



# Summer Camper Information Packet

## Camp Lutheridge

2049 Upper Laurel Drive  
Arden, NC 28704  
Ph: 828-684-2361  
Fax: 828-687-1600

## Camp Lutherock

84 Camp Luther Rd.  
Newland, NC 28657  
Ph: 828-733-5868



**Summer Camp is here and we are excited that your child will join us for an exciting camp adventure!**

Your child will have fun and

- find common ground with diverse friends
- grow in independence, discover gifts and talents and practice new skills
- enjoy creative activities like games, songs, skits and crafts
- encounter the Living Word and grow closer to Jesus!

We provide a safe environment where college age counselors act as big brothers and sisters caring for children and sharing their witness to the importance of God in their own lives. Our staff is carefully screened, selected and trained. We are VERY proud of them. If you'd like to know more about our staff training or risk management procedures, just ask! We are happy to share with you why our camps are accredited by the American Camping Association.

**Addressing Attitude and Concerns:** We make the camp experience as happy and worry free as possible for both parent and camper. If your child is reluctant about coming to camp, keep your conversations with him/her calm and encouraging. Show every confidence that it will be GREAT. (It's true!) Talk over any fears or worries you may have and make a plan. Feel free to call us with concerns and suggestions. Below are some of the typical parent/camper concerns.

**Making Friends:** Each camper may request only one or two cabin buddies. This way, everyone makes new friends. Counselors use fun and inclusive games and activities that give rise to natural friendships. We train counselors on bullying issues so they know how to take preventative action and address inappropriate behavior. Encourage your child to take the lead in including others and reaching out to anyone who may seem shy or quiet.

**Homesickness:** Many of us miss home when we are away. Help your child see that this is normal but that it doesn't stop camp from being fun. Missing home and learning how to manage those feelings is an important part of growing up. Camp is a GREAT place to do that. Our top strategies for helping homesick kids are:

1. Keep kids involved in fun and challenging play and in making friends
2. Support and encourage them in sharing their gifts and teaching others.
3. Set short term goals that seem manageable and make the week fly by.
4. Listen and love them ~ LOTS.

**Homesickness strategies for parents before camp:** *Please do not tell your child you will come and get him/her if homesickness strikes!*

Let your child know that you believe in his/her ability to take this important step in being away from home, and that you trust the camp staff. If your child seems worried, call and talk with a program director so we can make a plan together. If you get a "missing home" letter from your child, call to ask how he/she is doing. Chances are that by the time you get the letter, things are great. If your child is not eating or sleeping well, or is not engaged by Tuesday, a program director will call you. Please see other ideas for preparing your child for camp in our FAQ section at [www.novusway.org](http://www.novusway.org).

**Unplugging:** One of the biggest gifts of outdoor ministry is being away from technology; TV, computers, video games, and, yes, CELL PHONES. Being present to ourselves, each other, and the beauty of the natural world is a vital part of fellowship at camp. The single biggest reason that camp experiences are so intense and transformational is that we are away from such distractions. God often speaks through nature and community when we truly pay attention! **Please do not allow or encourage your child to bring a cell phone to camp.** If it is important to talk to your child during the camp week, please call and we'll make arrangements for that to happen.

**Camper Health Form:** Please use the health form to tell us about particular needs, issues, and delights that will be beneficial for us to know about your child. Examples include: a divorce or death in the family, if your child loves swimming, is afraid of the dark, etc. We want to provide great support for your child to have the best camp week possible.

Thank you for sharing your child with us. Having fun and loving God go hand in hand, and camp is all about experiencing the abundant life that Jesus offers. We weave worship, praise, prayer, scripture—and loving each other—into all that we do. Our goal is that campers leave singing Jesus songs and seeing God in everything and everyone.

Please feel free to call if you have any questions or concerns.

We look forward to welcoming your child to summer camp!

