

# ST. NICHOLAS YOUTH RETREAT 2014

## Retreat Application

*(Please submit a separate application for each child)*

Child's Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Address \_\_\_\_\_ Upcoming Grade \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Parent/Guardian \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

Cell Phone/s \_\_\_\_\_ Email Address \_\_\_\_\_

Emergency Contact/Relationship: \_\_\_\_\_  
Contact Phone \_\_\_\_\_

### **APPLICATION DEADLINE: June 15, 2014**

Retreat cost: \$250/child. A minimum \$100.00 deposit is required for each applicant. Payment in full is due by August 9, 2014. A discounted price of \$225/child is available for applications received BY JUNE 1, 2014. Contact m. Agapia if you need financial assistance, which may be available.

Checks should be made payable to "St. Nicholas Convent" and earmarked "Youth Retreat 2014."

Enclosed is payment of \$\_\_\_\_\_.

### **Transportation information:**

\_\_\_\_\_ Parent or Guardian will be bringing and picking up camper at St. Andrew's Retreat Center at 1280 State Rt. 49, Jewell, NY, 13042

\_\_\_\_\_ Parent or Guardian has made arrangements for camper's transportation.

Name of person dropping off/picking up camper \_\_\_\_\_

Phone \_\_\_\_\_ Cell # \_\_\_\_\_

## ST. NICHOLAS YOUTH RETREAT 2014

Please mail (or email) all Retreat applications, forms, and payment to:

M. Agapia  
St. Nicholas Convent  
24 Tynan Rd.  
Cleveland, NY 13042  
[convent@stnicholasconvent.org](mailto:convent@stnicholasconvent.org)  
315-675-3178

OR

M. Ruth Hinton  
P.O. Box 7489  
Alexandria, VA 22307  
[ruthandjack@cox.net](mailto:ruthandjack@cox.net)  
703-717-0260

**Parents/Guardians please note: This is a one-week retreat. All participants are expected to be in attendance for the entire week. No drop-ins will be allowed.**

# ST. NICHOLAS YOUTH RETREAT 2014

## HOLD HARMLESS AGREEMENT/MEDICAL RELEASE

I/We, the undersigned parent, parents, guardian, guardians are desirous of having our child or children participate in the St. Nicholas Summer Youth Retreat and understand and acknowledge that the St. Nicholas Convent is willing to accept them as participants on the condition that the provisions of this document are acknowledged and agreed to as evidenced by the signature(s) hereon. Therefore, in consideration of the St. Nicholas Convent's authorization of their child(ren)'s participation in the retreat, the undersigned parents or guardians (and their child(ren)) agree that the children participating in the St. Nicholas Youth Retreat do so at their own risk. Neither the St. Nicholas Convent, Retreat Director, any volunteer, the Russian Orthodox Church Abroad or associate shall be liable for any damages arising from personal injuries sustained by the child in participation in any activity or aspect of the retreat.

The parents or guardians and child(ren) assume full responsibility for any injuries which may occur to the child(ren) in the course of said participation and they do hereby fully and forever release and discharge and agree to indemnify and hold forever harmless the St. Nicholas Convent, the Retreat Director, officers, volunteers, the Russian Orthodox Church Abroad and associates, individually and jointly, and all employees and agents of them from any and all claims, demands, damages, rights of action or causes of action present or future including claims for contribution and indemnification whether the same be known, anticipated or unanticipated resulting from or arising from the above mentioned activity. The undersigned do acknowledge that they have made inquiry into the nature of the activity and have no further questions concerning the nature or conduct of the activity and with such full understanding do hereby cause this instrument of release and indemnity to be executed.

In the event my child(ren) should become ill, or sustain(s) an injury while in the care of St. Nicholas Convent, I, the undersigned parent or guardian, grant authority to the Director or Retreat official to act on my behalf in obtaining any medical treatment that may be necessary. This consent is in effect from July 27, 2014, through August 9, 2014. I will be responsible for all medical expenses.

