

THE

MARCH
EDITION
2026

Cayuga

CHRONICLE

COUNSELORS IN TRAINING

AFTER EACH SUMMER SEASON, WE SELECT A SMALL GROUP OF TEEN CAMPER TO PARTICIPATE IN CAMP CAYUGA'S COUNSELOR-IN-TRAINING (CIT) PROGRAM. SELECTION INTO THE CIT PROGRAM IS AN HONOR AND REFLECTS A CAMPER'S DEMONSTRATED LEADERSHIP POTENTIAL, WILLINGNESS TO VOLUNTEER, POSITIVE ATTITUDE, AND ABILITY TO ASSUME RESPONSIBILITY WITHIN OUR CAMP COMMUNITY. OUR CITs PLAY AN IMPORTANT AND MEANINGFUL ROLE AT CAMP. THEY ASSIST JUNIOR CAMPUS COUNSELORS WITH ACTIVITY INSTRUCTION, SUPPORT OUR EVENING AND ELECTIVE PROGRAMS, HELP MENTOR YOUNGER CAMPERS IN THE JUNIOR DIVISION, AND CONTRIBUTE IN MANY OTHER WAYS THROUGHOUT THE SUMMER. THE PROGRAM IS DESIGNED TO PROVIDE HANDS-ON LEADERSHIP EXPERIENCE WHILE CONTINUING TO FOSTER GROWTH, ACCOUNTABILITY, AND TEAMWORK. WE ARE PROUD TO SHARE THAT THE FOLLOWING CAMPERS WILL BE RETURNING FOR SUMMER 2026 AS MEMBERS OF CAYUGA'S CIT PROGRAM. WE LOOK FORWARD TO WATCHING THEM CONTINUE TO GROW AS LEADERS AND ROLE MODELS WITHIN OUR CAMP FAMILY.

CITs: RON DIMANSHEIN, STARASIA GRUHN, JULIANA DARRETTA, CAITLIN MEEHAN, BODITUGUL DAR A. HUNDAGER, NOYA LICHTER, GRACE SHEMELEY, JACE KAPLAN, BILL MCCARTHY, BRAYDEN HARPSTER

OPEN HOUSE

SUNDAY, APRIL 26, 2026

YOU'RE INVITED!
CHECK-OUT WHAT WE'RE ALL ABOUT.

RAIN, SHINE OR SNOW
WE'RE PREPARED FOR ALL INCLEMENT WEATHER



SCAN THE QR CODE TO LEARN MORE ABOUT OPEN HOUSE.

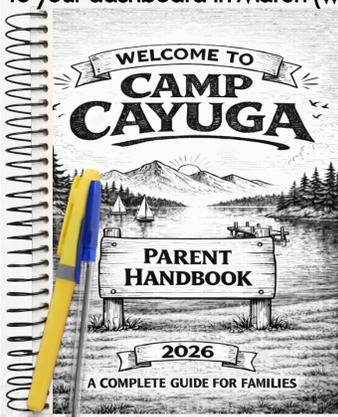
IT'S AN IDEAL TIME TO TOUR CAMP!

We invite all prospective families and newly enrolled campers to Camp Cayuga's Annual Open House! It's an ideal time of the year for touring camp. You'll have an opportunity to check-out all of our facilities & activity sites with a bunch of other new kids, and meet our awesome Camp Cayuga staff. Our friendly staff is eager to answer any questions you might have and help you feel right at home. We are convinced that visiting the camp before your arrival is an excellent way to prepare for success. A tour of the camp can alleviate your concerns and help you feel more at ease before your first day. You'll get to explore the beautiful grounds; see where you'll be staying; and maybe even meet fellow campers who will be at camp for the same session. By familiarizing yourself with the camp environment, you'll feel confident and ready to dive into all the exciting adventures that await. We are looking forward to showcasing everything that makes Camp Cayuga so special. If you plan on attending Open House, we kindly ask that you register by contacting our office via email or phone. Attendees: arrive at camp after 12:30pm. Our first tour of the day is scheduled at 1:00pm. Tours of Junior Campus and Teen Campus will be conducted every 20 minutes and typically take 1 hour and the final tour of the day is set for 3:15pm. Food and drinks will be served throughout the day. If you're unable to attend Open House, but still want to check out Cayuga, we'll gladly arrange a tour for your family. Our 'Open Door' policy invites you to experience the magic of Cayuga whenever it fits into your schedule. To schedule a private tour, visit our website and select 'Schedule a Tour' under the enrollment tab. Alternatively, you can reach-out to our NJ Business office via phone or email. We eagerly anticipate your visit to Camp Cayuga!

