



**MOTHER/DAUGHT
ER
PARENT
INFORMATION
PACKET**

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DEAR MOMS,

We are so excited to have you and your daughter(s) joining us for our Mother/Daughter Retreat at Trout! We anticipate that God will move in tremendous ways during this coming weekend. Designed to be more than just a weekend full of fun & excitement, Mother/Daughter is designed to provide two things: 1. Shared camp experiences that deepen family bonds. 2. Shared camp experiences that deepen the faith of women in Jesus Christ.

This packet contains all the information and documentation that you will need prior to arriving at Trout. Please give it a thorough read-through. Your success is our success. If you need something or have a question, we would love to hear from you. It is our joy to serve you in this process. We will take care of the details so that you can focus on spending time with your daughter

It is our hope that this weekend is a chance for you and your girl(s) to get away from the normal everyday routine and to connect through shared activities, worship times, devotions, and chapel times. We hope to create memories at Trout that will last a lifetime.

As a mom, you can think of your role in this weekend to fall into these basic categories:

SPIRITUAL

- Pray that God would show up in a powerful way in you and your daughter's life at this retreat
- Be a model of Christian character (your daughter(s) do what you do, say what you say, love how you love)
- Be sensitive to the spiritual needs of your daughter(s)
- Come prepared to pray with and for your daughter(s)
- Be ready to respond with the Gospel as the Spirit moves following chapel times and with conversations that take place throughout the weekend
- Be open to whatever change God would do in your own life

RELATIONAL

- Make the first move in initiating conversations with your daughter(s)
- Learn to listen. Teach *how to listen* by your example
- Follow Trout's rules and enforce them gently but firmly with your daughter(s)

GENERAL

- Be prepared for check-in when you arrive! Refer to the **Friday Night Checklist (p. 8)** to make sure you are ready and don't have to spend the first part of your weekend filling out and signing forms

Know that we are praying for you and your daughters(s) as the weekend of the Mother/Daughter Retreat approaches!

UPDATING REGISTRATION NUMBERS & PAYMENTS

Please read through this page carefully. Following the instructions given will help you avoid any unnecessary non-refundable deposits.

All registration is electronic via our website: TroutLakeCamps.org

Simply click the orange Register/Login rectangle in the upper right-hand corner of the home page. You will be prompted to create a login on our website or login with an existing account. If you are having trouble accessing or registering an account with us, give our main office a call: 218-543-4565.

Registration opens on October 14 @ 9:00 am

Retreats can fill up quickly and without warning. Our typical retreat size ranges from 80-400 depending on the season and the retreat. We recommend registering you and your family as soon as possible to solidify your space at the retreat

Payment is due in order to secure your family's spot

Prior to finalizing your online registration, you will be prompted to pay via credit card number. If payment is not received, your registration spots will not be secured until payment is received. Your credit card will be charged the moment you finalize online registration.

Cost, Refund Amounts and Deadlines

Cost is \$129 per adult and \$89 per child. 50% of registration cost is refundable up until 7 days business days before the retreat. 100% of the registration fee per person is nonrefundable within 7 business days of the retreat. Refunds are issued in the same format payment that was made at registration (i.e. check for a check, credit card refund for credit card). To manage a refund, contact our registration team during business hours at 218-543-4565.

Mother/Daughter Tentative Schedule 2023



FRIDAY EVENING

- 7:00 – 8:30 Check-In (Follow road signs upon arriving onsite)
- 7:00 – 8:30 Snack
- 8:30 Orientation & SESSION 1 – (Worship & Speaker)**
- 9:45 Activities Sign-Up
- 10:15 Head to Cabins
- 10:30 Lights Out

SATURDAY

- 8:30 Breakfast
- 9:15 Mother/Daughter Devotional
- 10:00 Craft Together (Dining Hall)
- 10:45 **Session 2 – Chapel (Worship & Speaker)**
- 12:00 Lunch
- 1:15 Mother/Daughter Activities II (Various locations)
- 5:15 Dinner
- 6:15 Color War (Soccer Field)
- 7:30 **Session 3 – Chapel (Worship & Speaker)**
- 8:30 Mother/Daughter Activities III (Various locations)
- 9:00 Snack
- 10:30 Lights Out

SUNDAY

- 8:30 Breakfast
- 9:00 Mother/Daughter Devotional
- 9:45 Craft Together (Dining Hall)
- 10:30 **Session 4 – Chapel (Worship & Speaker)**
- 11:30 End of Retreat... See you this summer!

