



Stratham Recreation Day Camp

Located at Stratham Memorial School

2026

Family Handbook

Our mission is to provide a safe and engaging environment where Campers can participate in exciting recreational activities while fostering personal growth, friendship, and lifelong memories. We strive to create a positive and inclusive community that encourages self-discovery and teamwork among Campers and Staff.

Welcome to the 2026 Stratham Recreation Camp Family Handbook!

We are thrilled to welcome you and your family to **Stratham Recreation Day Camp – Summer 2026!** This handbook has been thoughtfully designed to provide you with key information about our camp, its policies, and the many resources available to you throughout the program.

At **Stratham Rec Camp**, we are committed to creating a **safe, inclusive, and fun environment** where every child can explore, grow, and build lasting friendships. Our camp offers a variety of exciting activities aimed at promoting personal development, teamwork, and joyful summer experiences.

Inside this handbook, you'll find everything you need to know about camp life—from **daily schedules and drop-off/pick-up procedures** to **behavior expectations, field trips, and communication tips**. Please take time to read through it carefully and refer back to it throughout the summer.

We see our families as essential partners in making camp a success. We value **open communication**, mutual respect, and collaboration. If you have any questions or feedback along the way, don't hesitate to reach out. We're here to support you and your camper every step of the way.

Thank you for choosing Stratham Rec Camp and for trusting us with your child's summer experience. We can't wait to share an amazing season full of growth, adventure, and memories that will last a lifetime!

Warmly,

Jake Houlihan – Camp Director

Ryan O'Keefe – Assistant Camp Director

Camp Vision

For our staff:

- Hire fun-loving, enthusiastic, highly motivated camp counselors.
- Provide training and resources to encourage collaboration and creativity among counselors and campers.
- Ensure staff are highly knowledgeable about camp policies and procedures.
- Establish and build strong connections to the Stratham community.

For our campers:

- Encourage enthusiastic participation in a variety of fun, engaging, collaborative activities.
- Provide a physically and emotionally safe environment that supports challenge by choice.
- Help foster respect, responsibility, and compassion.

- Provide programs and activities that help children grow with confidence while developing their talents.
- Create an environment that encourages new friendships and connections.

Communication at Stratham Rec Camp – Summer 2026

Open and clear communication between families and camp staff is a top priority at Stratham Rec Camp. Please carefully review the following guidelines to ensure the best way to stay in touch with us during the summer.

Contacting Camp Staff

- If you have questions or need to get in touch you can contact:
 - **Jake Houlihan**, Camp Director or **Ryan O’Keefe**, Assistant Camp Director
 - Staff will respond as soon as they are able, **within camp hours: 7:45 AM – 4:00 PM.**

Preferred Communication Methods

- **Email and TeamSnap One messages** are the preferred ways to communicate with camp staff. **Please include your full name and your child’s full name in all messages.**
- The best email to use is:
campdirector@StrathamNH.gov
- Phone number for the Stratham Rec Camp phone:
(603)772-4741 ext 252

Important Reminders:

- If your child is being picked up by someone else:
 - You **must email** the camp at **campdirector@StrathamNH.gov**
 - The email must be sent **the morning of the change**, before pickup.
 - **Text messages are not allowed** for communicating pickup changes or updates.
 - Be sure to include:
 - **Your camper’s full name, the date of the change and the full name of the person picking them up**

Using TeamSnap ONE (NEW APP formerly known as TeamSnap)

Stratham Parks & Rec is now using an updated version of TeamSnap called Team Snap ONE! PARENTS & GUARDIANS MUST DOWNLOAD THE NEW VERSION OF THE APP.

Stratham Rec Camp primarily uses **TeamSnap ONE** for camp communication. Please make sure you:

1. **Download the TeamSnap ONE mobile app** for easy access.
Link to [IOS app](#)
Link to [Android app](#)
2. Check regularly for **announcements, schedule updates**, and messages from staff.

You should use **TeamSnap ONE** to:

Update Contact Information

- Make sure **authorized pickup contacts** and **emergency contacts** are current.
- Include **first and last names** and **phone numbers** for each contact.
- We recommend listing at least **three reliable contacts**.

Notify Us About Changes

- Use TeamSnap One to let us know if your camper will be:
 - **Arriving late**
 - **Leaving early**
 - **Absent for the day**

If you ever have questions, concerns, or need support during the camp season, please don't hesitate to reach out. We're here to work together with you and ensure the best possible experience for your camper!

