

HERMANN SONS LIFE CAMP 2026 PARENT HANDBOOK



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2026 OPEN HOUSE & PICNIC!

June 6, 2026 - 9:00 a.m. – 1:00 p.m.



We would love to have all campers and parents attend our Open House on June 6, 2026 It'll be a blast! There will be cool activities, camp tours, a raffle, door prizes, snacking on cookies and churros, answers to all your questions and more!



FREE FOOD!

Burgers & Hot Dogs on the grill are available from 10:30 a.m. -12:30 p.m. in the dining hall.

TOURS AVAILABLE

Start every 30 minutes from the Dining Hall.

CAMP STORE IS OPEN!

Cool Hermann Sons Life apparel is available 9:30 a.m. – 12:45 p.m.

CHANGING SPACES!

For our gentlemen is available in Bob-cat. For our ladies in Coyote.

MEET THE COUNSELORS!

Let's meet the awesome counselors that will be working with your kiddos!

ACTIVITIES AVAILABLE

- Archery: 9:30 a.m. – 12:30 p.m.
- Pool: 9:30 a.m. – 12:30 p.m.
- Ga-Ga and Lawn Games: 9:30 a.m. – 12:30 p.m.
- Arts and Crafts: 9:30 a.m. – 12:30 p.m.
- Challenge Course: 9:30 a.m. – 12:30 p.m.
- The course will take a 30 minute safety break from 11:00 – 11:30
- Must have closed-toed shoes.

We ask that all guests leave camp by 1:00 p.m. to allow our staff a respite before camp begins tomorrow. **WE'RE SOOO EXCITED!!!**

DOOR PRIZES & RAFFLE!

There will be door prizes, free swag and a raffle to benefit the Hermann Sons Youth Foundation, Inc.

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DORMS

All campers' overnight accommodations are climate controlled. Campers sleep in dorms (same gender) with as many as 40 campers and 5 counselors. All counselors (same gender as the campers) are assigned to stay in dorms with campers. Counselors sleep in the main dorm with the campers, but have separate shower and changing facilities within the dorm.

Counselors are required to be in the main dorm to supervise during rest and relaxation periods and in the evenings. Campers are never left alone inside the dorms.

DORM (CABIN)STAFF

Hermann Sons Life Camp follows both the State and American Camp Association staff to camper ratio requirements. All staff undergo criminal background checks, are interviewed by the Executive Camp Director and their names cross-referenced with the National Sex Offender Public Website (NSOPW) prior to the camp season.

All staff participate in an on-line staff development program (Expert Online Training) prior to their arrival at camp along with on-site staff development lasting seven days. All staff must also participate in and successfully complete a Child Abuse Awareness and Prevention Training program approved by the State of Texas (YS060007).

SENIOR STAFF

In addition to dorm staff, each dorm is supervised by an experienced, returning staff member called a Senior Counselor. The Senior Counselor's job is to supervise the dorm counselors and ensure the campers are having a fun, safe summer camp experience both within their dorms and at their activity sites.

These senior counselors are supervised by an Assistant Director and the Executive Camp Director.

GUESTS AND VISITORS

No guests, friends or family members may visit the camp during the camp session.

RULE OF THREE/ACTIVE SUPERVISION

To protect our campers and staff, it is against camp policy for counselors and campers to be alone, 1 to 1 in a dorm. No staff member is permitted to ever be alone with a camper where others cannot see or where there is an expectation of privacy. Sometimes a counselor in broad daylight may escort a camper to the clinic. There is no expectation of privacy while walking to the clinic. It means if a counselor needs a private chat with a camper, they may go on to the porch where they are visible to others while still allowing for the privacy a conversation may require.

During each session, a senior counselor/director may ask to speak with the campers without the counselors present. We are constantly evaluating our program and this time spent with your campers provides valuable feedback on our electives, scheduling and, of course, our counselors. These discussions directly affect counselor evaluations and counselor of the session nominations.

We practice Active Supervision. We want our counselors to get to know our campers, ask questions, and show interest in them and their experience at camp.

2026 PARENT HANDBOOK

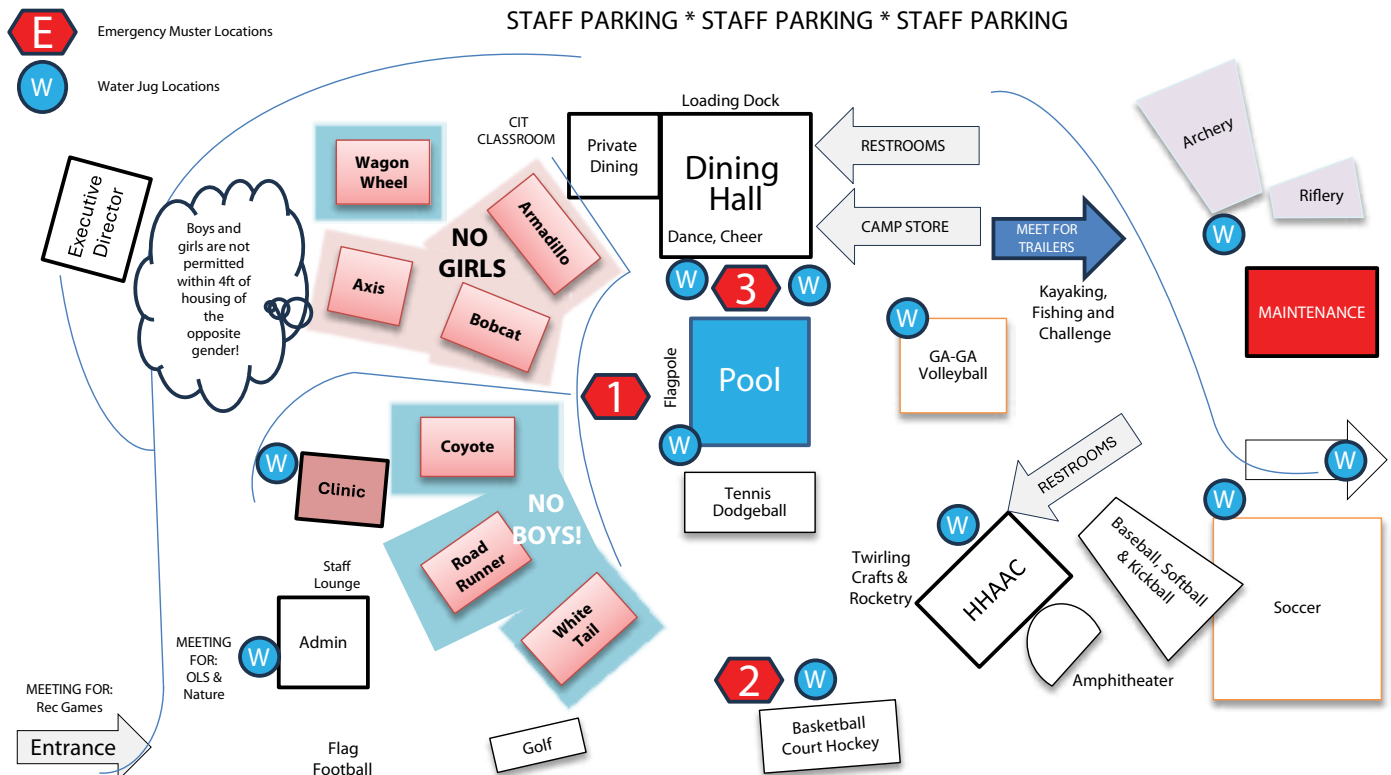
BUNKING – What cabin am I in?

