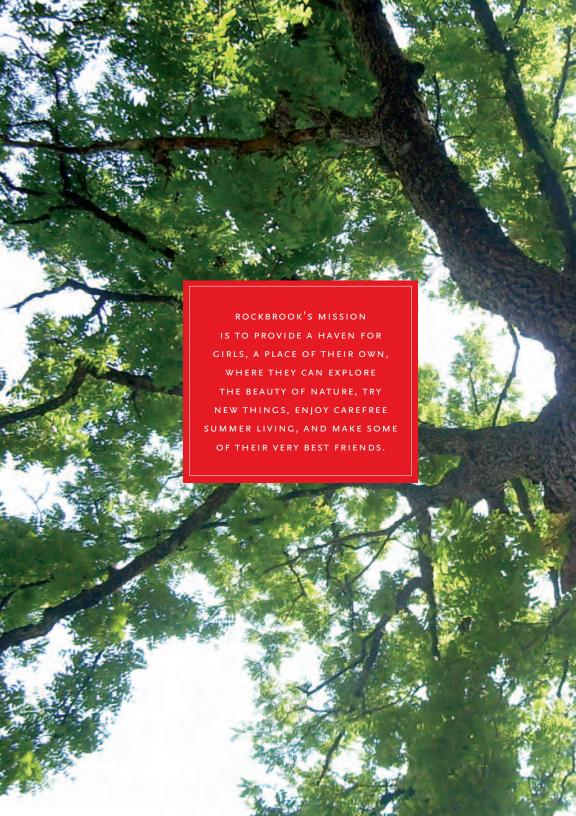
# ROCKBROOK

GUIDE to SUMMER









# HOW TO .....

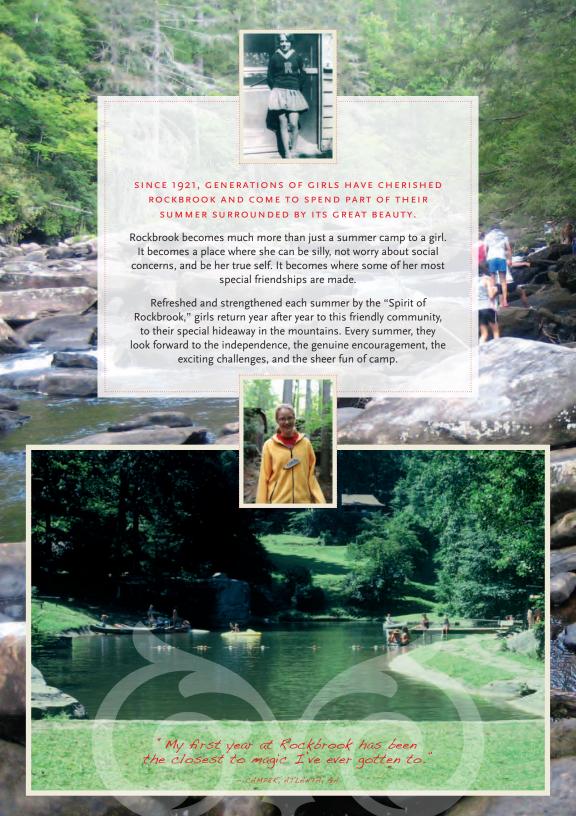
| Find a place<br>to be yourself.    | P.4  | setting           |
|------------------------------------|------|-------------------|
| Go back in time.                   | Р.6  | history           |
| Laugh all day long.                | Р.8  | a day at camp     |
| Weave a headband.                  | P.10 | creative outlets  |
| Climb a real rock.                 | P.12 | outdoor adventure |
| Be on everybody's team.            | P.14 | camp sports       |
| Befriend a special horse.          | P.16 | horseback riding  |
| Cover yourself with shaving cream. | P.18 | special events    |
| Meet a superhero.                  | P.20 | staff             |
| Explore a wooded mountain.         | P.22 | тар               |
| Find out more.                     | P.24 | questions         |
|                                    |      |                   |



In the MOUNTAINS of WESTERN NORTH CAROLINA, HIDDEN AMONG

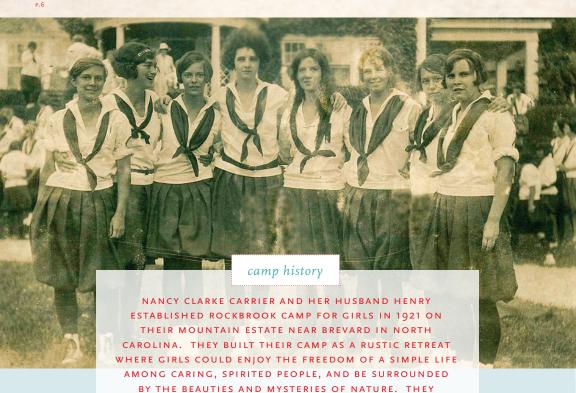
ancient hemlock trees,
huge rocks and clear forest streams,
IS A VERY SPECIAL PLACE CALLED Rockbrook.