NOTICE TO CAMP PARENTS

As we anticipate the start of the camp season, preparation is one of the best ways to ensure a smooth, confident, and exciting transition into summer at Camp Cayuga. Our Parent Handbook serves as an essential resource for families and is designed to guide you through everything you'll need to know before Opening Day. The annually updated Parent Handbook will be posted to your dashboard in March (we will email you once it's posted). The Handbook

provides comprehensive information including: answers to FAQs; helpful suggestions to ease your child's transition from home to camp; camp policies and behavioral expectations; attendance procedures and activity guidelines; detailed descriptions of programs, trips, and specialty clinics; and much more. We strongly encourage families to review the Handbook carefully, even if your child has previously attended Cayuga. Each year brings updates and reminders that help ensure a successful and enjoyable camp experience for everyone. The Parent Handbook is designed to support both campers and parents. If you have any questions after reviewing the Handbook, don't hesitate to contact our NJ Business Office.



CABIN LIFE SPOTLIGHT

Cabin life is at the center of the camp experience. While activities fill the day with excitement, it's within the cabin group that friendships grow and confidence builds. Cabin life is where campers learn independence, practice cooperation, and discover that they are capable of more than they imagined. It is where confidence is built quietly, in everyday moments, and where the magic of camp truly begins. Cabin life is where the magic happens, and we are committed to making it a warm, welcoming, and positive experience for every camper.

A home away from home: The cabin becomes a sanctuary for campers - a place where they can feel valued and be themselves.

How cabin groups are formed: Cabins are thoughtfully created by grade, with careful consideration given to camper profiles and mutual friend requests when possible. Our goal is to create balanced groups where every child feels comfortable, included, and supported.

The role of cabin counselors: Cabin counselors serve as mentors, role models, and daily guides. They help campers create a positive environment where kindness and teamwork are emphasized, encourage independence, and provide gentle support and encouragement to help them adjust quickly and confidently.

Building friendships: From day one, icebreakers and shared activities help campers connect. Living and growing together naturally creates strong bonds, and many campers leave with friendships that last far beyond the summer.

Rest period: Rest period provides time to recharge, write letters, read, and bond with cabin-mates. Rest period often becomes a favorite bonding time, filled with inside jokes, storytelling, and meaningful conversations.

TRI-STATE CONFERENCE

Earlier this month, the Camp Cayuga leadership team traveled to Atlantic City to attend the American Camp Association (ACA) Tri-State Conference. As an ACA-accredited camp, we are committed to upholding the highest standards in safety, programming, staff training, and overall camper experience — and continuing education is an important part of that commitment. This annual conference brings together camp professionals from across the region for a week of collaboration and professional development. Throughout the conference, we participated in a wide range of courses and seminars designed to strengthen every aspect of camp operations. Topics included activity programming, food service management, staff supervision and leadership development, risk management, and updates on new state and federal regulations, along with many other emerging trends within the camping industry. Experts and speakers from around the country (and beyond) shared their insights, research, and best practices. The ACA plays a vital role in setting industry standards, and participation in conferences like this ensures that Camp Cayuga remains aligned with, and often ahead of, those standards. We returned energized, inspired, and excited to implement new enhancements that will continue to elevate the Cayuga experience. Our goal is always to provide a safe and structured environment where campers can thrive. We look forward to putting what we've learned into action for Summer 2026!

SPEND AN ACTION PACKED DAY AT THE CREATIVE ARTS PAVILLION!

