

Make Your Way, Leave Your Mark

Summer Camp 2024



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Important Dates

January 4	Summer Camp Registration Opens for GSMIDTN members!
January 11	Holiday Discount Deadline* Receive up to \$90 off the price of one camp program
January 25	Early Bird Discount Deadline* Receive up to \$65 off the price of one camp program
January 26	Summer Camp Registration Opens for All Campers
February 15	Early-Bird Intern Application Deadline Receive a \$50 bonus for the summer
March 8	Military Discount Deadline* Receive up to \$100 off the price of one camp program for campers with a parent/guardian serving active duty.
March 15	Final Intern Application Deadline
May 2	Last Day to Apply for Financial Assistance
May 16	All Payments Due

** Discounts are available to GSMIDTN members. Only one discount will be applied per camper per summer. For more information on available discounts, please visit our website at gsmidtn.org/summer-camp*

SUMMER CAMP OPEN HOUSE SUNDAY, APRIL 14, 2024, 1:00-4:00 PM

Join us at Camp Holloway and Camp Sycamore Hills to experience a glimpse of camp magic! This is your opportunity to meet camp staff, take a self-guided tour of camp, eat a s'more, and explore some camp activities.

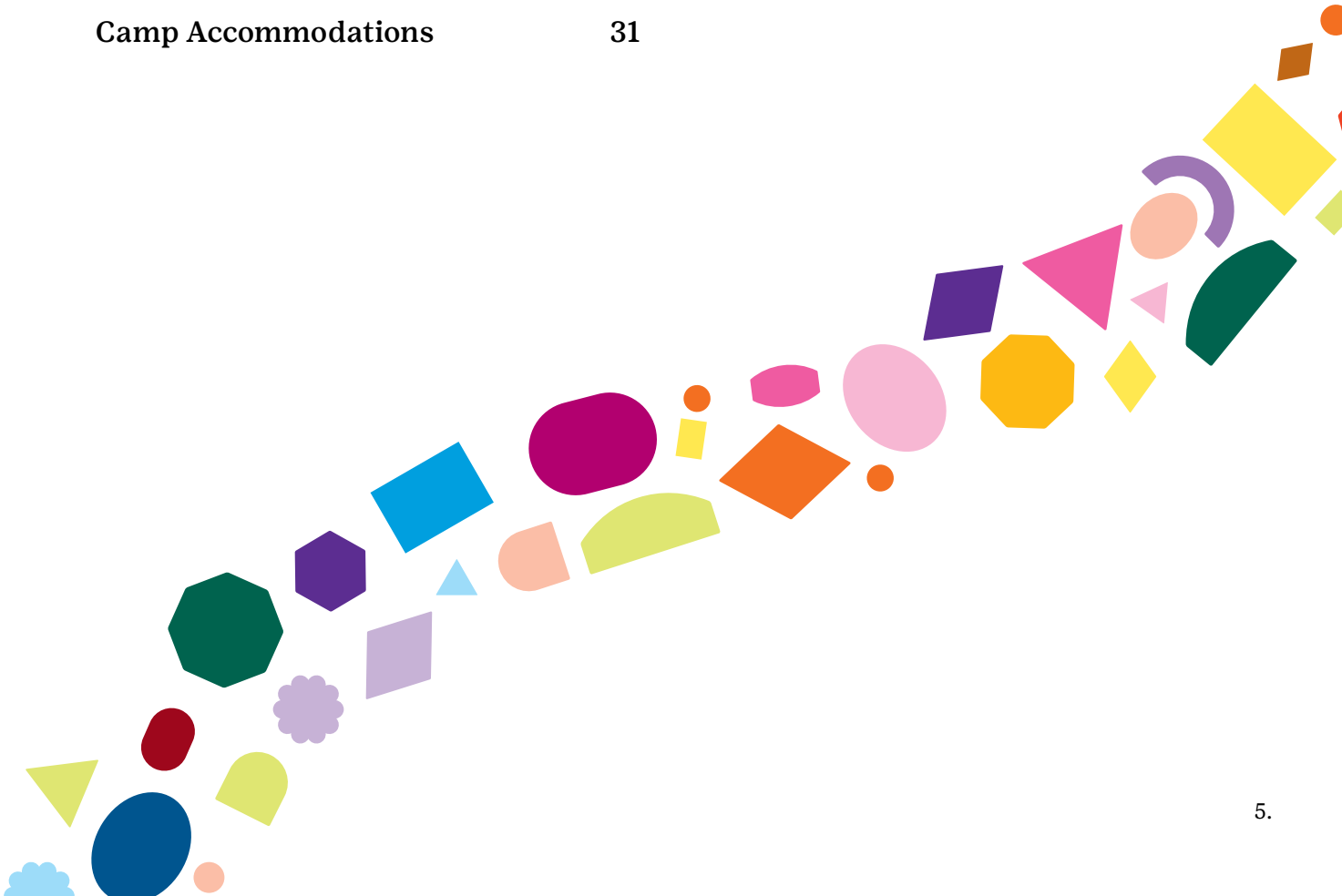
This is a free, drop-in event; families are welcome to bring a picnic lunch or snacks, but please leave pets at home.

Registration in CouncilAlignMENT is helpful, but not required.



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Camper Requirements

Girl Scouts of Middle Tennessee provides safe and affirming camp experiences to the girls we serve. We proudly offer a wide variety of activities with the goal of providing enriching experiences in areas that girls enjoy. We support campers wherever they are in life and feel privileged to create a safe space for those who join us. However, our facilities and programming limit the ways in which we can accommodate campers with differing needs.

We want everyone to be successful, and we find that campers have the best success if they can do the following:

- Be fully independent with hygiene (with reminders from staff.)
- Use the bathroom, shower, and get dressed unassisted.
- Live, shower, and dress in communal spaces. Privacy is an essential and fundamental right of everyone at camp, including in toilets, changing areas, and showers, which are single-use. Typical of most public bathrooms, many single-use stalls are located in one facility.
- Sleep in a room with other people and/or fall asleep without assistance. Our cabins and tents all hold multiple people; there is no situation in which a child will have their own room, and there are not outlets to accommodate noise machines, etc.
- Follow verbal directions.
- Understand and follow camp rules and expectations.
- Be able to verbalize if they need assistance, are hungry, are hurt, etc.
- Be able to reasonably and age-appropriately self-regulate social and emotional needs.