Construction at Stratham Memorial School

The construction at Stratham Memorial School is continuing into this summer. The Construction should not impact our summer program. Campers will be monitored and made sure that they stay away from construction zones. In the event that construction will impact camp in any way or pick-up/ drop-off parents will be notified via the Team Snap ONE mobile app. Construction has been completed in the gym so camp will still have access to the gym as an indoor program space.

Weekly Themes

Week 1: July 6th Wacky Spirit

Welcome summer with some wacky spirit! Each day will see a different wacky theme, like crazy hat day, tie-dye day, and mismatch day. We will end the week with a special tie-dye craft for campers to wear throughout the summer!

Week 2: July 13th Wet N' Wild

This week, we'll dive into the world of water. We will be playing a lot of water games! We plan to get wet every day, so don't forget to bring your bathing suit and a towel!

Week 3: July 20th Superheroes

We'll find the hero in all of us this week. Who's your superhero? Be ready for a fun-filled week of superhero-themed activities, including our superhero day and our world-class superhero obstacle course competition.

Week 4: July 27th Olympics

This week, honor your Olympic Spirit by participating in fun Olympic-themed games. Teams will be awarded medals for competing in games, culminating in an Award Ceremony at the end of the week!

Week 5: August 3rd -Survivor

The last week of camp, and it's time to see which campers can hold on the longest and endure the physical challenges posed by our counselors. Campers will be pushed to be as creative as possible to make arts and crafts with the items provided to them.

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Daily Schedule at SMS

8:30 am	9:00 am	Camp drop-off and Morning Recess
9:00 am	9:15 am	Morning Meeting
9:15 am	10:00 am	Rotation 1
10:00 am	10:20 am	Break / Morning Snack
10:20 am	11:05 am	Rotation 2
11:05 am	11:30 am	Recess
11:30 am	11:40 am	Break
11:40 am	12:25 pm	Rotation 3
12:25 pm	1:10 pm	Lunch
1:10 pm	1:30 pm	Social Time (Circle Games)
1:30 pm	2:30 pm	**Option Time** Free time
2:30 pm	3:00 pm	End of Camp Cheer and Dismissal

****Option Time****

During option time, campers will have a choice in an activity put on by staff members each day. The options will vary each day and reflect what the campers and staff members are interested in! Campers will make a choice on how to use this time, once they make a choice, they are not permitted to change and go to another option. They must stay at their chosen activity. Options could look like arts and crafts, recess time on the playground, a game, a walk in nature, or social time at the trees.

Weekly Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Full day at SMS	Full day at SMS	Full day at SMS	Field Trip to Wallis Sands Beach*	Half day at SMS / Half day at Stratham Hill Park

Monday-Wednesday: Campers will spend the entire day at Stratham Memorial School.

Thursday: Campers will take the bus to Wallis Sands Beach to spend the majority of the day there.

Friday: Campers will take a walking field trip to spend half the day over at Stratham Hill Park

Field Trips to Wallis Sands Beach

Each week, campers will have the opportunity to go on a field trip to **Wallis Sands Beach** for a fun day of water play, sand games, and picnicking by the ocean!

Trip Overview:

- Campers will play in the water, relax on the sand, and eat lunch at the beach.
 - These trips are for **campers only** – **CITs do not attend Wallis Sands trips** at this time.
 - Any changes to field trip dates or attendance will be communicated by **email** in advance.
-

What to Bring on Beach Days:

Campers should bring **all of their regular daily camp items**, plus a few beach-day essentials.

Please send your camper with:

- **Their Stratham Rec Camp Shirt** (must be worn – it helps staff identify campers quickly)
- **Sunscreen** (applied before camp and packed for reapplication)
- **Extra water bottles**
- **Lunch from home (no lunch is sold at the beach)**
- **A bathing suit and towel**
- **A change of clothes**
- **\$5 or less** for a snack from the **Wallis Sands Snack Shack**
- **Campers may not buy any drinks with caffeine in them**
 - **Example:**
 - **Diet coke**
 - **Ice tea**
- **Campers may buy one drink or one candy item**
(*Only snacks can be purchased – no full meals*)

Reminders:

- **Label everything** with your camper’s name and group!
- Campers who do not have their **camp shirt** may not be allowed to attend the beach trip.
- **CITs do not attend Wallis Sands field trips.** If this changes, families will be informed via email.