Our priority when assigning campers to their dorm is to provide everyone an excellent summer camp experience. During registration, as a parent or guardian, we ask that you complete a Dorm Request Form to request who your child would like to dorm (cabin) with, if applicable, and whether the camper would like a top or bottom bunk (bed). **WE DO NOT GUARANTEE THESE REQUESTS.**

Placing campers in bunks with their friends is a very high priority for us. We do have some bunking rules for you to consider.

- We try not to bunk campers more than two years of age apart. By placing campers in age-appropriate dorms, all the campers will have an opportunity to make friends of their own age and provides for a better summer camp experience. AGE-APPROPRIATE placement of campers in dorms is more important than what dorm a child is placed in.
- We limit the number of friends bunked in the same age-appropriate dorm to FOUR.
- We do not guarantee bed placement within the dorms. Campers will be assigned beds throughout the dorm.

HERMANN SONS LIFE CAMP



RISK MANAGEMENT is the term that describes the constant effort to make our camp program safer and to help the staff understand their vital role in this process. Better training, better supervision, more anticipation, and clearer foresight – that’s what risk management is all about.

Risk is an inherent part of our work. Interactions with the natural and manmade environment coupled with the involvement of young people in various activities presents the potential for accidental injury. We can never eliminate risk, but we can manage it.

Annual Pre-Camp Risk Management

- AC equipment checks
- Kitchen equipment checks
- Fire extinguisher checks
- Vehicle & trailer checks
- Challenge Course inspection
- Tree Inspections
- Pest control service
- Review of Emergency Procedures
- Risk Assessment visit
- Insurance coverage
- Staff Development review
- Lifeguard training
- Challenge Course Training
- Site/ facility walk through
- Activity equipment purchasing
- Texas Camp Regulations review
- ACA Regulations review
- Camp Policies and Procedures review

Staffing of Camp

- NSOPW
- Reference checks
- Criminal background checks
- Pre-camp online training through Expert Online Training
- Pre-camp staff Zooms
- Interviews with Director
- Seven-day staff development
- Lifeguard and Challenge Course certifications
- Cross-training staff
- Annual review of staff manuals
- Emergency procedures training

Dorm Safety

- Active supervision
- Annual maintenance
- No bullying
- No rough housing
- Limit the number of campers on beds
- Healthy campers
- Cleanliness
- Saturday check list
- Code of Conduct enforced
- Medication control
- No food in cabins
- Proper clothing/attire
- Rule of three enforced

Activity Safety

- Activity rules enforced
- Proper staff training
- Water breaks
- Supervising campers at all times
- No early activity releases
- Daily and weekly facility and equipment check

EMERGENCY PROCEDURES It is important for our parents to understand the policies and procedures in place when it comes to inclement weather amongst other emergencies that may occur during the summer. Below is a link to our Emergency Procedures. These procedures will be updated in January of 2026.

<https://hermannsonslife.org/wpcontent/uploads/2025/11/2026EmergencyProcedures102525.pdf>

2026 PARENT HANDBOOK

Adventures in Nature
Archery
Baseball
Basketball
Canoeing & Kayaking
Challenge Course
Cheerleading
Climbing
Court Hockey
Dance
Drama
Fishing
Flag Football
Free Swim
Ga-Ga
Golf
Outdoor Living Skills
Rec Games
Riflery
Rocketry
Sand Volleyball
Soccer
Softball
Tennis
Tumbling
Twirling

DAILY SCHEDULE

Each morning campers will be woken to music. After breakfast, we will proceed to the dorms for cabin clean-up. All campers are expected to participate in the daily cleaning of the bunks.

After breakfast, campers will report to the flagpole for flag raising and the beginning of the three scheduled activities. These scheduled activities will occur Monday through Thursday.

Two afternoon activities will be selected by the camper each day. A changeable list of activity options will be provided to the campers at lunch.

Each day after dinner, we will gather at the flagpole to begin our popular program of evening activities.

After the evening activities, we gather by camper's respective cabin to prepare for bed and share stories before lights out.

MORNING ACTIVITIES

Every morning campers participate in three morning activities (shown on the left). Before camp, you will select six activities through CampBrain. Three of the six activities are assigned. Our goal is to assign your child their top three selections.

AFTERNOON ELECTIVES

Campers choose all the activities they participate in during the day. In addition to the scheduled activities, campers can adjust their afternoon schedule. Some of the camps traditionally scheduled activities will now be offered within the elective program on a daily basis. Those activities include camp crafts (lanyards, friendship bracelets, beads, etc.), ceramics, leathercrafts, free swim, yoga, archery and Ga-Ga.

A wonderful selection of activities are offered each day! Some of the activities available to our campers will be capture the flag, dodgeball, ultimate frisbee, mosaics, tie dying, Magic: the Gathering game, improv classes, line dancing, martial arts, scavenger hunts, color guard (Flags), hiking, manis and pedis, Gaelic foot- ball, netball, cricket, fishing, kayaking, golf, zip line, giant swing, climbing and more!

Popular selections will be offered every period. Some activities will be offered once or twice a week.

HERMANN SONS LIFE CAMP DAILY SCHEDULE

2026 Themes

- #1 – Neon
- #2 – Marvel / Disney
- #3 – Halloween
- SPJST – TBD
- #4 – Red, White & Blue
- #5 – Texas
- #6 – Christmas in July
- #7 -Hawaiian

2026 Nightly Activities

SUNDAY

Pool, Ga-Ga, Kickball,
Campfire w/S'mores

MONDAY

The BIG BROWN BAG

TUESDAY

GAME NIGHT

WEDNESDAY

Capture the FLAG & POOL PARTY

THURSDAY

THE DANCE

FRIDAY

Lip Sync
Award Ceremony

2026 Nightly Snacks

- S – S'Mores
- M – Cheez -Its
- T - Popcorn
- W – Watermelon
- T – Cookies
- F -Oreos

FANCY FRIDAY

- Sleep in / Cartoons
- Hawaiian Shirt!
- Bragging Rights
- Redneck Waterpark
- Counselor-free Dinner

Monday through Thursday

Time Start	Time End	Activity
7:00 a.m.	7:25 a.m.	Wake-Up
7:30 a.m.	8:25 a.m.	Breakfast
8:30 a.m.	8:50 a.m.	Clean for Ice Cream
8:50 a.m.	9:00 a.m.	Flagpole
9:00 a.m.	10:00 a.m.	Activity Period #1
10:05 a.m.	11:05 a.m.	Activity Period #2
11:05 a.m.	11:15 a.m.	Punch Break
11:15 a.m.	12:15 p.m.	Activity Period #3
12:15 p.m.	12:25 p.m.	Cabin Time
12:30 p.m.	1:10 p.m.	Relaxation / Canteen for WT, C, BC
12:30 p.m.	1:10 p.m.	Lunch for A, RR
1:15 p.m.	2:00 p.m.	Relaxation / Canteen for A, RR
1:15 p.m.	2:00 p.m.	Lunch for WT, C, BC
2:00 p.m.	3:00 p.m.	REST PERIOD
3:00 p.m.	3:10 p.m.	Flagpole
3:10 p.m.	4:00 p.m.	ELECTIVE #1
4:00 p.m.	4:15 p.m.	Snack Break
4:15 p.m.	5:15 p.m.	ELECTIVE #2
5:15 p.m.	5:35 p.m.	Cabin Time
5:40 p.m.	6:30 p.m.	Dinner
6:30 p.m.	7:00 p.m.	Cabin Time
7:00 p.m.	7:15 p.m.	Flagpole
7:15 p.m.	8:45 p.m.	Evening Activity
8:45 p.m.	9:00 p.m.	Snack Break
9:00 p.m.	9:15 p.m.	Grateful Circles
9:15 p.m.	10:15 p.m.	Showers
10:15 p.m.		Lights-Out

