



Camper Preparedness

Joy and Allan Nachman Teen Leadership Trip to Israel 2019

Tamarack Camps' Joy and Allan Nachman Teen Leadership Trip to Israel includes physically challenging adventures and activities, but given proper preparation, it will not be beyond most teen's personal physical limits. If you are already in good shape, keep it up. No previous outdoor experience is required, but a willingness to learn and work with others will assure you have a positive adventure in such a challenging environment.

To help you have the best summer experience, it is necessary to be in an appropriate emotional and physical condition.

1) Physical Preparation

Every minute you put in prior to your summer experience will pay off once you get out there. If you do not already engage in **30 minutes of aerobic exercise three times a week**, we recommend putting in the time to begin training now. Before a teen begins any exercise program, please consult with their physician.

The most important kind of training is aerobic fitness (running/jogging, bicycling, skating...), the kind which stimulates heart and lung activity for at least 30 minutes without stopping. You can also consider specific training techniques to prepare for the summer such as climbing stairs or walking around your neighborhood with weight in your backpack.

2) Joy and Allan Nachman Teen Leadership Trip to Israel Physical Expectations

Teens will be hiking around Israel throughout the summer in very hot temperatures. Teens should expect to hike every few days, for an average of 2-8+ miles. Some of the hikes throughout the summer will be steep, long and physically challenging, while others will be shorter and easier. Non-hiking days will be spent touring and walking around, which may add up to several miles of walking and include moving throughout the full day.

Teens will stop and rest and take breaks regularly throughout the hikes and do not need to be able to hike these distances non-stop. The breaks will range from 5-30 minutes, some for water, and others for a snack or lunch.

3) Emotional Readiness

Just as you might discuss expectations prior to the start of a new school year, we strongly suggest you help prepare your teen for new and exciting challenges awaiting on their Joy and Allan Nachman Teen Leadership Trip to Israel. The experiences in Israel require campers to be mentally and emotionally fit going into the program. This includes readiness for being an active participant, functioning positively with peers and staff, learning to communicate challenges and bringing a positive attitude each day.

This program provides teens with unique and sometimes unfamiliar experiences and environments. This can be very exciting as well as elicit anxiety. Discuss with your teen what fears/concerns/thoughts they may have about their upcoming trip. Help brainstorm strategies to manage fears and take on challenges. If they have questions or concerns about the trip, get in contact with the Teen Programs Coordinator prior to camp. We can provide support and help to demystify any aspects of the experience.

I understand the information stated above and will make sure that my teen is/I am prepared for the upcoming summer experience.

Further, I understand that if my teen's participation in the social, physical or mental/emotional aspect of the program is determined to be insufficient by the Israel Coordinator and staff members, he/she will be required to return home early. The costs associated with the early departure will be the responsibility of the teen's family.

I understand, acknowledge and agree to the policy above:

_____	_____	_____
Teen's Name	Teen's Signature	Date
_____	_____	_____
Parent/Guardian's Name	Parent/Guardian's Signature	Date