Saturday Activity Options

(Activities subject to change based on retreat size and weather)

Activity	Time	Location	Duration / Age	Sign-Up / Price
Tour of Wild Woods	1:00p	Shuttle Leaves Stoneridge Driveway	:90, Any	None
Friendship Bracelets	1:00 - 5:15p	Timber Ridge, Dining Hall	:15-:60, Any	None
Pom-Pom Garlands	12:45, 1:30, 2:15, 3:00, 3:45, 4:30	Timber Ridge, Craft Shack	:45, Any	Sign-Up / \$10
Rock Climbing	1:00-5:15pm	Timber Ridge, The Barn	Any, 5+ years	None
Bouldering Seminar	1:00, 2:00	Timber Ridge, The Barn	:45, Any	Sign-Up / None
Opening Bouldering	3:00 - 5:15p	Timber Ridge, The Barn	any	None
Crate Stacking	3:00, 4:00p	Timber Ridge, Tall Timbers	:60, 12+ years	Sign-Up / None
Archery Tag	1:00, 1:30, 2:00, 2:30, 3:00, 3:30, 4:00, 4:30	Timber Ridge, Ridgeline Park	:30, 10+ Years	Sign-Up / None
Laser Tag	1:00 - 5:15pm	Timber Ridge, Ridgeline Park		Starts on :00 & :30 / None
Improv Class	1:00pm, 2:00pm	Timber Ridge, Chapel	:30, 5+ Years	Sign-Up / None
Zipline	1:00, 2:00, 3:00pm	Timer Ridge, Lower Zipline	:60, 10+ years	Sign-Up / None
Soda Fountain	1:00- 5:15pm	Timber Ridge, The Barn	Any	None / Prices Vary
Store	1:00 - 5:15pm	Timber Ridge, The Barn	Any	None / Prices Vary
Nail Polishing	12:45 - 5:15pm	Timber Ridge, The Barn	Any	None
Ridgeline Rec	12:45 - 5:15pm	Timber Ridge,	Any	None

(Blacklight Dodgeball, Gopher Ball, 9 Square, Ga Ga Ball, Floor Hockey)		Ridgeline Park		
Scooter Soccer	1:00 - 2:45pm	Timber Ridge, Tall Timbers	Any	None
Barn Activities (Ping-Pong, Foosball, Carpetball, Pool, Board Games, Air Hockey)	12:45 - 5:15pm	Timber Ridge, The Barn	Any	None

Saturday Evening Activities

Activity	Time	Location	Age	Sign-Up / Price
Nail Painting	8:30 - 9:00	Timber Ridge, Dining Hall	Any	None
Bouldering	8:30 - 10:00	Timber Ridge, The Barn	Any	None
Barn Activities	8:30 - 10:00	Timber Ridge, The Barn	Any	None
Campfires with S'mores	8:30 - 9:30	Timber Ridge, Old Amp & Bike Chalet	Any	None
Board Games, Coloring, Bracelets	8:30 - 10:00	Timber Ridge, Dining Hall	Any	None
Floor Hockey	8:30 - 10:00	Timber Ridge, Tall Timbers	Any	None

Saturday Afternoon Camp Shuttle 1:00, 1:30, 2:00, 2:30, 3:00, 3:30, 4:00, 4:30, 5:00, 5:30
(Shuttle leaves from the Point Lower Parking Lot)

Shuttle Stops: [Stoneridge], [Lower Point Parking Lot]

***Riflery has its own specific shuttle that leaves & returns to the lower point parking lot on the :30.**



TROUT LAKE CAMPS CONTACT INFO

Phone Number: (218) 543-4565

Fax Number: (218) 543-7550

Program Questions about the Schedule: hPrigge@TroutCamps.org

Registration Questions: Registration@TroutCamps.org

Food Allergy Questions: rLockhart@TroutCamps.org

MOTHER/DAUGHTER

FRIDAY NIGHT CHECKLIST!

This checklist gives all the forms that need to be filled out and ready to turn in when you check in on Friday night.

Please have the following completed prior to arriving on Friday Night of your retreat:

☐

MEDICAL & LIABILITY RELEASE FORMS. Only one needs to be filled and signed out by a parent with every attendee name (kids and parent) listed on the form.

☐

PAYMENT via credit card when you registered via our website or via mailed-in check.