FRIDAY

Time Start	Time End	Activity
7:00 a.m.	8:30 a.m.	Cartoons in the Dining Hall
8:00 a.m.	8:30 a.m.	Wake-Up
8:30 a.m.	9:15 a.m.	Breakfast
9:15 a.m.	9:30 a.m.	Flagpole
9:30 a.m.	12:00 p.m.	Bragging Rights
12:00 p.m.	12:30 a.m.	Cabin Time
12:30 a.m.	1:15 p.m.	Lunch – Open Seating
1:15 a.m.	2:15 p.m.	Rest Period
3:35 p.m.	5:35 p.m.	Redneck Waterpark
5:40 p.m.		See Above

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NIGHTLY ACTIVITIES

The highlight of the day for many campers is the evening activity. Evening activities change each week. The cornerstones of the weekly schedule are Game Night and the Dance. Enthusiasm is key and all campers are expected to participate.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Welcome Campfire	Big Brown Bag	Game Night	Rotations & Pool Party	DANCE	Lip Sync & Awards

FANCY FRIDAYS

Friday is the last full day at Camp and many staff members and campers wear an Hawaiian shirt (because at camp – that’s just FANCY!) We want to finish the week off with a bang! To begin our Fridays, we sleep in! Glorious! We all sleep in an extra hour to help everyone recover from a great night of dancing.

Friday’s breakfast is a HUGE hit with the campers! French toast and in 2026 – Cartoons!

The morning activity is Bragging Rights! On Friday morning, the girls and boys have the opportunity to participate in Bragging Rights by trying to break records in a variety of different activities. Throughout the week, campers will have the opportunity to try some of these activities during the elective classes. In 2026, I want to see all the records broken by the campers.

While this activity is running, we’ll also offer campers the opportunity for free swim, gaga and crafts. We’ll also launch all our camper’s rockets!

After a morning of fun activities, we’ll have a BBQ LUNCH before an afternoon spent attending the REDNECK WATER GAMES.



Can you beat your friends and counselors score and earn

BRAGGING RIGHTS?
Friday morning on Hilltop Camp

How long can you **HOP ON ONE LEG?**

How far can you throw **A PAPER AEROPLANE?**

In a row, how many times can you **MAKE A FREE-THROW?**

What can you score with **FIVE ARROWS?**

How long can you **HULA HOOP?**

How far can you spit **A WATERMELON SEED?**

How far can you and a friend **TOSS AN EGG?**

What can you score in our **GOLF CHIPPING GAME?**

How many coins can you **ELBOW CATCH?**

How long can you **BALANCE A SPOON ON YOUR NOSE?**

How long can you **KEEP UP A TENNIS BALL?**

How long can you **HOLD A NOTE?**

In three minutes how many **CARTWHEELS CAN YOU DO?**

How far can you throw **A STRAW JAVELIN STYLE?**

Other events include:

- Whipper Snapper
- Defying Gravity
- Rapid Fire

And many more!

ALSO: Pool Party, Rocket Launches, Themed Crafts, GoGo and more!

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WHAT MAKES HERMANN SONS LIFE A HOME AWAY FROM HOME?

CAMP IS A FAMILY TRADITION

At Hermann Sons Life it is not unusual to greet a camper whose parents and grandparents and aunts and uncles have all spent time at Hermann Sons Life Camp! It is one of the strengths of our program.

Hermann Sons Life Camp is a family. While many members of the staff are former campers who have grown through the Counselor-in-Training and Junior Staff programs, like most Texans (especially those in the Hill Country), we all love a camp that fosters renewing old friendships and MAKING NEW FRIENDS. New campers and staff allow the Camp to grow with exciting new ideas and energy.

Whether your child is a first-time camper or is returning for the sixth summer, we are excited to welcome them.

CAMP TRADITIONS

Your child will learn many of our camp traditions this summer.

WE SING

Singing camp songs throughout the day is a fantastic tradition at Hermann Sons Life Camp. Pamela Nentwich created some videos of our camp songs so first-time campers and those returning to camp can learn the songs. I highly recommend you go to our Hermann Sons Life Official YouTube channel and learn a few. They are great!

Click here to go to our YouTube Channel <https://www.youtube.com/channel/UCRhtPPY88bAaXmk1Ojl2KCg>

WE DANCE (and eat cookies!)

The campers and staff love to dance. Our weekly dance is on Thursday night and is a highlight of the week.

We have put together tutorials (with the help of many of our returning staff members) on some of the more popular line dances for both our NEW and RETURNING CAMPERS. Learn them in the comfort and privacy of your home before you arrive at Camp! <https://www.youtube.com/@hermannsonslifeofficialcha5034/videos>



During the dance, our campers and staff have a blast! One way we teach our campers the dances is by playing the songs during our meal times. Often counselors will get up and dance and the campers will join in. Still, many of our campers believe that **the best part of the dance are the cookies.**

CLEAN FOR ICE CREAM

Campers and counselors are asked to do their part to keep the cabins clean. This is where Clean For Ice Cream comes in. A few examples of the chores that campers and staff should expect to perform daily are sweeping, making their bed, taking out the trash, etc. Everyday we award the **Golden Broom** to the cleanest cabin and ice cream sandwiches will be given to the cleanest cabins at lunch on Friday.

FLAGPOLE

Like many camps in the United States, we gather around the flagpole in the morning and afternoon to raise and lower the American flag. At Hermann Sons Life we also raise and lower the Texas State flag and the Hermann Sons Life flag. We repeat the Pledge of Allegiance and the Texas Pledge every morning. While they are not required to say the pledge, we do expect all campers and staff to be respectful during the flag raising and lowering by standing quietly facing the flag and taking off their hats!

REST PERIOD

After lunch, it is important that all campers rest. All campers must be on their bed resting. Some campers may wish to read. That is OK. Campers aged 11 and younger must be in bed by 10 p.m. at the latest. Campers aged 12-14 and older must be in bed by 10:30 p.m. at the latest.

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TAPS

Each night, following the evening activity, each camp gathers and taps is performed. It's an awesome way of calming the campers down before heading back to the dorms for friendship circles, showers and bedtime. At the end of Taps, the Lord's Prayer is said. Much like the Pledge of Allegiance, campers are not required to sing Taps or say the Lord's Prayer, however, they are expected to be respectful for those who do.

GRATEFUL (FRIENDSHIP) CIRCLES / LIGHTS-OUT

After Taps we head back to the dorms. Before entering the dorm, we gather in a circle (or small circles) and say one thing we are grateful for from the day.

CAMPER OF THE DAY

Every day (at lunch) we will be announcing the "Camper of the Day" for each dorm. We are looking for the most deserving, most helpful, friendliest camper who embodies all aspects of camp. This camper will be acknowledged at one of the meals. These campers will be given the opportunity to lower the flag each evening.

CAMPER OF THE WEEK

Each week, we will be announcing a "Camper of the Week" for each dorm. We are looking for the most deserving, the friendliest campers, the most helpful, kindest, etc. This camper will be acknowledged at the Friday Showcase and awarded a special orange bead.

COUNSELOR FREE-DINNER / SURVEYS

We truly care about what our campers think about their experience at Camp. We will survey them twice each week. Each week Executive Camp Director Ian Brassett reports the results of these surveys to the CEO of Hermann Sons Life.

Ian reads every comment. We evaluate the surveys closely for trends.

We also survey the parents! At the end of each week we will send the parent/guardian a survey by Survey Monkey. These surveys will be reviewed in August.