Physical Needs and Accommodations

If your camper has physical restrictions and/or uses a wheelchair, crutches, braces, or similar assistive technology, please contact the camp team so we can plan the best possible experience. While many programs may be modified to meet the specific needs of our campers, we are not equipped or staffed to provide care for campers to who need one-on-one assistance. Activities such as high challenge, canoeing, kayaking, horseback riding, and similar activities are challenging to access for those with mobility challenges and have limited adaptations depending on the challenges faced.

In addition, some campers may need additional support in order to access camp independently outside of what is addressed above (for example, noise cancelling headphones). If this is the case for your camper, please contact the camp team so we can provide more information and work together to ensure our program is inclusive and meets your campers needs.

Health and Wellness

To keep the entire camp community safe and ensure a positive experience for everyone, we will check for the following during camper check-in:

- a. Fever of 100.4 degrees or higher.
 - b. Symptoms of any contagious condition.
 - c. Head lice or evidence of lice in any form.
 - d. Any injury or condition that needs immediate medical attention.
- 6.

Campers may not remain at camp with a fever, signs of a contagious condition, or signs of head lice. If a camper is sent home at check-in, they may return with a signed letter from their medical professional stating that they do not have any contagious condition and are able to attend camp. Campers may make arrangements to attend a later program at Camp Holloway or Camp Sycamore Hills in summer 2024 (if space is available) or may request a refund. In the case of head lice, a camper must wait 24 hours, be free of signs of lice or nits, and get rechecked upon return. The final decision is at the discretion of the camp director health officer.

Physical Restrictions

To balance the demand for challenging activities and the safety and well-being of campers, staff, and animals, we offer the following programs and activities with restrictions as listed below.

If you have questions or concerns regarding a camper participating because of these restrictions or would like additional information on these restrictions, please contact a member of the camp team. We realize these restrictions may lead to sensitive conversations, and we welcome the opportunity to speak in advance of your camp program to discuss options and potential solutions.

Equestrian Programs

To protect the health and safety of our horses and participants, the maximum weight limit for participants in Girl Scouts of Middle Tennessee horseback riding programs is 200 lbs. Current research shows that horses should carry no more than 20% of their weight. Our limit is based on the size of our horses, weight of our equipment, and the type of activities we provide. As a Certified Horsemanship Association (CHA) accredited site, we have established this policy in accordance with their safety protocols and recommendations.

In addition, Camp Sycamore Hills Equestrian staff and facilities are not certified in therapeutic riding. Staff are limited in their ability to provide a safe experience for campers requiring physical or social accommodations while riding. Before deciding whether an equestrian camp program is a fit for your rider, please contact our Manager of Equestrian Programs so we can plan the best possible experiences for them. If we are unable to safely include your camper in riding activities, we will provide a reference for a trusted therapeutic riding facility.

Adventure Activities

Several of the activities offered at our facilities utilize specialized equipment. This equipment is designed with the safety of the participant in mind and has manufacturer-recommended limitations to minimize the risk of injury to the participant. To ensure all participants are able to utilize equipment safely, the following weight limits must be strictly enforced:

High Challenge, Rappelling, Tree Climbing	250 lbs.
Zip line, Flying Squirrel, Swing-By-Choice	250 lbs.

In addition to these weight limits, supplied harnesses and equipment must fit properly and securely. Fit will be evaluated by counselors and instructors on site.

Watercraft

In addition to the weight limits listed below, all participants utilizing watercraft (including canoes, kayaks, and CORCLs) on council properties are required to wear Coast Guard approved Personal Flotation Devices (PFDs) at all times. Usage of watercraft is dependent on proper fit of supplied PFDs and will be evaluated by the instructor/facilitator on site.

CORCLs and Kayaks	225 lbs.
Canoes	350 lbs.

Grade Levels

There's always something new to explore and learn at camp! Each Girl Scout level will have similar program elements to help them grow and continue their camp experience each year.

Campers should register for a camp program reflecting the grade they will be entering in Fall 2024. Buddies must be in the same Girl Scout level to live in the same housing unit. On rare occasions, campers can join a program for the age group they just left in the case of Juniors entering 4th grade (just left Brownies), and Cadettes entering 6th grade (just left Juniors). These decisions are made on a case-by-case basis. Please contact a member of the camp team with questions.

Daisy (D) - Entering grades K-1

Girl Scout Daisies shine with excitement as they explore nature, learn about Girl Scouts' rich traditions, develop leadership skills, and create new and lasting friendships at camp.

Brownie (B) - Entering grades 2-3

At summer camp, Girl Scout Brownies realize the power they possess in simply being themselves and the potential they have to make a difference in the world. Summer camp helps them bond with their peers, develop teamwork skills, and truly integrate into the camp community.

Junior (J) - Entering grades 4-5

Girl Scout Juniors are lively and assertive at summer camp! They learn to plan strategically and craft their camp experience with endless opportunities to become the best version of themselves, build their skillset, and bask in our outdoor oases.

Cadette (C) - Entering grades 6-8

Girl Scout Cadettes are passionate, determined, and want their voices to be heard. Summer camp provides a safe space where they're free to be themselves and have more control over their camp experience. They take on a more active role in planning camp activities and prepare for the leadership opportunities that await them.

Senior and Ambassador (SA) - Entering grades 9 - 12

We encourage Girl Scout Seniors and Ambassadors to emerge as leaders in the camp community. They mentor younger campers, gain valuable experiences through leadership programming, and find a safe-haven in a busy world with many demands. Summer camp also provides opportunities for them to get away from it all and reconnect as a camper. Week-long overnight camps as campers, CITs, or Interns are available for Seniors and Ambassadors. For more information on Counselors-In-Training (CITs) and Intern programs, please see pages 28-29