MEDICAL & LIABILITY RELEASE / PARENT CHILD EVENTS

With the increasing sophistication of our hospital systems, we have found it necessary to have a signed parental release form in the unlikely event of a serious injury requiring hospital treatment for you or your child. This release gives us permission to take your child to the nearest available medical facility and have the necessary medical treatment administered. Many hospitals will not administer any medical attention to a minor without parental consent. Please read and sign the statement below.

BIG PICTURE: I give permission to those administering emergency medical treatment to do so using those measures deemed necessary. I also absolve Converge North Central and Trout Lake Camps and/or church personnel from liability in acting on my behalf in this regard so long as they are not grossly negligent.

TO FULLY UNDERSTAND THE SPECIFIC RISKS ASSOCIATED WITH OUR RETREATS AND ACTIVITIES, READ THE BACK PRIOR TO SIGNING BELOW

Name of Child(ren) Attending: _____ / _____ / _____
_____ / _____ / _____

Address: _____

City/State/Zip: _____

Print Parent/Guardian Name(s): _____

Work Phone: _____

Home Phone: _____

Insurance Company: _____

Policy Number: _____

If attending parent / guardian becomes incapacitated, please call person below:

Name: _____

Relationship to Parent: _____

Phone #1: _____

Phone #2: _____

Signature of Parent / Guardian: _____ Date: _____

ASSUMPTION OF RISK, RELEASE, AND INDEMNITY:

The use and participation in water activities including but not limited to swimming, canoeing, fishing, giant slip n' slide, water volleyball, hidden river nature trip, kayaking (mangos and tangos), paddle boats, polar plunge, boating, tubing, banana boating, waterskiing, wake-boarding, knee-boarding, water mat, water obstacle course, key logging, waterslides, bouncing on the blob, and the accompanying docks, boat lifts, access points, etc. ('Activities') naturally involves the risk of injury, whether the undersigned or someone else causes it. In addition, the participation in, among other camp activities, including but not limited to, horseback riding, nature hikes, rappelling, high ropes course, outdoor cooking, skateboarding, paintball, disc golf, climbing walls, rock climbing, zip line, slingshot range, mountain bikes and scooters, sports, 4-square, 9-square in-the-air, basketball, kickball, mini golf, nature hike, parachute games, petting zoo, ping pong, slingshots, soccer, team initiatives, tetherball, wiffleball, archery, bb guns, billiards, dodgeball, skills classes, human foosball, leap of faith, riflery (.22), volleyball, playgrounds, carpetball, evening games, floor hockey, crafts, games, genesis bows, archery tag, climbing wall, cluster activities, ga-ga ball, parkour course, zip line, campfires and exercise also involves the risk of injury, whether the undersigned or someone else causes it. As such, the undersigned agrees that he or she understands and voluntarily accepts this risk and agrees that Trout Lake Camps and the Converge North Central (CNC), and any their staff, employee, contractor, boat driver, chaperone, volunteer, or other representatives and agents of the same (hereinafter collectively 'Released Party') will not be liable for any injury, including and without limitation, personal, bodily or mental injury, economic loss or any damage to the undersigned, the undersigned's spouse, the undersigned's children, guest or relative (hereinafter collectively 'GUEST') resulting from the negligence of Released Party or anyone else participating in Activities. If there is any claim by anyone based on any injury, loss, or damage described herein, which involves the GUEST, the undersigned agrees to (a) defend Released Party against such claims and pay Released Party for all expenses relating to the claim including, but not limited to, any and all attorney's fees, and (b) indemnify Released Party for all obligations resulting from such claims. This document shall be construed and enforced in accordance with the laws of the State of Minnesota. Any action at law, suit in equity, or other jurisdictional proceeding arising in connection with this document shall be instituted only in the courts of Crow Wing or Hennepin County, Minnesota.

WAIVER OF LIABILITY:

The GUEST agrees to release from all liability, discharge and promise not to take legal action against (i) Released Party; (ii) any other guest, visitor or person present or using the facilities or equipment related to Activities; (iii) any designers, manufacturers or installers of the facilities or equipment related to the Activities. This Agreement releases Released Party from any liability to GUEST, their heirs, next of kin, assigns or personal representatives for any losses or damages or claims or demand arising out of GUEST'S personal injuries, damage to property or GUEST'S death, even if Released Party's individual or collective negligence contributes to such personal injury, damage or death. The undersigned hereby waives any and all claims or actions that may arise against Released Party, its employees or volunteers as a result of any such injury to any such person. Such risks include, but are not limited to:

1. Injuries resulting from the negligence of the owners, operators, employees, or volunteer assistants involved in the Activities; or the negligence of guests, visitors or persons who may be present where the Activities take place;
2. Injuries or death resulting from the failure or negligent misuse, by me or by others, related to the Activities;
3. Injuries resulting from slips, trips, falls or other such accidents;
4. Injuries resulting from participating in and/or using equipment in connection with the Activities; and
5. Injuries that occur from the negligence or lack of adequate training of those volunteers, agents, employees of Released Party, or a Released Party who seek to assist with medical or other help either before or after injuries have occurred.

