



family guide



session dates

Camp Flastacowo offers 8 one-week sessions every summer. Visit campusrec.fsu.edu/camp for session dates.

camp schedule

7:30 - 8:30	Drop off
8:30 - 9:00	Morning kick off
9:00 - 10:00	First rotation
10:00 - 11:00	Second rotation
11:00 - 12:00	Third rotation
12:00 - 12:30	Lunch
12:30 - 1:30	Fourth rotation
1:30 - 2:30	Fifth rotation
2:30 - 3:30	Sixth rotation
3:30 - 4:00	Clean-up
4:00 - 5:45	Free Swim & Pick-up



mission statement

Camp Flastacowo is located on Lake Bradford in Tallahassee, Florida. We create a space and program for youth aged 8-17 to gain experience and respect for the outdoors and others. Camp Flastacowo seeks to create a space where youth of different ages, abilities and beliefs can come together in the outdoors.

These ideals are built through experiences, including: kayaking, sailing, canoeing, challenge courses, arts and crafts, and outdoor education. Through these experiences, youth build self-confidence, awareness and acceptance of others, and spark a life-long participation and enjoyment of the outdoors.

director's welcome



Welcome to another summer of Camp Flastacowo! The staff and I are so excited to be hosting yet another year of camp at the beautiful FSU Reservation.

At Camp Flastacowo, we have established a quality program which allows campers to grow individually and become personally invested in nature-based activities.

I look forward to working with our camp community to continue the tradition of providing a safe and rewarding experience for all campers while instilling a love for the outdoors and introducing the campers to lifelong activities.

Whether you have a first time camper or a seasoned veteran of Camp Flastacowo, we hope that this summer provides fun, learning and friend-ship. We encourage you to review the Family Guide and contact us with any questions that you may have.

Thank you for choosing Camp Flastacowo!

Best,
Sean Bricker
Camp Director

preparing for camp

We strive to make campers feel welcome as they arrive for their first day of camp. Counselors will attempt to contact their assigned campers on the weekend preceding their camp session. The counselor will introduce themselves and answer any last minute questions. Please let the Director know if your camper does not receive a "hello" call. It's important!

clothing backpacks

Plan on dressing your camper in recreational clothes. Be sure the camper is familiar with personal items and can identify them in the event that the item is lost.

Label everything: swim suits, towels, lunch boxes, etc. Campers need to wear closed-toed shoes that will provide some support and tread. Tennis shoes work best.

All clothing should be appropriate for outdoor activities. Expect your camper to be active and come home dirty! Bring a swim suit everyday.

These are good for transporting additional items to and from camp, including arts & crafts projects. Pack your camper's swim suit, towel, sunscreen and a plastic bag for wet items.

Please label the backpack with your camper's name! Alcohol, drugs, pets, and weapons are not allowed at camp.

lunch + snacks

We do not provide refrigeration or a microwave for lunches. Lunch may be brought in a number of various containers: paper bags, thermal lunch bags, or a small cooler.

electronics

We understand that many families send campers with cell phones as a safety precaution. Please be advised that the use of cell phones or other electronic devices (iPads, video games, etc) is not permitted during camp hours. If campers are found to be in violation of this rule, their electronic devices may be confiscated and held for parent pick-up at the end of the camp day. For the safety of campers, phone calls must go through the Administrative Office.

camp days

We continue activities rain or shine. Expect your camper to come home a little dirty, tired and rumpled after a full day of camp fun! We reserve the right to delay or cancel any activity to maintain the safety of campers for any weather emergency. Camp Flastacowo staff follows an emergency action plan in risky weather situations. The emergency contact number at the FSU Reservation is (850) 644-6892.

drop off + pick up

Drop off time is between 7:30-8:30 AM. The main gate will be open for camper check-in during this time. Group activities begin at 8:30 AM so please be on time so you don't miss any of the FUN!

Pick up will be from 4:00-5:45 PM.

For your child's safety, all vehicles will be greeted by a staff member in the Gate House at the main gate.