**Signature** of Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

Full name of attendee: \_\_\_\_\_

Phone Number(s): \_\_\_\_\_

# ST. NICHOLAS YOUTH RETREAT 2014

## MEDICAL FORM

**Please Print** - One sheet may be used for multiple guests if there are no medical conditions  
Grade should be grade for the 2014-2015 school year.

Child(rens) Name \_\_\_\_\_ Birthdate \_\_\_\_\_ Grade \_\_\_\_\_  
Name \_\_\_\_\_ Birthdate \_\_\_\_\_ Grade \_\_\_\_\_  
Name \_\_\_\_\_ Birthdate \_\_\_\_\_ Grade \_\_\_\_\_  
Name of Parent/ Guardian \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
E Mail: \_\_\_\_\_ *Parent or child - most used*  
Phone: *day* \_\_\_\_\_ *evening* \_\_\_\_\_  
*cell 1* \_\_\_\_\_ *cell 2* \_\_\_\_\_

### EMERGENCY CONTACT (if parent/guardian cannot be reached)

Name \_\_\_\_\_ Relationship \_\_\_\_\_  
Phone *day* \_\_\_\_\_ *evening* \_\_\_\_\_ *cell* \_\_\_\_\_

### HEALTH INSURANCE (please include a copy, front and back, of your insurance card)

Health Insurance Company \_\_\_\_\_  
Name of Insured \_\_\_\_\_  
Subscriber #: \_\_\_\_\_ Group #: \_\_\_\_\_ Insurance Phone #: \_\_\_\_\_

### HEALTH HISTORY

Does your child suffer or has your child suffered from any of the following (*please circle*):

- |                              |                             |
|------------------------------|-----------------------------|
| Asthma                       | Eczema                      |
| Diabetes                     | Bee Sting Allergy           |
| Ear Infections/Swimmer's Ear | Seizures                    |
| Drug Allergy (list on back)  | Food Allergy (list on back) |

List any and all medications (including dosage) your child will be required to take while at the Convent. Please label all medications with child's name. Prescription medications should be in the original labeled bottle.

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# ST. NICHOLAS YOUTH RETREAT 2014

## Retreat Rules

1. All participants are personally responsible and required to be at all scheduled activities, especially morning and evening prayers.
2. Participants may not leave the campgrounds at any time unless taking part in a scheduled group activity.
3. Participants may only run **outside**.
4. The kitchen area is off-limits to everyone except meal preparers and those assisting with meal set-up and clean-up.
5. Thou shalt not take the name of the Lord thy God in vain (Commandment #3). This **particularly** applies to the "OMG" exclamation.
6. Participants must always use appropriate language. The staff will not tolerate inappropriate language of any kind.
7. Participants may NOT swim in the lake at the campsite unless camp lake swimming is a scheduled activity and a lifeguard is present at all times.
8. Participants must remain in their own rooms from Lights Out until morning Wake Up (except to go to the bathroom).
9. Participants must dress appropriately at all times, as follows (THIS WILL BE STRICTLY ENFORCED):
  - Girls:** Modest summer shorts - no short shorts  
No spaghetti strap shirts may be worn without a cover up shirt  
No low-cut blouses  
No mini-skirts  
Modest one-piece swimsuits; two-piece suits allowed ONLY with a t-shirt on top
  - Boys:** Modest shorts and swimsuits
  - Everyone:** Shoes are required in the dining area at all times
  - Proper attire for liturgy and chapel services:**
    - Girls: Modest skirts/dresses/blouses and head coverings
    - Boys: Long pants and appropriate shirts (no messages on t-shirts)
10. Be kind, courteous and respectful to everyone at camp.

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I, \_\_\_\_\_, have read and understand the above rules and  
(Print name)  
agree to abide by them at all times during the St. Nicholas Youth Retreat.

Participant's signature: \_\_\_\_\_ Date: \_\_\_\_\_

# ST. NICHOLAS YOUTH RETREAT 2014

## WHAT TO BRING

*Label everything that you don't want to lose!!!*

Prayer Book and icon (for personal use or to read communion prayers)

Headscarves for church for girls

Sleeping bag, pillow, twin sheets if desired for retreat center (younger group)

Flashlight(s) and extra batteries!

