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NEW LIFE RANCH

Soma Team

GUIDE to CAMP

Please read this Guide carefully. There are many important details that will provide helpful information for you. If you have any questions or concerns, please contact Maggie King at maggiek@newliferanch.com or 918-422-5506 ext. 146.

Looking forward to serving with you all this summer!

Soma Training & Check-In

Soma Training is Tuesday, May 28th at 7:30pm – Sunday, June 2nd at 1pm. You will have your training at the site you have been assigned for the summer. Somas are more immersed in the roles of camp than any other Leadership Development program. This privilege comes with a lot of responsibility which is why we require Somas to attend training alongside our summer staff. While some of you are coming late because of school or other firm commitments, please do your best to attend all of Soma Training. Training is a great opportunity to build relationships with staff and fellow Somas through manual sessions, worship, and evening activities. Somas that are unable to attend Soma Training will attend Absentee Training and go over the 5 hours of manual sessions they missed. See below to note when you are expected to arrive and depart for your session. Make sure you email maggiek@newliferanch.com if you cannot attend all of Soma training.

Arrival & Departure

SOMA TRAINING

May 28th at 7:30pm - June 2nd at 1pm

SESSION 1 (at your assigned site)

June 2nd at 11am - June 29th at 1pm

SESSION 2 (at your assigned site)

June 29th at 7pm - July 27th at 1pm

(If you missed any of Soma training, you will need to arrive on June 28th at 1pm)

What to Expect

Soma Team is a different experience than Nehemiah Team and Timothy Team. You'll be learning and growing primarily through serving alongside summer staff in different roles throughout camp. You'll then process and debrief these experiences and challenges in Bible Studies and through one-on-one mentoring. Three times each week you'll gather with your Soma Team for Bible Study, focused on leadership development, the Body of Christ, and Bible Study methods. Once a week you'll meet one-on-one with a Soma SAL for mentoring and discipleship. Your community will be both your Soma Team and the summer staff community. You'll be digging into how God has uniquely gifted and designed you, and how you leverage who you are to be the most effective leader and make an impact for Christ.

Check-In for Flint Valley will be at the office, Frontier Cove at the Visitors Center. In order to speed up the check-in process, do these things at least 48 hours before your arrival:

- **Pay the balance of your camp fees on-line.**
- **Email maggiek@newliferanch.com if you cannot attend all of Soma training. If I don't hear from you, I will assume that you will be here (See Soma Training & Check-In).**
- **Mark your calendars for the Soma Graduation Banquet on July 27th**
- **Discuss with your parent your Driving & Riding agreement**
- **Reserve a spot at the CPR certification class at NLR or bring or send us a copy of your Adult CPR certification. We do not accept online certifications (See CPR Certification).**
- **Fill out the Counselor Bio form at bit.do/counselorbio**

Packing LIST

Don't get carried away with how much you bring. **Remember, we will be washing your clothes for you each weekend.** You will probably need less clothing than you think. As you are packing, keep in mind there will be limited storage/closet space. Some of the bunk beds have been made with extra space underneath (20" at the Valley, 11" at the cove). Regardless of the type of bunk you end up with, it works well to bring a tub or trunk to store stuff underneath or near your bed.

- **Clothes that you can work and play comfortably in (keep it modest, no short shorts or 2 piece swimsuits, etc)**
- **Long pants (extra important if you are a maintenance or wrangler Soma)**
- **Khaki shorts and/or casual skirt for check-in day**
- **Nice casual clothes for regular Chapel / dressier clothes for Friday night Chapels**
- **Appropriate shoes for each activity (close-toed shoes, creek shoes/sandals, shower shoes, extra shoes if primary pair is wet, shoes for hiking.)**
- **Sleeping bag & pillow**
- **CIT's at Flint Valley will have double beds during their CIT weeks (but not all 4 weeks) and CIT's at Frontier Cove will have single beds.**
- **Personal hygiene items**
- **Towels & washcloths**
- **Bible, journal, pen/pencil**
- **Theme related clothing (see below)**
- **A watch (very important!)**
- **Hammock (optional)**
- **Camera (optional)**
- **Prescription medications** - all meds must be turned in to the camp nurse at check-in. **Meds must be in their original packaging.**

Laundry

We'll be taking care of washing your dirty laundry during the weekends of your session. You'll receive a NLR laundry bag at the beginning of the session to help with this process. You only need one week's worth of clothes.

