



*It's still you...just* **HEALTHIER**

Residential Camp  
July 19, 2009 - August 1, 2009

## Camper's Handbook & Schedule

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Dear Campers,

Welcome to Camp NEW You! We are so pleased to have you here, and we know you are going to have a great time! The next two weeks are going to be filled with activities that promote a healthy lifestyle. During camp you will have the opportunity to make a lot of friends, have fun, and be introduced to new experiences. This camp is all about YOU, so if there is anything the camp staff can do to make this experience more enjoyable, just ask us! We look forward to getting to know each and every one of you, and to a GREAT two weeks.

Sincerely,

Eric Murphy & Justine Vosloo  
Camp Co-Directors

# Camp Rules

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1. Dress appropriately each day.
2. Be on time
3. Be at every session.
4. Wear your name tag at all times with your room key attached.
5. Leave cell phones and handheld games in your room.
6. Inform a staff member if problems occur.
7. Keep your living area neat and tidy.
8. Be responsible for your belongings.
9. Respect your roommate's belongings and quiet time.
10. Make sure a staff member knows where you are at all times.



# Staff & Advisory Board

**Eric Murphy, Co-Director**

**Justine Vosloo, Co-Director**

**Shelly Pruett, Lifestyle Coach**

**Sherrie Garner, Lifestyle Coach**

**Liz Gilchrist, Lifestyle Coach**

**Jessica Peacock, Lifestyle Coach**

**Sean Bulger, EdD (Co-Project Manager)**

**Eloise Elliott, PhD (Co-Project Manager)**

**Derek Belcher, BS**

**Elaine Bowen, EdD**

**Cindy Fitch, PhD, RD**

**Shannon Holland, MA**

**Lynn Housner, PhD**

**Kristin McCartney, RD**

**Emily Murphy, PhD**

**William Neal, MD**

**Vanessa Shannon, PhD, CC AAASP**

**Jack Watson, PhD**

# Personal Pledge

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At Camp NEW You, I will:

- ✓ Have fun!
- ✓ Give 100% effort.
- ✓ Respect myself and others.
- ✓ Be supportive of others.
- ✓ Try new things.
- ✓ Embrace the unknown.
- ✓ Strive to get the most out of each day.

Sunday

July 19

12:00-2:00 **Program Registration & Check In**  
*Brooke Tower Main Lobby Area*

2:00-3:00 **Camp Orientation**  
*Gold Room*

3:00-3:15 **Snack & Break**  
**Staff - Parents - Campers**  
*Gold Room*

3:15-4:45 **Break-Out Session**  
**Parents - Campers**  
*Gold Room & Learning Center*

