

CAMP NEW HEIGHTS

2023 Camper Manual





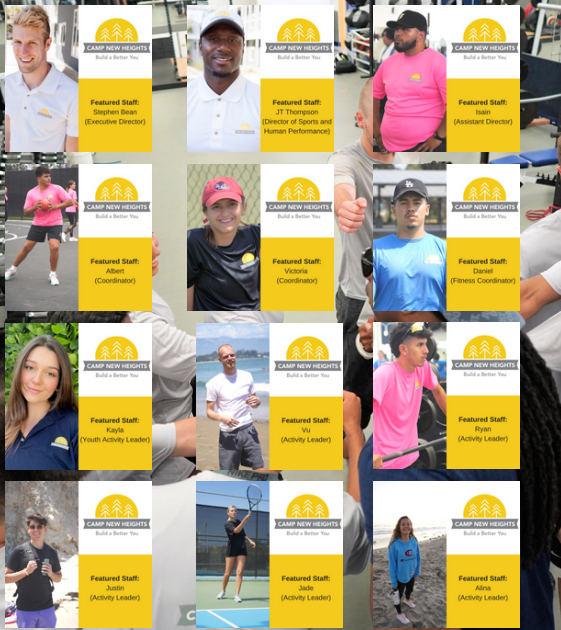
CAMP OVERVIEW

Camp New Heights is a fitness and nutrition summer camp for kids of all abilities ages 9-17. Camp New Heights is Located in Santa Barbara, California. Programs are personalized to fit individual needs with the focus of helping each camper build a better version of themselves and reach new heights. While at camp, they can enjoy the independence of a college-style living experience, world-class counselors and staff. We believe that regardless of your skill level (beginner, intermediate, or advanced athlete), everyone can reach new heights

STAFF

Executive Director: Stephen Bean (7)
Sports and Human Performance
Director: JT Thompson (7)
Assistant Director Isain Minero (3)
Coordinator: Albert (3)
Coordinator: Victoria (4)
Fitness Coordinator: Daniel (3)
Activity Leader: Kayla (3)
Activity Leader: Vu (2)
Activity Leader: Ryan (2)
Activity Leader/Office Assistant:
Justin (2)
Activity Leader: Jade (2)
Activity Leader: Alina (1)
Bus Driver: Donovan (2)

- Numbers following each staff member represent the numbers of years they have been a staff member at Camp New Heights





HOUSING

Campers will be staying in Santa Catalina dorms, which is the one of the largest dorms at UCSB. The dorms are suite style. Suite style means that there are two rooms that share a bathroom. Each room has two beds. As a camper you will have one roommate and two suitemates. As guests of Santa Catalina, we should strive to treat the hall with respect. Any damage incurred during your stay will be your financial responsibility.

Living in Santa Catalina will allow you to experience what it's like to be an independent college student.



DINING

Breakfast and dinner during the week will be held at the Portola Dining Commons. Lunch will be provided at the De La Guerra Dining Commons. The meals will be buffet style as seen commonly in many college campuses across the country. All meals will be served following a 5-10 minute nutrition brief. The nutritional brief will feature tips and nutritional breakdowns of what is available and what to focus on to fuel and recover. After eating your first serving you will be allowed a second portion comprised of items that can be found in the salad bar section of the dining hall.



UNPLUGGED

At Camp New Heights we believe in being present and having shared experiences with fellow campers. Due to our mission to encouraged shared experiences, we limit cell phone usage to one day per week (Saturdays). The lack of technology helps campers form stronger bonds with their peers and truly experience camp.

Campers will have access to their phones every Saturday afternoon through Sunday morning.

Upon arrival campers will be without their phones until their first Saturday.



