Welcome to Camp Hoover

Welcome to Camp Lou Henry Hoover Residential Summer Camp, located in Middleville, NJ! Camp Hoover has been shaping great summer memories for girls in grades 1 to 12 since 1953 through learning, discovering, exploring, challenging opportunities and creating! Each summer Camp Hoover provides a variety of programs and sessions designed to meet the interests of ALL girls.

Camp sessions run from July 9 through August 19. Girls are grouped according to interest, age and ability in order to make their stay more enjoyable. In addition to the program theme they will have the opportunity to participate in a variety of camp activities including crafts, nature, hiking, archery, ropes course, games, cookouts and waterfront activities including swimming and boating. Girls will develop responsibility through “kapers” (jobs that help keep Hoover in order) and other fun and enriching activities. Camp Hoover is a journey into independence – a place where the girls and their counselors plan weekly adventures together in a relaxed, non-competitive, tech-free environment.

Hoover offers two experiences: General and Specialty. General Camp programs enable girls to experience an array of camp activities every day. Specialty Camp programs focus on a particular interest combined with traditional camp activities like swimming, boating, hiking, cook-outs, crafts and games. Housing depends on the program choice. Girls can share a large platform tent equipped with cots and a storage area. Just a few steps away from the tents are the lavatory facilities with flush toilets, hot and cold running water, sinks and showers. Indoor shelter is available during severe storms. The dining hall and program buildings are located within walking distance of the tent units. Based on the program selection girls may also choose to stay in one of our camp buildings, equipped with kitchens, bathroom facilities, sleeping rooms with bunk beds and a common room for gathering.

Campers are welcome to stayover between sessions for an additional fee of $90. When registering, please select this option if needed.

New This Year!

Early Bird Registration Discount: Receive a $25 per session discount for each session you register and pay for in full prior to March 1, 2017!

Sister Discount: Sending sisters to the same sessions? After signing up your first camper, each additional camper attending the same session from your household receives a $25 discount. Offer good for each session you send more than one camper to!

Questions? Please contact us at (908) 947-1708, or email us at summercamp@gshnj.org
Our General Programs are designed for girls entering Grades: 1-12 and provide a broad camp experience, with varied activities and waterfront time daily. These programs are great if you want to experience all that Camp Hoover has to offer.

レンターカンプファン
到着する木曜日の早朝にキャンプに来て、游泳、ボート、アートとクラフト、ゲーム、ハイキングなどを含むアクティビティのサンプルを楽しみましょう。最初のキャンプ体験を nutshell. 女の子たちはバウチーインアウトドアアドベンチャーブadgeを獲得します。

毎晩ライブ
朝食を通過して遅くまで起きてください。夜には星を探し、キャンプファイヤーでのスモア、夕方泳ぎあるいはボート、月明かりでのアートとクラフト、アーチェリー、ゲーム、またはミッドナイトスナック。午後の時間を休憩、友達と遊び、もっと。女性たちはキャットナイトウオルブadgeを獲得します。

グランドツアー
全てのキャンプハーバーを試すために! ロープコース、アーチェリーニ、池研究、游泳、ボート、ホーバーの山をハイキング、オーブンアウト、アートとクラフト。世界を知り、環境をどのように管理するかを学びます。初めてホーバーに来た人、または経験豊富なキャンピング、グランドツアーパはあなたに最適です! 女の子たちはジュニアキャンピングバシを獲得します。

ミニキャンプ
三日の滞在体験は初めてのキャンピング、または短い滞在を求める有人がキャンプホーバーです。毎日水辺の趣味、ハイキング、アートとクラフト、ピクニックランチと更多はキャンピングたちを疲労に保ちます。ノート: キャンピングたちはキャンプの終了時刻にキャンプの前でキャンピングたちを引き受ける必要があります。
Our Specialty Programs are designed for girls entering Grades: 3-12. Activities are grouped according to program, age and interest level. Part of your day will be spent with your unit swimming, boating, participating in arts and crafts, hiking, and more! The remainder of your day will be spent on your specialty program choice.

