

SUMMER EDITION
2025

TOP CAMP TIPS

FOR YOUR FIRST SUMMER AWAY FROM HOME:

Bring a loved item from home (stuffed animal, blanket, photo of pet or family, etc.).

Have a bunch of sleepovers with friends.

Review the 'Clothing Guide List' and pack clothing for all kinds of weather (and do not forget to label each item).

If you're 9 y/o or younger: 1) bring pre-addressed & pre-stamped envelopes for your letters home, 2) practice your camp hygiene and bedtime routine independently at home.

Join the Pen Pal Club & speak with veteran Camp Cayuga campers - they have a ton of valuable info to share.

Stay open-minded & curious, and you'll find yourself discovering new talents & interests you never knew you had. So pack your bags, bring your excitement, and get ready for an unforgettable summer!

CAMP FACTS 101

Sleepaway camp holds immense value for kids! It has always played a crucial role in developing social skills, which are essential for children's future success as adults. In today's world, a child's camp experience is more important than ever, especially considering that the average child spends 55 hours a week on social media. Cayuga takes pride in fostering education through face-to-face interactions throughout the day & night - an experience that is vastly different from texting and scrolling on TikTok! We extend a big THANK YOU to our Cayuga parents for recognizing the importance of the skills we cultivate in teaching kids how to interact socially and forge friendships. Our campers not only build lifelong bonds, but they also return home with increased confidence and independence! ❤️

ATTN: SPORTS FANATICS

INTERCAMP *GAMES* & CAYUGA INTRAMURALS ARE BACK!

THE DAILY ACTIVITY PROGRAM IS NONCOMPETITIVE IN NATURE & PHILOSOPHY, BUT HEALTHY COMPETITION FINDS ITS WAY INTO THE PROGRAM ON A VOLUNTARY BASIS THROUGH CAYUGA'S INTERCAMP TOURNAMENT & INTRAMURAL PROGRAM. IT PROVIDES CAMPERS THE OPPORTUNITY TO COMPETE IN THEIR FAVORITE SPORTS. ALL CAMPERS ARE ELIGIBLE TO SIGN-UP. EACH SUMMER WE SCHEDULE ABOUT 50 TOURNAMENTS. THEY'RE A GREAT WAY TO ADD A LITTLE 'CAYUGA SPIRIT' TO YOUR SUMMER & WIDEN YOUR TRAVELS TOO! TOURNAMENTS & INTRAMURALS HAVE ALREADY BEEN SCHEDULED WITH 8 DIFFERENT CAMPS FOR SOCCER, VOLLEYBALL, GAGA, PAINTBALL, TENNIS, FLAG FOOTBALL, BASKETBALL, PICKLEBALL & KICKBALL, TO NAME A FEW.

SUMMER OLYMPICS

HEY CAMPERS! WE HAVE SOME THRILLING NEWS TO SHARE. DUE TO THE IMMENSE POPULARITY OF OUR ANNUAL SUMMER OLYMPICS, TYPICALLY HELD DURING THE SECOND 4-WEEK SESSION, WE HAVE DECIDED TO INTRODUCE A ONE-DAY COLOR WAR FOR BOTH JUNIOR & TEEN CAMPERS IN THE FIRST 4-WEEK SESSION. ALL CAMPERS/STAFF WILL BE DIVIDED INTO DIFFERENT TEAMS TO COMPETE AGAINST ONE ANOTHER. THIS DAY WILL BE ACTION PACKED & A TON OF FUN!

NEWSLETTER CONTEST

ENTER 2 WIN CAYUGA MERCH!



We have some exciting news to share! This summer, we'll welcome campers and staff from across the globe, representing 15 states & 22 countries. One of the highlights of camp is the opportunity to make friends from diverse backgrounds! Take a look at all the flags above, showcasing where

everyone is coming from. Test your knowledge by guessing all the flags for a chance to win Cayuga merch! Send us your answers via email by May 15. Winners will be notified via email.

CAMP CAYUGA

HONESDALE, PA 18431

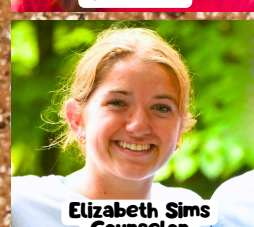
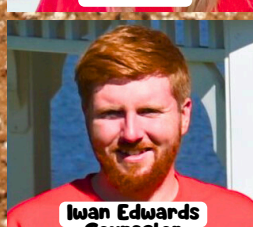
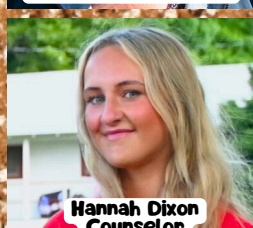
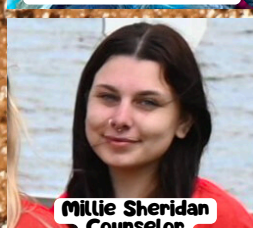
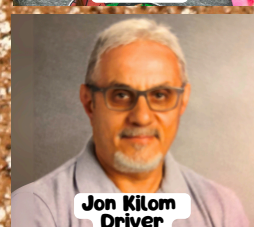
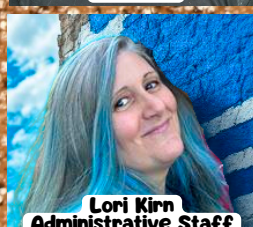
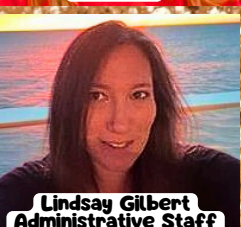
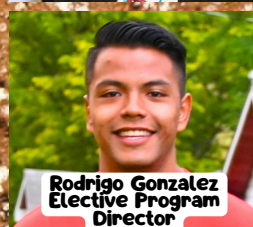
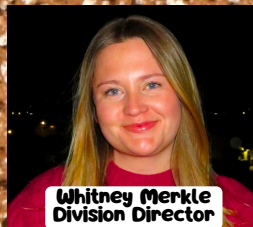
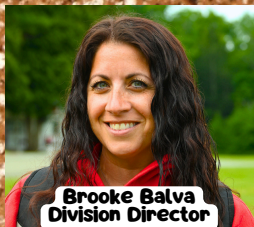
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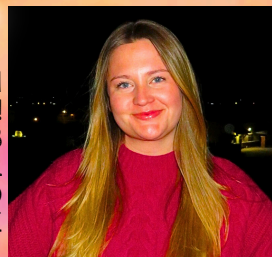
MEET OUR RETURNING STAFF