Go back in time.



The Carriers believed girls at camp would not only have great fun, but also grow more confident, more socially adept, and more independent along the way.

UNDERSTOOD THE VALUE OF BEING AWAY FROM HOME, AND OF GIRLS MAKING THEIR OWN DECISIONS WHILE BEING SUPPORTED AND ENCOURAGED TO TRY NEW THINGS.

Rockbrook is today shaped by this rich tradition and is still a special place for girls to enjoy being active outside while making new friends and learning about themselves.

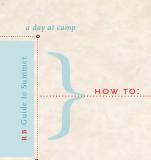
For fourth generation campers and new campers alike, camp provides fun-filled summers and wonderful lasting memories.





"It's quite true that a spirit of Rockbrook does exist, and it's what brought me back year after year. I could hardly wait for summer, knowing that camp and old friends would be waiting. Many of my dearest friendships were made at RBC and a lot of my philosophy of life was formed there."

- FORMER CAMPER, TALLAHASSEE, FL





Laugh all day long.





The daily schedule balances plenty of busy fun and free time to just be at camp.

8:00 RISING BELL

8:30 BREAKFAST

9:15 MORNING ASSEMBLY

9:45 FIRST ACTIVITY PERIOD

10:45 MUFFIN BREAK

11:00 SECOND ACTIVITY PERIOD

12:00 FREE SWIM/FREE TIME

1:00 LUNCH

2:00 REST HOUR

3:00 THIRD ACTIVITY PERIOD

4:00 AFTERNOON SNACK BREAK

4:15 FOURTH ACTIVITY PERIOD

5:15 FREE SWIM/FREE TIME

6:15 DINNER

7:00 TWILIGHT GAMES/FREE TIME

8:00 EVENING PROGRAM

9:30 JUNIORS LIGHTS OUT

9:45 MIDDLERS LIGHTS OUT

10:00 SENIORS LIGHTS OUT



















perform a musical that combines acting, singing, and dancing.

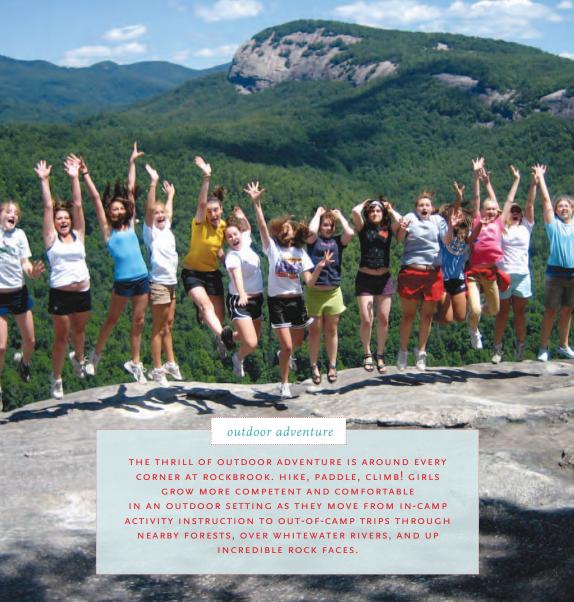






















BACKPACKING

DAY HIKING

CAMPING

SEA KAYAKING

WHITEWATER BOATING (kayaking, canoeing, and rafting)

ALPINE TOWER
ROPES COURSE CLIMBING

ROCK CLIMBING



For every activity, experienced instructors explain the adventure equipment, convey safety procedures, and demonstrate fundamental techniques, whether it be paddling a kayak, loading a backpack, or balancing on a rock climb.

Everyone is able to hike and spend the night camping in the woods, either at Rockbrook's private camping outpost or in the Pisgah National Forest. It's sleeping out under the stars, roasting marshmallows around the campfire, and enjoying the sensations of being outside.

Grab a paddle and learn to kayak or canoe on the lake, and then sign up for a trip on the river. If a camper has finished the 5th grade or older, she can go whitewater rafting on the Nantahala River and spend the night at Rockbrook's Nantahala Outpost.