4:45-5:00 **Parents Leave**

5:00-5:45 **Walking Tour of Campus**  
*Evansdale Campus*

6:00-7:00 **Dinner**  
*Dining Hall*

7:15-9:15 **Team Building Night**  
*Gold Room*

9:30 **Quiet Time**  
*ERC Rooms*

10:30 **Lights Out!**

**Welcome to Camp!**

**“Make Good Choices”**

7:30-9:15 **Health Screening & Child Surveys**  
*Gold Room*

9:15-9:45 **Breakfast**  
*Gold Room*

10:00-10:30 **Group Meeting**  
*TBA*

10:45-11:45 **Take Charge Be Healthy® - Day 1**  
*ERC Computer Lab*

12:00-12:45 **Lunch**  
*Dining Hall*

1:00-2:45 **Physical Activity: Pickle Ball**  
*Shell Building & PE Field Space*

3:00-3:45 **Nutrition Tip & Snack Time - Day 1**  
*Food Lab*

4:00-4:30 **Chat Groups**  
*Learning Center*

4:30-5:45 **Break Time**

6:00-7:00 **Dinner**  
*Dining Hall*

7:15-9:15 **Bod-Pod Testing & Movie Night**  
*John Jones Conference Room*

9:30 **Quiet Time**  
*ERC Rooms*

10:30 **Lights Out!**

## “Amounts Count”

8:00-8:30 **Breakfast**

*Dining Hall*

8:30-8:45 **Group Meeting**

*Stansbury Loft & Gym*

9:00-10:30 **Flexibility - Martial Arts**

**Scott Pruett**

*Stansbury Loft & Gym*

10:45-11:45 **Take Charge Be Healthy® - Day 2**

*ERC Computer Lab*

12:00-12:45 **Lunch**

*Dining Hall*

1:00-2:45 **Physical Activity: Dance #1**

**Suzy Summer**

*Coliseum 171*

3:00-3:45 **Nutrition Tip & Snack Time - Day 2**

*Food Lab*

4:00-4:30 **Chat Groups**

*Learning Center*

4:30-5:45 **Break Time**

6:00-7:00 **Dinner**

*Dining Hall*

7:15-9:15 **WOW! Factory Portion Plates**

*WOW! Factory in Star City*

9:30 **Quiet Time**

*ERC Rooms*

10:30 **Lights Out!**

**“Above the influence”**

8:00-8:30 **Breakfast**  
*Dining Hall*

8:30-8:45 **Group Meeting**  
*TBA*

9:00-10:30 **Into to Fitness Testing and Fitness Games**  
*Stansbury Loft & Gym*

10:45-11:45 **Take Charge Be Healthy® - Day 3**  
*ERC Computer Lab*

12:00-12:45 **Lunch**  
*Dining Hall*

1:00-2:45 **Physical Activity: Frisbee Golf**  
*Shell Building & PE Field Space*

3:00-3:45 **Nutrition Tip & Snack Time - Day 3**  
*Food Lab*

4:00-4:30 **Chat Groups**  
*Learning Center*

4:30-5:45 **Break Time**

6:00-7:00 **Dinner**  
*Dining Hall*

7:15-9:15 **Recreational Swim**  
*Natatorium Pool*

9:30 **Quiet Time**

10:30 **Lights Out!**

**“More matters”**

- 8:00-8:30 **Breakfast**  
*Dining Hall*
- 8:30-8:45 **Group Meeting**  
*TBA*
- 9:00-10:30 **Aerobic Fitness-Zumba**  
**Pascha Adamo**  
*Stansbury Loft & Gym*
- 10:45-11:45 **Take Charge Be Healthy® - Day 4**  
*ERC Computer Lab*
- 12:00-12:45 **Lunch**  
*Dining Hall*
- 1:00-2:45 **Physical Activity: Hip Hop Dance**  
**Pascha Adamo**  
*Coliseum 171*
- 3:00-3:45 **Nutrition Tip & Snack Time - Day 4**  
*Food Lab*
- 4:00-4:30 **Chat Groups**  
*Learning Center*
- 4:30-5:45 **Break Time**
- 6:00-7:00 **Dinner**  
*Dining Hall*
- 7:15-9:15 **Guest Chef Presentation**  
**Chef Tim Urbanik**  
*Food Lab-*
- 9:30 **Quiet Time**  
*ERC Rooms*
- 10:30 **Lights Out!**

## “What’s your plan?”

8:00-8:30 **Breakfast**  
*Dining Hall*

8:30-8:45 **Group Meeting**  
*TBA*

9:00-10:30 **Cross Training Choices**  
*Stansbury Loft & Gym*

10:45-11:45 **Take Charge Be Healthy® - Day 5**  
*ERC Computer Lab*

12:00-12:45 **Lunch**  
*Dining Hall*

1:00-2:45 **Physical Activity: Sports Stations**  
*Shell Building & PE Field Space*

3:00-3:45 **Family Dinner Meal Planning**  
*Food Lab*

4:00-4:30 **Chat Groups**  
*Learning Center*

4:30-5:45 **Break Time**

6:00-7:00 **Dinner**  
*Dining Hall*

7:15-9:15 **Camp NEW You Dance**  
*Gold Room*

9:30 **Quiet Time**  
*ERC Rooms*

10:30 **Lights Out!**

**“Together to be better”**

8:00-8:30 **Breakfast & Group Meetings**  
*Dining Hall*

8:30-8:45 **Group Meeting**  
*TBA*

9:00-11:30 **Family Dinner Meal Preparation**  
*Food Lab*

**Physical Activity Festival Set-up**  
*Shell Building & PE Field Spaces*

12:00-12:30 **Lunch**  
*Dining Hall*

12:45 **Parents Arrive on Campus**

1:00-2:45 **Camp NEW You Physical Activity Festival  
Parents & Campers**  
*Shell Building & PE Field Space*

