

2023

# WinShape Camps for Girls at Cohutta Springs Handbook



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Please visit [A Guide to WinShape Camps for Girls](#) for information regarding: Camper Safety, Honor Code, Dress Code, Health, Wellness, and Medications, and Frequently Asked Questions.

## Dear Parents,

Hello from WinShape Camps for Girls! Can you believe that summer is almost here, and camp is around the corner? Thank you for allowing WinShape Camps for Girls to be a part of your summer plans; we don't take that privilege lightly or for granted. I believe that you really are doing one of the best things you can do for your daughter. Camp can be one of the spiritual markers in her life, and we want to do all we can at WinShape Camps to cheer and champion your daughter all the while pointing her to Jesus.

The camp theme this summer is set in the world of a road trip. Life is a journey, and we are going to be cruising down the highway this summer at WinShape Camps studying the life of David. David was not perfect; his life had twists and turns, ups and downs, but he was still called a "man after God's own heart." We get to peek into his story and his inner life through prayers in the Psalms as we learn from a man who longed to walk in his life alongside his God.

Our amazing and fun team has worked hard (and is still working hard) putting all the details of camp together—Bible Study, Nite Lives, Recreation, Skills, and so much more. I hope that this packet will give you all the information you need to prepare for the Summer of a Lifetime.

I, like you, am sending my daughter to camp this summer. I feel like every year she needs camp, and this year is no different. I wonder if your camper is feeling the same. We are ready to see her! Thank you for entrusting her into our care this summer. If you have any additional questions, please do not hesitate to contact the camp office at 1-844-WS-CAMPS (1.844.972.2677) or email us at [info@winshapecamps.org](mailto:info@winshapecamps.org).



Serving alongside you in ministry,

A handwritten signature in black ink that reads "Amy Lowe". The script is fluid and cursive.

Amy Lowe

Director, WinShape Camps for Girls





## SPECTACULAR STARTING SUNDAY

This is the day we look forward to all year—the day your camper joins us for the Summer of a Lifetime! The following information will help prepare you for Spectacular Starting Sunday by providing important details for the day, such as dates and times, luggage processes, and what to expect. We cannot wait to see you at camp!

### CHECK-IN DATES

WEEK 1	SUNDAY, JUNE 4
WEEK 2	SUNDAY, JUNE 11
WEEK 3	SUNDAY, JUNE 18

# ■ HOW TO PLAN FOR THE DAY

**Campus Address:** [1175 Cohutta Springs Road, Crandall, GA 30711](#)

- Please be advised that Check-In will be a drive-thru experience. Parents/campers will remain in vehicles for several “stops” leading up to camper Drop-Off. At the camper Drop-Off stop, parents will have the option to park their vehicles and walk campers into their Nests, OR they may choose to drop their camper off with our Summer Staff and remain in their vehicle. Your camper will be fully settled into her Nest with the assistance of her Counselor should you choose to remain in your vehicle.
- Refer to our Health, Wellness, and Medications page (located in [A Guide to WinShape Camps for Girls](#)) for information on [blister packing](#) your camper’s medication. Please pack her medications separately from her belongings as you will check them in with our Camp Nurses at the designated station.
- Refer to our [Contacting Your Camper page \(p. 14\)](#) for information about letters and care packages that you can prepare prior to arrival. Please have any letters and care packages you wish to leave at Check-In easily accessible, separate from your camper’s belongings.
- Download the WinShape Camps App to take your Spectacular Starting Sunday and Friday Family Fun Day to the next level! Turn on your push notifications for the latest news and updates.

## ARRIVAL

**Please do not arrive early!** We will not be able to check your camper(s) in until your assigned time slot (see below). If you plan to arrive early, be prepared to spend some time around town or in your car until Check-In begins.

As you arrive on campus, keep your eyes peeled for WinShape Camps flags and signs that will guide you through the drive-thru Check-In process.