2026 PARENT HANDBOOK

A HEALTHY CAMP BEGINS AND ENDS AT HOME

The American Camp Association along with the Association of Camp Nursing has prepared a document for parents to use to help keep summer camps healthy and happy places. This is a summary of that document.

- If your child is showing signs of illness such as running a temperature, throwing up, has diarrhea, nasal drainage and/or coughing/sneezing, keep the child home and contact your camp director. This greatly reduces the spread of illness at camp but also supports your child's recovery.
- Teach your child to sneeze/cough in his/her sleeve and to wash his/her hands often while at camp, especially before eating and after using the restroom. If you really want to achieve impact, teach your child to accompany hand washing with another behavior: keeping their hands away from their face.
- If your child has mental, emotional, or social health challenges, talk with a camp representative before camp starts. Proactively discussing a camp's ability to accommodate a child can help minimize potential problems.
- Make sure your child has and wears appropriate close-toed shoes for activities such as soccer and hiking, and that your child understands that camp is a more rugged environment than the suburban setting. Talk with your child about wearing appropriate shoes to avoid slips, trips and falls that can result in injuries such as a sprained ankle.
- Fatigue plays a part in both injuries and illnesses and camp is a very busy place! Explain that camp is not like a sleepover: they need to sleep, not stay up all night!
- Remember to send sunscreen that your child has tried at home. Teach your child how to apply his/her sunscreen and how often to do so.
- Impress upon your child the importance of staying hydrated.
- Talk with your child about telling their counselor, the nurse or camp director about problems or things that are troublesome to them at camp. These camp professionals can be quite helpful as children learn to handle being lonesome for home or cope with things such as losing something special. These helpers can't be helpful if they don't know about the problem - so talk to them.
- Should something come up during the camp experience or afterward – you see an unusual rash on your child or if there are any other concerns – contact the camp's representative and let them know. Camps want to partner effectively with parents; sharing information makes this possible.



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PACKING LIST – SUGGESTIONS AND TIPS

Many of the things your camper will need are already around the house. There's no need to go out and purchase brand new equipment/supplies.

Pack bedding (sleeping bag or linens, pillow, blanket, etc.) in a large trash bag with the camper's name on the bag. This way, all bedding stays together and gets to the correct cabin.

Camp can be messy. Cabins tend to become messy, and campers often say, "I can't find my shirt!" For those less-than-organized campers, we suggest packing a day's worth of clothes in a zip-lock bag (the gallon size works great). Each morning, your camper can reach into their luggage/bag and pull out an entire outfit. Extra socks, shirts, etc., can be put in other zip-lock bags and labeled. This system works well for campers of all ages. We also suggest not sending clothing you don't want ruined or valuable jewelry.

Safety at camp continues to be our number one priority. To avoid temporary confiscation of undesirables, we ask that parents/guardians please examine your child's belongings prior to their arrival at camp. We thank you for your assistance and understanding.

- MP3 players/iPods/iPads
- Cell phones and digital cameras
- Pocket knives or weapons of any kind
- No fireworks, sparklers, etc.

LOST AND FOUND

To ensure items are not lost, please label every item your child brings or wears to camp. All lost and found items will be available for claim at the Hermann Sons Life Camp Administration building in Comfort, TX until August 31, 2025. Please contact Ian Brassett at 830-995-3223 to arrange for pick-up and/or delivery at the owner's expense. Unclaimed items will be donated to local non-profit organizations.

DRESS CODE

Hermann Sons Life encourages parents to help us in having all youth adhere to the camp dress code. Items not allowed: tops with spaghetti straps, halter-type tops,



string bikinis, men's speedo-type swimsuits or shorts, shirts that reveal the midriff, excessively loose-fitting pants or jeans, short shorts or skirts, clothing advertising or referencing alcohol, drugs, violence, or having sexual content. Two-piece swimsuits are allowed but should adequately cover all body parts.

Footwear: Campers are to wear athletic, tennis-type or Croc-style shoes to camp activities. Closed-toe shoes are required for challenge course, OLS, archery, and rifle activities.

Campers are advised to bring water shoes or Teva-type sandals that can be worn into the lake. These shoes will become wet and/or muddy.

Campers may NOT wear flip-flops or other types of backless sandals any time other than when they are in the cabins.

Staff may instruct a youth to return to their cabin and change their clothing if any item is not within the guidelines or appropriate for the activity.

SEARCH and SEIZURE

HSLC reserves the right to inspect campers' and staff members' belongings. Such searches may be done without notice and with or without cause.

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SUGGESTED PACKING LIST

CLOTHING

- 6 each of shirts, shorts, socks and underwear
- 2 Swimsuits
- Pajamas
- Tennis shoes
- Shower shoes
- Athletic Tennis-type shoes
- Flip-flops or sandals (for cabin use)
- Water shoes
- 1 pair of jeans
- Hat or cap
- Something to wear to the Camp dance

LINENS

- Twin-size fitted sheet
- Pillow with case
- Blanket or sleeping bag
- 2 towels and wash cloths
- Swim towel

OTHER NECESSITIES

- Laundry bag for dirty clothes
- Toiletry Bag (soap, shampoo, toothbrush and toothpaste, hair brush or comb, deodorant, lip balm, feminine products, etc.)
- Sunscreen
- Bug repellent
- Water bottle (labeled)
- Rain gear (poncho or coat)
- Medications * Please do not pack any medications in your child's luggage. It must be given to the medical staff upon arrival.

OPTIONAL

- Flashlight
- Stuffed animal
- Reading book
- Letter writing materials with pre-addressed stamped envelopes.
- Sunglasses
- Attire for themed week

PLEASE NOTE

- Camp provides all sporting equipment.
- We recommend spare glasses or contacts be given to the medical staff upon arrival for safe keeping.

PLEASE DO NOT BRING

Any electronics (music players, iPads, cell phones, cameras, smart watches, etc.) Expensive/valuable clothing or jewelry, pocket knives or weapons of any kind, fireworks, sparklers, etc.

2026 PARENT HANDBOOK

DINING AT CAMP

2026 Camp Menu							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BREAKFAST	AT EACH BREAKFAST Assorted cereals, yogurt, boiled eggs, cut fruit, whole fruit	French Toast/Syrup	Pancakes/Syrup	Biscuits and Gravy	Waffles/ Syrup	French Toast Sticks/Syrup	Cinnamon Rolls
		Hashbrown Cubes	Sausage Patty	Sausage Links	Lil' Smokies	Bacon	Muffins/ Donuts
		OJ and Apple Juice	OJ and Apple Juice	OJ and Apple Juice	OJ and Apple Juice	OJ and Apple Juice	OJ and Apple Juice
LUNCH	AT EACH LUNCH AND DINNER Salad Bar, PB&J alternative, Fresh Fruit, DRINKS Punch, Ice Tea, Lemonade	Grilled Cheese Tomato Soup	Mac & Cheese	Orange Chicken/ Beef Broccoli	Spaghetti & Meatballs	Chicken Tenders	SALAD BAR
VEGGIE OPTION		Oyster Crackers	Broccoli	Fried White Rice	Garlic Bread	Green Beans/Candied Carrots	Iceberg lettuce Cucumber Cherry Tomatoes Sliced Onion Croutons Tuna Fish Pickled Beets Tofu Baby Carrots Kidney Beans Chick Peas Shredded Cheese Ranch Dressing Italian Dressing Cut Fruit
DESSERT		Potato Chips	Corn Bread	Egg Rolls		Mashed Potato	
				Veggie Nuggets/Sauce	Veggie Meatballs / Sauce	Veggie Nuggets/Sauce	
		Chocolate Pudding	Jello	Fortune Cookie	Banana Pudding	Bomb Pops	
DINNER	Hot Dogs / Chili	Chicken Wings	Ground Beef Tacos	Hamburgers	Pizza	Baked Ziti	
	Baked Beans	Corn on the Cobb	Hard Shells/ Soft Shells	Sweet Potato Fries	Cheese Bread	Garlic Bread	
	Potato Chips	Raw Carrot / Celery Sticks	Chips/ Salsa	Baked Beans			
VEGGIE OPTION	Veggie Dogs	Cauli Wings	Cheese Quesadillas	Veggie Burger		Veggie Lasagna	
DESSERT	Ice Cream Cup	Watermelon	Churros	Apple Pie Egg Rolls	Watermelon	Ice Cream Cup	
PM SNACK	Ice Pops	Fruit Roll-Up	Ice Pops	Fruit Roll-Ups	Ice Pops	Ice Pops	
EVE SNACK	S'Mores	Animal Crackers	Popcorn at Game Night	Cheez-Its	Cookies at Dance	Gold Fish	

SNACKS

Camp provides 3 meals and 2 snacks daily. In addition we always have whole fruit available in the dining hall.