There's climbing on the Alpine Tower, and when ready, girls can advance to several more technical climbing routes on Rockbrook's very own Castle Rock.

Rockbrook's activities on the Pisgah National Forest and Nantahala River are authorized under USDA Forest Service Permits.



Be on everybody's team.



## SWIMMING

FIELD SPORTS

(soccer, kickball, group games, softball)

GYM SPORTS

(basketball, volleyball, dodge ball)

GYMNASTICS

CHEERLEADING

TENNIS

ARCHERY

RIFLERY



Trained and certified instructors teach campers the basic rules, the care and use of equipment, and all the important safety procedures. Everyone hones their archery and riflery target skills while learning how to shoot safely.





A little horse crazy?
ROCKBROOK'S FOR YOU!

The Rockbrook equestrian program combines qualified staff, well-schooled horses, and excellent facilities. It creates an atmosphere where girls can not only advance their riding skills, but also expand their knowledge of horses and enjoy riding with friends.

For beginning and experienced riders alike, Rockbrook matches campers with the right instructor, lesson group, and horse, whether one of the camp's gentle ponies or beautiful show horses. As they ride and develop a relationship with a favorite horse, campers' confidence and skills grow, and soon they may be able to trot, canter, and even jump! Rockbrook's horseback riding lessons teach the American system of forward riding, a system used by many top English hunter-jumper, eventing, and dressage riders.

Campers of all ages enjoy horseback riding at camp, making it one of Rockbrook's most popular activities. In addition to mounted riding lessons, girls can also join the stable club and learn more advanced horse care skills.



The Rockbrook Equestrian Center accommodates 28 horses in two barns, and includes two full-sized riding rings and almost 35 acres of pastures.

Safe, fun, and educational — at camp, there's plenty of horseback riding!









Cover yourself with shaving cream.



Be your best pirate, a silly superhero, a bingo-playing granny, or a "fractured fairytale" character. You just never know when there might be a "jungle breakfast," when it might be "backwards day," or when tonight's evening program is "bag skits." You're going to need costumes!

Girls can look forward to "birthday night," "restaurant night," and the "Miss RBC" talent show. On the weekends, it might be a water carnival, the RBC Olympics, an all-camp cookout, or even a dance with a local boys camp. One afternoon, your age group may plan a wild shaving cream fight!

One favorite special event is the end-of-session Banquet. Planned by some of the oldest girls, this is a surprise themed dinner with special food, elaborate decorations, skits, songs, and speeches.







"We love Rockbrook for the friendships, confidence, and joy that come from being a part of a close, happy, unabashedly zaney community!"

— PARENT, ASHEVILLE, NC















Closing every camp session is the Spirit Fire, a special campfire that brings the whole camp together for traditional songs, recognitions, and reflections. It's a chance to think about our camp experience, the good friends we've made, and how much camp means to us. For everyone, it's a very moving experience.













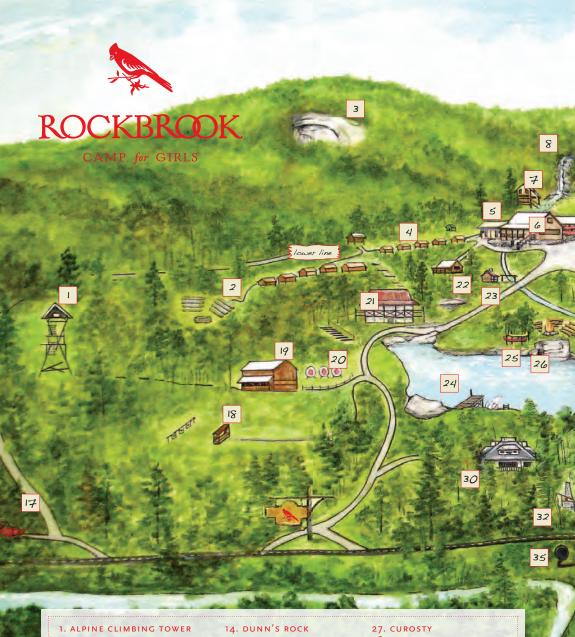
ROCKBROOK PRIDES ITSELF ON AN OUTSTANDING STAFF OF FINE COUNSELORS. CARING AND ATTENTIVE, EACH STAFF MEMBER HAS DEMONSTRATED A LOVE OF WORKING WITH CHILDREN, A REAL ENTHUSIASM FOR CAMP LIFE, AND A COMMITMENT TO ROCKBROOK'S PHILOSOPHY AND MISSION. TRULY GREAT PEOPLE WORK HERE.

