



Camp Musky

EXPLORE & DISCOVER

The Musconetcong Watershed Association's (MWA) Camp Musky will bring your children on an exciting hands-on, outdoor learning adventure. Campers will explore the beautiful MWA River Resource Center property and the adjoining, preserved 30 acres of meadow, woods and wetlands. MWA believes that the most meaningful learning experiences for children come from immersion in the natural world.

Camp Sessions

All Campers will need to pack a HEALTHY Lunch and Snack!

July 5-9 · "Explorers" · Ages 5-6 yrs. · 9:00 am - 1:00 pm · \$130/camper

Join the Explorers for hikes, games, craft projects and more. Each morning begins with a journey to explore the river and its surroundings, learning about the river, and the animals that call the Musconetcong home. Explorers will use natural materials and our local landscape to build, design, and create items from our imagination.

July 12-16 · "Stream Team" · Ages 7-9 yrs. · 9:00 am - 1:00 pm · \$130/camper

The Stream Team will discover the connection between humans and nature. Understanding the plants and animals in our local ecosystem, and safe ways to interact with them opens up opportunities for our children to explore nature in a creative, uninhibited way. Adventures on the river, and our path of developing a deep, lasting connection with our watershed will be documented in their personal nature journal.

July 19-23 · "Trailblazers" · Ages 7-9 yrs. · 9:00 am - 4:00 pm · \$235/camper

Trailblazers will explore the connection between humans and nature. Understanding the plants and animals in our local ecosystem, and safe ways to interact with them opens up opportunities for your children to explore nature in a creative, uninhibited way. They will develop an appreciation for the basic components necessary for sustainability including use of water, shelter, and food. Trailblazers will also learn how each habitat explored provides these necessities for the creatures it supports

July 26 -30 · "River Rangers" · Ages 10-12+ yrs. · 9:00 am - 4:00 pm · \$235/camper

River Rangers, learn that for humans to live sustainably, we need to use the earth's resources at a rate at which they can be replenished. Each day, there will be an exploration of the Musconetcong River and an in-depth investigation of stream and field life in the Musconetcong Watershed. Rangers will develop an appreciation for basic components necessary for sustainability including use of water, shelter, and food. Rangers will learn how each habitat explored provides these necessities for the creatures it supports.

August 2- 6 · "STEM CAMP" · Ages 8-12 yrs. · 9:00 am - 4:00 pm · \$235/camper

Science, Technology, Engineering, and yes even some Math! In our STEM Camp, we will use hands-on learning to foster creativity, problem solving, life skills, resourcefulness, patience, and curiosity. Using core STEM principles we will work together to solve real world problems! Including monitoring the mighty Musconetcong River's Heath. We of course will make time to time to explore and play some fun games!

Sibling Discount of \$20 per each additional camper! | After June 1st price increase by \$20!

Refund Deadline: June 1, 2021

Please complete registration and health forms and send with check made payable to:

MWA | P.O. Box 113 | Asbury, NJ 08802

Please call 908-537-7060 or email kyle@musconetcong.org for more information

www.musconetcong.org



Camp Musky Gear List

Here is a suggested list of items to send with your camper

- Small backpack
- Extra Change of clothes
- Reusable water bottle
- Rain boots or water shoes
- Water shoes
- Rain jacket
- Sun hat
- Sunblock
- Bug spray
- Bathing suit (for river exploration/fun)



Shoe Guideline: Campers will be outdoors and will need to wear shoes that have a closed toe with a back strap. Old sneakers/hiking boots are best, **Flip-flops are not allowed, and Crocs are not recommended.** We will be exploring the river, even on rainy days so please pack your camper with a change of shoes designed to get wet (such as water shoes), and please choose your campers shoes for the day with mud and water in mind!

Join the Camp Musky Earth-Friendly Lunch Challenge!

We'll be on the move for most of the day and campers will get hungry, so be sure to pack a lunch and healthy snack. MWA encourages the use of reusable items to reduce the amount of waste we produce. Review the tips for a waste-free lunch below to help your camper prepare for the Camp Musky Earthy Friendly Lunch Challenge. **Please note, lunches cannot be provided if a camper forgets their lunch.**

Lunches should be high protein, low or no sugar, and each camper should have a **healthy snack (fruit/vegetable/protein/multi-grain) packed in addition to lunch.**

A Waste-Free Lunch (Reusable)

With this type of lunch, lunch food items can be bought in larger quantities. The packaging can be left at home for reuse or recycling. Waste-free lunches are not only a wise environmental choice, but they are less expensive as well. To pack a waste-free lunch consider:

- Packing sandwiches and other main dishes, fresh fruit, fresh vegetables, and treats in a reusable lunch container
- Using cloth napkins
- Using stainless-steel forks and spoons
- Using a Reusable drink container/water bottle
- Using a Reusable Lunch box



More information on waste-free lunches can be found at www.wastefreelunches.org

Camper Information

Camper Name _____ Age _____
 Parent/Guardian _____ Phone _____
 Address _____
 Email _____