## CHECK-IN TIME SLOTS

*Check-In time slots are assigned based on the last name of the parent/guardian on your camper’s registration account. Please plan to arrive at the beginning of your Check-In time slot, if at all possible.*

<b>G-L</b>	3:00 – 3:30 PM (EST)
<b>M-R</b>	3:30 – 4:00 PM (EST)
<b>S-Z</b>	4:00 – 4:30 PM (EST)
<b>A-F</b>	4:30 – 5:00 PM (EST)

### **\*\*LATE ARRIVAL**

**Please do not plan to arrive late.** If circumstances cause you to check in near the end of the Check-In window or after the Check-In window, please call the Camp Office immediately (706-971-2575), so we can prepare accordingly.

# CHECK-IN CHECKLIST

*You can expect the Check-In process to take 30-45 minutes.*

The list below covers all the available stops you will be guided through during the drive-thru Check-In process. Please note: the stops will not necessarily happen in the exact order listed below.

## ○ WELCOME STATION

Receive your camper's Nest assignment, information for Friday Family Fun Day, and other general Check-In information.

## ○ HEALTH SCREENING

Each camper will have a health screening prior to exiting her vehicle.

## ○ NURSE STATION

*(as needed to drop off medications)*

Meet our Camp Nurses and drop off any camper medications (see the Health, Wellness, and Medications section in [A Guide to WinShape Camps for Girls](#) for instructions). All medication, including vitamins, must be blister packed. Epi-pens, inhalers, or other devices that campers may need to keep with them will still need to be checked in with our Camp Nurses. Please do not pack them in your camper's luggage.

## ○ CAMP STORE

Stop by the Camp Store for WinShape gear! Be on the lookout for new merchandise and information detailing how to purchase your favorite Camp Store items!

## ○ PHOTO BOOTH

Get ready to stop and say CHEESE at our family-friendly photobooth; it will be waiting for you! Whether it is your first time at camp, your tenth time at camp, or anywhere in between, you will want to capture this moment!

## ○ LUGGAGE DROP-OFF

Our staff will assist in unloading and carrying your camper's luggage to her Nest.

## ○ CAMPER DROP-OFF

You will have the option to park and walk your camper into her Nest, or you may remain in your vehicle and drop your camper off with our Summer Staff.

## ○ MAIL AND CARE

### PACKAGE DROP-OFF

Save time and money on postage by leaving care packages and mail with us at Check-In!

## NEW PARENT SESSION

This summer, the New Parent Session will be held via Zoom on the Tuesday prior to your camper's Week. Be on the lookout for an email closer to summer to provide you with the exact time of this session and the Zoom link you'll need to attend. In this session, you will learn more about topics such as the camp schedule, our safety procedures, how to send emails to your camper and find her in photos, and the Early Registration process. You will also have time to ask questions at the end of the Zoom session.

## PET POLICY

Please kindly refrain from bringing any pets with you to camp during your visit. Exceptions will be made for certified service animals.

## RAVING FAN

We want to celebrate the families who are Raving Fans of WinShape Camps! To do that we created The Raving Fan Parking Lot competition! The Raving Fan award presents campers and families with a gift for going above and beyond in showing their excitement for camp. We strive to make this a community of camp families as they enter into the WinShape Nation.

As families drive through Check-In on Spectacular Starting Sunday, every car decorated with Cohutta Springs camp culture will receive a gift from a staff member! This gift could be as simple as a car magnet or a Raving Fan Flag. Every car that is decorated will be entered into a raffle. At the end of the summer, the raffle winner will receive a big-ticket item to use with the entire family! The raffle is shared amongst all overnight camps, so be sure to join in for a chance to win!

## PARENT PARTICIPATION

Parents are welcome to stay to help their camper(s) get settled in, but afternoon activities are planned. All parents are requested to leave by the end of Check-In at 5:00 PM. We find it beneficial to the campers' initial adjustment and overall experience if they can get plugged in as quickly as possible. Please help us with this process by positively encouraging your camper before she arrives, again when you prepare to leave, and through your communication (emails/letters/care packages) during camp!

## CAMPERS AT OTHER CAMPS

*Young Harris, Mount Berry, and Cleveland*

Our Spectacular Starting Sunday activities overlap with those at WinShape Camps for Girls at Mount Berry and Young Harris, as well as both WinShape Camps for Boys locations. Please plan accordingly, if you have campers at multiple camp locations.





