injury to person or property, including death, whether caused by the negligence of the Y or otherwise, while Releasors are in, on our about any premises of the Y or using any of the Y's facilities or equipment or participating in any program affiliated with the Y, without regard to location.

The undersigned expressly agrees that the foregoing Waiver of Liability is intended to be as broad and inclusive as is permitted by the law of the State of Connecticut and that if any portion thereof is held invalid, the undersigned agrees that the balance shall, notwithstanding, continue in full force and effect. The undersigned understands that the Y has the right to dismiss any person whose actions or attitude are deemed detrimental to the Y and/or other participants, with all fees forfeited.

Children of undersigned included herein: _____

Childs Name here

If emergency contact or medical concerns change, the undersigned accepts responsibility for notifying the Y in writing of the change. The undersigned gives permission for photos or videotapes of himself/herself and his/her children named below while participating in Y activities to be used for promotional purposes. (Cross out and initial if permission not given).

THE UNDERSIGNED HAS READ AND VOLUNTARILY SIGNS THIS ACKNOWLEDGEMENT OF RISK AND WAIVER OF LIABILITY, AND FURTHER AGREES THAT NO REPRESENTATIONS OR STATEMENTS OTHER THAN THOSE SET FORTH HEREIN HAVE BEEN MADE.

Participant Signature or Parent/Guardian if under 18

Date

Participant Printed Name

Group Name





Camp Jewell YMCA Outdoor Center Health Information and Emergency Permission



This form is required on site for every person under 18 years of age, not accompanied by a parent or guardian. It must be presented at the office upon check in and retained by the group leader. Forms may be needed at any time for an emergency. Please print all information clearly.

School or Group Name Northeast Region Teen Leaders (NERTL) 2018

Dates at Jewell October 27 – 29 2018

(child's name) _____ has my permission to participate in the trip to YMCA Camp Jewell Outdoor Center on the above dates.

Please list, with dates, any **major illness or injury** this child has had:

Within the past month _____

Within the past year _____

Date of **Tetanus Shot** (should be within ten years) _____

List any **Allergies** (medication, inhalant, or food) _____

Can this child take part in strenuous physical activities? _____

The following medication will be needed by this child at Camp. (All medication should be given to the group leader before leaving to come to camp. It may not be carried by the child.)

Medication	Amount and Time to be given
_____	_____
_____	_____

I hereby give permission to the O.C. Director, group leader, or their designate to administer the above medication in the absence of a nurse.

Additional information and remarks:

I understand that every attempt will be made to contact me in the event of accident or injury, but that it might be impossible in an emergency to contact me quickly enough to authorize proper treatment. Therefore, I authorize the officials of my child's group and the staff of Camp Jewell to seek the proper treatment in the event of any accident or injury. I give my permission for the use of any form of medical treatment necessary, such as: injections, anesthesia, medicines, drugs, surgery, or other treatment which is deemed necessary by attending nurses and physicians, and also authorize transportation of my child by either private vehicle or ambulance in order to facilitate any necessary treatment.

Date _____ Phone # _____

Signature of Parent or Guardian (circle one) _____

Other emergency phone numbers if a parent cannot be reached:

Name _____ Phone _____

Relationship _____ Phone _____

Family Doctor _____ Phone _____

Insurance Carrier _____ Policy Number _____

Child's Last Name _____
First _____
Middle Initial _____

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Packing List

Leaders & Parents - Keep this page for your info!

Make sure you check the weather for Colebrook, CT 06021 prior to the event. There will be outdoor activities and potentially snow so please plan appropriately. Bring extra clothes and appropriate outdoor apparel case.

WHAT TO BRING

- Warm clothes
- **Sleeping bag/heavy blankets and pillow. Cabins are heated and bedding is NOT provided**
- Outdoor cold gear – jackets, hats, mittens, gloves, scarves, etc.
- Water bottle
- Toiletries (shower shoes, shampoo, soap, toothpaste, tooth brush, deodorant, etc)
- More warm clothes.
- Sneakers, boots and/or hikers.
- Snacks (in case you get hungry between meals!)
- Flashlight
- Pen/pencil and paper
- Small amount of money for food on the way to and back from the Rally if necessary
- Towel for showering
- Camera
- YMCA appropriate dance attire – **Theme: Halloween**
- Did we mention warm clothes? Extra clothes too!
- Items needed for elective i.e. Ice skates, workout gear, etc. OPTIONAL, items are provided.