Rockbrook's full-time directors thoroughly screen and interview each camp staff member, hand-picking enthusiastic, mature, and friendly young women who can serve as role models and effective leaders at camp. In addition to cabin counselors, the Rockbrook staff includes local adult artisans, adventure guides, and activity coaches. Before camp begins, the entire staff undergoes an extensive week-long training program covering health, safety, instruction, and mentorship for the campers.



Sarah and Jeff Carter are the owners and directors of Rockbrook. Sarah first came to camp in 1985 as a counselor. She holds a master's degree in Elementary Education from Vanderbilt University and has many years experience working with children and parents, both as a teacher and as an administrator. Jeff began working at Rockbrook in 1988, and for 8 years served as the camp's hiking and climbing guide. He attended Davidson College, earned a master's degree from Harvard University, and holds a Ph.D. from the University of Chicago. Sarah and Jeff were married at camp in 1996, and together have held most of the administrative positions at camp throughout their tenure. They live in Brevard with their daughters Eva and Lily.

Jerry Stone is the Director Emeritus at Rockbrook. He began working as a camp director in 1961, and since 1967 has held various positions at Rockbrook, becoming its director in 1984. During the summer he can be found leading occasional hikes, telling stories, and making surprise appearances at camp events.



- 2. CHAPEL
- 3. CASTLE ROCK
- 4. LOWER CABIN LINE
- 5. HEALTH HUT / OFFICE
- 6. DINING HALL
- 7. HI-UP CABIN
- 8. STICKBISCUIT FALLS
- 9. CAMPFIRE CIRCLE
- 10. UPPER POTTERY STUDIO
- 11. STAFF HOUSING
- 12. JUNIOR LODGE AND LINE
- 13. UPPER CABIN LINE

- 15. ROCKBROOK OUTPOST
- 16. ROCKBROOK FALLS
   17. STAFF HOUSING
- 0
- 18. RIFLERY RANGE
- 19. GYM
- 20. ARCHERY RANGE
- 21. LAKEVIEW LODGE
- 22. HOBBY NOOK
- 23. GOODWILL
- 24. LAKE
- 25. CANOEING ROCK
- 26. VESPER ROCK

- 28. TENNIS COURTS
- 29. HILLSIDE LODGE
- 30. CARRIER HOUSE
- 31. STORE
- 32. LOWER POTTERY STUDIO
- 33. CASTLE ROCK LODGE
- 34. LANDSPORTS
- 35. TUNNEL
- 36. FRENCH BROAD RIVER
- 37. STAFF HOUSING
- 38. EQUESTRIAN CENTER



HOW TO:

Find out more.

### IS ROCKBROOK ACCREDITED?

Rockbrook is accredited by the American Camp Association, a distinction marked by adhering to almost 300 industry-accepted standards deemed "best practices" for summer camps.

### WHAT MEDICAL CARE IS AVAILABLE?

At least one registered nurse staffs the Rockbrook Infirmary 24 hours a day, dispenses all medications and provides health care for both staff and campers. A pediatrician makes weekly camp visits. Every staff member has CPR and first aid training.

### WHAT IS THE FOOD LIKE?

We serve tasty, balanced meals in our central Dining Hall. Each cabin has a table for its campers and counselors to eat together "family style." At lunch and dinner there are two fruit and salad bars, always a vegetarian entrée, and a peanut butter and jelly station. Throughout the day, fresh fruit is available, in addition to a mid-morning and mid-afternoon snack.

"Rockbrook is near and dear to my child's heart.

She has grown up coming to camp, has been on all three lines, a ind is now an independent teenager, full of Confidence, self esteem, and spirit, a true' Rockbrook girl."

\_ PARENT, ROME, GH

# WHAT DO THE CAMP FEES COVER?

Each session fee covers all living expenses, activities (including horseback riding, ceramics, and adventure trips), activity instruction and equipment, and weekly laundry service. There are no additional fees except for a small amount of money campers may need for the Camp Store.

### WHAT ARE ROCKBROOK'S STATS?

- 215 acres of private camp property
- 2-, 3- and 4-week sessions
- 200 campers per session divided into 3 age groups
- Girls ages 6-16
- Over 100 staff members each summer
- 26 different fun activities

### HOW CAN I LEARN MORE ABOUT ROCKBROOK?

For more information, including Rockbrook's Privacy and Nondiscrimination policies, please visit the Rockbrook Camp website at <a href="https://www.rockbrookcamp.com">www.rockbrookcamp.com</a> or call us at 828.884.6151.