We require a driver's license for identification to release your camper to individuals authorized on your registration form. Using a two-way radio, your arrival is announced. Your camper will meet the authorized driver in the parking lot.

lost + found

Campers are responsible for their belongings. Please check with the staff member at pick-up if your camper has lost something. Also, parents may check the lost & found line at drop off & pick-up. All lost & found items will be donated to local charities after one week.

early pickups

If your camper needs to leave early, sign your camper out at the Gate House and we will get them from their group. When you arrive, they will be involved in an activity. Be prepared to wait 5-10 minutes for your camper to leave the group and gather belongings. If you know ahead of time that you will be picking up your child early, please send a note or call, and we will try our best to have your camper ready and waiting.

camp friends

Camp is about making new friends and we cannot guarantee specific group placement. We will make every effort to group the campers according to this policy.

camper needs



medication

A medication form must be filled out by a parent/guardian signifying prescription, dose, time, and instructions for administration of medication, including over the counter medication. No medications will be given without this release. Medications must be provided in their original containers. Only medications provided by parent or guardian will be given. Medications not picked up after five days will be disposed of properly.

illness

If your child is ill, please keep your camper home. We ask you to share our concern for the health of all the campers. We require prompt pick up in the event your camper becomes ill during the program.

special needs

We welcome all campers, regardless of talent, ability, or previous camp experience. We welcome campers with special needs and want to give all campers an opportunity to succeed. If your camper has specific special needs, please let us know so that we can determine if and how we can best accommodate your camper.

camp rules + discipline

It is Camp Flastacowo's goal that your camper will venture through this summer enjoying themselves to the fullest, meeting new friends, learning new games, and enjoying all that they do. With this in mind, the camp has established specific rules and a discipline system, which every camper is expected to follow.

Any of our counselors will be available to discuss our discipline system on a one-on-one basis.

- 1.** Know the Camp Flastacowo rules and follow them!
- 2.** Stay with your group at all times, unless you have permission from your counselor.
- 3.** Respect all fellow campers, counselors and other Reservation staff.
- 4.** Be courteous with the words you use. Inappropriate language will not be tolerated. If so, campers will be expected to tell their parents the word or words used.
- 5.** Keep your hands & feet to yourself at all times. You are not allowed to touch another camper/staff member in a negative manner.
- 6.** Be respectful of others belongings. Do not take anything that is not yours.
- 7.** Respect your environment and the Reservation facility by throwing away all trash and returning equipment to the proper place after use.
- 8.** Do not sit on tables. Sit on a chair, bench or on the ground.
- 9.** Do not bring toys or valuables to camp (i.e. iPods & gameboys.) We are not responsible for lost/broken items that are brought from home.
- 10.** Phone calls are to be made only in the event of an emergency and are only to be made in the director's office.

Campers are not allowed to use the phone. Please send a note if your camper needs to call home at any time during the day.
(Note: NO camper cell phones.)
- 11.** Always follow the Golden Rule by treating others as you wish to be treated.

camp rules + discipline

At the beginning of each week, camp staff will conduct an orientation to review the camp's procedures and rules. All disciplinary action will be handled in a **three step method** outlined below.

With each step, a counselor will address any problems with the camper that could be causing unacceptable behavior. The camper and the counselor will look for a solution to correct the problem.

step one

A verbal warning will be given to the camper informing them that a rule has been broken and that they are acting inappropriately. The camper will be asked to explain the behavior and be warned not to continue.

step two

If a camper's behavior remains unsatisfactory after a verbal warning, they will be sent to time out. Once in time out, a camper will sit out the activity for up to ten minutes depending on their age.

step three

The final step is the discipline report. The parent will be called/notified of their camper's behavior. A discipline report will be filled out by the camper and director specifically stating what the camper did, what they should have done, and comments by the counselor and director. A camper can go directly to a discipline report if the behavior warrants immediate attention by the director and parents.

If a camper receives three or more discipline reports during the summer, the camper will be suspended for one day. The parent will be called and asked to pick up their camper **within one hour**.

Camp Flastacowo reserves the right to suspend any camper for inappropriate or unsafe behavior at any time.

payment information

session costs

Day Camp

One Camper: \$200 // Additional Camper: \$190*

Explorer Camp

One Camper: \$250 // Additional Camper: \$240*

*This discount is limited to family members residing in the same household throughout the year. Must be applied to the same camp session.

payment method

All registrations and payments are handled online.

Visit us online at: campusrec.fsu.edu/camp

A \$50 deposit is required to reserve each session. There will be a \$25 administrative fee for changing camp sessions. **Camp fees are non-refundable in the case of a cancellation.** Camp balances are due the Thursday before your registered session begins.

For your tax records, our Federal ID number is 59-600-1874.

refunds

Full refunds will be given only for medical reasons documented by a physician. Documentation must be submitted prior to the final day of our camp season.

contact us

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