3:00-5:45 **Campers prepare Family Dinner**  
*Food Lab*

3:00-5:45 **Parents: Break-Out Sessions**  
*Classroom A & B*

6:00-7:00 **Family Dinner**  
*Classroom A & B*

7:15-9:15 **Bowling & Billiards Family Night**  
*MountainLair*

9:30 **Quiet Time**  
*ERC Rooms*

10:30 **Lights Out!**

## “Reaching new heights?”

8:00-8:30 **Breakfast**  
*Dining Hall*

8:45-9:30 **Camp NEW You Family Walk**  
*Evansdale Campus*

9:45-11:45 **Family Grocery Shopping Tour**  
*Kroger's Stores*

12:00-12:45 **Lunch**  
*Dining Hall*

1:00-2:30 **Family Chat Group**  
*Classroom A and B*

2:30-2:45 **Parents Leave**

2:45-3:00 **Prepare to Leave for Hiking and Picnic**

3:00-8:00 **Camp NEW You Picnic**  
**Coopers Rock State Park**  
*Picnic Shelter 3*

8:45-9:15 **Chat Groups**  
*Learning Center*

9:30 **Quiet Time**  
*ERC Rooms*

10:30 **Lights Out!**

**“A balancing act”**

8:00-8:30 **Breakfast**  
*Dining Hall*

8:30-8:45 **Group Meeting**  
*TBA*

9:00-10:30 **Flexibility - Yoga**  
*Stansbury Loft & Gym*

10:45-11:45 **Take Charge Be Healthy® - Day 6**  
*ERC Computer Lab*

12:00-12:45 **Lunch**  
*Dining Hall*

1:00-3:00 **Physical Activity: Hiking**  
*Hemlock Trail - WVU Forest*

3:00-3:15 **Prepare for boating trip**

3:15-8:00 **Camp New You Boating Trip**  
**Cheat Lake**  
*Cheat Lake Harbor*

8:45-9:15 **Chat Groups**  
*Learning Center*

9:30 **Quiet Time**  
*ERC Rooms*

10:30 **Lights Out!**

**“Think your drink”**

8:00-8:30 **Breakfast**  
*Dining Hall*

8:30-8:45 **Group Meeting**  
*TBA*

9:00-10:30 **Aerobic Fitness - Water Aerobics**  
*Natatorium Pool*

10:45-11:45 **Take Charge Be Healthy® - Day 7**  
*ERC Computer Lab*

12:00-12:45 **Lunch**  
*Dining Hall*

1:00-2:45 **Physical Activity: Orienteering**  
**Scott Pruett**  
*WVU Arboretum*

3:00-3:45 **Nutrition Tip & Snack Time - Day 5**  
*Food Lab*

4:00-4:30 **Chat Groups**  
*Learning Center*

4:30-5:45 **Break Time**

6:00-7:00 **Dinner**  
*Dining Hall*

7:15-9:15 **WV Public Theatre: Fiddler on the Roof**  
*Creative Arts Center*

9:30 **Quiet Time**  
*ERC Rooms*

10:30 **Lights Out!**

**“Speak your mind”**

8:00-8:30 **Breakfast**  
*Dining Hall*

8:30-8:45 **Group Meetings**  
*TBA*

9:00-10:30 **Muscular Fitness Circuits**  
**Nancy Naternicola**  
*SRC Room B*

10:45-11:45 **Take Charge Be Healthy® - Day 8**  
*ERC Computer Lab*

12:00-12:45 **Lunch**  
*Dining Hall*

1:00-2:45 **Physical Activity: Mountain Biking & Wii Adventure - Kristen Diefenbach**  
*Coliseum Lot & Room 171*

3:00-3:45 **Nutrition Tip & Snack Time - Day 6**  
*Food Lab*

4:00-4:30 **Chat Groups**  
*Learning Center*

4:30-5:45 **Break Time**

6:00-7:00 **Dinner**  
*Dining Hall*

7:15-9:15 **Recreational Swim**  
*Natatorium Pool*

9:30 **Quiet Time**  
*ERC Rooms*

10:30 **Lights Out!**

**“Your in charge!”**

8:00-8:30 **Breakfast**  
*Dining Hall*

8:30-8:45 **Group Meeting**  
*TBA*

9:00-10:30 **Fitness Testing & Choices**  
*Stansbury Loft & Gym*

10:45-11:45 **Take Charge Be Healthy® - Day 9**  
*ERC Computer Lab*

12:00-12:45 **Lunch**  
*Dining Hall*

1:00-2:45 **Physical Activity: Nature Walk**  
**George Longnecker**  
*West Virginia Botanic Gardens*