Summer Snapshot

	CAMP HOLLOWAY	CAMP SYCAMORE HILLS	EQUESTRIAN PROGRAMS AT CAMP SYCAMORE HILLS
JUNE 2-7	<p>FIRELIGHT AND FAIRYTALES (B) INSPARATION (J) CHOPPED (CSA) MISCHIEF MANIA (CSA) CIT (SA, Two Week Program) DAY CAMP: BEACH PARTY (DBJ)</p>	<p>AMAZING ARTISTS (B) SURF'S UP (J) FULL STEAM AHEAD! (CSA) NAILED IT! (CSA) TO THE EXTREME (CSA)</p>	<p>BOOTS AND SADDLE (B) GIDDY UP JUNIORS (J) SADDLE UP GIRL SCOUTS (CSA)</p>
JUNE 9-14	<p>FIZZ WHIZ POP! (B) ADVENTURES IN MAGIC (J) EYE SPY (J) ERAS TOUR (HOLLOWAY'S VERSION) (CSA) CIT (SA, Two Week Program) DAY CAMP: OUTDOORS AND S'MORES (DBJ)</p>	<p>BABY SHARKS (B) ON BELAY (J) LUMBER JANES (CSA) RIVER RUNNERS (CSA) CIT II (A, Two Week Program)</p>	<p>BITS & PIECES (J) PONY UP JUNIORS (J) WAY OUT WEST (CSA)</p>
JUNE 16-21	<p>SPARKLE PARTY (B) OWL PROWL (J) GLOW WITH THE FLOW (CSA) FINDING YOUR OASIS (NIGHTEDITION) (CSA) DAY CAMP: PRINCESS STYLE (DBJ)</p>	<p>ON BELAY (J) SURF'S UP (J) ANYTHING GOES! (CSA) CAVE EXPLORERS (CSA) CIT II (A, Two Week Program)</p>	<p>PONY TAILS & HIKING TRAILS (B) GOING ENGLISH (CSA) SYCAMORE TRAILS (CSA)</p>
JUNE 23-28	<p>MERMAZING (B) CULINARY CREATORS (J) JUNIOR ADVENTURER (J) SWEET SHENANIGANS (J) CAMPICON (CSA) DAY CAMP: OH SPA LA LA (DBJ)</p>	<p>ENCHANTED FOREST (B) FIERCE FORESTERS (J) SPLISH SPLASH (CSA) TO THE EXTREME (CSA)</p>	<p>BITS & PIECES (J) CAMP COWGIRLS (J) SADDLE UP GIRL SCOUTS (CSA)</p>
JUNE 30-JULY 2	<p>ME AND MINE: HOLIDAYS IN JULY (DBJCASA)</p>	<p>CAMP Y'ALL (DBJCASA)</p>	<p>TAKE THE REINS (JCASA)</p>
JULY 7-12	<p>SPARKLE PARTY (B) OWL PROWL (J) GLOW WITH THE FLOW (CSA) DAY CAMP: EXPLORERS (DBJ)</p>	<p>WILDERNESS EXPLORERS (B) A'HOY MATEY! (J) RIVER RUNNERS (CSA) WEIRD IN THE WOODS (CSA) CIT (SA, Two Week Program)</p>	<p>PONY TAILS & HIKING TRAILS (B) GIDDY UP JUNIORS (J) GOING ENGLISH (CSA) SADDLE UP GIRL SCOUTS (CSA)</p>
JULY 14-19	<p>MISCHIEF MAGIC (B) INSPARATION (J) CHOPPED (CSA) ERAS TOUR (HOLLOWAY'S VERSION) (CSA) ZOMBIE SURVIVOR (CSA) CIT II (SA, Two Week Program) DAY CAMP: MESSY MISCHIEF (DBJ)</p>	<p>BABY SHARKS (B) ON BELAY (J) CAVE EXPLORERS (CSA) SUMMER DAZE (CSA) CIT (SA, Two Week Program)</p>	<p>BITS & PIECES (J) PONY UP JUNIORS (J) SYCAMORE TRAILS (CSA) WAY OUT WEST (CSA)</p>
JULY 21-26	<p>CURTAIN CALL (B) EYE SPY (J) AMAZING MYSTERY RACE (CSA) FINDING YOUR OASIS (CSA) THE GREAT CAMP BAKE-OFF (CSA) MISCHIEF MANIA (CSA) CIT II (A, Two Week Program) DAY CAMP: ARTASTIC! (DBJ)</p>	<p>A'HOY MATEY! (J) ART ATTACK (J) SPLISH SPLASH (CSA) TO THE EXTREME (CSA)</p>	<p>PONY TAILS & HIKING TRAILS (B) BOOTS AND SADDLES (B) NO BONES ABOUT IT (CSA) VAQUERAS TRAINING (CSA)</p>

Brownies Entering Grades 2-3

Girl Scout fee: \$515

Non-Girl Scout fee: \$545

Required non-refundable deposit: \$75

AMAZING ARTISTS

June 2-7 | Camp Sycamore Hills

This program is for campers who love to paint, draw, and explore their creative side! They'll tie-dye, create their own jewelry, make their own paint, and much more to unleash their inner artist.

BABY SHARKS

June 9-14; July 14-19

Camp Sycamore Hills

Baby sharks (do do)! Campers will create a shark fin and channel their inner fish. They'll spend extra time splashing around the pool with friends, going on a creek walk adventure, and circling in the pool. Campers will experience two water-based activities per day.

CURTAIN CALL

July 21-26 | Camp Holloway

All of camp is a stage! Campers will put their imagination to work as they sing, create characters, and get into costume. They will write skits, design their set, costumes and songs to put on a show for other campers at Thursday night campfire. When not in drama class, campers will participate in traditional camp activities.

ENCHANTED FOREST

June 23-28 | Camp Sycamore Hills

Campers will venture to the far, far away land of Camp Sycamore Hills where anything is possible! They'll search for fairies on the trails, CORCL through the mystical mermaid waters at the pool, and be a fearless princess that battles dragons and saves the day with a trusty bow and arrow.

FIRELIGHT AND FAIRYTALES

June 2-7 | Camp Holloway

S'mores, songs, and storytelling around the campfire await your camper at Camp Holloway! Campers will stomp in the creek, take a CORCL for a spin, and work toward the Climbing Adventure and Hiker badges.

FIZZ WHIZ POP!

June 9-14 | Camp Holloway

Does your camper like slime and gooey messes? Brownie chemists will create their own concoctions of silly putty, bubbling solutions and foamy fun! Campers will participate in traditional camp activities and work toward their Home Scientist badge.

MERMAZING

June 23-28 | Camp Holloway

Splish splash, Brownies will have a blast at this session. They'll play water games, splash in the pool, and turn into mermaids. Campers will be sure to stay cool while stomping in the creek and paddling CORCLs in the pool. When not splashing around, campers will participate in crafts and adventure activities, and will work towards the Wonders of Water Journey.