**EXCURSIONS**
Take day trips outside of Camp Hoover exploring waterfalls, taking hikes, and discovering the beauty of Northern New Jersey. Visit Franklin Mineral Mines, Pequest Fish Hatchery, Millbrook Village and our local state parks. Back at camp go on a scavenger hunt, and explore Camp Hoover.

**SURVIVOR GIRL**
Learn how to survive in the outdoors – orienteering, knife safety, emergency signals, and hiking. Learn how to survive on edible plants and a sleep out in a tent you pitched yourself.

**WET AND WILD**
Enjoy a world of water fun! Water balloon volleyball, a splash contest, water aerobics, and more! Spend each day swimming, boating, funyaking, exploring the lake, and learning about water safety.

**DIGITAL DYNAMICS**
Learn the ins and outs of your digital camera or tablet! Learn how to take better pictures by exploring digital techniques like composition and lighting. Edit and manage your pictures using photo software. Girls will earn the Junior Digital Photographer Badge.

**HOOVER PIONEERS**
Here’s your chance to live like a *true* pioneer. Learn to make butter, bake bread, cookout, dip candles, make natural dyes, prepare homemade apple cider, work on pioneer crafts, participate in archery, and enjoy a day trip to the Sussex County Farm and Horse Show.

**OUTDOOR ODYSSEY**
Practice your hiking and canoeing skills while enjoying Hoover’s general program including the challenge course and archery. Plan and participate in a one-day hiking trip at the Delaware Water Gap and a one-day trip canoeing on the Delaware River.

**WHAT’S COOKING?**
Spend your days exploring various forms of outdoor cooking from Dutch ovens to pie irons to reflector ovens. Learn how to cook over a fire and prepare fun appetizers or a full meal for your tent mates to share! Girls will earn the Junior Simple Meals Badge.

**CREATION STUDIO**
Recognize your full artistic potential! Try something new or expand your existing talents! Activities include painting, leatherwork, weaving, dipping candles, tie-dye, jewelry making, and more.
GYMNASTICS
Cartwheel into camp! Gymnastics instruction is for all skill levels and includes practice in tumbling, dance, balance beam, vault, and floor exercises. You’ll have a chance to showcase your newly-acquired skills in an end-of-the-week performance! Experienced counselors will instruct at each level.

HORSEBACK RIDING
Progress at your own pace as you spend three hours each day at nearby Spring Valley Farms riding and learning about tack. Ride Western saddle in the outdoor and indoor rings and enjoy a special trail ride. Spend time learning more about horses and horse care. Girls will earn the Junior Horseback Riding Badge.

PAJAMA DRAMA
Develop your entertaining skills. Work on group drama activities, design costumes and scenery, and hone your acting skills. Put your skills to the test while performing for your camp friends in an end-of-the-week performance!

BEACH PARTY
Sun and fun at the lake and a day trip to Swartswood State Park await you. Spend your days swimming, boating and relaxing on the lake. Learn basic water rescue skills and spend the majority of the day at the Hoover waterfront.

EMERGENCY PREPAREDNESS
Spend your week at camp working on emergency preparedness! Spend a day at the local fire department learning the ins and outs of dealing with emergencies, complete a course in First Aid and CPR, and understand how to prevent serious outdoor injuries. Plus enjoy all the fun Hoover has to offer! Girls will earn the Cadette First Aid Badge.

GOT SCIENCE?
Spend the week working on a variety of projects including building your own catapult, examining owl pellets, building a bridge, working in groups to solve problems and more! Here the chance to take risks and share a love of science with others!