Don't even think about bringing this stuff!

Anything alive (other than you), illegal drugs, vitamins and essential oils, alcohol, tobacco, fireworks, matches, lighters, weapons of any kind (including pocket knives), electronic devices (iPod, video games, etc.), any sexually explicit material, roller blades, skateboards, scooters, bikes, hoverboards or self-balancing scooters. **Also, please do not bring pets during Sunday check-in or the Saturday finale!**

2019 Summer Camp Themes

As you probably know, each week of Summer Camp has a different theme in order to put a fun spin on activities. The campers and counselors will use this theme to decorate their cabins, for cabin names and cheers, to dress up for the theme meal and beyond. The theme meal is a great time to wear your best theme costume, so please come prepared to participate (newliferanch.com has more info on these themes if you need some inspiration!).

The theme for every week at Frontier Cove is Western.

Flint Valley Session 1:

Week 1: Superhero

Week 2: Pirates

Week 3: Wild Wild West

Flint Valley Session 2:

Week 5: Stars and Stripes

Week 6: In The Jungle

Week 7: Christmas In July

Driving and Riding

Somas are allowed to drive themselves to camp. They are not allowed to leave camp or drive their cars, except during their time off. During off time (see right), Somas will be permitted to leave NLR with other Somas or summer staff. Somas and their parents should discuss and decide upon parameters. Somas are then responsible for honoring this agreement:

- Is your Soma allowed to ride with other Somas? With Summer Staff?
- Is your Soma allowed to drive other Somas? Summer Staff?

If you have further questions or specific concerns you'd like to discuss, let us know!

CPR Certification

You will need to have verification of a current Adult CPR certification. If you are currently certified, bring or send a copy of your card for us to have on file. We are offering CPR certification classes for Somas on June 1st at Flint Valley (during Soma Training) for a discounted rate. To sign up for this 2 year American Red Cross Adult CPR certification course, you can log in to your NLR account and add this to your Soma registration. It will charge your camper account \$50.

Online CPR certifications are not accepted. We have a high safety standard and care greatly about the quality of care that we give to our campers. You only need adult CPR. It is not necessary to have child CPR, First Aid, or AED training. You can find certification classes through your local Red Cross or American Heart Association. Their web sites are helpful when searching for classes. Most of Red Cross or AHA courses cost a great deal more, so this is great opportunity to get certified at NLR!

You're Invited!

Save the Date! You and your family are invited to attend the Soma Graduation Celebration on Saturday, July 27th, 1-3pm at the Flint Valley Conference Center. We will send formal invitations for RSVPs as the event gets closer.

Say "Cheese"

Our New Life Ranch media team's focus is capturing photos and video of our weekly Summer Campers, thus they will not be around at all your activities, especially since Somas will be serving in many different areas of camp. Bring a camera if you wish, and your team can share the pictures that are taken with one another. It won't be necessary for everyone to have a camera, so don't worry about buying one if you don't have one already.

Contact Your Soma

As a Soma, you will not have access to phones while at camp, except during your off time. Your parents can send you emessages through our one-way Camper message system. Please note that you will not be able to use your cell phones except during designated times when you have a break from your Soma Team responsibilities. If they would like to send you a care package or mail, they can send it to:

FLINT VALLEY

Camper Name

160 New Life Ranch Dr.

Colcord, OK 74338

FRONTIER COVE

Camper Name

5582 New Life Ranch Rd.

Adair, OK 74330

Off Time

You will get some time off during your Soma session. The first weekend will involve a Soma Team experience of fun, rest, and reflection, but the second weekend (Saturday afternoon-Sunday morning) is yours to do with as you please. In addition to this time, you will get a 2 hour time slot during the week in which you can hang out with friends, run to Walmart, or get some extra sleep.

Weekend Off Times:

Session 1: June 15th (about 12:30pm) - June 16th (11am)

Session 2: July 13th (about 12:30pm) - July 14th (11am)

4th Week

The fourth week of Soma Team is the capstone of your NLR Leadership Development experience. Your entire Soma Team and a few of the NLR staff will take ownership of a 5 day camp experience at a partner camp. Your Soma Team will be in charge of activities, counseling, Bible studies, everything! It's a chance to put all your leadership skills to practice. This has been an incredible experience for Somas in the past, and we look forward to your team experiencing this!