WHAT NOT TO BRING

- Perfumes, body lotions or hair care products with lots of scents and smells. They attract animals and can make the air in the heated cabins less pleasant.
- High heel shoes or overly fancy clothing. You will be at a camp, outdoors, in the Autumn. You can still dress-to-impress, but make practical clothing choices.
- Expensive electronics – The YMCA is not responsible for lost or stolen items and we want you to interact with your fellow Leaders not your cell phone.
- Large amounts of money – this can go missing. Just bring enough for any meal stops prior to and/or after the Rally.

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Advisor Application

Name: _____ Age: _____ Gender (For Housing): Female or Male or NB

YMCA: _____ Position: _____

YMCA Address: _____ City: _____ State: _____ Zip: _____

Phone: (_____) _____ E-mail: _____

Fax: (_____) _____ Years in Leaders: _____ # of Rallies: _____

Emergency Contact Name: _____

Day Phone: (_____) _____ Evening Phone: (_____) _____

Medical Information

Insurance Carrier & Policy #: _____

Physical restrictions, allergies and dietary needs (vegetarian, vegan, etc.), medical conditions:

Electives, Living Group and Values

Please circle 3 or more electives you are comfortable with facilitating.

Historians	Extreme UFO	Board Games
Team Handball	Autumn Boot Camp	Meditation / Yoga
Archery	Arts & Crafts	Canoeing
Zombie Survival Skills	Climbing	GV Experience

Advisor Survey (circle one)

Your general energy level: Energizer Bunny Smooth & Steady Mellow/Down to Earth

Your facilitation style: Stick to the plan Go with the flow Let the show begin!

As a leader I am more like: The hammer The nail The board

Living group preference (circle all that apply): 1st 2nd Vet GV No preference

Which age groups are you comfortable leading values (circle all that apply): 13-14 15-16 17-18

We strive to place advisors in their preference areas however please remain flexible if placed differently. Except in extenuating circumstances all living groups and electives will have at least two advisors.

I agree to abide by the YMCA Character Development Philosophy and the specific Autumn Rally rules. I understand that my participation in the Autumn Rally will directly affect the teen's overall experience, and will do my best at all times to meet the commitments set forth. I certify that I am in good health and able to participate fully.

Advisor Signature

Date

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Staff Commitments & Policy Acknowledgement

The Autumn Rally Management Team has adopted the following rules and policies to promote a healthy, safe, and fun environment for all Leaders Rally participants. Advisors are expected to adhere to and/or enforce the following guidelines.

1. Enforce respect of personal property of others at all times.
2. No one is allowed to leave the Rally until dismissed.
3. No one is allowed to use motor vehicles during the weekend.
4. Absolutely no drugs/alcoholic beverages. In accordance with YMCA policy, smoking is prohibited on camp property. Please plan accordingly.
5. No Leader is allowed in the dorms without supervision. You will be assigned a dorm to supervise.
6. Check all valuables from your club. The Rally is not responsible for lost/stolen articles.
7. Staff must supervise the dorms appropriately. All leaders will be in their cabins from 11:00 pm until 6:45 am. A Leader, who is not assigned to your dorm, should be walked back to their dorm.
8. Please be sure to clear dorms in the morning, and take attendance at night. A member of the safety team (a.k.a. Rally Rangers) will check in nightly for attendance.
9. You must wear a “bumper” (name-tag) and have a pen/pencil with you always.
10. Cell Phones will be allowed but know there is almost 0 service at Camp Jewell. No Head Phones, Video Games, or Technology of any kind will be allowed during the rally. Please inform your YMCA & family that you will not be available via cell phone until you are coming back.
11. Make every effort to complete all activities/values in an effective, fun, and safe manor.
12. Acknowledge the needs & concerns of all Leaders, as well as address any violation of rules, with Leaders from all YMCAs.
13. Please read the packet completely, and ensure that all Leaders are prepared with the appropriate items. This includes warm clothing and sleeping equipment.
14. While at the rally, you will be expected to participate at all times. If you require a break, please see a management team member.
15. Ensure safety at all times.
16. Please acknowledge that all YMCAs operate differently, and come to the rally with a positive attitude, ready to cooperate with the rules/guidelines determined by the Management Team.