## FRIDAY FAMILY FUN DAY


On Friday Family Fun Day, we welcome back all of our families and friends as we celebrate our week at camp! The following information will help you prepare for Friday Family Fun Day by providing you with dates and times, schedules, and the pick-up process.

### CLOSING DATES AND TIMES

WEEK 1	FRIDAY, JUNE 9	10:00 AM- 1:00 PM (EST)
WEEK 2	FRIDAY, JUNE 16	10:00 AM- 1:00 PM (EST)
WEEK 3	FRIDAY, JUNE 23	10:00 AM- 1:00 PM (EST)

# ■ HOW TO PLAN FOR THE DAY

**Campus Address:** 1175 Cohutta Springs Road, Crandall, GA 30711

- Please do not plan to arrive early! Campus opens and Check-Out begins at 10:00 AM.
  - As you arrive you will look out for the WinShape Camps flags and signs leading you to collect your camper's luggage and then park.
  - ✱ **BRING WITH YOU! Don't forget to bring your government-issued identification** before departing for camp. This will be REQUIRED to check your camper(s) out.
  - Download the WinShape Camps App to take your Spectacular Starting Sunday and Friday Family Fun Day to the next level! Turn on your push notifications for the latest news and updates.
-  • Don't forget to check the weather before arriving on Friday Family Fun Day. You will be spending a lot of the day outside, so please plan to dress accordingly for the summer heat or rain!

## SCHEDULE FOR THE DAY

10:00 AM	GATES OPEN AND LUGGAGE PICK-UP BEGINS
10:00 AM	TREEHOUSES OPEN AND CHECK-OUT BEGINS
10:35 AM	NEST HUDDLE BEGINS
11:00 AM	CLOSING PROGRAM
12:00 PM	FRIDAY FAMILY FUN DAY PICNIC

*\*We understand that travel to our camp may cause some parents and family members to arrive late to the Family Fun Day festivities. In the event of a late arrival, please notify our Camp Office at 706-971-2575. Upon arrival, follow the above parking directions, and then meet a WinShape staff member onsite for further instructions on how to best meet up with your camper.*



## LUGGAGE PICK-UP

Upon arrival, follow the familiar route you took when you dropped your camper off for camp on Sunday. You will be asked for your camper's full name, and our staff will place your camper's luggage into your vehicle.

## CHECK-OUT SAFETY

WinShape Camps is committed to the safety of your child while she is attending our camp. Therefore, no camper is permitted to leave camp at any time without the proper authorization. **The name of anyone authorized to pick up your child must appear in the Emergency Contacts and Release Permissions section of your child's CampDoc Health Profile.** At least one parent/guardian must have proper photo identification to pick up your camper. **Please bring this identification with you to check your camper out after parking.** Thank you for your understanding, cooperation, and support in keeping WinShape Camps the most fun and safe place to be in the summer!

If you need to change who is authorized to pick up your camper, you must notify camp in writing 24 hours prior to pick-up at [cohuttasprings@winshapecamps.org](mailto:cohuttasprings@winshapecamps.org).

## PET POLICY

Please kindly refrain from bringing any pets with you to camp during your visit. Exceptions will be made for certified service animals.



## EARLY REGISTRATION

Early Registration is the best way to reserve your camper's spot for the following summer. This process is conducted on a first-come, first-served basis. Be on the lookout for more information about the how, when, and where to confirm your child's registration for Summer 2024 before you even leave our campus on Friday Family Fun Day!

## CAMPERS AT OTHER CAMPS

*Young Harris, Mount Berry, and Cleveland*

Our Friday Family Fun Day activities overlap with those at WinShape Camps for Girls at Mount Berry and Young Harris, as well as both WinShape Camps for Boys locations. Please plan accordingly, if you have campers at multiple camp locations.



## GUIDELINES FOR PACKING

Picking out and packing up items for camp is just the beginning of the ultimate camp experience! Pack the necessities (costumes are considered “necessities” at camp), and embrace the challenge together to load up everything tight and go light.