*Pastor Mary*   *Pastor Tim*   *Kara Ridenhour*   *Jacob Ridenhour*

Pastor Mary Canniff-Kuhn  
Lutheridge Program Director

Pastor Tim Canniff-Kuhn  
Lutheridge Program Director

Kara Ridenhour  
Lutherock Director

Jacob Ridenhour  
Lutherock Director

*Lori B. Bode*

Lori Bode  
Lutheridge Assistant Program Director



Left: Lori Bode,  
Mary Canniff-Kuhn,  
Tim Canniff-Kuhn



Right: Jacob & Kara  
Ridenhour (their sons,  
Tate & Noah)



# Parent Information

Registration Office  
2049 Upper Laurel Drive  
Arden, NC 28704  
Phone: 828-209-6301 Fax: 828-687-1600

Email: [Registration@novusway.org](mailto:Registration@novusway.org) & [Camperhealth@novusway.org](mailto:Camperhealth@novusway.org)



## Camper Health Forms & Waivers are due by May 15th 2019\* Forms can be found online at [novusway.org/documents](http://novusway.org/documents).

- If you registered online, you may complete your health form online or log back in to your account and fill out the health form through our registration portal.
- You will then need to upload a copy of a signed physical from your child's doctor. **THIS IS MANDATORY!**
- **Once you have submitted your online health form you CANNOT make corrections to it, you must call our office when medical information has changed for your camper.**
- Visit [www.lutheridge.org](http://www.lutheridge.org) or [www.lutherock.org](http://www.lutherock.org)
  - Select Summer Camp (Lutheridge or Lutherock)
  - Select the age group (Grade, Middle or High School)
  - Scroll to the very bottom of the page and select REGISTRATION INFORMATION
  - Scroll to the bottom of this page and the form is found under Health Forms and Waivers
- Or contact the Registration Office at [registration@novusway.org](mailto:registration@novusway.org) or call 828-209-6301 to request a paper form.

### How to submit your child's health form & waivers:

- Scan and email to: [camperhealth@novusway.org](mailto:camperhealth@novusway.org)
- Fax to: 828-687-1600
- Or mail to: NovusWay Registration, 2049 Upper laurel Drive, Arden, NC 28704

### Helpful Notes for Submitting Health Forms:

- A new health form is required for each year your child registers for camp.
- A physical exam within the last 12 months must be validated on the health form with a physician's signature or a physician-signed copy of the exam.
- If you completed an online health form last year your information will prefill for this summer and you only need to update it and submit a new doctor's physical.
- Please include immunization dates.
- Please keep a copy of the health form and any program waivers for your files.
- Per guidelines of the American Camp Association, this form will be reviewed by our health care staff prior to your child arriving at camp.
- We are unable to readily access physical exams from previous years, however you may attach a copy of last year's physical if it is dated within 12 months of this year's camp week.
- Campers cannot be admitted on opening day without a completed and signed health form.

***\*If registering after May 15<sup>th</sup>, 2019, please submit your child's health form & waivers ASAP - at least two weeks prior to his/her camper week.***

A licensed nurse or EMT is in residence at Lutheridge during the summer. All Lutheridge Outdoor Adventure (OAP) staff members are First Aid & CPR certified. At Lutherock, a licensed Wilderness EMT is in residence all summer and all Lutherock summer staff hold certifications in Wilderness First Aid & CPR.

## General Camp Information

### SUNDAY CHECK-IN: 3:30-5:00 pm

Upon arrival at Lutheridge or Lutherock, speak with the roadside attendant for check-in information (No early arrivals, please).

- If campers must arrive *later* than 5:00 pm, please call:
  - Lutheridge: 828-606-5684
  - Lutherock: 828-467-1333
- Campers riding the shuttle from Lutheridge to Lutherock should arrive no later than 4:00pm to Efird Hall.

### SATURDAY CHECK-OUT: 8:30 – 10:00 am

If you must arrive later than 10:00am, please tell your child's counselor at Check-in. Special arrangements will have to be made, as the scheduled supervision of campers ends at 10am.

