

**CRESTWOOD TEENS OVERNIGHT TRIPS 2010 FACT SHEET**  
**JOE CRIMI, DANIELLE SUCHOW - PROGRAM DIRECTORS**

**1. ALL TEENS' LUGGAGE MAY BE CHECKED.**

2. The parent is responsible for picking up the teen when the buses arrive at 300 Lanes, formerly Melville Bowl. Parents should leave their cell phones on & let their teens know what phone number they'll be at while teens are traveling.

TRIP	DAY	DROP-OFF	BUS LEAVES	DAY	PICK-UP
SPLIT ROCK (ALL TEENS)	TUESDAY 8/3	REGULAR	9:30 AM	WEDNESDAY 8/4	8 PM

**3. HOTELS**

**The Resort at Split Rock – 8/3** Lake Harmony, PA 18624  
Phone 570 722-9111 Fax 570 722-8831

- At the hotel teens will sleep 4, 5 or 6 to a room depending on the room size. Program Directors have the final say in determining room assignments.
- There will be evening activities planned and teens will not be in their rooms until after 11 PM. If you need to get in touch with your teen, a message can be left at the hotel.
- The teens will be allowed to call home *during the designated times in the hotel before curfew only.* Parents should not make any late night calls to the program directors for their teens except in an emergency. If you have a specific time that you need to have your teen contact you, tell your teen and let a teen staff member know so arrangements can be made. Make sure that your teen is clear on how often you him/her expect to call.
- Be aware that not all cell phones will work at Split Rock and **overall cell phone coverage is very spotty.**
- It is important that teens follow the "Teen Hotel Rules", for safety and to not disturb other hotel guests. Remind your teen that there is a "Zero Tolerance" policy about leaving the room except for an emergency.

**4. WHAT TO BRING** - It is advisable to travel as light as possible.

- Any medicines needed (Crestwood must receive signed medication form – available on our website), prescription glasses. Have your teen give the medicine to the person in charge of the trip on Monday morning.
- personal toiletries - toothbrush, toothpaste, deodorant, hairbrush, etc.
- shorts, tee shirts, undergarments, and socks for the next day
- camera, baseball hat, sun glasses, sunscreen, a poncho, spending money.
- movies or something to read for the bus ( video games are permitted )

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- *bathing suits, towels, aqua shoes or sandals for the pool areas and water parks*
- ❖ Please note – There are several teens going on these trips who have severe allergies to peanuts! It is essential that teens follow Crestwood policy and NOT bring any food or candy from home that contain peanuts, peanut oil or any peanut products. If there are any questions, speak to one of the program directors!

## **5. Individual trip and itinerary**

### **Split Rock -**

- Prior to the trip, Joe and Danielle set up an activity schedule with staff supervision responsibilities. Teens will select activities of their choice.
- Teens may bring personal equipment to use - camera, baseball hat, baseball glove, sun glasses, tennis racket, sunscreen, a poncho, spending money for optional activities or the arcade - teens will NOT need much spending money - \$ 25 - \$30
- Teens may need a travel bag for daily use, plastic bags to separate dirty and clean clothes. Upon arrival, teens will put luggage into a courtesy room. A bathing suit and towel should be in the day bag.
- Teens will be very active on both days. It is a good idea to bring one extra set of clothes. Teens will need 1 or 2 bathing suits, towel, sandals for the pool, lake, water activities and water park
- Pennsylvania's temperature tends to be very hot & humid during the day in August. The evenings usually are a little cooler. However, all of the evening activities are indoors.
- Be aware that many cell phones will not work at Split Rock,

### **Split Rock itinerary –**

1. Upon arrival, teens will be greeted by Split Rock representatives to give teens an orientation and establish activity parameters.
2. After putting their luggage in their host room, teens eat lunch.
3. Supervised outdoor activities - If the weather is inclement, teens would do alternate supervised activities indoors.
  - a) Outdoor pool
  - b) Lake area including canoes
  - c) Sports field
  - d) Mini-golf
  - e) tennis
4. Dinner and room assignments
5. Supervised indoor activities (including water park)
6. On the second day, teens will have the choices of outdoor and indoor activities.
7. Teens will eat dinner right before they depart for home.