### HOW TO PACK FOR CAMP!

- You can pack light by using duffle bags only. Limit the amount of luggage you pack to 1-2 duffle bags. Please no trunks or suitcases!
- Every item must be in a closed, durable bag. This includes loose items such as pillows, extra throw blankets, etc. Packing as described will help prevent misplaced items on Spectacular Starting Sunday.
- Want to come back with what you pack? Label everything! From articles of clothing, water bottles, books, towels, and toothbrushes—every item you pack should be labeled in permanent marker with your camper’s first and last name.
- One tried-and-true way to keep things organized and packed tight is to roll articles of clothing, towels, and linens.

# ■ PACKING LIST

## CLOTHING

Please refer to the [“Camp-Wide Dress Code Policy”](#) as you pack for any needed clarification.

- ☐ 6-8 T-shirts (ALL shirts must have sleeves)
- ☐ 6-8 pairs of modest-length shorts
- ☐ 6-8 pairs of socks
- ☐ Pajamas (must follow the [Camp-Wide Dress Code Policy](#))
- ☐ Underwear
- ☐ Bras
- ☐ 2 sweatshirts or jackets
- ☐ Raincoat or poncho
- ☐ 2 modest, one-piece swimsuits or modest tankinis (See guidelines from the [Camp-Wide Dress Code Policy](#).)
- ☐ Tennis shoes
- ☐ Shoes for water activities (must have a strap on the heel)
- ☐ Clothing for Late Nites
- ☐ One “messy clothes” outfit, including shoes (and a shower cap if needed)

## TOILETRIES

- ☐ Toothbrush and toothpaste
- ☐ Brush and/or comb
- ☐ Deodorant
- ☐ Shampoo/conditioner
- ☐ Soap
- ☐ Sunscreen
- ☐ Insect repellent
- ☐ Lip balm
- ☐ Razor\*
- ☐ Feminine hygiene products\*

## LINENS

- ☐ Pillow
- ☐ Blanket
- ☐ 1 set of extra-long twin sheets
- ☐ 1 pillowcase
- ☐ 2 towels and 2 washcloths
- ☐ 1-2 beach towels (for water activities)

## MISCELLANEOUS

- ☐ Bible
- ☐ Journal or notebook
- ☐ Pen/pencil
- ☐ Pre-addressed envelopes and stationery (optional)
- ☐ Stamps\*
- ☐ Water bottle
- ☐ Small backpack or drawstring bag
- ☐ Flashlight or headlamp (with new batteries)
- ☐ Laundry bag
- ☐ Disposable camera (optional)
- ☐ Swim cap or goggles (for water activities)\*

*\*as needed*

# WHAT NOT TO PACK FOR CAMP:

**Keep it simple, keep it fun!**

**1. ALL ITEMS OF SIGNIFICANT MONETARY OR SENTIMENTAL VALUE.**

Valuables such as (but not limited to) watches, rings, and expensive cameras are easy to lose and difficult to identify.

**2. ELECTRONIC DEVICES\*** Apple Watches, cell phones, laptops, personal music devices (iPods of any type), tablet devices (i.e., iPad), electronic reading devices (Kindle, Nook, etc.), and video games are not allowed.

**3. MUSICAL INSTRUMENTS**

**4. SPORTS EQUIPMENT**

**5. BOOKS, MAGAZINES, OR ANY PRINTED MATERIALS THAT ARE OF AN UNWHOLESOME NATURE AND DO NOT UPHOLD THE IDEALS OF WINSHAPE CAMPS.** These items should not be packed or sent in care packages..

**6. WEAPONS - VIOLENCE OF ANY TYPE IS PROHIBITED AND IS NOT TOLERATED.**

Prohibited conduct includes, but is not limited to, physical or verbal threats; physical or verbal intimidation; assault or battery; possession of firearms, knives, or any other weapon on WinShape Camps property or in a vehicle on WinShape property.