- Exception: Lutherock campers riding the shuttle to Lutheridge are scheduled to arrive around 11 am and should be picked up at Efird

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## Weekend hours

Sunday Roadside Greeter 3:30 – 5:00pm

Sunday Offices 3:00 – 5:00pm

Sunday Ridge Store 2:30 – 5:00pm,

Sunday Rock Store 3:30-5:00pm

Saturday Ridge store 9:00am – 12:00pm,


Saturday Rock Store 8:00-10:00am

Ridge Guest Services & Emergencies: 828-606-5684

Rock Guest Services & Emergencies 828-606-5684

## Transportation

**Transportation to and from Camp:** For information about our transportation services or to schedule a shuttle or to pickup or drop off your child at the airport, please contact the Registration Office at [registration@novusway.com](mailto:registration@novusway.com) or 828-209-6301.

◊ **Lutheridge**  **Lutherock Shuttle:** For a nominal fee, shuttle service (about a 1-1/2 hour drive) is provided on opening and closing days between our two camps.

◊ **Airport Shuttle:** The Asheville Regional Airport is just a few miles from Lutheridge where we can pick up or drop off your child if he/she is flying to camp.

**Transportation of Campers during Camp:** During the camp week, most campers have an off-site outing. (All activities for First Camp Adventure and Lutheridge Pioneers are on site.) Transportation will be in a NovusWay owned or leased vehicle with a trained driver, and safety/emergency equipment is on board at all times.

## Mail & Communication

**Campers LOVE getting mail!** Our camp mailing addresses are at the top of the first page. Please include the camper's full name on the envelope, and post mail to your child early in the week (Monday or Tuesday) to ensure its likely delivery. The best mail is cheerful and newsy. Please don't send gum, candy, or food. Information regarding email communication will be sent before your camp week.

**Phone Calls:** Calls home promote homesickness much more than they help, and can be pull a camper away from the cabin group emotionally. We are working to promote independence and build community. Cell phones are not allowed because they take away from the true camp experience, and put your camper at risk for behaviors such as sexting or in appropriate internet use. If it is important for you to speak with your camper during the week or if you have questions about this policy, a program director will be happy to make a plan with you and your camper. Our camp grandma is also available to check on your camper and let you know how he/she is doing throughout the week. We'll send her phone number before the camp week.

## Lost & Found

Lutheridge and Lutherock are not responsible for a camper's lost or damaged personal items. (Please read the guidelines in the Packing List. Do not bring clothing or items that are expensive or irreplaceable.) Our counselors are attentive that proper care is given to all camper belongings, however, clothing or other items can find their way into the wrong suitcase. If you find something missing, please call 828-606-5684 at Lutheridge and 828-733-5868 Lutherock and give any details that will help locate the missing items. If your item is found, we will ship to you via USPS. Any items unclaimed by September 1<sup>st</sup> will be donated to local charities.

## Spending Money

The registration fee includes lodging, meals, evening canteen snacks, study materials, craft supplies and program costs. However, campers may want money to use at the Lutheridge snack bar (open to Lutheridge campers once weekly) and for the Camp Store at either site. Items range in price from \$2-\$40. The Camp Store stocks t-shirts, jackets, souvenirs, etc. Parents are welcome to visit the Camp Store on Saturday morning or Sunday afternoon.

## Packing List



- Sleeping bag & pillow
- 2-3 towels & washcloths
- Soap, shampoo, brush, comb
- Toothpaste & toothbrush
- Warm coat/sweatshirt (Rock evenings)
- Light jacket/sweatshirt (Ridge evenings)
- Raincoat or poncho (& head cover)
- Shoes—2 pairs: sneakers with treads or closed-toe shoes that can get wet are best. Shoes will likely get dirty!
- Shower shoes or flip flops
- Sturdy clothes that can get dirty or wet
- Swimsuits (2)
- Cards, books, etc for rest times
- Bible, notebook, pen or pencil
- Flashlight
- Water bottle (refillable)
- Insect repellent
- Sun block
- Plastic trash bag (for wet/damp clothing)
- Camera (optional)

### Helpful Packing Hints:

- ✓ Please do not over-pack! Storage space in camper housing is limited.
- ✓ Write your child's name on each article of clothing, towels, hats, etc.

