

# CAMP CHIKOPI

Founded 1920

## TRADITIONAL SPORTS & WILDERNESS CAMP

### Ahmic Harbour, Ontario, Canada

**Type Of Program:** Traditional Sports activities, wilderness, camping and canoe tripping.

**Participants:** Boys aged 7-17, **Enrollment:** 85

**Program Dates:** See Registration form for session dates and fees.

**Head Of Program:** Bob Duenkel, 35<sup>th</sup> Year As Director

### Location

Situated on beautiful Ahmic Lake and surrounded by deep green forests, Camp Chikopi is located on 400 acres in the Almaguin Highlands of Ontario, about 185 miles north of Toronto and 30 miles east of Parry Sound. Our nearest town is Magnetawan, 7 miles from us with a population of 150.

### Background And Philosophy

Family-owned and operated. Camp Chikopi was founded in 1920, by Olympic Coach, Matt Mann. It is one of North America's finest combinations of sports and wilderness in a traditional camp setting. We provide the setting for campers to improve self-confidence and think more positively in any challenge that arises. Camp Chikopi offers high quality, well trained staff to provide sports instruction and skill enhancement. We often have visiting Olympic and National coaches. Specialized development programs are offered in swimming, soccer, tennis, softball and sailing. Other sports include lacrosse, archery, field hockey, mountain biking, ultimate frisbee, football, basketball, volleyball, wrestling and many more. There are excellent canoe trips in nearby Algonquin and National Provincial Parks as well as in Ontario's extensive rivers and lakes region. Camp Chikopi has cabin accommodation with live-in leadership and family-style meals. Campers and counselors come from all over the World, there is a 3:1 camper-staff ratio.

Camp Chikopi has been providing the challenges of nature and life, along with sports and camping, since 1920. Boy's enroll from the four corners of the globe. Friendships made last forever. With all those boys there is never a dull moment. Spirits run high, campers build their confidence and accomplish challenges they never thought they could. Camp Chikopi provides the experience every boy should have at least once in his lifetime, in a fun, safe environment.

### Daily Schedule

Days run as follows: early-bird fitness activity, breakfast, daily inspection/cabin cleanup, three class periods of sports instruction, lunch, mail call, tuck shop/rest period, team practices: (sailing, soccer, softball, swimming, tennis), camp team game/activity, elective activity, dinner, organized evening activity, camp fire/special event, snacks and bedtime. Sunday is usually marked by day trips.

### Program Offerings

Camp Chikopi offers team and individual sports. Individualized instruction and skill enhancement are provided in more than twenty-four different sports. Through participation, campers excel in their preferred sport and gain proficiency in others. Campers are given the leadership, guidance, and coaching to achieve their best. Camp Chikopi stresses safety, while providing fun and excitement to achieve success. That's what summer camp is all about.

### Sports

Camp Chikopi offers more than twenty-four different sports. These sports help build fitness, stamina, and flexibility in each camper. More importantly, participation helps to build self-confidence. Water sports range from swimming and water-polo to kayaking, canoeing and sailing. Land sports range from soccer, tennis, and baseball to golf, basketball, and track and field. Inter Camp Competitions include sailing regatta, running races, softball, soccer, triathlon and swim races. The coaching staff are champion athletes or teachers of champion athletes.

### Wilderness

The canoe trips, which 4 and 7 week campers experience, are a challenging and rewarding part of camp. The camp is located in a region of Ontario popular with canoeists, and the scenery is spectacular. The environmentally low-impact tripping programs make the trips a resourceful experience. There are daily hiking trips, great fishing, and time for appreciation of nature.

### Swimming

Chikopi is Internationally known for teaching the fundamentals of swimming for all levels of ability, from those learning to swim to those with an enthusiastic competitive swimming background. More than 350 All-Americans and 40 Olympians have trained here. We have a 50 meter pool built right into the Lake. Recreational swimmers not involved with the swim team improve swimming skills and develop water confidence.