MISCHIEF MAGIC

July 14–19 | Camp Holloway

Experience the magic of summer camp and partner with Camp Holloway's camp counselors to play sweet mischief tricks on the rest of camp. Will campers surprise a cabin with streamers? Create a fairytale scene on a trail? Or simply tip-toe into the freezer for some extra ice cream? It's up to them! When not creating camp magic for others, campers will participate in adventure and water activities.

SPARKLE PARTY

June 16–21; July 7–12 | Camp Holloway

Campers will experience the sparkly side of camp at night! They'll go diamond hunting on a night hike, chase fireflies, and gaze at the stars. Campers will also make their own twinkling canvas art and enjoy a glowing pool party! This program has a slightly later bedtime to allow for more night activities.

WILDERNESS EXPLORERS

July 7–12 | Camp Sycamore Hills

Be a friend to all, be it fish, plant, or tiny mole! Explore the wild all around us and learn basic outdoor survival skills such as fire building, shelter building, and navigating with a compass. The adventure climbs to the next level on the ultimate creek hike and a campout under the stars.



Juniors Entering Grades 4-5

Girl Scout Fee: \$515

Non-Girl Scout Fee: \$545

Required non-refundable deposit: \$75

ADVENTURES IN MAGIC

June 9–14 | Camp Holloway

Camp Holloway is where magic comes to life! Join us to explore the enchanting world of some favorite magical series. Campers will create a wand at Hogwarts, learn magic survival at Camp Half Blood, explore the history of Middle Earth, and go on adventures in Narnia. Each day is a different story!

A'HOY MATEY!

July 7–12; July 21–26 | Camp Sycamore Hills

Grab your eye patch and join us for a swashbuckling good time. Campers will build a fort and raft, look for hidden treasure, and explore Sycamore Creek aboard canoes during this action-packed program.

ART ATTACK

July 21–26 | Camp Sycamore Hills

Explore and create different types of art! Campers will repurpose materials into a beautiful, recycled masterpiece, fashion their own duct tape accessories, and get messy with splatter paint. This program is for anyone who loves to paint, sculpt, and draw!

CULINARY CREATORS

June 23–28 | Camp Holloway

Campers will express their inner chef as they chop, sizzle, sauté and explore new culinary techniques. They will make at least two savory meals and some delicious desserts. When not at the stove, campers will create art, climb, and participate in other camp activities.

EYE SPY

June 9 -14; July 21-26 | Camp Holloway

Campers spy with their eyes: people dodging lasers, extracting DNA, and investigating crime. Can they piece together the clues to escape before it's too late? This program will teach campers about forensics and how to be a real-life crime stopper.

FIERCE FORESTERS

June 23–28 | Camp Sycamore Hills

Campers will build a fire, craft a shelter (and sleep in it!), and learn how to use a compass to navigate as they explore and discover new trails at Camp Sycamore Hills! They'll head into the wild to blaze trails, identify plants, and sharpen their archery skills before completing survival challenges with their team.

INSPIRATION

June 2–7; July 14-19 | Camp Holloway

Relax and be inspired! Campers will de-stress by making chocolate honey face masks, fizzing bath bombs, and refreshing snacks. They'll add some swimming and adventure to round out their camp week.

JUNIOR ADVENTURER

June 23–28 | Camp Holloway

Camp Holloway is full of wonderful adventures! Campers will challenge themselves at tree climbing, obstacle course, rock wall, and swing by choice. They'll jump in the pool and have a slingshot scavenger hunt. So many adventures, so little time!

ON BELAY

**June 9–14; June 16–21; July 14–19
Camp Sycamore Hills**

Climb into a weeklong adventure! Campers will conquer team adventure and an obstacle course, then be put on belay at the climbing wall, tree climbing, crate stacking, and flying squirrel! When they aren't soaring through the air, campers will enjoy a creek float, crafts, and relaxing in hammocks.

OWL PROWL

June 16- 21; July 7-12 | Camp Holloway

Sleep late every morning and explore camp in the late-night hours. Campers will enjoy swimming under the stars, climbing after dark, and telling stories around the campfire. This program has a late bedtime to allow for more night activities.

SURF'S UP

June 2-7; June 16-21
Camp Sycamore Hills

Paddle. Paddle. Paddle. Jump, splash, swim! This action-packed session revolves around water! Campers will race canoes down the creek, creek hike to hidden coves, and “surf” CORCLs at the pool. Be sure to pack a towel! Campers will have two water experiences per day.

SWEET SHENANIGANS

June 23-28 | Camp Holloway

Who is up to mischief? It must be our campers! They'll partner with their counselors and embrace their silly side as they play fun tricks around camp. Campers will leave sweet surprises for others and enjoy the secrets of creating camp magic. When they're not being sneaky, campers will participate in traditional camp activities.



Traditional Overnight Programs

Girl Scout Fee: \$515

Non-Girl Scout Fee: \$545

Required non-refundable deposit: \$75

ANYTHING GOES!

June 16–21 | Camp Sycamore Hills

Design the ideal camp program! Will campers hike hidden trails or have glow stick pajama parties under the stars? Maybe they want to visit the ropes course or plan their own camp-wide game. Campers will make this the best camp week ever!

AMAZING MYSTERY RACE

July 21-26 | Camp Holloway

A mystery has happened at Camp Holloway, and it's up to our campers to find it! Race against time to put the clues together. Campers will navigate challenges using basic outdoor skills, teamwork, and camp smarts. They'll solve clues, challenge themselves with physical obstacles, and survive a night under the stars.

CAMPICON

June 23–28 | Camp Holloway

Calling all science-fiction, fantasy, superhero and comic fans! Campers will explore their favorite universe through cosplay, creating their own cartoon or graphic novel, and going on adventures at this special summer Comicon at Camp Holloway. Will they fly through the air at swing by choice as a superhero? Create a Monster Book of Monsters at arts and crafts? Make a light saber and use the Force to solve a mystery? It's up to them!

CHOPPED

June 2-7; July 14–19 | Camp Holloway

Does your camper want to be the top chef of Camp Holloway? Campers will spend the week learning to match flavors, create a menu, and cook over a campfire. At the end of the week, they'll put their skills to the test with a fast-paced mystery ingredient competition!

