

Sherman Lake YMCA

Camp Phrases to Know!

Phrase or Word	What It Means	Where You Might Hear It
HCRR (<i>pronounced Hick-er</i>)	Honesty, Caring, Respect and Responsibility - these are our four "core values" at Camp.	Everywhere! You'll often hear "Be HCRR!"
Community Commitment	This is a circle that we fill with our group; with ideas for how to be HCRR, how to work together and more. Everyone in your group will share ideas and then sign inside the circle!	The first day at camp, you will make this. Throughout the week, we'll discuss it to add new ideas and to make sure we're all following it!
Challenge by Choice	You get to decide if you'd like to try an activity.	At all camp activities, but it's very common at Climbing
The Path	The Path is a metaphor for making good choices while at camp. One side of the path has a boundary of safety - we want to be safe in order to stay on the path. The other side has a boundary of HCRR - we want to be honest, caring, respectful and responsible to stay on the path. The safety boundary is non-negotiable because to deviate over this boundary would be means for dismissal. The HCRR boundary is something we may bump into and learn from a mistake we have made.	While creating the Community Commitment and during times of reflection
The 3 Zone's	Different levels of challenge when faced with something new. Most people live their life in the comfort (green zone) - here everything is familiar. When something is too far out of your comfort zone and you're not ready, you enter the panic zone (red) - here, no progress is made because you're just trying to cope. The middle zone is the Learning Zone, where you feel a little uncomfortable, you'll probably make mistakes, but you'll leave the activity with personal growth.	Everywhere, but very common at camp activities that are new for campers
Did You Ask?	We want everyone to feel safe while at Camp, which means everyone has body autonomy. The 3 H's below are a great example!	Everywhere
Tell me more?	A way of responding to others to get to the root of their statement, rather than making assumptions or trying to solve their problem. This is a great practice to verbalize their own feelings. For example, if a camper says "No one likes me," a common response would be "that's not true! I like you!" By following up instead with "tell me more about that," you give the person a chance to express more about why they think that way.	Everywhere

The 3 H's	Handshake, High Five, and Hug - you get to choose how you're greeted!	Everywhere but especially at arrival or check out times
Sherman Lake Hug	Everyone stands in a circle with their arms around their neighbors' shoulders. Place one foot up in the air into the middle, and then step forward together for the best group hug!	Everywhere
Sensory Bags	All people have different needs than each other, and this is one tool to help when Camp is overwhelming. The bags include headphones for loud places, fidget toys when feelings are big, and emotion cards when we struggle to say what we need.	We have over 20 bags located around Camp
Headphone Zone	If a place is designated as a "Headphone Zone" it frequently can be a loud area where sensory headphones might be wanted.	Dining Hall, Gymatorium, and Indoor Climbing Wall. Headphones might be needed other places as well
Quiet Zones	This is a space that campers can go to when feelings are really big and need to decompress.	The Library, Conference Room, and at some outdoor camp activities
Truddy	This is a group of 3 people. At Camp, we will always be in groups of 3 or more people.	Everywhere
Homesick	Being away from home can be sad and feel hard at times; it's totally normal and we all feel that way sometimes! There are many ways to feel better, like having an item from home or writing a letter. Talk to your adult before Camp about things you can try to get through the hard feelings!	Everywhere
WOW Time	This stands for "Words of Wisdom." This is a story or activity that is shared, typically at the beginning of the day, that teaches us a lesson about being HCRR.	The P-Shell and Chapel are most commonly used for WOW time
Hopper	A designated person from each table who can be identified by the black apron they wear. The Hopper is tasked with going to the kitchen for our food and with dishes. Because the Hopper is helping all with these duties, they get to serve themselves first!	Dining Hall
Square away	This is a Sherman Lake Y way to end the meal in the Dining Hall. You will learn it at the first meal. It starts with loud voices and ends with everyone being silent so we can dismiss tables to go to the next activity.	Dining Hall
Swim Quest	This is the test to learn your swimming ability. Good news, no one fails! It will just let us know which zones you will be allowed to safely swim and play in.	Waterfront and the pool
Buddy Check	During swim time, you will have a friend	The waterfront and the pool