THESE TWO PAGES ARE DEDICATED TO HIGHLIGHTING CAMP CAYUGA'S STRONGEST ASSET: OUR STAFF!



MEET WHITNEY! SHE BEGAN HER JOURNEY WITH CAYUGA BACK IN 2013 & HAS BEEN A PART OF THE CAYUGA FAMILY EVER SINCE! WHITNEY SPENT 6 SUMMERS AS A CAMPER AT CAYUGA, 1 AS A CIT, 3 AS A COUNSELOR, & THIS SUMMER, SHE WILL BE RETURNING FOR HER 4TH SUMMER AS SENIOR STAFF. WHITNEY HAS EMBRACED NUMEROUS SENIOR STAFF POSITIONS, EXCELLING IN EACH ONE! SHE SUCCESSFULLY MANAGED THE LAKE & SERVED AS THE JUNIOR CAMPUS EVENING ACTIVITY DIRECTOR. THIS SUMMER, SHE WILL TAKE ON THE ROLE OF JUNIOR CAMPUS FEMALE DIVISION DIRECTOR. WHITNEY RECENTLY GRADUATED COLLEGE WITH TWO DEGREES IN PSYCHOLOGY AND HUMAN DEVELOPMENT AS WELL AS A MINOR IN EDUCATION. SHE IS SET TO PURSUE A HUMAN DEVELOPMENT COUNSELING GRADUATE DEGREE AT THE UNIVERSITY OF MICHIGAN THIS FALL (HOPING TO BECOME A CHILD THERAPIST). CURRENTLY, SHE RESIDES IN UTAH, WHERE SHE LEADS A PROGRAM FOR TODDLERS AT A SKI RESORT. WHITNEY'S JOURNEY WITH CAYUGA IS A TESTAMENT TO HER COMMITMENT & PASSION FOR NURTURING A POSITIVE & ENRICHING ENVIRONMENT FOR ALL CAMPERS. AS SHE STEPS INTO HER NEW ROLE, WE LOOK FORWARD TO SEEING HER CONTINUE TO INSPIRE CAMPERS WITH HER KINDNESS & LEADERSHIP. WE ARE THRILLED TO WELCOME WHITNEY BACK TO CAYUGA. STAY TUNED FOR MORE STAFF SPOTLIGHTS AS WE PREPARE FOR THE BEST SUMMER YET!



Get ready to unleash your inner warrior at our epic Ninja Course this summer! Designed to test your strength, balance, & determination, this adrenaline-pumping adventure includes various elements such as floating poles, cliff hanger board, cargo net, hanging ladder, and ninja rings. For the grand finale is your dash up the 10 feet warped wall to victory! Our dedicated instructors will be on hand to guide you through each obstacle, offering tips & encouragement to help you conquer the course with confidence! Whether you a beginner or seasoned pro, this course is your chance to rise to the challenge and have blast doing it.

At the end of April, the Cayuga team hosted an Open House at Cayugas Headquarters in Honesdale, Pennsylvania. It was a success and a ton of fun. All prospective Cayuga families were invited to join us on this special day and over 150 families attended. Our full-time crew and some seasonal staff were busy all day giving tours, answering all sorts of questions, and meeting new Cayuga campers. A big THANK YOU goes out to all families who made the journey to camp. We appreciate you taking the time to meet with us! Reminder: If you were unable to make it to Open House, but still want to check-out camp, reach out to our New Jersey Business Office and we will happily schedule you and your family a private tour. As we prepare for another awesome summer, we are more energized than ever to welcome new & returning campers!

CALLING ALL THRILL SEEKING CAMPERS!
THE SURVIVAL CLINIC IS AN INTENSE TACTICAL FULL-DAY COURSE. INSTRUCTORS WILL TEACH CAMPERS HOW TO BUILD A SAFE SHELTER USING NATURAL MATERIALS; LEARN TO LOCATE AND PURIFY WATER; START A FIRE WITHOUT USING MATCHES; IDENTIFY WILD-EDIBLE PLANTS; READ A COMPASS; TELL THE TIME OF THE DAY WITHOUT USING A WATCH OR CLOCK; AND TREAT MINOR CUTS & BRUISES USING BASIC FIRST-AID TECHNIQUES. WE HAVE 3 SURVIVAL CLINICS (1 FOR FEMALE CAMPERS & 2 FOR MALE CAMPERS) EVERY 2 WEEKS. CAMPERS CAN PRE-REGISTER FOR THIS CLINIC OR SIGN-UP AT CAMP. ALSO, HEADS-UP, WE ARE THRILLED TO ANNOUNCE THAT CHRIS KEMP (2024 LEAD SURVIVAL CLINIC INSTRUCTOR) WILL RETURN TO CAMP THIS SUMMER AS THE SURVIVAL CLINIC SENIOR STAFF LEADER!

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