ERAS TOUR (HOLLOWAY'S VERSION)

June 9–14; July 14-19 | Camp Holloway

We are in our summer camp era, and are ready for campers to hop in their Getaway Car and join us! Campers won't let the Cruel Summer heat get them down. They'll sing karaoke all week long, and Be Fearless at an adventure activity. The Story of Us ends at with campers' exclusive debut at Thursday Night campfire complete with Enchanted fans holding signs, and bracelet trading. Be the Lucky One and get Ready For It!

FINDING YOUR OASIS

**June 16–21 (late night edition); July 21–26
Camp Holloway**

Camp is an oasis where campers get away from it all and enjoy the great outdoors! They'll enjoy Camp Holloway's very own wooded retreat, relax by the pool, and enjoy yoga in the morning (or evening!) breeze. They'll top off their week with adventure and art. This week is all about relaxing!

FULL STEAM AHEAD!

June 2–7 | Camp Sycamore Hills

Find the art in science and the science in art. During this program campers will explore the art of light and chromatography, grow their own geodes, construct 3-D art out of natural materials, and more! When not creating a masterpiece, campers will participate in traditional camp and adventure activities.

THE GREAT CAMP BAKE OFF

July 21–26 | Camp Holloway

Does your camper love baking? Have they made cookies, cakes, or bread? In this session campers will make new creations and have their own cupcake competition. They'll bake with charcoal and participate in the very first Camp Holloway bake off. When not kneading dough, campers will swim, climb and take aim at archery.

GLOW WITH THE FLOW

June 16–21; July 7–12 | Camp Holloway

Discover the magic of camp at night during this late-night program! Campers will participate in a night swim and glow-in-the-dark adventure activities, raid the freezer for ice cream, and watch a movie under the stars. They'll eat breakfast in their units on lazy mornings and work toward their Night Owl badge.

LUMBER JANES

June 9–14 | Camp Sycamore Hills

Campers should pack their flannels, because they'll camp in a secluded spot of Camp Sycamore Hills. In this program campers will assemble their own primitive shelter, complete a fire-building challenge, learn to navigate with a compass, and cook three meals over a fire. They'll test themselves by spending a night in their own handmade shelter to prove their true grit!

MISCHIEF MANIA

June 2–7; July 21–26 | Camp Holloway

Kitchen raids, sweet mischief surprises, and capers with your counselors? What better way to explore camp than by being sneaky! Campers will create camp magic by leaving some mischief for others to find, all while still enjoying traditional camp activities.

NAILED IT!

June 2–7 | Camp Sycamore Hills

Compete in a Camp Sycamore Hills-style bake off! Campers will replicate complicated cakes and confections to the best of their ability using limited items and an open fire. From crazy cookies to delectable Dutch oven dump cakes, they'll create them and then taste them!

SPLISH SPLASH

June 23 - 28. July 21 - 26

Camp Sycamore Hills

Campers will need their swimsuit for this week of aquatic adventures! They'll paddle and float on the creek, splash in the pool, and even have their own pool party. Campers will enjoy two water-based activities per day.

SUMMER DAZE

July 14–19 | Camp Sycamore Hills

Kick back and relax during this camp program! Campers will wear their favorite shades and just float. When not at the pool or the creek, they'll design the ideal camp program! Will they have a glow stick dance party or enjoy yoga beneath the trees? Visit the obstacle course? Plan a camp-wide game? They'll decide!

TO THE EXTREME

June 2–7; June 23-28; July 21-26

Camp Sycamore Hills

Campers will push their limits and tackle all the adventure activities at Camp Sycamore Hills including: the high challenge course, tree climbing, and zip-line. They'll learn basic backpacking skills and trailblaze remote parts of camp on an overnight camping adventure under the stars.

WEIRD IN THE WOODS

July 7–12 | Camp Sycamore Hills

Campers will never know what their adventure is going to be, but they can count on one thing—it'll be weird! They'll make natural face paint, dress up as a gnome, create new camp songs, design a mini-golf course, and an Apple Olympian. The only limit is their imaginations —if they dream it, they can do it! Let's get weird in the woods!

ZOMBIE SURVIVOR

July 14–19 | Camp Holloway

Are campers ready for a Zombie takeover? They'll learn what to do in case of a zombie outbreak or other emergency situations. This includes first aid, how to navigate with a compass, and other outdoor skills. Campers will put their brains together and maybe even eat some “brains” in this exciting week at camp.

Travel Programs at Camp Sycamore Hills

Girl Scout Fee: \$580

Non-Girl Scout Fee: \$610

Required non-refundable deposit: \$75

Travel programs are based at Camp Sycamore Hills, and campers will take trips outside of camp as described below. Campers who participate in these trips must be willing and able to participate in moderate hikes.

CAVE EXPLORERS

June 16–21; July 14–19

There's an amazing underground world of caves! Campers will start by learning basic outdoor skills and Leave No Trace principles before going on a cave tour at Mammoth Cave National Park. There, they will learn about cave ecology, explore the caverns, and finish off their experience with an overnight camping adventure.

RIVER RUNNERS

June 9–14; July 7–12

Campers will chase waterfalls! They'll tube down the Harpeth River and explore local lakes and waterfalls. In the evenings, campers will enjoy all that camp has to offer. This program is highly weather-dependent; travel destinations may vary throughout the week to accommodate weather.



Equestrian Programs

At Camp Sycamore Hills

Girl Scout Fee: \$540

Non-Girl Scout Fee: \$575

Required non-refundable deposit: \$75

Hay, don't forget the horses! With more than 40 horses and an enthusiastic staff, campers can register for an equestrian program and experience the world of horses! Equestrian programs include progressive riding instruction, games, and barn lessons for all riding levels. Whether a camper is new to horses or an experienced rider, we have equestrian programs designed for everyone. When campers are not at the barn, they'll participate in traditional camp activities.

Restrictions at the Barn

Horseback riding is physically and mentally demanding. We are not a therapeutic riding facility and are unable to provide the in-depth assistance or accommodations that campers with some physical and social challenges might require. Though some of our Sampler and Introductory programs can be safely modified to meet the specific needs of our campers, not all experiences can be safely altered. If campers need assistance or have other limitations, please contact our equestrian team so we can plan the best possible experiences for them.