Pick-Up Information

List all adults, including parents, with permission to pick up your camper **Include : Name, Phone Number, and Relationship to Camper**

Session Selection

Place an X in box for the session you are registering for

<input type="checkbox"/>	July 5 -9, 2021 Explorers Ages : 5-6 9am to 1pm \$130
<input type="checkbox"/>	July 12-16, 2021 Stream Team Ages: 7-9 9am to 1pm \$130
<input type="checkbox"/>	July 19 -23, 2021 Trailblazers Ages: 7-9 9am to 4pm \$235
<input type="checkbox"/>	July 26 -30, 2021 River Rangers Ages: 10-12+ 9am to 4pm \$235
<input type="checkbox"/>	August 2-6, 2021 STEM Camp Ages: 8-12+ 9am to 4 pm \$235

Please send forms and payment to:
MWA, P.O. Box 113, Asbury, NJ 08802
 (please make checks payable to: MWA)

*Tuition after June 1st: 9 am to 1pm Session, \$150/child;
 9am to 4pm Sessions, \$250/child
Family Discount: Half Day Session: \$110 each additional
 child; Full Day Sessions: \$215 each additional child

Photo Release

- I hereby grant *permission* to MWA to use photographs and/or video of my child taken during Camp Musky in publications, news *releases*, online, and in other communications related to the mission of MWA.
- I decline to grant permission to MWA to use photographs and/or video of my child taken during Camp Musky in publications, new release, online, and in other communications related to the mission of MWA.

Parent/Guardian Signature: _____

The Musconetcong Watershed Association (MWA), incorporated as a nonprofit 501(c) (3) organization in 1992, is committed to protecting and improving the quality of the Musconetcong River Watershed, including its natural and cultural resources, through public education and awareness programs, water monitoring, promotion of sustainable land management practices, and community involvement.



For more information visit our website at www.musconetcong.org or contact
 Kyle Richter at kyle@musconetcong.org | (908) 537-7060.

Musconetcong Watershed Association Camp Musky Summer Day Camp Program

PERSONAL HEALTH AND MEDICAL FORM

TO BE COMPLETED BY PARENT OR GUARDIAN (Physician does NOT need to complete or sign this form.)

Participant's Name: (Last, First, M.I.) _____		<input type="checkbox"/> M <input type="checkbox"/> F	DOB ____ / ____ / ____
Address: _____ _____ City, State, Zip _____			
Parent/Guardian: _____		Home Phone: _____	
		Cell Phone: _____	
		Work Phone: _____	
Emergency Medical Info:		Emergency Contact Info:	
Participant is subject to: <input type="checkbox"/> Asthma <input type="checkbox"/> Diabetes <input type="checkbox"/> High Blood Pressure <input type="checkbox"/> Any condition that may require knowledge or special care		Name: _____ Relationship: _____ Address: _____ Phone: _____ _____ Other r Phone: _____	
<input type="checkbox"/> Convulsions <input type="checkbox"/> Fainting Spells <input type="checkbox"/> Heart Trouble <input type="checkbox"/> Allergy <input type="checkbox"/> Contact Lenses		My child has permission to participate in: <input type="checkbox"/> Hiking and camping <input type="checkbox"/> Water Activities <input type="checkbox"/> All Activities	
Explain: _____		Exceptions: (specify) _____	
PERSONAL HEALTH HISTORY			
Date of most recent exam: _____			
Immunizations and Dates: <input type="checkbox"/> DPT _____ <input type="checkbox"/> Tdap (11 and Older) _____ <input type="checkbox"/> Polio _____ <input type="checkbox"/> Chickenpox _____ <input type="checkbox"/> Influenza _____ <input type="checkbox"/> MMR (Measles, Mumps, Rubella) _____ <input type="checkbox"/> Hep B _____ <input type="checkbox"/> Menactra (11 and Older) _____			
Childhood Illness: <input type="checkbox"/> Measles <input type="checkbox"/> Mumps <input type="checkbox"/> Rubella <input type="checkbox"/> Chickenpox <input type="checkbox"/> Rheumatic Fever			
<input type="checkbox"/> My child is not immunized for personal/religious/medical reasons. Please provide documentation.			
List Any Medical Problems That A Doctor Has Diagnosed: _____			
Is the child now under medical care or taking any medication? No Yes			
Name the Drug	Strength	Frequency Taken	
Known food allergies: _____ Reaction You Have: _____			

To the best of my knowledge, health history is correct and complete. I know of no reason to restrict camper's activity, and give my permission for participation in all activities except as specifically noted therein. In the event I cannot be reached in an EMERGENCY, I hereby give my permission to the physician selected by the Camp Director to hospitalize, secure proper treatment for and to order injection, anesthesia or surgery for my child as named above. I also give permission to MWA to make non-commercial use of any activity photograph of my child or any artwork created by my child while at camp. All records will be handled only by staff whose job includes processing or using this information for the benefit of the participant.

Date _____ Parent/Guardian _____