The GUEST freely and voluntarily assumes complete personal responsibility for these risks and for the injuries that may occur as a result of these risks, even if such injuries occur in a manner that is not foreseeable at the time this Agreement is signed.

YOUTH FIREARM PERMISSION TO PARTICIPATE:

As the parent/legal guardian I have read Trout Lake Camps' Waiver of Liability. Youth and parent/legal guardian understand the risks involved with shooting activities and parent/legal guardian gives permission for youth to participate in the activity of recreation shooting at Trout Lake Camps.

PHOTO WAIVER RELEASE:

I hereby grant the releasee permission to use photographs of GUEST in any of the following: Web-based publications, print advertisements, organization bulletin, social media platforms. I hereby affirm that such release to the releasee does not constitute any form of compensation. I understand and agree that photographs in the possession of the releasee shall become the property of the releasee.

BY SIGNING ABOVE, THE GUEST ACKNOWLEDGES THAT HE OR SHE HAS READ THIS AGREEMENT THOROUGHLY AND UNDERSTANDS AND ACCEPTS THE TERMS CONTAINED HEREIN AND THAT NO ORAL REPRESENTATIONS OR STATEMENTS OR INDUCEMENTS HAVE BEEN MADE TO GUEST THAT CHANGE, ALTER OR MODIFY ANYTHING WITHIN THE WRITTEN AGREEMENT. BY SIGNING BELOW THE UNDERSIGNED REPRESENTS AND WARRANTS THAT HE OR SHE HAS THE AUTHORITY TO SIGN THIS WRITTEN AGREEMENT ON BEHALF OF ALL INDIVIDUALS WHOSE LEGAL RIGHTS THIS AGREEMENT CONTEMPLATES TO WAIVE. IN THE EVENT ANY PORTION HEREOF IS HELD INVALID, IT IS AGREED THAT THE BALANCE SHALL, NOTWITHSTANDING, CONTINUE IN FULL LEGAL FORCE AND EFFECT.

IMPORTANT REMINDERS

FOOD ALLERGIES

If anyone in your family has an allergy that limits what they can eat, they can get in touch with our Food Service Director, Rick Lockhart, to work out suitable meals or to arrange if bringing your own prepared food. Group leaders and parents are allowed to contact him at rlockhart@TroutCamps.org by phone at 218-543-7530.

Trout's canteen and snack areas have foods containing peanuts and tree nuts. We also cannot control if people bring personal snacks with them to camp.

MOTHER/DAUGHTER PACKING LIST



What to Bring:

- Bible
- Notebook
- Pen or Pencils
- Masks
- Bedding – pillow, blankets or sleeping bag, sheets (twin size)
- Toiletries, towel, pajamas, etc.
- Gym shoes (For indoor activities)
- Closed-toe shoes (required for certain camp activities)
- Outdoor spring clothing for rain, warmth, etc.
- Casual clothing (It's a jeans and hoodie kind-of-weekend)
- Some activities will be outside, so bring warm clothing (and an extra set "just in case")
- Cash to purchase extra treats and camp souvenirs
- Completed Medical and Liability Release Form (one form with each person listed on the form)

What to Expect:

- To be challenged to grow in your relationship with Christ!
- To meet new friends and grow closer as a parent with your children
- To have lots of fun
- Connect with God through meaningful worship times
- To grow closer as a family in your relationship with Jesus
- To be exhausted at the end from a full, fun, and meaningful weekend
- Minimal Internet. Trout's internet bandwidth is only large enough to support the needs of the camp. Most major cell carriers have good 4G reception at Trout.

Items to Leave at Home:

- Expensive electronics that can get damaged or stolen (laptops, tablets, phones)
 - Tobacco products, alcohol products, illegal drugs, vaping products, fireworks, weapons, guns, etc.
 - Pets
 - Bad attitudes
 - Personal climbing gear
- *Our staff are only trained to manage our activity gear