To protect the health and safety of our horses and participants, the maximum weight limit for participants in Girl Scouts of Middle Tennessee's riding programs is 200 pounds. Girls might be asked to step on a scale at the barn to ensure this guideline is followed. Please read more on page 6 about our restrictions.

SAMPLER HORSE PROGRAMS

For campers who are curious about horses.

Sampler Horse Programs are a great way for campers to get their first taste of horseback riding and life at the barn, while also experiencing many other camp activities. Campers will enjoy two to four horse experiences during their camp week depending on which program they register for.

There are no prerequisites required to register for a Sampler Horse Program.

PONY TAILS & HIKING TRAILS

June 16–21; July 7–12 ; July 21–26

Brownies

This week is designed for the camper who wants to do it all! They'll hit the trails to explore nature, splash around in the swimming pool, climb the rock wall, and enjoy two horse experiences while visiting the barn.

BOOTS AND SADDLES

June 2–7; July 21–26

Brownies (entering 3rd grade)

Campers will learn the basics of horseback riding with four horse experiences. They will groom our camp ponies, play games at the barn, and enjoy traditional camp activities. Campers must be entering third grade to participate in this program.

BITS & PIECES

June 9–14; June 23–28; July 14–19

Juniors

Campers will try a little bit of this and a little bit of that as they mix it up with adventure activities, canoeing, art, and horseback riding (two horse experiences). They'll try something new as they participate in all areas of camp!

INTRODUCTORY RIDING PROGRAMS

For campers who are curious about horses and want more time at the barn.

Whether campers are first-time riders or have recently discovered a passion for horses through another program, Introductory Riding Programs are great for teaching campers beginning horsemanship skills, and are more in-depth than Sampler Programs. There are no prerequisites required to participate in these programs. If your camper wants to register for Skill-Builder Riding Programs in future summers, participation in two Introductory Riding Programs are required.

PONY UP JUNIORS

June 9-14; July 14-19
Juniors

Pony up at Camp Sycamore Hills and learn the basics of English riding! Campers will enjoy four riding lessons (weather permitting) to learn to control a horse at the walk and trot, and to be introduced to posting. They will also enjoy four ground lessons that will cover how to lead a horse, tie a quick release knot, vaulting and more. When not at the barn, campers will enjoy traditional camp activities.

GIDDY UP JUNIORS

June 2-7; July 7-12
Juniors

Giddy up at Camp Sycamore Hills and learn the basics of Western riding! Campers will enjoy four riding lessons (weather permitting) to learn to control a horse at the walk and jog, as well as be introduced to posting. They will also participate in four ground lessons covering leading a horse, tying a quick release knot, lassoing, and more. When not at the barn, campers will participate in additional camp activities.

SADDLE UP GIRL SCOUTS

June 2-7; June 23-28; July 7-12
Cadette, Senior, Ambassador

Campers will saddle up with Girl Scouts and participate in four English riding lessons (weather permitting) where they will learn how to control a horse at the walk and trot, be introduced to posting, as well as participate in saddle exercises. They will also take part in four barn lessons covering horse breed identification, saddle types, lunging (weather permitting) and more. When not at the barn, campers participate in general camp activities.

SYCAMORE TRAILS

June 16-21; July 14-19
Cadette, Senior, Ambassador

Join us at Camp Sycamore Hills for a week of fun in the horse barn! Campers will enjoy four Western riding lessons (weather permitting) to learn how to control a horse at the walk and jog, be introduced to the concept of posting as well as weaving around poles and other arena-based trail style obstacles. They will also participate in four barn lessons including horse breed identification, various saddle styles, and in-hand trail obstacles. When not at the barn, campers will enjoy traditional camp activities.



SKILL BUILDER RIDING PROGRAMS

For campers who want to continue to build their riding skills. Prerequisites are required for these programs.

Skill Builder Riding Programs are much more physically and mentally demanding than our Sampler or Introductory programs.

Campers should be comfortable at the walk and trot while riding independently. They should understand and have been exposed to the concept of posting the trot. Campers rise in groups with other campers who have similar experience within the program. Before they are placed in their riding groups, they will participate in a short riding assessment on Sunday. Campers will have daily ground and riding lessons (weather permitting), as they build on skills developed from previous programs, summers, or outside lessons. Skill Builder Riding programs require completion of two Introductory Riding Programs at Camp Sycamore Hills within the last three years or equivalent experience, which may require a riding video to be sent to the equestrian staff.

CAMP COWGIRLS

June 23 - 28 | Junior

Campers will enjoy the world of horses with daily Western riding and barn lessons! They will explore various horse breeds, learn the barrel pattern, play games at the barn, and participate in other camp activities in their free time.

GOING ENGLISH

June 16–21; July 7-12

Cadette, Senior, Ambassador

Campers will improve their English riding skills while also exploring how horses live and survive in our world. More advanced riders will learn the basics of jumping and/or continue their education over fences! *Only approved riders will progress to jumping over fences; all riding activities will be at the*

discretion of the equestrian instructor. Depending on skill level, your camper may not learn to jump, but will participate in skill building activities that work toward advancing their English riding skills.

WAY OUT WEST

June 9–14; July 14-19

Cadette, Senior, Ambassador

Campers will take Western riding to the next level with riding that focuses on trail education, lessons inside our arena, and daily ground lessons. Advanced riders who are comfortable at faster gaits, and hold a proficiency in horsemanship skills, will work toward riding outside the arena, mounted archery, and more! Only approved riders will be permitted to work on archery and more advanced skills in the saddle. *Participation in any riding activity is at the discretion of the equestrian instructor. Depending on skill level, your camper may not learn archery from horseback but will participate in skill building activities that work towards advancing their Western Riding skill.*



EQUESTRIAN MANAGER APPROVED RIDING PROGRAMS

For advanced riders. Prerequisites and a possible riding test or submission of riding videos are required to participate in these programs.

Campers registering for these programs should be able to walk, trot and canter unfamiliar horses. They should be currently showing at local shows and must provide an explanation of previous riding instruction, current instructor contact information, and videos of the rider walking/trotting/cantering. In addition, campers will be interviewed by the Manager of Equestrian Programs before registration approval.

TAKE THE REINS

June 30–July 3

Junior, Cadette, Senior and Ambassador

For experienced riders considering taking their horsemanship to the next level! This program is designed to help improve campers' show skills and give them tips for success. Campers will have daily riding and ground lessons at the barn and will ride inside and outside our arenas (weather permitting). Take the Reins campers have the barn to themselves this week and will enjoy lesson-like instruction.