3:00-3:45 **Nutrition Tip & Snack Time - Day 7**  
*Food Lab*

4:00-4:30 **Chat Groups**  
*Learning Center*

4:30-5:45 **Break Time**  
*Blue Room*

6:00-7:00 **Dinner**  
*Dining Hall*

7:15-9:15 **Healthy Commercials:**  
**Planning, Practice, Taping**  
*Jean-Benson Lounge*

9:30 **Quiet Time**  
*ERC Rooms*

10:30 **Lights Out!**

## “Keep it Fun”

8:00-8:30 **Breakfast**  
*Dining Hall*

8:30-8:45 **Group Meeting**  
*TBA*

9:00 a.m. - **Pennsylvania Field Trip**  
9:00 p.m. **Idlewild & SoakZone**



*“With seven themed areas that include exciting rides, the wet and wild SoakZone, the original Story Book Forest, Jumpin' Jungle, Hootin' Holler, a trolley ride through Mister Rogers' Neighborhood of Make-Believe, live entertainment, and much more, it's easy to see why there is "So Much Fun All in One Place!"*

9:00 **Parents arrive on campus**

10:00 **Quiet Time**  
*ERC Rooms*

10:30 **Lights Out!**

## “A healthier you!”

8:00-8:30 **Breakfast**  
*Dining Hall*

8:30-9:30 **Parents: Break-out Education Sessions**  
*Blue Room*

**Campers: Wrap up Health Screening & Packing**  
*Classroom A*

9:30-10:30 **Parents: CNY Communication & Resources**  
*Blue Room*

**Campers: Focus Groups**  
*Classroom A*

10:30-11:30 **Parents: Focus Groups**  
*Blue Room*

**Campers: Final Group Chat & Lifestyle Coaching**  
*Classroom A*

11:30-1:00 **Lunch & Closing Event**  
*Dining Hall & Blue Room*

1:00 **Check-Out & Good Bye**

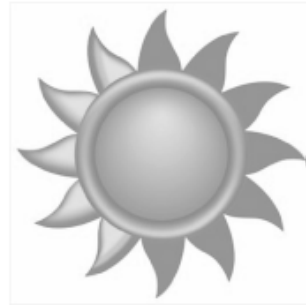
**See you in the fall!**

# Upcoming Camp Dates



**October 2-4, 2009**

**February 5-7, 2009**  
**CNY REUNION WEEKEND**



**June 11-13, 2010**

Be sure to visit our website to keep up to date with future dates and events.

[www.campnewyou.org](http://www.campnewyou.org)



### *What is Ning?*

**Ning is a social networking site for kids and teens. Camp NEW You has started a private group that only CNY participants can join.**

### *What can I do on Ning?*

**CNY participants can create their own profile page that tells a little about themselves, post pictures, feature songs, and most importantly, stay connected to your friends from camp. It's a great way to help encourage each other as you strive to lead a healthier lifestyle.**

### *Are we the only kids on Ning?*

**Only CNY participants can interact with each other in the CNY group. However, you can interact and meet campers from last years group. These kids are just like you - learning to lead healthier lives. Becoming friends with other campers is a great way to build healthy relationships with others just like you!**

Send an email (be sure to include your name) to:  
**[ning@campnewyou.org](mailto:ning@campnewyou.org)**

We will send an invite to your email so you can join!





*It's still you...just* **HEALTHIER**

Camp New You has been made possible through funding and support from:

- WVU College of Physical Activity and Sport Sciences
- WVU CARDIAC Project / Benedum Foundation
- WV Public Employees Insurance Agency (PEIA)
- Mountain State Blue Cross Blue Shield
- WV Children's Health Insurance Program (WVCHIP)
- WVU Health Plan
- Milan Pharmaceuticals Foundation
- WV Bureau for Public Health Office of Healthy Lifestyles
- Concord University
- WVU Davis College of Agriculture Forestry and Consumer Sciences
- WVU Extension Services
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- Cindy Boggs, Author
- Tim Urbank, Chef of Café Cimino
- Mark Manross, PE Central