SUM HEERO CAMP

High School & Middle School Summer Camp

June 30 - July 3, 2025

The Vision (187 Oscar Webster Rd SE, Huntsville, AL 35803)

North Metro Summer Camp Leadership

Sam Jones, High School Minister 678.739.7384 sam.jones@northmetro.net

Eric Robles, *Middle School Minister* 404.502.9140 eric.robles@northmetro.net

Molly Jones, Next Gen Admin Assistant 770.710.6129 molly.jones@northmetro.net

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Josh Pop, Middle School Intern 770.337.7277 josh.pop@northmetro.net

2025 Summer Camp Schedule

Monday (June 30)

8:30AM Check-In at Student Area

Load luggage onto buses

9:00AM Depart for The Vision

11:00AM (CST) Lunch in Gadsden, AL

2:00PM (CST) Arrive at The Vision

• Check-In

2:15PM Take luggage to rooms

3:00PM Preston Cup/MS Cup Challenge

The pavilion at Legacy

4:00PM Team time

4:30PM Showers/Clean Up

6:00PM Dinner - HS

6:30PM Dinner - MS

7:00PM Worship

• The Lodge

8:15PM Small Groups

9:30PM Theme Night Activity

HS – Pool

MS - Legacy

11:30PM Lights Out

Tuesday (July 1) & Wednesday (July 2)

7:30AM Wake Up & Devotion

8:30AM Breakfast - HS

9:00AM Breakfast - MS

9:30AM Morning Worship

10:30AM Preston Cup/MS Cup

12:00PM Lunch - HS

12:30PM Lunch - MS

1:00PM Activity Time

4:30PM Showers/Clean Up

6:00PM Dinner - HS

6:30PM Dinner - MS

7:00PM Evening Worship

8:15PM Small Groups

9:30PM Theme Night Activity

• HS - The Lodge

MS - Legacy

11:30PM Lights Out

Thursday (July 3)

7:00AM Wake Up & Begin Checking Out

8:00AM Breakfast

9:00AM Last Session

9:45AM Group Photo

10:00AM Begin Loading Buses

10:30AM Depart for North Metro

12:00PM Lunch in Gadsden, AL

4:30PM Return to North Metro

Summer Camp Key Terms

<u>Small Group:</u> Group of students, led by chaperones, who will discuss & pray together about what they're learning through the Worship times/Devotions.

<u>Team:</u> Groups made up of students & chaperones, assigned to a specific color for the week. The teams will participate in recreation activities, as well as some theme nights & various activities throughout the week for points. At the end of the week, one team from High School and one team from Middle School will be awarded the winner based on the # of points accumulated throughout the week (Preston Cup/MS Cup).

<u>Theme Night:</u> Our evening activities that consist of students/chaperones dressing up in theme-related costumes and participating in a fun activity together.

2025 Summer Camp Rules and Expectations

- 1. We will act in love and show respect to all people & property at all times.
- 2. Physical altercations will be grounds for dismissal from camp.
- 3. No pranking!
- 4. Be on time to all activities, worship times, and meals!
- 5. Dorm rooms are to be kept clean. Tidy up before lights out each night.
- 6. Students are to travel in groups of 3 or more (+ an adult for Middle School).
- 7. No PDA & students are not allowed in the opposite gender's cabins/rooms.
 - a. One-on-one with the opposite gender is not allowed.
 - b. One person to a bed.
- 8. Keep leaders informed.
- 9. Phones will not be accessed during worship and small group times.
 - a. HS will be having a phone-free day on Tuesday, July 1st.
 - b. During the duration of camp, MS will only have access to phones during mealtimes.

2025 Summer Camp Dress Code

Swimsuits - Bring two swimsuits—one for the lake and one for the pool.

- Girls: Only one-piece swimsuits are allowed.
 - If a student brings a two-piece swimsuit, she will be required to wear a dark t-shirt over the swimsuit.
- Guys: No speedos or jammers.

General Dress Code -

- No spaghetti straps. 3 fingers on tank tops.
- Shorts/skirts should hit mid-thigh.
- Watch branding and content (no drugs, alcohol, or sexual references).
- Shorts and t-shirts are appropriate each day.
- Theme night dress/costumes still need to follow the dress code!
 When in doubt, leave it out.
- Anything considered inappropriate will be addressed by a leader and student will be required to change.

2025 Summer Camp Packing List

What to Bring:

- Bible (physical copy, not electronic)
- Notebook/Pen
- Refillable water bottle with student's name on it
- Linens (pillow, sheets for regular twin bed, blanket, sleeping bag, etc.)
- Toiletries (Toothbrush/paste, deodorant, soap & shampoo, hairbrush, etc.)
- Hand Soap
- Hand Towel
- Sunscreen
- Bug Spray
- Hat of some sort
- Sunglasses
- Flashlight
- Towels (for pool & shower)
- 2 appropriate bathing suits (see *dress code above*)
- Drawstring bag or small backpack, for carrying Bible/Notebook/Pen/Water Bottle
- Athletic wear for morning/afternoon and casual wear for evening
- Paiamas
- Tennis shoes for recreation times & casual shoes for the rest of day (sandals, chacos, etc.)
- Clothes/props for theme nights
- Money for 2 lunches (for travel days)
- Snacks for the trip and your room

What NOT to Bring*:

- Fireworks
- Tobacco/drugs/alcohol (including vapes)
- Prank supplies
- Weapons of any kind

2025 Summer Camp Theme Nights

<u>High School</u>

Monday: Christmas in July

• Activity – Pool Party

Tuesday: Night at the Movies

Activity – Name That Tune

Wednesday: Blast to the Past

• Activity - Talent Show

Middle School

Monday: Night at the Movies

Activity – Name That Tune

Tuesday: Christmas in July

Activity – Pool Party

Wednesday: Blast to the Past

Activity – Talent Show

^{*}These items are grounds for immediate dismissal from camp and return home at parents' expense.