PLEASE DO NOT SEND SNACKS with your child. All food items will be confiscated (and not returned). Dorms are snack-free zones to eliminate the small critters from the dorms.

THE KITCHEN

All kitchen staff have ServSafe food handling certifications. Safe food handling to prevent cross-contamination, proper hygiene for all staff, acceptable cooking practices and correct cleaning and sanitation are must-dos for any kitchen.

MEAL PROCEDURES

- Campers and counselors will wash their hands before being called to the Dining Hall.
- We serve cafeteria style & campers sit by dorm!
- We offer one main entrée and sides per meal. While we do not provide for special diets (including vegetarian), a complete salad bar is provided at lunch and dinner (see above).
- Parents of campers that require special diets are encouraged to call Executive Camp Director Ian Brassett at 909-362-9058 to discuss options.

THE TABLE

- Each dorm will have a cleaning cart wheeled out to their tables during the meal.
- This cart will contain:
 - ✓ a bucket for waste and scraps,
 - ✓ a bucket with hot soapy water and a couple of sponges,
 - ✓ a bucket with sanitizer solution and scrapers,
 - ✓ a bus tub.
- Once the dorm has finished the meal, the campers will scrape excess food into the bucket and wipe down their part of the table using the hot soapy water.
- One counselor will then collect the plates, silverware and cups and place them in the bus tub.
- Once the table is clean, the campers and most of the counselors will return to their dorm.
- One counselor and CIT remain behind to sanitize the table and benches and sweep the floor.

2026 PARENT HANDBOOK

ARRIVAL DAY

DRIVE-THROUGH CHECK-IN and CHECK-OUT

Prior to your child's arrival, you will receive an email from the Camp Director. This email will inform you of what DORM your child will be in and the time scheduled for your arrival.

- Axis & Wagon Wheel - 1:15 p.m. – 2:00 p.m. **CIT DORMS**
- Armadillo and White Tail - 2:00 p.m. – 2:30 p.m.
- Road Runner 2:30 p.m. – 3:00 p.m.
- Bobcat 3:00 p.m. – 3:30 p.m.
- Coyote 3:30 p.m. – 4:00 p.m.
- NO DORM – 4:30 p.m. – 5:00 p.m.



PLEASE REMEMBER

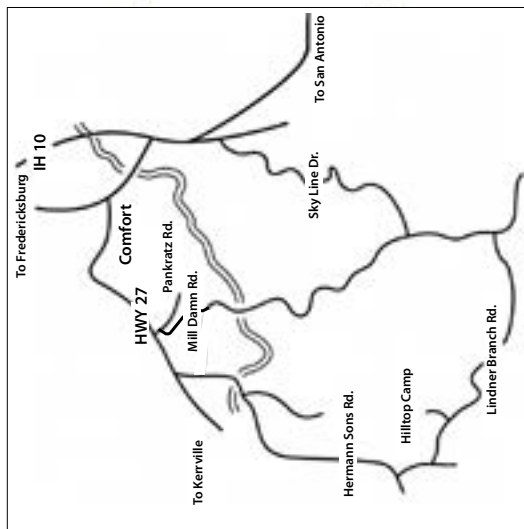
- No camper will be admitted into camp without a completed health history form. If you have multiple children, please schedule your arrival at the later scheduled time (oldest child). This includes CITs.
- PARENTS will not be permitted to leave their vehicle during the drop-off procedure except for a quick hug and photo at the camper drop off station. Arriving too early will mean you may have a long wait in a hot car! Please plan your arrival at the scheduled time above.
- PLEASE DO NOT BRING A TRAILER OR RV when dropping off your child. We simply do not have the capacity to accommodate these vehicles.
- Thank you for leaving your pets at home on arrival and departure days.

DEPARTING CAMP

- Parents (or approved adult) will need to provide valid ID at the main gate in order to enter camp to pick up your child.
- All campers, medication and luggage will be available at Stage 2. Our friendly staff will help you and your child with their luggage.
- If your child has medication, please pick-it up at this time.
- Pick-up is between 9:00 a.m. – 11:00 a.m. on departure day.

