



Cornell University
Cooperative Extension

Why 4-H Camps?



"I learned how to overcome my fears and work together well with a group to solve problems."

— 4-H camper

"I have a conviction that a few weeks spent in an organized summer camp may be of more value educationally than a whole year of formal school work."

— Charles Eliot, former
Harvard University
President

4-H camps have a positive impact on youth

Each summer, more than 5,500 children master new skills, gain confidence, feel what it's like to be part of a community and find meaning through service — all at 4-H camps across New York State.

The 4-H camping system offers young people, ages 6-18, the chance to explore **educational activities and classes in more than 25 subject areas**, including swimming, outdoor living, environmental studies, kayaking, astronomy and drama. These opportunities are **open to all interested youth**, not just current 4-H members.

New York's nine 4-H camps feature

innovative programs, **distinct natural surroundings, skilled staff,** facilities that are annually accredited by the state Health Department and innovative programs.

Each camp connects to the **resources of Cornell University** for new

curriculum, cutting-edge research and experiential learning ideas. 4-H Camps also have a **positive economic impact** on the communities where they're located. New York State's 4-H camps contribute more than \$2.5 million to local economies in payroll, material purchases and contract services. The biggest impact of 4-H camps can't be measured in dollars and cents. The relationships, natural environments and carefully planned programs at camp can be life changing for a young person.



Research shows that the camping experience helps kids learn social skills like making friends and getting along with others. These skills are maintained after their camping experience

Why the camp experience is unlike any other

In 2005, the American Camp Association undertook the first large-scale study to measure outcomes of the camping experience. In all, more than 5,000 families took part, completing surveys before and after camp and also six months following camp. Camp counselors and directors also offered feedback.

The results provide scientific evidence that camp is a positive force in youth development. Results suggest that a stay at camp benefits a child in the following ways:

- Children become more confident and experience increased self-esteem.
- Children develop more social skills that help them make new friends.
- Children grow more independent and show more leadership qualities.
- Children become more adventurous and willing to try new things.

Beyond the quantitative results, study participants offered testimony often highlighting the positive influence of counselors, campers, and the variety of activities.



Connect now to great 4-H resources



NYS 4-H Resource Directory

Head, heart, hands, health

HOME SEARCH BROWSE ABOUT CONTACT HELP

A way for staff, leaders, volunteers, teachers and youth to find and order great 4-H Resources

<http://www.cerp.cornell.edu/4h/>

<http://www.4hcampsny.org/>

Developing confidence—one camp's story

"The Young Women's Adventure Camp made such an impact on my daughter. She came home very obviously more confident in herself, and who she is."

— Myles A. Lynch, parent

In 1931, 53 boys and girls gathered at Torrey Beach on Canandaigua Lake in Ontario County to enjoy some outdoor time together. Today, 4-H Camp Bristol Hills offers a ropes course, archery, horseback riding, rocketry and environmental education to more than 600 youth each summer. The activities may have changed, but one thing remains the same - camp provides enriching and fun experiences for kids.

"As a camp, we give children the opportunity to develop

independence and learn how to live outside the family; we give them responsibility, and we give them the chance to try something new and learn that they can excel in something they never had the chance to try before," said Tim Davis, Extension Issues Leader for Ontario County, who is also the youth services director at 4-H Camp Bristol Hills.

In 2006, the camp expanded its popular Young Women's Adventure Camp — by offering a similar program for boys. These

programs help at-risk youth focus on issues in their lives while gaining confidence and leadership skills in an outdoor setting.

The camp's ropes course is a highlight for many, teaching self-confidence, as well as helping kids deal with their strengths and weaknesses and realize what skills they bring to the group.



4-H camps help shape the character of young people through experiences of:

- Independence
- Belonging
- Generosity
- Mastery

4-H camps connects kids to Cornell

As New York's land grant university, Cornell University offers programmatic and administrative infrastructure for 4-H youth programs across the state.

4-H camps also tap into Cornell's

resources and research to develop curriculum, plan programs and train staff.

For campers, 4-H camp often opens the door to other Cornell connections, whether kids join their

local 4-H club or take part in a 4-H after school program, both of which use curriculum and resources developed by 4-H educational staff at Cornell and at Cornell Cooperative Extension offices throughout the state.

About New York's 4-H camps

Find out more:

To learn more about 4-H camps in New York State, contact:

Tim Jahn
State 4-H Camp
Coordinator
Email: tcj2@cornell.edu
Phone: 631-727-7850

New York State 4-H
Youth Development
Cornell Cooperative Ext.
340 Roberts Hall
Cornell University
Ithaca, NY 14853
Phone: 607-255-0896

New York's nine residential 4-H camps are located across the state. For more information, visit www.4hcampsny.org/

Bristol Hills Specialty classes in: horsemanship, archery, ropes courses, teen program, and leadership. Shorter sessions for ages 6-8. Day campers accepted. Weekly sessions for ages 8-15.

Dorothy P. Flint Experiences include: canoeing, farming, horsemanship, kayaking, and ropes courses. Off-season programs available. Weekly sessions for ages 8-15.

Hidden Valley Campers learn canoeing, horsemanship, archery, teen trips, and leadership. Family

camping and sneak preview sessions for ages 6-8. Weekly sessions for ages 8-18.

Overlook Opportunities include a ropes course, sailing, backpacking and canoeing trips, as well as shooting sports. Shorter session for ages 6-8. Day campers accepted. Weekly



sessions for ages 8-19.

Owaha Activities include: canoeing, biking, and backpacking. Weekly

sessions for ages 8-15.

Peconic Dunes Campers learn: environmental stewardship, kayaking, and marine sciences. Day campers accepted. Weekly sessions for ages 8-15.

Shankitunk Camper activities include: biking, horsemanship, ropes course, and leadership. Weekly sessions for ages 8-15.

Wabasso Activities include: ropes course, dance, and gymnastics. Shorter sessions for ages 6-8. Day campers accepted. Weekly sessions for ages 8-16.

Wyomoco Campers learn: animal care, clowning, painting, photography, and horsemanship. Weekly sessions for ages 8-15.