### Triathlon

This is ideal for those experienced in, or beginning to learn about the advantages of triathlon training.

### Enrollment

Chikopi is limited to 85 campers. Staff and campers attend from countries all over the world. Approximately 70% from North America. 2009 Return rate = 66%

## Extra Opportunities And Activities

Four/five/six-day canoe trips are taken at the end of the sessions. Camp Chikopi and sister camp, Ak-o-Mak, get together about once a week. Inter Camp Competitions include, sailing regattas, triathlons, duathlons, 12-kilometer road race, 3 x open water swims, soccer, and softball match. Off camp competition includes open water swim race at Barrie, Ontario.

## Facilities

The Camp Chikopi campus is located across the lake from sister camp, Ak-o-Mak. Each is characterized by its surroundings of rich forests on a quiet lake. Camp Chikopi has 2 large grass playing fields, soccer field, 3 tennis courts, basketball courts, beach volleyball, mini golf course and driving range, biking and hiking trails, softball diamond, indoor weightroom, indoor badminton/volleyball courts, wrestling, 50 meter bulkhead swimming pool. We have a huge collection of boats from which to choose, including a fleet of cedar strip canoes, sunfish and hobie cat sailboats, flatwater kayaks, and windsurfing equipment. The sauna, trampoline, archery range, bocce ball courts, tether ball poles and horse shoe pits are a huge hit on the campus. Our Library and Game Room comprises of an extensive collection of books, board and table games. Campers live in 14-man cabins with 2 or 3 counselors. Nutritious, home-cooked meals are prepared in the modern kitchen and enjoyed in the Mainhouse. Laundry is done on the premises. Facilities, water and services are inspected by government health officials and meet all standards.

## Staff

Each camper's health and safety is a priority to the staff. Our small classes and method of instruction emphasize individual attention. For that reason, camp enrollment remains small. A 3:1 camper-staff member ratio means continual assistance and guidance on the spot. All counselors and staff have undergone a safety background check, have current First Aid, CPR and Life Guarding certifications. Each one has a diversity of talents and are handpicked from qualified university students from all over the world. Almost every staff member attended Camp Chikopi as a camper. They are part of a tradition that molded and continues to mold the thousands of boys who cherish their Camp Chikopi experiences. The senior staff consists of college and high school coaches.

## Medical Care

Personal health and safety are carefully and continuously monitored on a daily basis. Health files are kept on each camper. Doctors office and Hospital facilities are a short drive from camp.

## Religious Life

Camp Chikopi is nondenominational. We do not provide access or transport to any local Churches. Everyone at Camp Chikopi participates in our weekly vesper service, where we stress the importance of good citizenship, morality, honesty, character, loyalty and friendship.

## Costs

Cost for Camp Chikopi sessions are shown on the accompanying Registration form. Additional costs include, 8% Government taxes, please be advised that the Government of Ontario has announced a tax increase effective July 1<sup>st</sup> 2010, any payments received after that day will be subject to the increased rate of 13%. Transportation to and/or from camp, rental of camp bedding or storage trunks. Tuck shop deposit of \$200/\$300 to cover candy and personal purchases made in the camp store. Canoe trips, and off camp swimming races will be added to the Tuck shop. A full, itemized tuck shop account with any refund due will be issued at the end of camp. Various payment plans are available.

## Transportation

Transportation to Chikopi is offered from Toronto Pearson International Airport or The Four Points By Sheraton Hotel Lobby. Parents may also drive directly to Camp Chikopi, we are approximately a 3½ hour drive from Toronto.

## Application Timetable

Applications are accepted on a first-come, first-served basis.