Wallis Sands Beach Schedule

8:30 am	9:00 am	Camp drop-off
9:00 am	9:15 am	Morning Meeting
9:15 am		Load up buses and leave for Wallis Sands Beach
9:50 am	1:45 pm	At Wallis Sands Beach
1:45 pm		Load up buses and leave for SMS
2:05 pm	2:30 pm	Arrive back at SMS and Recess
2:30 pm	3:00 pm	End of Camp Cheer and Dismissal

Field Trips to Stratham Hill Park

Campers and CITs will occasionally take part in **walking field trips** to **Stratham Hill Park** using the trails that connect the park to Stratham Memorial School.

When Are These Trips?

- **Scheduled for most Fridays**, weather permitting.
- Campers and CITs will spend **half the day** at the park with their group and counselors.
- Any changes due to weather or scheduling will be communicated ahead of time.

What Campers and CITs Should Bring to the Park:

Campers and CITs must bring everything they need **with them to the park**:

- **Backpack**
- **Water bottle**
- **Morning snack and lunch**
- **Sunscreen** (applied before camp and packed for reapplication)
- **Weather-appropriate clothing and footwear**

Tip: Be sure everything is **labeled clearly** with your camper's name and group!

What to Expect at the Park:

While at Stratham Hill Park, campers and CITs will enjoy:

- Free play on the **playground**
- Time on the **walking trails**
- Group games and activities in the **open fields**

New This Year!

Kona Ice Truck- The Kona Shaved Ice Truck will be visiting camp every Friday afternoon.

Allowing campers to get a nice cold refreshing treat to end the week.

- A prepaid order link will be sent to families no later than Thursday mid-day.
- Parents will have choice of size and number of flavors
- Counselors will be pumping the flavored syrups for the campers

Friday Schedule for Stratham Hill Park

8:30 am	9:00 am	Camp drop-off
9:00 am	9:15 am	Morning Meeting
9:15 am	10:00 am	Recess
10:00 am	10:15 am	Break / Morning Snack
10:15 am	1:45 pm	Stratham Hill Park
1:45 pm	2:00 pm	Break
2:00 pm	2:30 pm	Recess
2:30 pm	3:00 pm	End of Camp Cheer and Dismissal

Stratham Rec Camp Pick-Up & Drop-Off Procedures

Location:

All drop-off and pick-up takes place at **Stratham Memorial School**, at the **parent pick-up loop** on the **side of the building**.

Please follow the **one-way traffic flow**, just like during the school year. Drive slowly and with caution—**camper safety is our top priority!**

You may use either of the two designated lanes, clearly marked with cones and chalk.

Important: Pick-up procedures have changed this year, so please read the following details carefully!

Drop-Off: 8:30 AM – 9:00 AM

- Please **stay in your vehicle** during drop-off.
- A staff member will come to your car to check your camper in.
- Campers **must stay in the car** until a staff member has officially checked them in.
- Campers should **exit from the passenger side** of the car for safety.
- Once checked in, campers will be directed to join their group.

Pick-Up: 2:20 PM – 3:00 PM

- **Park in the parking lot** near the pick-up loop.
- **Exit your car** and walk to the **leadership tent**, where you'll be greeted by Jake, Ryan, or another staff member.
- You'll **check your child out** with a staff member at the tent.
- Then, proceed to the grassy area where campers are waiting with their groups and retrieve your child.
- Please be mindful of **other families and moving vehicles** while walking to and from your car.

Late Pick-Up Policy

At Stratham Rec Camp, camper pick-up ends **promptly at 3:00 PM**. It is essential that all families plan accordingly to ensure their child is picked up on time.

If a child is **not picked up by 3:00 PM**, a **late fee of \$25** will be **automatically charged** to the family. This fee helps cover the cost of additional staff time and supervision required after camp hours.

Please Note:

- The clock at the camp location will be used as the official time.
- Repeated late pick-ups may result in additional action, including a meeting with camp leadership or potential removal from the program.

We understand that emergencies happen. If you anticipate being late, please **contact the camp as soon as possible** so we can plan accordingly. Thank you for respecting our staff's time and helping us maintain a smooth and safe camp dismissal process.

What to Bring to Camp Each Day

To help your camper have a successful and comfortable day at Stratham Rec Camp, please send them with the following **clearly labeled** items:

Label Everything!