Riders will have the opportunity to choose which style of riding they wish to advance. Registration priority will be given to Camp Sycamore Hills show students until April 1, 2024. After this date campers from other riding facilities will be considered. All riding activities are at the discretion of equestrian instructors.

MORE THAN JUST RIDING PROGRAMS

These programs are for campers who aspire to more than perfecting their riding ability, and who want to learn more about the equestrian industry. No prerequisites or prior riding experience are needed to participate in these programs.

NO BONES ABOUT IT (NON-RIDING)

July 21-26 Cadette, Senior, Ambassador

Campers will explore behind-the-scenes action of managing and running a working equestrian facility such as nutrition management, body condition scoring, anatomy and care of our gentle giants and take an off-camp field trip to an equestrian veterinary practice. When not at the barn, campers will participate in traditional camp activities.

VAQUERAS TRAINING (PRIMARILY NON-RIDING)

July 21 - 26 Cadette (entering 7th grade and above), Seniors, Ambassadors

This program trains you to become a Vaquera and to share the joy of horseback riding with others! Vaqueras prepare horses and assist participants at the barn for various programs during the year and in exchange receive a fun equestrian activity or riding lesson each time they volunteer. Vaqueras also earn service hours during the school year, which provides them the opportunity to participate in events like fun days at the barn, going on trail rides, and more!

Prerequisite: Campers must be a registered Girl Scout to participate in this program.

Short Week Programs June 30–July 2

Girl Scout Fee (one child + one adult): \$250

Non-Girl Scout Fee (one child + one adult): \$280

Additional Child Fee: \$140

Required non-refundable deposit: \$75

These short programs allow you to get a taste of camp with your Girl Scout! The prices listed are for one adult and one child. Additional children may be added for an additional fee and must be registered separately. Adults accompanying children must be 18 years old or older. *The maximum discount for short programs including both Camp Y'all and Me and Mine: Holidays in July is \$65. No discounts are available for additional children.*

CAMP Y'ALL

Daisy, Brownie, Junior, Cadette, Senior,
Ambassador
Camp Sycamore Hills

Ya'll means all! This inclusive program allows your Girl Scout(s) to come to camp with their favorite adult human. They'll lounge by the pool, try archery, and make an awesome rainbow craft. They'll join us to sing around the campfire and express themselves in the Camp Sycamore Hills talent show.

Because this program is gender-inclusive, capacity will be limited to allow for appropriate housing and bathroom accommodations for all. Be sure to note the gender(s) of your participant(s) during registration to aid in our logistical planning.

ME AND MINE: HOLIDAYS IN JULY

Daisy, Brownie, Junior, Cadette, Senior,
Ambassador
Camp Holloway

Holidays are for the whole year! Campers and an adult female will explore Camp Holloway together while they enjoy holiday-themed crafts, swim in the pool, tie-dye and participate in age-appropriate adventure activities. Each unit will have a different holiday theme and campers will experience off-season fun. Trick or treating, Valentine's themed swaps, and green St. Patrick's day punch await you at this festive program!

All campers must be accompanied by a female adult at least 18 years of age.



Day Camp At Camp Holloway

Daisy, Brownie, Junior (entering K - 5 grade)

Girl Scout Fee: \$325

Non-Girl Scout Fee: \$355

Transportation Fee: \$95 (full payment is required)

Required non-refundable deposit: \$75

Camp Holloway Day Camp is the place to learn something new, have adventures, and make new friends! All day campers will craft, swim, hike, and participate in themed activities each week.

This is a council-sponsored day camp run at Camp Holloway. Lunch and snacks are provided each day. For more information about Girl Scout Volunteer Run Day and Twilight Camps run locally across Middle Tennessee, please see page 27.

Location: Camp Holloway is located in Millersville, TN, about 30 minutes north of Nashville.

Drop-off and Pick-up: Drop off is between 8:00-8:30 AM, and pick-up is between 4:00-4:30 PM at Camp Holloway.

Bus Transportation (\$95): The day camp bus departs from and returns to the Girl Scouts of Middle Tennessee Nashville Service Center in Green Hills. The bus departs at 7:45 AM and returns between 5:00 - 5:30 PM each evening. All campers must be picked up from the bus stop no later than 5:30 PM.

The maximum discount for Day Camp is \$65. Please see the GSMIDTN website for more information about discounts and deadlines.



BEACH PARTY

June 3-7

This program is for campers who love the water! They will take a dip in the pool each day, make beach-inspired treats, and create their own mini sailboat for a race. They'll also try CORCLs and enjoy a water-themed dance party.

OUTDOORS AND S'MORES

June 10-14

Campers will make a little bit of everything over the campfire at this scrumptious week of camp. They'll make gourmet s'mores, delicious pie-iron treats, and even a cake over a fire. Campers will also participate in adventures and other camp activities.

PRINCESS STYLE

June 17-21

Princesses are strong, brave, and can do anything – just like Girl Scouts! Campers will try archery like Merida, be brave like Mulan, and splash in the water like Ariel. Campers will also enjoy a princess tea party and make their own tiara and scepter.

OH SPA LA LA

June 24-28

What's better than a day at the spa? An entire week to relax and be pampered at day camp! Campers will practice yoga, explore relaxation methods, and make DIY candles and other products to take home.



EXPLORERS

July 8-12

There are hidden treasures at camp! Campers will letterbox, make a map, and go on a treasure hunt. They will paint their own rocks and hide them for others to find. Plus, they'll have adventures and splash in the pool before they leave for the day.

MESSY MISCHIEF

July 15-19

Our sneaky day campers will leave mysteries around camp! They'll create magical mischief for others to find and embrace their silly side to make fun messes like tie dye bubbles and ooblek! When not creating havoc, they will participate in adventure and other camp activities. Campers should bring extra clothes – they'll need them with all the messy fun!

ART-TASTIC!

July 22-26

Camp is made of many colors! Campers will sculpt with clay, make a sand-art creation, and make their own wearable art. They'll put their imaginations to the test with watercolors, collage, and more!



Volunteer Run Day Camps

If our other camp programs aren't the right option for you, or you want to meet girls from your area, we encourage you to participate in one of Girl Scouts of Middle Tennessee's local volunteer-run summer camps!