**7. ANY KIND OF ILLEGAL DRUGS OR TOBACCO PRODUCTS ARE NOT ALLOWED.** This includes any form of vape or e-cigarettes.

We ask that you use good judgment in determining what your camper packs and what she leaves at home. If you would be devastated to lose it, we suggest your camper should not pack it. While the primary responsibility belongs to each camper, our Counselors will do all they can to help your camper keep up with her items.

WinShape Camps cannot assume responsibility for a camper's belongings. At camp, it is "cool to claim your stuff"! Please refer to the Frequently Asked Questions section in [A Guide to WinShape Camps for Girls](#) for more on Lost & Found items.





# CONTACT INFORMATION

Parent visitation is not allowed during the camp week, but we welcome your call should any questions or concerns arise. Unless you are calling regarding an emergency, please allow us up to 24 hours to respond to your call. Your child's well-being and your peace of mind are of the utmost importance to us. Therefore, we will always strive to respond to you sooner rather than later in the 24-hour window.

If your call is a matter of emergency, please communicate this in your email or phone message.

To ensure accessibility if you need to reach us, we offer the following contact information:

## WHEN CAMP IS IN SESSION:

*Have a location-specific question or need assistance on Spectacular Starting Sunday or Friday Family Fun Day? Contact the Cohutta Springs Camp Office.*

### Contact the Cohutta Springs Camp Office

- Email [cohuttasprings@winshapecamps.org](mailto:cohuttasprings@winshapecamps.org)
- Call our Cohutta Springs Camp Office during business hours at 706-971-2575.
- If you need to reach us urgently, in the case of emergencies only, please call 404-738-0307.

If your call is not a matter of emergency, please call our Camp Office number to leave a voicemail, and our Operations Assistants will return your call within 24 hours.

## YEAR-ROUND OR REGISTRATION QUESTIONS:

*Need assistance with Registration, CampDoc or CampGrams?*

### Contact the Customer Experience Team in Atlanta

- Email [info@winshapecamps.org](mailto:info@winshapecamps.org)
- Call our office during business hours at 1-844-WS-CAMPS (1-844-972-2677).
- If you need to reach us during the weekend, please call our Customer Experience Mobile Line at 678-590-0879.



# CONTACTING YOUR CAMPER

## CAMP MAIL

We highly encourage you to send mail to your camper during her stay, such as letters or a care package! Letters and care packages are distributed each day during Nest Kickback (rest time).

There are two ways you may go about getting letters and care packages to your camper:

### 1. LEAVE THEM AT CHECK-IN:

You may choose to write letters in advance and leave them with us on Spectacular Starting Sunday. We will have a specific location for receiving these items during Check-In. Simply ensure that your camper's name, Legacy, Nest number (received upon arrival), and delivery date are listed on each individual item. This will save you on postage and ensure all your letters and care packages reach your camper before her departure!

### 2. SEND THEM IN THE MAIL:

Keep in mind that mail takes time! Plan ahead to allow sufficient mailing time for your letters and care packages to arrive prior to Friday Family Fun Day. (See the camp mailing address below.) We ask you to accept responsibility for packages that do not arrive before Friday.

## LETTER AND PACKAGE MAILING ADDRESS:

WinShape Camp for Girls at Cohutta Springs  
Camper's Name  
Camper's Legacy & Nest #  
Week #  
1175 Cohutta Springs Road  
Crandall, GA 30711



## ■ HELPFUL HINTS FOR CARE PACKAGES

- **How many should I send?** We encourage you to send only one care package to your camper.
- **Items recommended for care packages include** fun pens, stationery, games, and craft materials. Items your camper can share with her Nestmates help foster community within the Nest. Small, inexpensive items are always a hit!
- **When will she receive these?** Non-perishable items are recommended, but if you choose to send food or candy, it will only be available to your camper on a limited basis during her Nest Kickback time.
- **No nut products!** Please be mindful that WinShape Camps is “nut-aware” and has limited nut exposure as much as possible. Please do not send food or snacks that contain any type of nuts, including, but not limited to, peanuts or peanut products, walnuts, almonds, hazelnuts, cashews, pistachios, or Brazil nuts. Be advised that WinShape Camps is not classified as a nut-free camp, due to the possibility of nuts or nut products being sent in care packages. Once packages are delivered, if any products containing nuts are found, they will be discarded. If you have any questions concerning this policy, please give our Customer Experience Team a call at 1-844-WS-CAMPS (1-844-972-2677).
- **Please honor the conservative stance of WinShape Camps and respect the on-looking eyes of Nestmates.** For the days your camper is with us, please refrain from providing material that includes things contrary to our focus (things like teen magazines or mainstream magazines like People, etc.). Thank you in advance for your support in this!