## Questions or More Information, Contact Bob or Colette Duenkel:

Winter:	Summer:
Camp Chikopi	Camp Chikopi
2132 NE 17 Terrace	373 Chikopi Road
Fort Lauderdale, FL 33305	Magnetawan, Ont. P0A 1P0
USA	Canada
Phone: 954 566 8235	Phone: 705 387 3811
Fax: 954 566 3951	Fax: 705 387 4747

Email: [campchikopi@aol.com](mailto:campchikopi@aol.com)

Web: [www.campchikopi.com](http://www.campchikopi.com)



# Standards

Since Camp Chikopi's founding in 1920, Standards have offered Chikopi a benchmark for sound operation and administration. Throughout the years, the Camp Chikopi Board Of Directors has reviewed and revised the standards; today, these standards cover every aspect of Camp Chikopi's operation.

To maintain Accreditation and membership in the Ontario Camping Association, camps have to meet an exacting number of Standards.

The standards listed in the OCA Guidelines for Accreditation manuals fall into the following categories:

- Health
- Campsite, Facilities and Equipment
- Leadership
- Programs
- Day Trips, Overnights, Canoe Trips
- Wilderness Travel
- Administration
- Transportation

Subsections within each of these categories cover specific topics. In Health, for instance, there are sections on Water Supply, Sanitary Facilities, and Food Service. The Programs section covers such activities as swimming, sailing, canoe tripping and archery. In all, there are over 400 separate standards, although the exact number that Chikopi must follow depends on whether or not the standard applies to Chikopi.

Each standard takes the form of a question which an OCA Standards Visitor asks the Chikopi director during an OCA Standards Visit. Examples of these standards include:

- Does the camp have at least one of the following on-site full time: a licensed physician; a currently registered nurse; a certified first aider?
- Does the camp menu follow Canada's Food Guide?
- Do sleeping quarters, other than tents, where no beds are provided, have a minimum of 3.72 square metres (40 square feet) for each occupant?
- Does the camp's waterfront director have four years of experience?
- Does the camp have comprehensive liability insurance?

As you can see, the standards questions are very specific. Each of the standards listed above is a major standard - these are considered to be the most important for the camp's safe and efficient operation. To receive or maintain its OCA accreditation, Chikopi must meet *all* of the major applicable standards, and 90% of all applicable standards.

# Rates, Dates and Further Information

## Summer 2010

<b>Full Session</b> 7 Weeks	Wed. June 23 - Wed August 11	\$4,500.00 plus 3% PST + 5% GST = \$4,860.00
<b>First Session</b> 4 Week Session 2 Week Session	Wed. June 23 - Wed. July 21 Wed. June 23 - Wed. July 7	\$3,000.00 plus 3% PST + 5% GST = \$3,240.00 \$1,600.00 plus 3% PST + 5% GST = \$1,728.00
<b>Second Session</b> 4 Week Session 2 Week Session	Wed. July 14 - Wed August 11 Wed. July 14 - Wed July 28	\$3,000.00 plus 3% PST + 5% GST = \$3,240.00 \$1,600.00 plus 3% PST + 5% GST = \$1,728.00
<b>Two Week Camp,</b>	Sat. August 14 <sup>th</sup> - Sat. Aug. 28	\$1,400.00 plus 3% PST + 5% GST = \$1,512.00

Taxes are subject to change on July 1<sup>st</sup> 2010. The Ontario Government plans to increase the taxes to 13%, any unpaid invoice as of July 1<sup>st</sup> will be subject to the new tax rate.

Additional expense will be applied for transportation and or rental. A pre paid amount will be invoiced for tuck shop. Swim competitions, canoe trips and store purchases will be deducted from the prepaid tuck shop amount, any remaining balance will be refunded or billed at the end of camp. A Non-Refundable Deposit Fee of \$400.00 must accompany each application.

Transport to Toronto is not available on July 7<sup>th</sup> or July 28<sup>th</sup>.

Camp Chikopi accepts personal cheques, bank transfers and Credit Cards. We also accept Canadian and US Travellers cheques. Non-Canadian families, please do not send a cheque marked "PAYABLE IN CANADIAN FUNDS", as it is not negotiable at any Canadian bank.