2026 PARENT HANDBOOK

ARRIVAL DAY

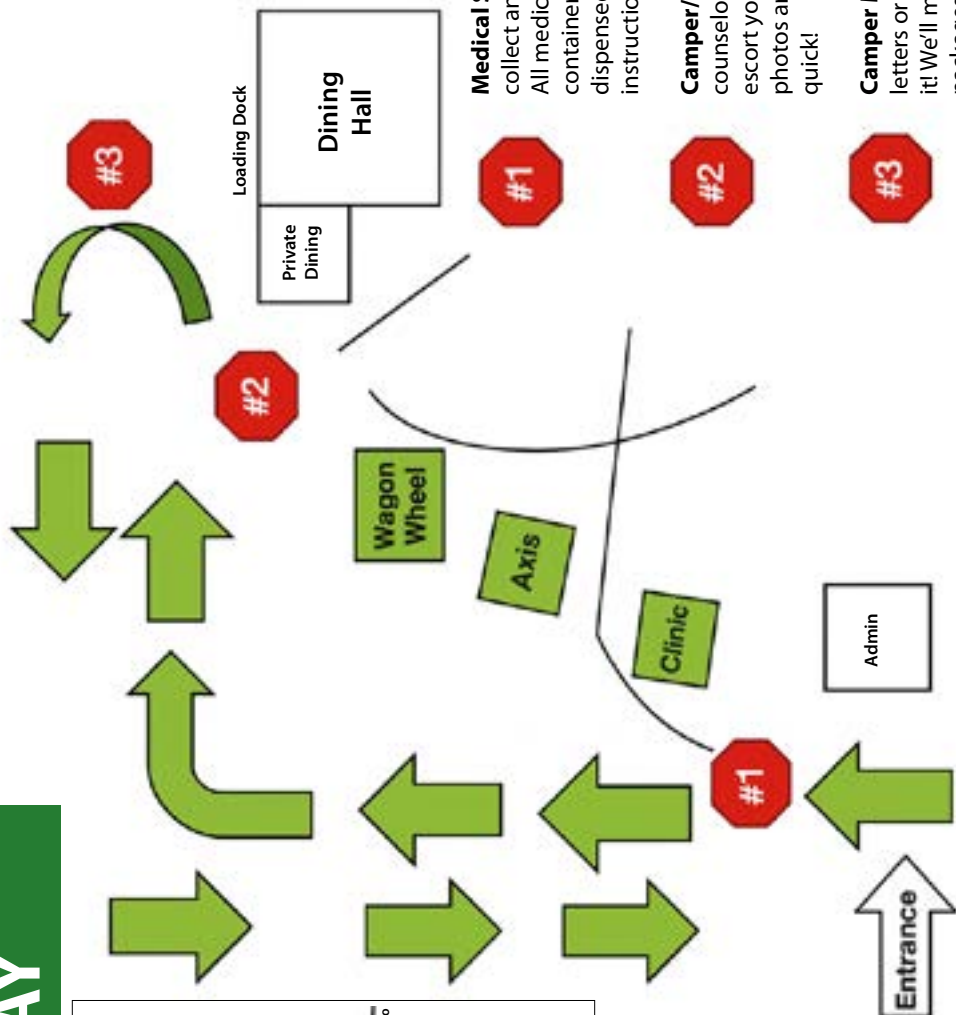


ADDRESS

170 Hilltop Camp Rd., Comfort, TX 78013
 GPS will get you to Hermann Sons Road
 Then:

DIRECTIONS TO CAMP

From Comfort take Hwy. 27 west toward Kerrville. Just outside of Comfort, turn left on Hermann Sons Road. Don't turn left on Altenheim. There is no access to Hilltop Camp. Drive an additional 1.5 miles, turn left on Lindner Branch, drive half a mile, then turn left on Hilltop Camp Road.



Medical Stop: Our Medical staff will collect any medications for your child. All medications must be in its original container. All medications must be dispensed by our medical staff per the instructions on the label.

Camper/Luggage Drop-Off: Our counselors and CITs will be here to help escort your child to their dorm. Take your photos and hug your kiddos here! Be quick!

Camper Mail: If you wish to drop off letters or packages, this is where you do it! We'll make sure your kiddos get their packages. PLEASE NAME each package and the day you'd like it delivered.

2026 PARENT HANDBOOK

IMPORTANT MEDICAL INFORMATION

HERMANN SONS LIFE CAMP'S COMMUNICATION POLICY

- Parents must be informed before their child is seen by a doctor for illness or injury. This call will be made by the camp nurse referring to the camper.
- Whenever a camper puts their head on a pillow in the clinic, the parent is to be called even if the stay is less than four hours.
- If it is after 9 p.m. and the child is admitted into the Clinic for a non-emergent condition, the call can be made between 7:30 and 8:30 a.m. the next morning. No later!

EMERGENCIES

In the event of serious camper illness, injury, or emergency the camper's parent/guardian will be notified. If you need to contact your child about a family emergency, please call/text Executive Camp Director Ian Brassett at 909-362-9058.

CLINIC PROTOCOL

The goal of our camp's health care policy and plan is to ensure the health and safety of all campers (and staff) so that they may participate in all activities to the maximum of their capabilities. Medical care by a licensed nurse or EMT will be provided. Anyone requiring evaluation and treatment beyond the scope of the Camp's treatment procedures will be referred to an appropriate facility and/or their own physician.

Hermann Sons Life Camp recognizes the HIPAA law. Copies of this law are posted in easily accessible areas. Every precaution will be taken to keep medical information confidential. Information will be provided to cabin counselors who live with campers and activity instructors on an as-needed basis. This is done in simple code to further protect the confidentiality of the camper.

All campers and staff are required to have a completed Health History Form on file.

PARENTAL DIRECTIVES FOR CAMPER MEDICATIONS

If your child is taking medication (including over the counter medications, vitamins, creams, ointments, etc.) during their camp stay, please follow the procedures outlined below.

- Camp policy prohibits the possession of any medicine, vitamin, aspirin, allergy pill, etc. in the dorm. All medications (including vitamins) are required to be stored in the Clinic.
- All medications will be collected by our medical staff during check-in. Please place all medications in their original container (no pill organizers) into a large Ziploc bag.
- An exception to the above policy is provided to campers who are required to carry an epinephrine auto injector or an inhaler to address emergencies.
- Prescription medications must be sent in the original prescription bottle with your camper's name, drug name, clear dispensing instructions and the prescribing doctor's name.
- You are responsible for ensuring that your child has enough meds to complete his/her scheduled stay at camp.
- Hermann Sons Life Camp has a stocked clinic. Typical OTC medications are provided and dispensed per the dispensing instructions by our medical staff.
- All medicine (non-prescription and prescription) must be clearly labeled with the camper's name, name of the medication, the time the medication should be administered, number of times per day, dosage and any other special instructions (i.e., keep refrigerated). Please make sure that you bring a completed CAMPER MEDICATION FORM.

PLEASE REMEMBER THAT ALL MEDICATIONS MUST BE IN THEIR ORIGINAL PACKAGING.

2026 PARENT HANDBOOK

INSURANCE AND MEDICAL EXPENSES

Hermann Sons Life provides medical insurance in the event of an accident or injury to a camper while at Hermann Sons Life Camp. This does not include sickness or illness. These expenses will be incurred and the responsibility of the parent/guardian. The child's SS#, medical insurance provider and policy number must be included in the Health History Form while at camp.

SICK CALL

Campers may visit the clinic whenever they feel sick. To reduce the disruption to the daily program, we ask that campers who are not seriously ill to visit the clinic after breakfast, after lunch and after dinner. We also have a Sick Call scheduled after the evening activity has ended (from 9-10 p.m.), however this Sick Call is primarily intended for campers who are required to take bedtime medications. Medications must always be taken BEFORE 10 P.M. The clinic is open 24/7.

RESPONSE IN CAMP TO A POSITIVE (100.4>)TEMPERATURE

Due to communal living, we tend to be quick to respond to a temperature, persistent cough and other such contagious symptoms. Campers with a temperature of over 100.4 will be removed from active involvement in camp and their symptoms treated. Parents/guardians will be notified.

SUNSCREEN & LIP BALM

It is important that campers and staff use sunscreen every day. At Hermann Sons Life Camp we will supply sunscreen to both campers and staff who do not have it. Sunscreen is available outside the Clinic and at the Dining Hall. While most campers have lip balm, there will be lip balm or Vaseline available in the Clinic.

HYDRATION

To prevent dehydration (and the inevitable sickness that follows), campers and staff must drink water. Lots of water. Campers AND STAFF are required to carry a water bottle with them from breakfast through dinner.

WATER BOTTLE REFILLS

We provide every camper a water bottle at the beginning of each session. We have invested in a number of large 10-gallon water jugs from which campers may refill their water bottles. These water jugs will be set up around camp and sanitized twice daily and at each refill. The water bottles do not touch the faucet.



2026 PARENT HANDBOOK

STAYING IN TOUCH

THE EMAIL ADDRESS IS: **CAMPERS@hctc.org**

EMAILING YOUR CHILD

We are excited that you are able to email your camper.

- Emails will be **PRINTED DAILY AT CAMP AT 1:00 P.M.**
- Emails received after 1:00 p.m. will be delivered to your child the following day.
- Emails received after 1:00 p.m. on Friday will not be delivered.
- Please do not send attachments nor photographs. We print black and white only.

ENSURE EMAILS ARE PUNCTUALLY DISTRIBUTED WITH NO DELAYS:

THE SUBJECT LINE SHOULD READ:

- DORM NAME and CAMPER'S NAME IN THIS ORDER.
 - E.g. Subject Line: White Tail – Ian Brassett

TIPS AND SOME ADVICE

When sending emails, it is important to be positive and encouraging. If your child receives an email stating, "The dog is pining and sitting on your bed," "We went to your favorite restaurant last night," or "I miss you terribly," while well intentioned and heartfelt may instill guilty feelings if they start having a good time. "How can I enjoy this experience while my Mom (or Dad) is having such a hard time without me? I need to be with them!" "I need to go home."

Send encouraging letters.