## ■ ONE-WAY EMAIL

As an additional option to encourage your camper, you may elect to send one-way emails, through CampGrams, to your camper while she is at camp. Email messages are printed and delivered to your camper along with other care packages and “snail mail.”

Please note, CampGrams can ONLY be sent while your camper is at camp. The earliest you can begin sending CampGrams is the first day of your camper’s registered Week.

To send a CampGram to your camper:

**STEP 1:** Log-in to your [WinShape account](#).

**STEP 2:** Click the link, “Email Your Camper” in the Important Links section. This will redirect you to your CampDoc account, where you will be able to send her a CampGram!

## ■ PHOTOS

### WE’VE GOT WALDO!

Powered by facial recognition, Waldo sends you all of your camper’s photos—straight to your phone. No more late-night photo hunting!

#### HOW IT WORKS:

**STEP 1:** Text WINSHAPE23 to 735-343.

**STEP 2:** Sign up with a selfie of your camper.

**STEP 3:** Photos of YOUR camper delivered to your phone!

#### COST PER CAMPER:

1 Week Session: \$9.99

Invite up to 6 family members or friends to view your photo stream!

**Not interested in receiving alerts when photos are posted?** No worries! You can browse the FREE photo gallery by visiting [WinShapeCamps.org/Photos](https://WinShapeCamps.org/Photos) and entering the password “WinShape23.”

*\*Please note: Our photographers make every effort to capture pictures of each camper during their time at camp. It is our photographer’s job to try to capture at least one photo of each camper daily. Thank you in advance for understanding that a picture of your camper(s) may not be posted every day. However, every effort will be made to consistently provide images of your camper(s) throughout their camp experience!*

*\*\*Our photographers will post photos of camp activities that took place that day each evening by 11:00 PM. Please allow our photographers the opportunity to edit and upload the photos by the designated time.*







## HOUSING INFORMATION

A perfect intersection where beauty and adventure, community and independence collide, WinShape Camps for Girls at Cohutta Springs is located on 800 acres of North Georgia mountains surrounded by a 15-acre lake. Our campers will take in this waterfront view from their Nest inside of their Legacy's Treehouse. Our Legacies will live together in hotel-style buildings called Treehouses. The individual rooms, known as Nests, will house three to four campers and their Counselor for one wonderful Week of camp! Each Nest has a stunning view of the water! Every Nest is equipped with bunk beds and a bathroom, complete with a shower, toilet, sink, and additional vanity/sink area on the exterior of the bathroom. Storage space will be snug in the Nest, so campers are asked to pack light and tight using duffel bags only.



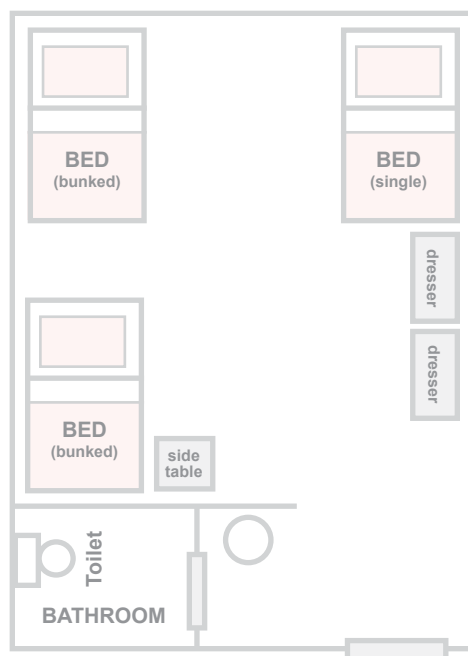
### View inside a typical Nest:

We recommend packing in duffel bags and slim plastic storage containers for additional under-bed storage (dimensions: 9"H x 7'L x 3'W). In order to keep the Nests cozy, please refrain from bringing trunks to camp.