One of the most popular and vibrant areas of camp is our Creative Arts Pavilion, a space where imagination comes to life and campers are free to express themselves in countless creative ways. The Pavilion operates on a free-choice model, allowing campers to select projects that truly interest them. Whether they are drawn to pottery, ceramics, tie-dye, painting, drawing, or a wide variety of crafts, there are always multiple project options available. Campers may choose from pre-designed projects with guided instruction or select simpler materials to create something entirely their own. Our Creative Arts Pavilion is fully staffed each day with several instructors and dedicated Art Directors who provide support, instruction, and inspiration. The environment is structured yet relaxed, encouraging creativity while helping campers build skills and confidence. To make the experience seamless, storage closets are available for all campers, so they can keep their ongoing projects secured until they return to complete them. The Pavilion is also home to some of the most exciting and spirited competitions at camp! In past summers, we've hosted: Ceramics Competitions, where campers sculpt their favorite foods in incredible detail; Pottery Throwdown Challenges, where campers see how many bowls they can throw within one activity period; Cayuga Scenic Drawing Contests, celebrating the beauty of our campus; and many more creative challenges. These friendly competitions add energy and excitement while showcasing the incredible talent of our campers. Whether campers are experienced artists or trying something new for the first time, the Creative Arts Pavilion offers a welcoming, inspiring space that continues to be a favorite destination each summer. Be sure to visit our website to learn more about the Creative Arts Pavilion and see some of the amazing creations from past seasons!

SPORT CLINICS @ CAMP



EVERY TWO WEEKS, GIVING CAMPERS ADDITIONAL OPPORTUNITIES TO BUILD SKILLS, GAIN CONFIDENCE, AND ENJOY HEALTHY COMPETITION. ALL CAMPERS ARE WELCOME TO PARTICIPATE. CLINICS ARE OFFERED SEPARATELY FOR BOTH OUR JUNIOR CAMPUS AND TEEN CAMPUS, ENSURING AGE-APPROPRIATE INSTRUCTION AND A POSITIVE LEARNING ENVIRONMENT FOR EVERY PARTICIPANT. EACH CLINIC TYPICALLY RUNS FOR 3 ACTIVITY PERIODS AND INCLUDES A COMBINATION OF SKILL-BUILDING DRILLS, FOCUSED INSTRUCTION, PRACTICE SESSIONS, AND STRUCTURED GAMES. WHETHER A CAMPER IS NEW TO A SPORT OR LOOKING TO SHARPEN THEIR ABILITIES, OUR CLINICS ARE DESIGNED TO MEET ATHLETES AT THEIR LEVEL WHILE ENCOURAGING SPORTSMANSHIP, FUN, AND TEAMWORK. SPORT CLINICS MAY INCLUDE: BASKETBALL, PING PONG, TENNIS, FLAG FOOTBALL, ROCK WALL, ARCHERY, GAGA, SOCCER, AND MORE! THESE CLINICS PROVIDE CAMPERS WITH THE CHANCE TO IMMERSE THEMSELVES IN A FAVORITE SPORT, TRY SOMETHING NEW, AND DEVELOP BOTH INDIVIDUAL SKILLS AND TEAM DYNAMICS, ALL WITHIN THE SUPPORTIVE AND SPIRITED ENVIRONMENT THAT DEFINES CAMP CAYUGA. WE LOOK FORWARD TO ANOTHER SUMMER OF HIGH ENERGY, GREAT SPORTSMANSHIP, AND MEMORABLE MOMENTS ON THE COURTS AND FIELDS! CAMPERS AGES 10 AND OLDER SIGN-UP FOR CLINICS AT MORNING SIGN-UPS, WHILE JR. CAMPERS SIGN-UP WITH THE CLINIC DIRECTOR.





CAYUGA ARTWORK CONTEST WE NEED YOUR CREATIVE TOUCH!

We are looking for a Kid Version of the Camp Cayuga Logo and it could be YOUR design! Campers are invited to create their very own Camp Cayuga logo. Let your imagination run wild! It can be colorful, creative, bold, fun, whatever represents camp to YOU. If your design is selected, your artwork will be featured in the next edition of the Cayuga Chronicle. And that's not all... 1) You'll earn serious bragging rights; and 2) You'll receive a Camp Cayuga Canteen Gift Certificate to use this upcoming summer. We can't wait to see your creativity come to life. So grab your markers, crayons, or digital tools, and let your artistic skills shine. Start designing and show us what Camp Cayuga means to you! Email us (info@campcayuga.com) a PDF version of your artwork by April 20th.