No Personal cheques accepted in the two weeks prior to a campers arrival.

All camper applications will be considered on a first come, first serve basis, depending on the availability of space. Applicants should be 7 to 17 years of age unless enrolled in a two week session.

Staff will be available to welcome campers and families AFTER 2pm on the first day of each session. Please do not arrive early. Pick up is before 12 noon on the day of departure.

# Daily Schedule

Following is a typical day at Camp Chikopi. Plans change due to special events or weather conditions.

- 7.15am Earlybird Exercise (swim, run or paddle)
- 8.15am Breakfast & Announcements
- 9.20am Cabin Clean-up and Inspection
- 9.30am First Sport Activity Session
- 10.25am Second Sport Activity Session
- 11.20am Third Sport Activity Session
- 12.30pm Lunch (Mail Call)
- 1.30pm Camp Store ("Five & Dime")
- 1.30pm Rest Hour
- 2.30pm Competitive Team Sports:
  - Sailing
  - Soccer
  - Softball
  - Swimming
  - Tennis
- 3.40pm Chikopi Team Competition
- 4.40pm Elective Activity Time (Option of 12)
- 6.00pm Dinner
- 7.00pm Organized Evening Activity
- 8.30pm Camp Fire/Playhouse Activity
- 9.30pm Snack & Bed (Younger Cabins Go Earlier)

# Camp Chikopi Competitive Swim Team Program

Thank you for your interest in the Camp Chikopi competitive swim program.

Camp Chikopi was Established in 1920, we are the world's first competitive swimming camp, our program's emphasis is on individualized instruction in stroke mechanics, improving speed, and building self-confidence. We do this with a staff of experienced coaches and a group of visiting coaches from Olympic, national, university and high school levels.

Our competitive program is open to all campers, those who are just learning to swim are given the instruction they require to become competent, confident swimmers.

Our 50m in-the-lake pool offers swimmers a refreshing change, it takes the boys out of the chlorinated pool and into a clean-water lake. Additionally open-water training smoothes out strokes and provides for great endurance training.

Our swimmers have the opportunity to be in the water three times daily. Pre breakfast is an open water endurance swim. The morning class concentrates on stroke technique, starts, turns and drills. The afternoon "Team" practice provides an opportunity to work against the clock or on a more individual basis with the coach, concentrating on anaerobic training.

When not in the water, our blend of sports and camp experiences provides the setting for everyone, not just the competitive swimmers, to improve overall fitness and build self-confidence. We supplement our swimming workouts with over 25 varied land and water sports. Our water sports range from swimming, canoeing, sailing, kayaking, windsurfing, and water polo. On land, we have sports ranging from team handball, lacrosse, mountain biking, and basketball, to soccer, baseball, wrestling, tennis and golf. Your son does not have to be good in any of the sports to participate. We give each camper the leadership, guidance, and coaching to do his best. One of our many highlights is our canoe trip. We are in the canoe tripping region of Ontario, and the scenery is spectacular. The trips are fun, challenging and a resourceful part of camp. Paddling muscles and swimming muscles are one in the same, a good strength builder. Swimmers get stronger, faster.

We are a fun, safe camp. With a 3-to-1 camper-to-staff ratio, constant supervision and individualized attention are guaranteed.

We do something of everything each day. No day is routine. Special events include 3K open water swim race, 1 mile open water swim race, 12K road running race, Barrie open water swim race, tubing in the rapids, swimming against the rapids is like swimming in your own flume, sailing regattas, weekly get-togethers with our sister camp, Camp Ak-o-Mak. Campfires, cookouts and other activities that truly epitomize the summer camp experience. Choosing the right summer camp for your son is a careful and planned decision. In addition to the printed information we have provided, we are easily accessible for questions or concerns. Just give us a call. We also have numerous current and past camper-parents with whom we can put you in touch with to discuss camp. We look forward to hearing from you soon, and having your son join us in the exciting Camp Chikopi experience this summer.