	(with the same Swim Quest level) that is your designated buddy, that must be within an arms reach of you at all times! When the whistle and "Buddy Check" is called, you will stop and check in with the lifeguard.	
Corcl	It's a big circle boat that floats on top of the water. You may use a paddle or you may get pulled around by your counselor!	The waterfront
Climbing Commands	<p>A set of call and response words to make sure you are safe when climbing. After the climber is in all safety equipment and clipped into the climbing system, commands begin.</p> <p>'On belay?' - Climber Instructor will pull all of the slack out of the rope and then say, 'on belay'.</p> <p>'Climbing?' - Climber Instructor will respond, 'climb on!'</p> <p>Once the climber has reached their highest point, they will shout, 'Dirt me!'.</p> <p>The instructor will give a few instructions to come down, and then say 'Dirt on'</p> <p>Once climber's feet are on the ground, they will say 'Off belay'</p> <p>Instructor will let slack into rope, unclip you, and say 'Belay is off'</p>	Climbing wall, bouldering wall, high ropes, tree climb
Archery Commands	<p>A set of directions that allow people to shoot the bow and arrow safely.</p> <p>'Approach the range' - you can step into the shooting zone.</p> <p>'Set the table' - you can pick up the bow and place the arrow into shooting position.</p> <p>'Fire at will' - you can pull tension through the bow and release your arrow towards the target. You will have 3-5 arrows per turn.</p> <p>'Retrieve your arrows' - it is safe to enter the range and approach your target.</p>	Archery ranges
Gaga	This game is similar to dodgeball. The main differences are you are out if the ball hits your knees or below, and you never throw the ball but hit it with an open palm.	We have four different Gaga pits around Camp
Chomp 14	A Sherman Lake YMCA invented game! This game involves touching all the cabins in the village without being seen.	The lower or upper village
S'mores & Unicorn Horn	S'mores are a toasted marshmallow, with a piece of chocolate in between graham crackers. A unicorn horn is with chocolate chips and marshmallows in a waffle cone that is wrapped in foil and gets warm on the fire! These tasty treats can get very messy!	During firebuilding
LARP	Live Action Role Play. This activity includes people acting out action scenes of their	Often in our large play fields and spaces, including our

	favorite stories and characters. At camp, you'll see kids called "Larpers" carrying toy foam swords and shields and casting spells.	Performance Shell
Capture the Pig (CTP)	A Sherman Lake Y version of "Capture the Flag." This game involves two teams who hide their plastic toy pig and try to capture the other teams pig without getting caught!	Our CTP field is hidden in the woods, but occasionally we'll play elsewhere
Kangaroo Jumper	This activity is a big in-ground jumping pillow, like a trampoline.	The Kangaroo Jumper is located behind the Rec Center
Mineshaft	This activity is a big slide under the ground that leads to The Bowl. You slide down on sleds!	Mineshaft entrance is at the Flagpole and slides into the Bowl.
The Bowl	This is a large field space at Camp. Day Campers will meet here in the start and end of each day. Archery is also down here and other games!	The Bowl is down the hill, between the Day Camp Flagpole and the Admin building.
Flagpole	This is an area at Camp that is used in many ways! Some day campers will check in and out here. Besides having flagpoles here, it also has a gaga pit, crafts, bathrooms, mineshaft, and is a general meeting place.	This place is located between Kellogg Hall and the Admin building.
Performance Shell (also called the P-Shell)	This is a big outdoor building that is used in many ways; dance parties, games, WOW time, and more	The P-Shell is in the middle of Camp, between Kellogg Hall, Flagpole, and the cabin villages
Gymatorium	This is a large indoor space that gets mostly used by Day Campers during rainy days or by Overnight Campers during evening activities.	The Gymatorium is inside the Rec Center