Staff Spotlight

EMMA BEGAN HER CAMP CAYUGA JOURNEY IN 2017. SINCE THEN, SHE HAS TAKEN ON NUMEROUS ROLES, EXCELLING IN EACH ONE ALONG THE WAY! OVER THE YEARS, EMMA HAS SERVED AS A CABIN COUNSELOR; BASKETBALL AND MARTIAL ARTS INSTRUCTOR; LIFEGUARD AT THE POOL AND LAKE; TEEN CAMPUS CANTEEN SUPERVISOR; AND THIS SUMMER, WE ARE THRILLED TO WELCOME HER BACK AS ONE OF OUR TEEN CAMPUS ELECTIVE PROGRAM DIRECTORS. IN THIS IMPORTANT LEADERSHIP ROLE, EMMA IS RESPONSIBLE FOR ORGANIZING AND OVERSEEING THE TEEN CAMPUS ELECTIVE PROGRAM EACH DAY. SHE ASSIGNS COUNSELORS TO INSTRUCT ACTIVITIES; ENSURES A WIDE VARIETY OF ELECTIVES ARE OFFERED; AND WORKS CLOSELY WITH CAMPERS TO MAKE SURE THEY ARE EXCITED AND HAPPY WITH THEIR DAILY SCHEDULES. THE ELECTIVE PROGRAM DIRECTOR PLAYS A VITAL ROLE IN CREATING STRUCTURE, CHOICE, AND BALANCE FOR OUR TEENS, AND EMMA BRINGS TREMENDOUS ENERGY AND CARE TO THE POSITION. EMMA IS KIND, ENERGETIC, AND TRULY LOVES CAMP. HER ENTHUSIASM IS CONTAGIOUS, AND SHE IS COMMITTED TO MAKING SURE EVERY CAMPER FEELS INCLUDED AND ENGAGED. DURING THE YEAR, EMMA HAS WORKED IN A SCHOOL AND SHE CURRENTLY IS WORKING ON A DISNEY CRUISE LINE IN THE



25' CAMP OLYMPICS

KIDS' CLUB PROGRAM (AN EXPERIENCE THAT FURTHER REFLECTS HER PASSION FOR WORKING WITH YOUNG KIDS AND TEENS). EMMA IS FROM THE UNITED KINGDOM AND BRINGS A FUN AND VIBRANT PERSONALITY TO CAMP. WE ARE FORTUNATE TO HAVE EMMA AS PART OF OUR TEEN CAMPUS SENIOR STAFF TEAM FOR SO MANY YEARS!



BARN LIFE AT CAYUGA



Our horseback riding program is a camper favorite and an excellent way for children to build confidence, responsibility and a love for animals! With 18 horses in our barn (many returning from last summer), campers quickly get to know their favorite horses and develop a special bond with them. The program is designed for beginners, intermediate riders, and advanced riders, allowing every camper to learn at a comfortable pace while improving their skills. Amy, our Barn Director, who has worked at Cayuga for 7 summers, leads the program with incredible experience and enthusiasm. Horseback riding is offered as part of the elective program with no extra fee, making it easy for campers to participate as often as they'd like. Campers can also enjoy daytime & evening trail rides through our property. For campers who want to get even more involved, we offer Junior Stable Staff activity, where campers shadow counselors and help with real barn responsibilities, like mucking-out stalls, tacking-up the horses, and caring for the bridles and saddles. Campers can also try Horse Care (a separate activity), where they learn how to properly groom, water and feed the horses. In addition to the riding program, campers love spending time at our Petting Zoo, where they can interact with a variety of petting zoo animals. Many of these animals are also returning from last summer! Campers can visit and care for rabbits, ducks, goats, sheep, a donkey, a mini horse, and a cow. Whether campers are learning to ride for the first time; helping out in the barn; or spending time with our petting zoo animals; the Cayuga horseback program offers a fun and educational experience.



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