These camps are coordinated by local Girl Scout volunteers and are held at local churches, parks, and schools. They're generally offered during June and July across GSMIDTN's 39 counties. Registration for each volunteer-run camp is managed by each volunteer director or service unit hosting the camp.

Below are currently scheduled camps with dates. More will be added throughout the year! Registration and contact information and an up-to-date volunteer camp schedule can be found at gsmidtn.org/day-camps.

If you're interested in hosting a locally-run summer camp, please contact Lauren Reichstein at LReichstein@gsmidtn.org.

LINCOLN COUNTY

Day Camp #31
June 24-28
Kiwanis Park

MAURY COUNTY

Day Camp #26
June 3-6
Chickasaw Trace Park

MONTGOMERY COUNTY

Twilight Camp #20
June 17-21
Rotary Park, Clarksville, TN

RUTHERFORD COUNTY

Twilight Camp #23
June 3-7
Location TBD

Day Camp #25
June 17 - 21
Camp Piedmont

WILLIAMSON COUNTY

Twilight Camp #10
June 26-28
Alley Valley Farm

Day Camp #28
June 10 - 14
Jim Warren Park





Counselors-In-Training (CITs)

Girl Scout Fee: \$625

CIT and CIT II awards must be earned in separate summers. Campers are required to be Girl Scouts to attend this program. There will be a short application process prior to being placed in the CIT program. You will be contacted by the Older Girl Specialist to begin this process.

COUNSELOR IN TRAINING (CIT)

Senior, Ambassador (entering grades 9 - 12)

Camp Holloway June 2-14

Camp Sycamore Hills July 7-19

The Counselor-In-Training Program is for campers ready for leadership and responsibility at camp. Training in problem-solving, conflict resolution, and group management methods will help them to be the best CIT they can be! This is a two-week program with a break for the weekend. CITs will check out on Friday afternoon and return the following Sunday for their practicum week.

COUNSELOR IN TRAINING II (CIT II)

Ambassador (entering grades 11 - 12)

Camp Holloway July 14-26

Camp Sycamore Hills June 9-21

The Counselor in Training II (CIT II) program is for CITs who are excited to take the next step in camp program leadership. Campers will start with a brief refresher course on camp counseling techniques, then progress into program training, planning, and support. CIT IIs will rotate between adventure, aquatics, archery, and art program areas, then implement what they've learned by planning activities for younger campers. This is a two-week program with a break for the weekend. CITs will check out on Friday afternoon and return the following Sunday for their practicum week.

It is required that Program Interns have earned their CIT II award (with the exception of Vaqueras).

Prerequisite: Campers must have completed CIT in a previous summer to participate in this program and complete their CIT II award.



Interns

There is no better way to get hands-on job experience than by interning at Camp Holloway or Camp Sycamore Hills! Both camps are hiring interns to assist with camp duties including: unit support, kitchen prep and cleaning, office tasks, photography, and program support. Applicants must be 15 years of age prior to beginning their intern weeks. Vaqueras (Camp Sycamore Hills only) must have completed Level 3 Vaqueras prior to applying.

Interns may work at camp for one or two weeks as part of their intern program, and may request whichever weeks work for them throughout the summer. However, specific weeks are not guaranteed.

An application and interview are required for ALL interns. Three references are required for first-time interns. Applications received before February 16, 2024 will receive an early-bird bonus of \$50 (per summer) if the applicant is hired. The final application deadline is March 15, 2024. More information and the application can be found on the summer camp staff page on the GSMIDTN website.



Contact for CIT and Intern Programs:

Elizabeth Homco
Older Girl Specialist
EHomco@gsmidtn.org
(615) 460 - 0227



About Our Camps



CAMP HOLLOWAY

Founded by Josephine Holloway in 1952 and steeped in history, Camp Holloway offers various day and overnight camp programs for campers of all ages. Located on 76 wooded acres, featured activities include archery, art, cooking, CORCLs, hiking, rappelling, rock climbing, slingshots, swimming, swing by choice, and tree climbing. Housing includes platform tents and climate-controlled cabins, with bathrooms located inside or near all sleeping units. Camp Holloway provides outdoor experiences and amazing adventure for *every girl*.



CAMP SYCAMORE HILLS

Camp Sycamore Hills, established in 1958, is situated on 742 acres of land divided by Sycamore Creek. Campers may experience crossing the swinging bridge, riding horses in the equestrian arena, and sliding down the slide. Activities include art, archery, canoeing, CORCLs, gaga, high adventure, horse programming, outdoor skills, swimming, tree climbing, zip line, and more! Camp Sycamore Hills has cabins and screened cabins, with bathrooms located in or near all sleeping units. Our campers agree that Camp Sycamore Hills is truly *a place to be me*.

Camp Accommodations

There are a variety of housing types at Camp Holloway and Camp Sycamore Hills. For logistical reasons, camp housing cannot be requested by specific campers. However, families will be notified of their camper's housing type approximately one week prior to their camp program. If your camper needs a specific accommodation type(s), please contact the camp team.



Cabin: A cabin is a climate-controlled building that sleeps 16 – 36 campers, depending on the camp property. Some cabins include bathrooms and kitchens within the building, while others have bathrooms nearby. Staff members sleep in the same building (but in separate rooms) as campers.



Platform Tent (Camp Holloway only): A platform tent is a semi-permanent structure with a wooden floor and heavy canvas roof and sides. Each tent holds up to four cots. Tents are arranged in groups to form a living unit. The sides can be rolled up to allow a cross breeze and each tent has a screen built into the structure. A bathhouse with showers and flushing toilets is located close to platform tent units. Staff members sleep in a separate tent located near the camper sleeping area.



Screened Cabin (Camp Sycamore Hills only): Screened cabins are smaller structures located together in a living unit. Each screened cabin has 4-6 beds inside. These cabins have electricity and fans but are not climate controlled, and bathrooms are located nearby. Staff members sleep in a separate cabin located near the camper sleeping area.

BUDDIES! Campers planning to attend camp with a buddy must register for the same week and program as their buddy, and each must list each other during the registration process. **We are able to honor ONE buddy request per camper.**

girl scouts
of middle tennessee

4522 Granny White Pike
Nashville, TN 37204
gsmidtn.org