Make sure **every item** is labeled with your **camper's first and last name and their camp group name**.

Daily Essentials:

- A backpack to carry all their items
- A refillable **water bottle (no glass bottles)**
- **Two snacks** – one for the morning and one for the afternoon
- A **lunch**
- A **bathing suit** and **towel** (for sprinkler/water days)
- A **full change of clothes** and an extra pair of shoes
- **Weather-appropriate clothing**, such as:
 - **Sun hat**
 - **Rain jacket**
 - **Sweatshirt**
 - **Extra layers of clothing** based on the forecast

What to Leave at Home

To keep camp safe and distraction-free, please **do not send the following items** with your camper:

Not Allowed at Camp:

- **Cell phones**
- **Electronics** (iPods, iPads, handheld games, etc.)

- **Valuables** of any kind
- **Bikes, scooters, skateboards, rollerblades, etc.**
- **Important Reminder About Phones:**
 - **Campers are not allowed to have cell phones at camp.**
 - If a phone is found, the Camp Director will hold it until the end of the day.
 - If it happens repeatedly, additional action will be taken.

CITs (Counselors-in-Training) may have a phone but may only use it **during pickup and drop-off.**

Lost & Found

- Please check the **Lost & Found bin**, located next to the **camper checkout table**, if your camper is missing anything.
- Items left behind will be **donated at the end of each week.**
- Labeling your camper's items is the **best way** to make sure things come home!

Stratham Recreation Day Camp is not liable for any lost or damaged personal articles/items.

Stratham Rec Day Camp Behavior Expectations – Summer 2026

Welcome to Stratham Rec Camp! We're so excited for a summer full of fun, friendship, and growth. To make sure camp is safe and enjoyable for everyone, we ask that **all campers follow these behavior expectations**. Families, please take time to review this together with your camper.

What We Expect from Campers:

1. Respect Others

- Be kind and inclusive toward other campers and all staff.
- Celebrate differences—everyone is welcome here!
- No bullying, teasing, or excluding others.

2. Listen & Follow Directions

- Follow all instructions given by camp staff.
- Always ask a staff member before leaving your group or area.
- Respect the leadership and decisions of all staff.

3. Use Positive Communication

- Speak kindly and respectfully to everyone.
- No swearing, name-calling, or hurtful jokes.
- If there's a problem, ask for help and use your words to solve it.

4. Be an Active Participant

- Try new things and give every activity a fair shot.
- Listen to your peers and contribute positively to your group.
- Respect others' right to participate, too.

5. Keep Your Hands and Body Safe

- Keep hands, feet, and personal space to yourself.
- Be gentle with others and respect boundaries.

If these expectations are not followed, staff will address the behavior in a respectful and supportive way. However, repeated or serious issues may result in appropriate consequences, including removal from activities or camp if necessary. Our top priority is keeping all campers safe, supported, and having a great time.

Stratham Rec Day Camp Behavior Agreement – Summer 2026

This agreement outlines how we work together to maintain a respectful, fun, and safe camp environment.

By signing this agreement, both campers and parents/guardians acknowledge:

- They understand the behavior expectations listed above.
- They agree to follow them throughout the summer.
- They understand the steps that will be taken if those expectations are not met.

***A signed agreement is required in order to attend camp.**

How We Address Behavior at Camp: Our “Three-Step” Approach

1. Verbal Warning

- A staff member will speak privately with the camper about the behavior.
- The behavior will be clearly explained, and the camper will be reminded of the expectations.
- If a camper receives **three or more warnings in one day**, a parent/guardian will be notified at pick-up or by phone.

2. Loss of Privileges

- If behavior continues, the camper may lose a specific privilege (like sitting out a preferred activity or game).
- Bathroom, food, and water access will **never** be restricted.
- The Camp Director or Assistant Director will inform a parent/guardian, and the behavior will be documented.

3. Removal from Group

- If a camper is acting unsafely or continues to disrupt the group, they will be temporarily removed and supervised by leadership staff.
- If the camper is unable to return safely to their group, a parent/guardian may be called for **early pick-up**.
- Behavior will be documented, and next steps will be discussed.

If Problems Continue:

Break from Camp

- If a camper continues to struggle with unsafe or disruptive behavior, the Camp Director or Assistant Director may ask that the camper take a day (or more) off to reset.