Toiletries (comb/brush, soap, toothbrush/paste, shampoo, deodorant) insect repellent and sunscreen (optional)

Towels (for swimming and bathing, washcloths)

Foot wear: warm heavy socks for night and walking; sneakers; good shoes for hiking, river shoes or shoes that can get wet in the pond/creek; sandals/flip-flops for beach day

Raingear; coat or poncho

Jeans or long pants (for walks in the woods)

Sweatshirt

Nightwear

Water bottle for personal use (optional)

Instructions for calling home (May use only Convent phone and only with permission)

## WHAT NOT TO BRING

Valuables that might get lost, (no money needed except for beach day for extra food purchase if want)

No electronic devices will be allowed—no radios, game machines, televisions, cell phones, iPods, etc. The only battery operated devices allowed are flashlights and cameras. Any devices not allowed will be collected by an adult staff and stored in the Convent office

Illegal substances –alcohol, drugs, tobacco products

Dangerous objects –knives, hand axes, fireworks etc.

Negative attitudes!

## DIRECTIONS TO CONVENT & CAMPSITE:

St Nicholas Convent, 24 Tynan Road, Cleveland, NY 13042 is located north of the city of Syracuse, New York.

**From the East** (New York City area) take the New York State Thruway, Interstate 90, to Exit 34. Go North on Rt. 13 for about 10 miles passing through the village of Canastota and going by Sylvan Beach. At the T make a left on to Rt. 49 and go 3.7 miles. **St Andrew's Campsite** will be on your left. To go to **St Nicholas Convent** continue on Rt 49 West along Oneida Lake for another 4.2 miles til you enter the village of Cleveland. You will come to a "Vella" gas station/market on your left and the post office on your right.

Make a Right onto Division Street; at the stop sign make a Right onto Bridge Street and then a quick Left onto North St (becomes Maple Flats Rd). Follow for about 3 miles until you come to Tynan Road. You will see an old white church on the northeast corner. Turn Left onto Tynan Road follow for approximately one mile. Convent will be on your right.

**From the West** take the NY State Thruway, I-90, to Exit 36.

Merge onto Interstate 81 North toward Watertown (15.3 miles)

## ST. NICHOLAS YOUTH RETREAT 2014

### For St Andrew's Campsite:

Take Exit 32, Central Square to NY Route 49 East (17 miles). St Andrew's will be on your right.]

### For St Nicholas Convent:

Take Exit 32, Central Square to NY Route 49 East (11.3 miles);

Turn left at County Route 17. (2.9 miles)

Turn right at Roosevelt Rd. (1.9 miles)

Turn right at Center Street Rd. (240 feet) Take the first left onto Tynan Rd. [The Convent](#) will be on the left. (0.4 miles).

**From the South** follow directions for West starting from Route 81.

**From the North** (Ottawa and Toronto) follow Route 81 South off the Thousand Lakes border entrance and take a Left onto Route 49 East; continue following the directions as from the West above.

## ARRIVAL AND DEPARTURE TIMES

### Older group:

We ask that all guests arrive on Sunday, July 27<sup>th</sup> after 2:30 PM and no later than 8 PM if possible. If you would like to arrive a day earlier to attend divine services please call at least a week beforehand to make arrangements. Pick up is on Saturday, August 2<sup>nd</sup> between 1- 2 PM.

### Younger group:

We ask that all children arrive at the St. Andrew's Retreat Center on Sunday, August 3<sup>rd</sup> after 2:30 PM and no later than 8 PM if possible. If you would like to arrive a day earlier to attend divine services please call at least a week beforehand to make arrangements. Pick up on Saturday, August 9<sup>th</sup> is between 11 AM and 2 PM at the St. Andrew's Retreat Center. If you would like to stay for Sunday Liturgy please contact us a week beforehand.

## TELEPHONE NUMBERS

|                             |              |
|-----------------------------|--------------|
| Mother Agapia:              | 315-675-3178 |
| Matushka Ruth Hinton:       | 703-717-0260 |
| Matushka Sasha Dobronravov: | 917-640-3555 |