### View of a bathroom vanity:

Each bathroom contains an enclosed shower and toilet room with one sink. An additional vanity is separate from the bathroom.



# CAMP CULTURE

WinShape Camps for Girls at Cohutta Springs is a one-week camp exclusively for high school girls who have completed grades 9-12. Each group of campers is called a Legacy. There are five total Legacies with four in rotation during any given summer: Willow, Oak, Aspen, Spruce, and Maple. Campers remain members of their Legacy each year as their assigned Legacy moves with them through each completed grade.

With an emphasis on leadership, spiritual development, and community, we offer water sports, outdoor recreation, and a little friendly competition thrown in for good measure. Our evening worship services are full of impactful content and engaging worship designed to lead into small group moments. During these times, campers will dig deeper into the content throughout the Week. Within our community-focused environment, campers are also free to select activities and Skills that uniquely appeal to them, and they will have plenty of time to simply relax, as well.

## WinShape Camps for Girls at Cohutta Springs Legacies:



### Willow Legacy (completed grade 9)

The Willow Legacy is for our campers who have completed 9th grade. Willows are stunning to the eye—there's no doubt about that. What is easy to miss is the root system that runs deep and true, protecting the tree from any harm. The Willow Legacy has branches that extend beyond themselves to embrace others with gentleness.



### Maple Legacy (completed grade 10)

The Maple Legacy is for our campers who have completed 10th grade. Maple trees are marked by a reputation of producing desirable fruit that draws others in close. The sap found in the Maple tree is both nourishing and refreshing. Who can resist resting in the inviting kindness of her shade and shelter? There's no doubt about it, the Maple Legacy is the place to be.



### Spruce Legacy (completed grade 11)

The Spruce Legacy is for our campers who have completed 11th grade. If you are a fan of the Christmas season, you are probably familiar with the Spruce tree. Consistent and steadfast, this enduring evergreen is special for sure. Over time, the root system of the Spruce leans in, presses through, and breaks loose from that which could have forever stifled it from standing tall.



### Aspen Legacy (completed grade 12)

The Aspen Legacy is for our campers who have completed 12th grade. If you've ever seen Aspen trees, you know they are a sight to behold with their radiant white trunks and their heart-shaped leaves. They live in massive colonies, forming deep community that is inclusive at its core. Although it is evident that the Aspen relies on others, she ultimately reflects dependency on her Creator.



### Oak Legacy (on reserve)

The Oak Legacy will be "on reserve" for Summer 2023 but will return with our freshman class of 2024. Of all the trees in the world, the Oak is perhaps the most noteworthy. Oaks are known for being strong and sturdy; classic trees that are loved by many. Their reputation is longevity tried and true. Once a field of tiny acorns, over time the Oak Legacy grows into an army of strength.

*\*Legacies are determined by the grade your camper completes prior to attending camp in the summer. Campers will live in a Nest with girls from the same Legacy. They will also have opportunities to participate in age-specific activities with girls from the same Legacy.*



## PROGRAM INFORMATION

### Color Crews

Our competitive element of camp is called Color Crews. Campers are divided into different Crews and will compete over the course of the week to see which Crew will come out on top. Challenges may come at mealtimes, on a stage, or at the ultimate showdown on the Color Crew Field. It's going to take a good balance of wit, grit, gut, and luck to pull off a victory in this high-energy competition!

Crews will change year to year as campers return to Cohutta Springs. Come ready to show your Color Crew spirit, and get excited to have some fun competing all week long with your Crew at Color Crews.

### Leadership Breakouts

Leadership Breakouts are sessions that occur twice a week and are designed to help high school girls wrestle with the fundamental question, "Am I important?" High school girls internally ask themselves this question in many ways as they seek out their significance in life. We believe that God has created every individual with deep purpose and has ascribed so much value to them. Leadership Breakouts represent our quest to lead each camper to answer this question in the affirmative, "I am important because I have purpose, and I can lead others by serving them through my purpose."