*Please make certain clothes are in good taste. Shorts should not be too short, and T-shirts should not contain inappropriate language or symbols. Swimsuits must be modest. Campers may be asked to change/cover up if clothing is deemed inappropriate.*

### Outdoor Adventure Programs (OAP) Require a Few Additional Items:

#### Horseback Riding

- Jeans or long pants
- Enclosed shoes, such as athletic shoes

#### Backpacking

- Light weight, packable sleeping bag
- Thin sleeping pad (optional)
- Sturdy, broken in hiking shoes (either boots or sneakers with treads)

#### Rafting & Canoeing

- Quick-dry shorts
- Water shoes or sandals that have a heel strap

#### Rock Climbing & Tower Climbing

- Sturdy, comfortable shorts (not too short)
- Sturdy shoes for climbing (specialized climbing shoes are not necessary; running shoes/hiking boots work fine)

#### Caving

- Long pants
- Long-sleeved shirt & t-shirt w/ sweatshirt

#### Cycle-N-Zip

- Mountain Bikes and Helmets ARE Included so no need to pack those!

*\*The clothes you wear caving may never come clean again, so choose clothes wisely.*



## What Not to Bring

Alcoholic beverages, tobacco, and drugs (that are not prescribed by a physician). Violation of this policy results in immediate dismissal. Transportation home will be at the expense of the parent/guardian. Do not bring CELL PHONES, food, (snacks, gum, candy or drinks) knives, firecrackers, or similar items to camp. Leave hair dryers, curling irons, radios, iPods, MP3 players, Tablets or other electronic items from home. Weapons of any kind are not allowed.

## DIRECTIONS to Lutheridge and Lutherock

### Directions to LUTHERIDGE in Arden, NC

**GPS Address for Lutheridge:**  
2511 Hendersonville Road, Arden, NC

From I-40, Eastern North Carolina (Greensboro, Hickory) and I-40, Tennessee (Knoxville)

- Take I-40 West to Exit #51 (Hwy 25A/Sweeten Creek Rd)
- Take Sweeten Creek Road South (left at the end of the ramp)
- Go about 6 miles to Hwy 25/Hendersonville Rd (major intersection with Walgreens on corner across the street)
- Turn left onto Hendersonville Rd
- Lutheridge entrance is just a very short distance on the right

From I-26, South Carolina (Spartanburg, Columbia)

- Take I-26 West to exit 40 (the Asheville Airport Exit)
- Take a right at the end of the exit onto Airport Rd
- Travel approximately 2 miles to US-25 (Hendersonville Rd)
- Turn right onto US-25
- Lutheridge entrance is just a very short distance on the right

### Directions to LUTHEROCK in Newland, NC

The GPS Address for Lutherock is unreliable. Please use these directions.

From I-40, Western North Carolina (Asheville)

- Travel I-40 East to exit #72 (Old Fort, US-70)
- Travel US-70 approximately 11 miles - left on US-221 North (at the red light just past Wal-Mart, McDonalds)
- Just over 32 miles on 221 North you will come to stop sign at a "T" intersection. Turn left towards Newland on Highway 181.
- At about 2.5 miles, turn onto Wes Brewer Road - if the road becomes four lanes, you have gone too far-also look for the "Welcome to Newland" sign on the right.
- Travel Wes Brewer Road 2.2 miles to the fork - take left onto Sugar Mountain Road.
- Travel on Sugar Mountain Road 8/10 mile to left on Camp Luther Road (sign on road for Camp Lutherock).
- This is the Lutherock drive - follow the drive over the creek then follow the signs to designated areas.

