



Henry County 4-H Camp

June 21-25, 2023



Registration materials will be available on May 1st.
Please visit: <https://u.osu.edu/henry4h> for more information.

About 4-H Camp Palmer...

4-H Camp Palmer, located in Fulton County, near Fayette, Ohio. The camp's 146 acres are adjacent to Harrison Lake State Park.

4-H Camp Palmer is privately owned by 4-H members in 11 Northwestern Ohio counties and has a proud heritage and tradition of wholesome educational and recreational activities.

Campers live in cabins near the central area of camp. Each camper has their own bunk and area for personal belongings. Each cabin has well-trained camp counselors. Friends may request to stay in the same cabin. Home-style meals are served in the dining hall. Three meals and an evening snack are the tradition at camp.

All camp activities are held in various facilities, including the Craft Hall, Nature Lab, multi-purpose Recreation Hall, Adirondack shelter and Dining Hall. Recreational activities take place on the sports field, sand volleyball court, tennis court, basketball court, miniature golf course and archery range. Campers swim in the Olympic-sized pool.

Typical Daily Schedule

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|---------|------------------|
| 7:15am | Rise & Shine |
| 7:50am | Flag Raising |
| 8:00am | Breakfast |
| 9:00am | Cabin Clean-up |
| 9:30am | Sessions |
| 11:30am | Free Time |
| 12:00n | Lunch |
| 1:00pm | Rest Period |
| 2:00pm | Sessions |
| 3:30pm | Camp Activity |
| 4:30pm | Free Time |
| 5:00pm | Dinner |
| 7:00pm | Evening Activity |
| 10:00pm | Snacks & Showers |
| 11:00pm | Lights out |

Registration Information:

Age: Campers must have completed the third grade through completion of the eighth grade. and currently enrolled in the Henry County 4-H program.

Registration Deadlines:

Early Bird Registration: May 1-June 1 by 4:30pm

- **Registrations & payment received by this date will be entered to win a free camp t-shirt.**

Final Registration: June 15 by 4:30pm

- Late fee of \$25.00 will be applied to registrations received after June 1.
- Any applications received after June 1 will not be eligible to receive a camper t-shirt

Camper Cost:

Early Bird: \$200 (5/1-6/1)

Late Registration: \$225

(No registrations will be accepted after 6/15)

Please make checks payable to: OSU Extension

Refund Policy:

Full or partial refunds will not be issued once a child has started camp. Refunds will only be made if the Extension Office is notified of cancellation prior to the first day of camp. This also includes payment for high ropes.

Health Forms:

Health forms must be completed and submitted with your camper's registration.

Scholarships:

There are 5 full camp scholarships available thanks to the Henry County 4-H Endowment Committee and the 4-H Advisory Council. These applications are due May 15th. Application is available at:

u.osu.edu/henry4h/camps



Special Activities:

The camp counselors pick a theme each year and plan special camp activities around the theme.

Some of these activities include:

- Campfires
- Recreational dancing
- Water Carnival
- Land Carnival
- Candlelight Ceremony

Challenge by Choice Course:

In 1990, 4-H Camp Palmer added an exciting, new, outdoor adventure challenge course. All campers will have the opportunity to participate in the Challenge by Choice Course, also known as Team Building!

The adventure challenge course is perhaps one of the most effective methods in helping campers increase self-confidence, develop leadership skills, discover the power of group cooperation, and learn how to view obstacles as opportunities for growth. The course consists of two parts; an on-the-ground low-balance, trust, and initiative problem solving course.

High Ropes Course:

The high ropes course is a series of aerial log, rope, and cable obstacles 20 feet off the ground. Campers participating on the high elements are at all times “on belay”, a safety tie-in system utilizing ropes and cables. Under the supervision of properly trained instructors, this system provides a safe and challenging experience for each camper. Because of the design of the high ropes course, participation in this activity must be limited to campers 4’10” and taller. This is a 4-hour experience.

Guidelines: Because of the design of the high ropes course, participation in this activity must be limited to campers who meet the following guidelines:

- 1) Must be 12yo or older.
- 2) Need to be able to reach the cables, which are approximately 6’ 2”.

Rotational Sessions:

Throughout the week there will be an opportunity for campers to choose the activities they would like to participate in. Some of these activities include Swimming, Crafts, Nature Hikes, Canoeing, Archery, Line dancing, Zipline, Putt-putt, Basketball & Shuffleboard.

Choose Your Own Sessions:

Campers will have the opportunity to attend 3 sessions of their choosing. When Camp Registration is completed, campers will select a few sessions of their interest. Our office will then place campers into these sessions to attend during the week of camp.

Shooting Sports Program

There will be a rifle shooting sports class offered during 4-H Camp. Cost is **\$30.00** per camper. The class is two hours and limited to 15 campers for two sessions (30 campers total). Must complete an Ohio 4-H Shooting Sports permission statement and Emergency Medical Form. Call the Extension Office for the forms – this program is based on availability of instructors.

High Ropes Registration:

Must pre-register via online camp registration and pay **\$30.00**. Space is limited.

Refund policy: The high ropes fee will only be refunded if the Extension Office is notified of cancellation prior to the first day of camp. 4-H Camp Palmer contracts with staff to provide this experience.

Outposting

Outposting is an overnight camping trip for campers which includes a short night hike to the outposting site (about 7 minutes), a campfire and sleeping in a shelter. Campers will stay in an Adirondack shelter which consists of three sides, a roof, and a sleeping platform. Before outposters head for bed (around 12:30am), they will participate in a traditional campfire, including stories and s’mores.

Sign-Up: Campers may sign up via online camp registration. Limited space available.

Call the Henry County Extension Office with any questions at: 419-592-0806.

Camp information will be made available at: u.osu.edu/henry4h/camps