### Adventure Sesh

During each Adventure Sesh, we will set out on a Quest. We will discover how to seek out and think about adventure differently. We believe adventure is for everyone and everyone can be adventurous. Adventure should challenge us not only physically, but also emotionally and spiritually. During Adventure Sesh, campers will embark on challenges such as the zipline, flying chair, water slide, rope swing, banana boat, blob, hike, and high ropes course. While these elements are meant to be fun, we have combined the fun with curriculum that is meant to stretch and transform us into more than we currently are.

Our hope is that our campers will be convinced they are capable of adventure and that adventure is actually essential to becoming the people God dreams for them to be. We hope that through this they will be inspired to intentionally embark on personal adventures when they get home. We hope they begin to see life as one big adventure.





## SKILLS

Skills are a big part of your camper's time at camp, and this year is no exception! Your camper is bound to have a blast as she tries something new, explores a talent God has given her, and spends time with her friends. Whether she is shooting a bow and arrow, cooking up something tasty in the Kitchen, or paddling across the sparkling lake, she is sure to love her time in Skills.

Campers will have the opportunity to experience 2 different Skills each day, and they will choose these Skills while they are at camp.

[Click here](#) to learn more about our Skills!

**New for 2023:** WinShape Camps for Girls at Cohutta Springs is offering a new Skill this summer! Be sure to check out "You Go Girl"!



# LATE NITES

Late Nites are an epic part of your camper's time at camp—and they happen every single night! They are so awesome that there is no chance your camper could enjoy these activities at home. For our events, everyone comes together to make memories that last a lifetime. Your camper gets to be creative, grow new friendships, connect with Jesus on a whole new level, and have a ton of fun in the process! From pool parties to crazy games to the photobooths and more—she will not want to miss these “nites” together. Get ready for the biggest parties that she will never forget!



On this first night of camp, hop in the passenger seat as we start our journey through the summer. We can't wait to see you there! Green light—let's drive!



Who celebrates Christmas in the summer? We do! Dust off your favorite Christmas sweater; bring your dancing shoes; and get ready to spend the night rockin' around the Christmas tree!



Remember the good ol' days as a baby when sleep was your full-time job? Or you know how your grandma always talks about when a piece of gum cost only a nickel? Those were the good ol' days. At this Late Nite, we will celebrate those days—from the crib to the rocker. Either way, life can get messy, so be prepared!



Tonight, we'll meet you exactly where you are. There's no better place to start than around the campfire as we find where we truly belong—with the God who loves us.



Get ready to surf into the safari as we host a safari-themed party! Wear your favorite animal prints or dress up as your favorite safari animal, but don't forget your swimsuit or clothes you don't mind getting wet!

[Click here](#) to learn more about these Late Nites!

# ■ LATE NITE PACKING LIST

For more information about Late Nites, [check out page 21](#).

For Late Nite costume inspiration, [click here](#) to check out our Pinterest Board.

## ○ OPENING SHOW

**What to Wear:** Dig into your costume closet and pick out the wackiest and tackiest costume you own!

## ○ JINGLE BELL ROCKOUT

**What to Wear:** Bring your best Christmas sweater and dancing shoes to rock around the Christmas tree.

## ○ GOOD OL' DAYS

**What to Wear:** Break out the pearls or put on some pampers to dress up as either a grandma or a baby. You decide!

## ○ CAMPFIRE ENCOUNTER

**What to Wear:** Whatever you wore that day!

## ○ SURFIN' SAFARI

**What to Wear:** Wear your favorite animal prints or dress up as your favorite safari animal. Don't forget your swimsuit or clothes you don't mind getting wet! (Be sure to check out our Camp-Wide Dress Code Policy for swimsuit guidelines.)



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# PLEASE VISIT A GUIDE TO WINSHAPE CAMPS FOR GIRLS FOR INFORMATION REGARDING:

[Camper Safety](#)

[Honor Code](#)

[Dress Code](#)

[Health, Wellness, and Medications](#)

[Frequently Asked Questions](#)