SCHEDULE

7:15 am: Wakeup

7:45 am: Breakfast

8:45 am: Transport to Campus

9:00 am: Period 1 (Strength Training)

10:15 am: Period 2 (Extra work, Group Team Sport)

11:30 am: Period 3 (Sports and Human Performance, Yoga/Recovery, Movement)

12:45 pm: Lunch

2:00 pm: Period 4 (Choice Class)

4:00 pm: Period 5 (Alternating choice activities/Relax/Pool Time)

5:00 pm: Shower Hour

6:10 pm: Dinner (With Nutrition meeting)

7:15 pm: Food Journals

7:30 pm: Nighttime Activity

8:30 pm: Free Time (Structured)

10:30 pm (In Bedroom)

11:00 pm (Lights Out)



BEGINNER TRACK

The beginner track is designed to fit campers who are new to exercise or athletic activities. Information about physiology, weight loss, recovery, overload, proper running, so much more. These campers will see transformations in weight, self-esteem, muscle tone, and a tangible feeling of well being (feeling good). Campers will gain exercises and lifestyle tips that they can bring home with them to continue their healthy lifestyle journey.



INTERMEDIATE TRACK

Our intermediate track is for those athletes who have some experience with organized sports. This experience can range from club, junior varsity, etc... These athletes have the athletic background, but perhaps lack the skills and knowledge to work on their game outside of the season or outside of the confines off the field/gymnasium. These athletes may struggle with their weight, diet choices, or staying in game shape year round. Our intermediate athletes may also be athletes who want to go from making the team to making the starting lineup.



ADVANCED TRACK

The advanced track is primarily made up of athletes who have athletic experience. These campers may have experience playing on a school team or have some other kind of athletic experience, but they still have untapped potential. JT Thompson (JT) will utilize his years of experience working with middle school, high school, and professional athletes to enhance each athlete's performance. JT will also work on the mental acuity and focus it takes to reach the next level. JT's athletes leave his class with a multitude of skills that can be built on at home and will surely show themselves in future athletic endeavors.



MORNING CLASSES

Strength and Conditioning

Group/Team Sport or Activity

Sports and Human Performance

Yoga

Extension of Performance



AFTERNOON CLASSES

Basketball

Baseball/Softball

Soccer

Tennis

Volleyball

Surfing

Swimming

Art



EXCURSIONS

On weekends campers will embark on excursions that take them off campus on adventures. In the past these activities have included: ziplining, standup paddleboarding, kayaking in the Channel Islands, ice skating, dinner and a movie, and camping in national parks.



GROCERY STORE CHALLENGE

On Sundays campers are grouped together in teams and assigned a different piece of a meal (appetizer, main course, dessert). The teams then research healthy recipes that they can prepare for their portion of the meal. Utilizing the nutritionist as a guide, campers will make a supply list of ingredients needed at the grocery store. Campers will then be taken to the local grocery store and will pick out their items with their team. While collecting items campers will learn to read and understand nutrition labels, comparative shop, and look for key ingredients in various goods.



COOKING CHALLENGE

Upon returning from the grocery store campers will work with their teams utilizing the ingredients just purchased at the grocery store to prepare Sunday's lunch. Teams will work on appetizer, main course, and dessert.

Over the years the grocery store and cooking challenge has become a weekly staple and a camper favorite.



PACKING

Sunscreen

Toiletries

Towels (Beach and Shower)

Deodorant

Athletic Clothes

Sneakers (running, sports specific, and casual)

Bedding (Extra long twin sheets, comforter, pillows, pillow cases)

Electric Fan

All Campers Receive:

2 Camp Shirts

Water Bottle

Lanyard



DATES/RATES

Session 2W1 2 weeks (6/25/2023-7/9/2023) \$3799.00

Session 2W2 2 weeks (7/2/2023-7/16/2023) \$3799.00

Session 2W3 2 weeks (7/9/2023-7/23/2023) \$3799.00

Session 2W4 2 weeks (7/16/2023-7/30/2023) \$3799.00

Session 2W5 2 weeks (7/23/2023-8/5/2023) \$3799.00

Session 4W1 4 weeks (6/25/2023-7/23/2023) \$6799.00

Session 4W2 4 weeks (7/2/2023-7/30/2023) \$6799.00

Session 4W3 4 weeks (7/9/2023-8/5/2023) \$6799.00

Session 6W1 6 weeks (6/25/2023-8/5/2023) \$8899.00

CONTACT US

Got Questions?

Email: Stephen@campnewheights.com | Phone: 805-364-0170