- Ask them about their new friends.
- Ask them about the activities you know they were excited to participate in.
- Tell them how proud you are that they are enjoying themselves without you.
- Remind them to help clean their area! Brush their teeth! Shower!
- Tell them that it's status quo at home. Boring. Nothing new to tell you. These letters will help reinforce the positivity of camp, reinforce their growing confidence and reinforce independence.



CAMPER MAIL & PACKAGES

If you wish to have your child receive mail (other than an email) or a care package during the week, it is best to bring it with you when you drop off your child. There will be a member of the staff prepared to collect these items from you at stop #3.

This mail will be delivered after lunch during relaxation. **CLEARLY** label the campers name, dorm and the specific day in which you wish it to be delivered.

CELL PHONE /ELECTRONIC DEVICES

Phone calls to and/or from campers while at camp are not allowed. Phone calls are a hindrance to the camp environment and tend to cause, rather than help campers who may be experiencing minor homesickness.

Homesickness and missing home is one of the benefits of summer camp.

Campers are not permitted to have cell phones or electronic devices. All cell phones will be taken by our senior staff and secured in the office. It is the camper's responsibility to pick up the phone before leaving camp.

2026 PARENT HANDBOOK

HOMESICKNESS: LET'S PREPARE FOR A SUCCESSFUL SUMMER

I believe that experiencing homesickness is actually one of the **true benefits** of an overnight summer camp stay. Homesickness is not a bad thing! After all, being homesick means the camper is coming from a good home with loving parents, home comforts, phones, electronics, TV, favorite meals and snacks, routine and unstructured time... and who's not going to miss that environment?

Let's start at the decision to send your child to camp. Why are you giving your child this wonderful opportunity? Often, it's to **provide your child with an opportunity for growth and fun in** a safe, caring environment. A big part of this growth is **providing your child the space for this growth to occur**. How can a child expand their limits while being held so tightly? Children need to run, fall, get up and try again. Camp is not a perfect science.

That's actually what makes it such a great environment of learning. Sometimes friends fall out and then become friends again. Learning to live in a cabin with 30 different and diverse personalities is not easy, but it teaches the children incredibly useful life skills. Camp can be especially difficult for some children if it is their first time away from home.

TIP – Try a few sleep-overs before their first year at camp.

This is your most precious possession. You must show your child that you trust them to grow and that you trust the camp, as professionals, to look after their best interests. It is with a large dose of assumption on my part that you did research into choosing Hermann Sons Life Camp. You looked into the camp you chose for your child. You asked questions about the caliber of staff that will be looking after your child. You made sure the camp is accredited by the American Camp Association. You learned as much as possible about the programs offered. You learned about the policies and procedures. You read all of the literature the camp has sent you... then you decided to send your child to us! There are various levels to homesickness. Most are fleeting. Most pass as quickly as they began. There may be a melancholy meal or two. Homesickness may last a day or so.



Only a very few can be lasting. If your child is experiencing lasting and continuous homesickness, we will keep you in the loop!

We will be in constant communication with you. We will call and let you know if your child is having adjustment issues. We will ask for your help to find out the best way to care for your child – after all you are the expert and know your child best. **It is not a failure if the camp calls you for advice.** It also does not mean your child is in danger. It means the camp is doing everything it can to make this experience a success for your child. **I promise that we will keep the parents informed.** Why would they be homesick? What activities were they looking forward to participate in at camp? Do they have friends from home at camp?

Also, keep this in mind: camps do not want an unhappy child moping around camp! Homesickness can be contagious! **A good camp will work with your child.** They will help get them involved in activities. They will have a bunch of counselors working round the clock to help your child integrate into camp and make friends. Friends after all are the biggest antidote to homesickness.

Camp is actually often harder on the parent than it is on the child. The camper has friends in the cabin, counselors to watch out and care for them and awesome activities to engage their mind and body from morning until nighttime.

2026 PARENT HANDBOOK

It is hard for parents not to worry. Call us if you need reassurance. This summer I hope to be posting more photos online. Hopefully, this will provide you with some reassurance - **a picture does say a thousand words.**

Prior to camp, be sure to make positive statements as opposed to, "I don't know what I'll do without you" or "try it for a day, and if you don't like it, we'll come pick you up."

As stated previously, once at camp, send encouraging and support email messages.

- Ask them about their new friends.
- Ask them about the activities you know they were excited to participate in.
- Tell them how proud you are that they are enjoying themselves with you.
- Remind them to help clean their area! Brush their teeth! Shower!
- Tell them that it's status quo at home. Boring. Nothing new to tell you.

These letters will help reinforce the positivity of camp. Reinforce their growing confidence. Reinforce independence. As a parent you must allow your children the space to grow at camp. Allow them to fall. Allow them to fail in a safe, caring environment. **Allow them the freedom to find themselves.**

Make new friends. Find their personality. Overnight camps are adventures in learning. Its positive effect will manifest itself with lifelong skills such as strength, courage, self-confidence and self belief.

Tip - DO NOT give your child an escape clause!

This may sound harsh, however, if you are sending your child to camp with the phrase "give it a try, if you do not like it, I'll come and pick you up" - save yourself, the camp and the child the time, effort, and energy and do not send the child to camp! They will already know that you will "rescue" them. That when times get tough, Mom and Dad will help them avoid a less than perfect day. It will not matter how friendly the staff are! It will not matter how awesome the activities are. It will not matter how great of friends the kids in the cabin could potentially



be...your child will ALREADY want to go home. Your child will mentally not want to be there, and you have already given them an out! The staff will try all the tricks in the book, but it will not help because "I'm going home, my parents promised me."

Every homesick child is a case requiring individual attention and sincere care.

Our primary goal is to make sure campers that are experiencing adjustment issues know that they are safe and cared for. Counselors creating an environment that fosters friendship development. Making a friend in the cabin is our PRIMARY GOAL. Friends are the number one cure for homesickness.

Tip - Visit the camp before the first day!

It is often the unknown that scares us the most. Change is never easy. The first day at camp can be overwhelming. The size of the cabins, the large number of people milling around. Wow! By introducing the camper to the facility ahead of day one will help ease the nerves and truly helps. There will be Open House.

If you would like to discuss camp with me, the camp number is 830-995-3223. My email is ianb@hermannsonslife.org.

Together, we will make this an awesome camp experience!

2026 PARENT HANDBOOK



CAMPER CODE OF CONDUCT

I WILL...

Treat people the way I would want to be treated.

Cooperate with camp staff and follow their instructions.

Practice sun safety by wearing: sunscreen throughout the day, protective clothing, a hat, stay hydrated with water/juice, and seek shade during the hot-test/ sunniest times of the day.

Help keep my area and the surrounding environment clean and put all litter in the trashcans.

Talk to someone if I feel unsafe

Have lots of FUN and a GREAT time.

I WILL NOT...

Bully, or put down other campers (includes knocking people's caps off).

Steal, vandalize or graffiti any property.

Deliberately hurt anybody's feelings.

Hit other campers or staff.

Use foul, inappropriate or abusive language.

CONSEQUENCES

Re-directed and informed of expected behavior

Parental notification.

Possible dismissal from Camp.

2026 PARENT HANDBOOK

SUMMER CAMP RULES

All campers and Cabin Staff will observe the following camp rules and grievance guidelines. The Executive Camp Director and VP of Member Benefits may add additional rules to accommodate the needs of the campers and camp. A violation by a camper will be handled by the Senior Counselor(s) or the State Fraternal Director, according to the seriousness of the matter.