- If the same behaviors continue after a break, a **temporary or permanent dismissal** from camp may be necessary.

Note: All behavior incidents and decisions will be recorded, and the **Camp Director and Assistant Director have final say** in all behavior-related matters.

**Stratham Recreation Camp
Behavior Management Policy
Updated: 2026 Season**

At Stratham Rec Camp, we are committed to fostering a safe, inclusive, and respectful environment where all campers can grow, play, and thrive. To support this, we have a clear behavior management policy that sets expectations and outlines consistent consequences when those expectations are not met.

This policy must be read, understood, and signed by both the parent/guardian and camper prior to the start of the camp season.

Our Approach to Discipline

Our staff uses **constructive and positive techniques** to guide behavior, including:

1. Setting fair, age-appropriate, and clearly communicated limits.
2. Explaining the reasons for rules and expectations.
3. Giving positively worded directions and redirection to help campers make better choices.
4. Encouraging healthy expression of emotions and teaching problem-solving strategies.

Stratham Rec staff will **never use physical punishment, verbal abuse, or humiliation** as disciplinary measures.

Behavioral Expectations and Consequences

Campers are expected to be kind, respectful, and safe at all times. When these expectations are not met, consequences will be determined by the severity and frequency of the behavior, as outlined below.

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Offense	Severity	1st Offense	2nd Offense	3rd Offense	4th Offense
Threats of violence involving weapons	1	Immediate expulsion from camp, no refund			
Possession of weapons, drugs, or alcohol	1	Immediate 2-day suspension and investigation by Stratham Police Department	Expulsion from camp, no refund		
Stealing	1	Write-up, parents notified	2-day suspension, restitution	Expulsion from camp, no refund	
Willful destruction of property	2	Write-up, parents notified	Restitution, possible suspension	Expulsion from camp, no refund	
Physical harm to another camper or staff	2	Write-up, parents notified	2-day suspension	Expulsion from camp, no refund	
Bullying (verbal, physical, or social)	2	Write-up, parents notified	Restitution or suspension depending on severity	Expulsion from camp, no refund	

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Disrespect or defiance toward staff	2	Verbal warning	Write-up, parents notified	Suspension discussed	Possible expulsion
Found outside designated camp boundaries	2	Verbal warning	Write-up, parents notified	Suspension discussed	Possible expulsion
Use of inappropriate language	3	Verbal warning	Write-up, parent notified	2-day suspension	Expulsion from camp, no refund
Damage to school/town property (careless)	3	Verbal warning	Write-up, restitution	2-day suspension	Expulsion from camp, no refund
Repeated breaking of camp rules (e.g. not listening, defiance, excluding others, unsafe play)	3	Verbal warning	Write-up, parent notified	Restitution or suspension discussed	Possible expulsion

Definitions and Clarifications

- **Bullying** includes repeated actions that intentionally hurt, exclude, intimidate, or harass another camper. This includes verbal, physical, emotional, or social behavior, both direct (hitting, teasing) and indirect (rumors, exclusion).
- **Physical harm** includes hitting, biting, kicking, slapping, or other aggressive contact.
- **Breaking camp rules** includes repeated defiance, failure to follow safety rules, or intentional disruption of the camp environment.

Final Notes

Our primary goal is to help campers learn from mistakes and grow into kind, respectful members of our camp community. Most issues will be handled with redirection and support. However, **serious or repeated infractions will result in more serious consequences**, including suspension or dismissal from camp.

We appreciate your support in maintaining a safe, positive environment for everyone.

What Families Can Expect from Camp Staff:

- **Clear Communication:** Expectations are explained to both campers and families before and during the summer.
- **Consistency:** Expectations and consequences are applied fairly to all campers.
- **Positive Reinforcement:** Great behavior is noticed and encouraged!
- **Understanding:** We know each camper is unique. We meet them where they are and support them based on age and individual needs.

Acknowledgement of Stratham Rec Camp Behavior Agreement – Summer 2026

Remember that the ultimate goal is to create a safe, inclusive, and enjoyable summer camp experience for all campers while helping them learn and grow, and, most importantly, have fun!

By signing below, campers and their parents/guardians acknowledge that they have read and understood the terms of this Behavior Contract and agree to comply with its provisions throughout the summer recreation camp.

Parent/Guardian Signature

Date

Printed Name

Date

Campers Names