Remember that you are an instrumental part of the teen’s experience and that as advisors we are expected to role model the YMCA’s character values and mission.

I have read and understand the above staff commitment and policies. I understand my role as an advisor at this event. I will adhere to and enforce all the rules set in place, for both my own leaders club members, and members of other clubs. If I have any questions or concerns, I will address them with the management team.

Advisor Printed Name

YMCA Branch

Advisor Signature

Date

Supervisor Recommendation

I recommend _____ for participation in the Autumn Rally as an advisory staff member. I certify that his/her skills, abilities and experience working with teenaged youth will meet the requirements of the Rally and that they have **completed a background check to work with youth.**

Supervisor Printed Name

Supervisor Signature

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Packing List

Advisor Survival Kit - What to Bring (if you don't know already)

Make sure you check the weather for Colebrook, CT 06021 prior to the event. Autumn Rally will have outdoor activities, in the cold, and maybe snow. Be sure to bring extra clothes and appropriate outdoor apparel.

Most of what you'll need for values or activities you'll be facilitating or assisting with will be provided. Here are some extras that could be helpful...

- SNACKS for you
- Febreeze / Air Freshener (trust us, your cabin will thank you)
- Mini first aid kit
- Water Bottle
- FLASHLIGHT
- Travel coffee / tea mug – Coffee & hot water with cocoa/tea packets available most of the day
- SNACKS for your living group
- Playing cards
- Extra batteries
- ALARM CLOCK (Meaning just remember to set an alarm on your phone!)
- Extra office supplies (scissors, rubber bands, paper clips, etc)
- Mints or gum
- Safety pins
- YMCA appropriate dance attire – **Theme: Halloween**
- WARM CLOTHES AND AUTUMN OUTDOOR WEAR!
- Feminine products
- Extra pens, markers, etc.
- Inspirational books (food for thought, etc)

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Directions to Camp Jewell

Warning – GPS Directions could lead you on unpaved, steep or curvy roads. Please check your route prior to leaving or use the below directions. A direction service such as Mapquest, Google Maps, etc. may be your best bet!

From Boston & Albany:

Take I-90, (Mass Pike) Exit 2, proceed east on Rt. 20 (7 miles), then south on Rt. 8 (20 miles). Go 3.6 miles after crossing the CT Border (marked with a sign), and turn RIGHT onto SANDY BROOK RD. Sandy Brook winds along the brook for 4.4 miles till you come to a stop sign (your first one). Turn RIGHT onto Rt. 183, and proceed .5 miles till you see the signs into Camp Jewell.

From Hartford:

Rt. #44 (Albany Ave.) to Winsted. Rt. 44 is also Main Street in Winsted. As you begin to leave town you'll notice a blinking yellow caution light, and sign for Colebrook and Rt. #183. Turn RIGHT onto Rt. 183 and head north 7.2 miles through Colebrook. There is a Camp Jewell sign indicating a RIGHT turn onto PROCK HILL RD, and into Camp Jewell. (If your reach the MASS. border, you've gone too far, Jewell is back about 2 miles!)

From NYC:

Take I-95 to Rt. 8 North OR make you way to I-84 East to Rt. 8 North. Turn right (west) on Rt. 44. Rt. 44 is also Main Street in Winsted. As you begin to leave town you'll notice a blinking yellow caution light, and sign for Colebrook and Rt. #183. Turn RIGHT onto Rt. 183 and head north 7.2 miles through Colebrook. There is a Camp Jewell sign indicating a RIGHT turn onto PROCK HILL RD, and into Camp Jewell. (If your reach the MASS. border, you've gone too far! Jewell is back about 2 miles.)

Mapquest / Google / Yahoo: This may be your best bet!

YMCA Camp Jewell
6 Prock Hill Road
Colebrook, CT 06021

Contact:

(888) 412-2267 – Camp Jewell
Upon registration you will receive additional contact numbers prior to rally.

Check in is at the Dining Hall. See map below.