- All campers must follow the camper Code Of Conduct.
- All campers will participate in all scheduled activities.
- If a camper is late for a scheduled activity, it must be reported to the adult leader in charge.
- Campers will not be allowed to drive vehicles while at camp.
- Campers must follow the directions of their Dorm Counselors.
- No one will be allowed to leave the campgrounds.
- Lights out will be observed - quiet!
- No boys in the girls' cabins and vice versa.
- No engaging in inappropriate physical or sexual behavior that is disruptive or offensive to other members of the HSLC environment.
- No discourteous acts toward anyone. This includes disobeying a directive from staff, being disrespectful or directing profanity, vulgar language, or obscene gestures towards campers or staff.
- No hazing.
- No malicious or deliberate intent to do bodily harm (to self or others).
- No throwing anyone in any body of water.
- No tree climbing or rock throwing.
- No abusing camp property or equipment.
- No stealing.
- No selling, giving, possessing or using alcohol, tobacco products, vaping, illegal drugs, weapons, or fireworks.
- Proper camp attire and swimming suits must be modest/appropriate and will be enforced at all times. What is "proper" will be determined by the Executive Camp Director.
- Each camper will keep everything orderly around his/her own bunk.
- Good sportsmanship and conduct will be observed at all times.
- No engaging in conduct constituting a felony as defined by law.
- All camp areas will be cleaned before leaving camp.
- Campers will be expected to pick up all litter on the grounds and inside the cabins.
- No visible body piercings other than ears. Clear spacers may be worn in place of jewelry.



2026 PARENT HANDBOOK

CIT ADDENDUM

While the Counselor-in-Training (CIT) program is designed to grow future counselors (and possibly directors) for our program, it is primarily focused on helping our 15/16 year olds grow as individuals. The program is designed to help them learn leadership skills and responsibility. Responsibility for their actions and those of the campers with which they come into contact with.

Along with this leadership element, this program is designed to give our CITs campers, an insight into what it takes to be a counselor at camp. CIT campers will be given responsibilities throughout the week ranging from leading warm-ups at activities, leading songs at meals, line serving at meals, telling stories at night, to leading our Game Night and Bragging Right activities.

We are looking forward to our CITs interacting with the campers and providing a positive, smiling attitude. While we hope that our CITs create incredible friendships within their peer groups, they will be expected to focus on the campers when not in classes and their dorm.

Working at camp is not just a fun, summer job (and it is fun!). It is a great resume builder providing our staff with valuable skills that are seldom attained by making coffee and copies in an office internship. Camp counselors make a real difference in the lives of the campers! This job has meaning! It's a real job that provides the counselor working in camp:

- **ORAL COMMUNICATION SKILLS:** You will be required to communicate effectively with campers, fellow staff, supervisors and in many cases – parents!
- **CRITICAL THINKING AND PROBLEM SOLVING:** You will be challenged to think on your feet– from resolving camper disputes, health and safety issues to facilitating a group of campers in creating a skit!
- **INTERPERSONAL AND LEADERSHIP SKILLS:** You will be required to model professionalism and compassion by managing a group of campers, while contributing to the growth and development of each camper... YOU WILL MAKE A DIFFERENCE in the LIVES of the campers.
- **COLLABORATIVE SKILLS:** You will receive real practical training on how to work in a team and help build and shape the culture and future of Hermann Sons Life.
- **CREATIVITY:** There is no more creative job than that of a camp counselor. How do you entertain and engage 2 to 200 campers?
- There are also the benefits of working at camp. It is a real job.
- **LEADERSHIP:** As mentioned before, you will likely be supervising between 7–15 up to 30 others, engaging in decision-making, behavior management, and living ethics — all necessary leadership skills for today!
- **DIVERSE & GLOBAL EXPERIENCE:** It is not uncommon for campers and staff to be from a variety of places and cultural perspectives from around the US and world.
- **NETWORKING OPPORTUNITIES:** With other staff and connections to camp alumni can provide a link to possible internships or future job opportunities in a variety of careers.
- **TRAINING & CERTIFICATIONS:** You get to keep any additional training you may acquire (like CPR, first aid, and activity specialist certifications) At Hermann Sons Life we provide free American Red Cross Lifeguard certificates, Archery and Challenge Course certifications among others.
- **ROOM & BOARD:** is provided if working at a resident camp. That means while working at camp you are not spending money on food (how much will that save parents!??), housing, laundry, utilities, and other living expenses as they are covered.
- **21ST CENTURY SKILLS:** Communication, Collaboration, Critical Thinking, Creativity, and Contribution that are critical for success in today's world are developed and practiced daily at camp.
- **PROFESSIONAL DEVELOPMENT:** Ongoing professional development sets you up to learn about your job while building a strong team with the people you will be working with. There are many staff that assume greater responsibilities and promotions from year to year. What does that look like on a resume for future employers?
- **LETTERS OF RECOMMENDATION:** I write great letters of recommendation because I will have the opportunity to observe you closely over a number of years.
- **COLLEGE CREDIT OR INTERNSHIP:** You may be eligible for college credit in some cases or able to use camp as an independent study, practicum, or internship experience. I've worked with many staff members who were allowed to use summer camp as an internship or work study program.
- **PAYCHECK:** You will typically get paid a salary. While the salary is not what you can make at McDonalds or Burger King, there's no cost to you during the week. You're not buying food, or gas. You live and work at camp with new friends.

CLOTHING LIST

- The clothing list is available in this Parent Handbook. A couple of highlights:
- CIT's are permitted their phones.
- They must be kept in their dorm and there will be limited time available for them to be used.
- If they permit campers to use their phone (siblings included)— they will be asked to leave camp immediately.
- CITs are permitted snacks in their dorms. They are never to be shared with campers (even siblings). This is very important!
- CIT-2s need a sleeping bag.

RULE OF THREE

No staff member, nor CIT, should ever be alone with a camper where others cannot see. It is always important to remember that if you are taking a camper to the dorm to use the rest room that you stay outside while the camper enters the dorm to use the rest room.

Walking a camper to the clinic or the dorm is acceptable during the day because there is no expectation of privacy. Sitting on a camper's bed is acceptable (if invited) during relaxation time where there are many campers and staff in the immediate vicinity



HSL YOUTH FOUNDATION, INC.

CAMP • DANCE
COMMUNITY SERVICE

WHO WE ARE

Our mission is to empower and inspire youth through dynamic camp experiences and creative dance programs that build confidence, foster community, and nurture personal growth. We are committed to creating spaces where young people can explore their passions, develop leadership skills, and celebrate self-expression in a safe and supportive environment.



WHY CHOOSE US

The HSL Youth Foundation Inc. is a designated 501(3)(c) organization that operates a not-for-profit, coed summer camp program in Comfort and dance schools in several Texas communities for junior members of Hermann Sons Life, as well as nonmembers.

As a 501(c)(3) recognized nonprofit organization, the foundation can participate in grant funding programs and accept tax-deductible donations from corporations, businesses, and individuals.

HOW TO DONATE

Visit hermannsonslife.org and click Store.

For information, call 210-892-0280.



DANCE CLASSES

Welcoming all returning
and new dancers!
For ages **3-17** years
as of Sept. 1, 2025



Tap • Ballet • Jazz
Hip-Hop • Tumbling
Acro • Lyrical • Contemporary
Depending on location.



Contact Tammi Sutherland at
210-226-9261 ext. 239 • 210-892-0273
with any questions

hermannsonslife.org/youth-foundation/ • tammis@hermannsonslife.org

Do you have enough coverage to financially protect the ones you love?



**LIFE INSURANCE • WHOLE LIFE • TERM LIFE
MEDICARE PLANS • ANNUITIES
MEMBER BENEFITS**



Hermann Sons Life provides products that give you peace of mind, financial security and needs-based protection for each stage of life.

CONTACT US 210-527-9113