From I-40, Central North Carolina (Hickory)

- Travel US-321 North (to Boone, NC) (approximately 40 miles to right)
- As you pass Blowing Rock, take the Blue Ridge Parkway South toward Linville. After crossing the Linn Cove Viaduct, exit onto 221 toward Grandfather Mountain. Pass the entrance to Grandfather. Cross Hwy. 105—this is still 221. When 221 turns left towards Marion/Pineola, continue straight on NC-181.
- Travel on NC-181 - 2.5 miles, turn onto Wes Brewer Road - if the road becomes four lanes, you have gone too far.
- Travel Wes Brewer Road 2.2 miles to the fork - take left onto Sugar Mountain Road.
- Travel on Sugar Mountain Road 8/10 mile to left on Camp Luther Road (sign on road for Camp Lutherock).
- This is the Lutherock drive - follow the drive over the creek then follow the signs to designated areas.

### From I-40/I-85, Eastern North Carolina (Winston-Salem, Raleigh)

- Travel US-421 North (toward Wilkesboro) (off of I-40)
- Travel US-421 approximately 48 miles to US-421 BYP and travel approximately 5 miles
- US-421 BYP will intersect with US-421 once again and travel approximately 31 miles
- Turn left on NC-105 Ext, US-221 and go approximately 0.8 miles
- Continue on NC-105 for approximately 17 miles
- Turn right on Newland Highway, US-221 and travel approximately 0.7 miles
- Travel on NC-181 – 2.5 miles, turn onto Wes Brewer Road – if the road becomes four lanes, you have gone too far.
- Travel Wes Brewer Road 2.2 miles to the fork – take left onto Sugar Mountain Road.
- Travel on Sugar Mountain Road 8/10 mile to left on Camp Luther Road (sign on road for Camp Lutherock).
- This is the Lutherock drive – follow the drive over the creek then follow the signs to designated areas.

### From South Carolina (Columbia)

- Follow I-26 West (to Spartanburg)
- Exit to I-85 North (to Charlotte)
- Exit onto US-221 North
- Travel US-221 - On 221 North you will come to stop sign at a “T” intersection. Turn left towards Newland on Highway 181.
- Travel on NC-181 – 2.5 miles, turn onto Wes Brewer Road – if the road becomes four lanes, you have gone too far.
- Travel Wes Brewer Road 2.2 miles to the fork – take left onto Sugar Mountain Road.
- Travel on Sugar Mountain Road 8/10 mile to left on Camp Luther Road (sign on road for Camp Lutherock).
- This is the Lutherock drive – follow the drive over the creek then follow the signs to designated areas.

### From I-81 in Eastern Tennessee or Western Virginia

- Exit I-81 (at Bristol, TN) onto I-381 to I1E near Bristol, Tennessee
- Take I1E to I9E, following I9E until it becomes Highway 194 (taking you into Newland)
- In Newland, turn left on NC-181
- Travel on NC-181 (approximately 1.5 miles) to left on Wes Brewer Road (right after the road changes from 4 lanes to 2).
- Travel Wes Brewer Road 2.2 miles to the fork – take left onto Sugar Mountain Road.
- Travel on Sugar Mountain Road 8/10 mile to left on Camp Luther Road (sign on road for Camp Lutherock).
- This is the Lutherock drive – follow the drive over the creek then follow the signs to designated areas.

### From I-40 Knoxville, Tennessee

- Travel I-40 East to I-81 to I-181 (US-23)
- Follow I-181 to US-321
- Follow US-321 to US-19E (to the right)
- Following I9E until it becomes Highway 194 (taking you into Newland)
- In Newland, turn left on NC-181
- Travel on NC-181 (approximately 1.5 miles) to left on Wes Brewer Road (right after the road changes from 4 lanes to 2).
- Travel Wes Brewer Road 2.2 miles to the fork – take left onto Sugar Mountain Road.
- Travel on Sugar Mountain Road 8/10 mile to left on Camp Luther Road (sign on road for Camp Lutherock).
- This is the Lutherock drive – follow the drive over the creek then follow the signs to designated areas.