MOUNTAINS TO SHORES
Camp Hoover (Middleville, NJ) and Camp Farnsworth (Thetford, VT) will join together for two weeks of fun and adventure. Arrive at Camp Hoover on Sunday and spend a week participating in the camp’s general activities. Take trips to local sites such as the Jersey Shore, the Statue of Liberty and Ellis Island or canoe on the Delaware River. Then spend a week at Camp Farnsworth and participate in their camp’s general activities. Take trips to local sites such as Ben & Jerry’s, the Vermont Teddy Bear Company, and Quechee Gorge or hiking in the Green or White Mountains. The girls will stay together for the two weeks and plan activities based on their interests. Note: Two week program, no additional stayover fee.

SADDLES, PADDLES, ARROWS
Spend the week enjoying archery, canoeing, and riding horses. Learn the fundamentals of canoeing and take a day trip around Swartswood Lake. Take a trip to the stables to spend time with the horses and go on a trail ride. Spend one day at the archery range working on scoring a bulls-eye.
**SHARP SHOOTER**
Enjoy archery and camp? Great for new archers and those who want to improve their skills. Work with recurve and compound bows, make a 3-D target, play games, and learn to use and maintain a bow. Daily there will be focus on form and mechanics to hone in on individual skills. The week will be wrapped up with an archery tournament! Girls will earn the Cadette Archery Badge.

**SPA-RAGEOUS**
Come to camp to relax and get away from it all. Start the day with yoga, learn about aromatherapy, make your own bath and beauty products like sugar scrubs, cleansing masks, and fizzing bath bombs. Plus there will be time to participate in group walks/jogs or spend extra time journaling, reading, hula hooping or lounging by the lake. Girls will earn the Cadette Eating for Beauty Badge.

**SUPER SUMMER BASKETS**
Weave baskets that express your personality. Learn the oldest craft, including how to use reeds, colors, textures, fabrics and harvested natural items to weave a wide variety of baskets. Basic, and intermediate skills with twining, continuous and start and stop weaving and variety of rims.

**HOOVER ESCAPADES**
Set off on a trip to explore, see the sights and take in some of the local attractions of Northern New Jersey. Enjoy trips to Tomahawk Lake Waterpark, tubing on the Delaware River, and much more!

**LIGHTS, CAMERA, CAMP!**
Join us for a week of movie mania! Learn the basics of making digital movies including editing, screen writing, acting and filming. Gear up for our own movie premiere on Friday night! Girls will earn the Cadette Digital Movie Maker Badge.

**QUILTING MEMORIES**
Learn the basics of using a sewing machine while making a T-shirt quilt. Bring 12 favorite adult size t-shirts favorite to camp and create 4 x 3 block quilt out of the designs from the shirts. Once the sewing is done for the day, experience all the other camp activities.

**SET SAIL**
Tack away and try your hands at gliding across Swartswood Lake in a Sunfish sailboat. Spend several hours each day receiving instruction from our trained staff and testing your skills on the water! **Note:** All campers participating in boating activities prepare by learning lifejacket and water safety, which includes a deep-water test.

**SUMMER GET AWAY**
Spend two days and one night either canoeing on the Delaware River or hiking and backpacking on the Appalachian Trail. While at camp help to plan the trip, practice your camping skills, strengthen your hiking or canoeing proficiency and learn about leave no trace camping as your prepare for your adventure.
**WHAT’S COOKING II?**
Spend your days exploring various forms of outdoor cooking from Dutch ovens to pie irons to reflector ovens. Learn how to cook over a fire and prepare fun appetizers or a full meal for your tent mates to share! Design a meal for your unit and learn to shop within a budget to prepare for it. Girls will earn the Cadette New Cuisines Badge.

**ADVENTURER**
Push yourself to the limit! Try rock climbing, white water rafting on the Lehigh River, hiking, and more! Each day will be a new challenge for you and your friends. Girls will earn the Senior Adventurer Badge.

**MIDDIES**
Canoeing down the Delaware River can be a thrill! After a few days of canoeing and camping training at Camp Hoover (including an overnight by the lake), set out for a canoe adventure on the Delaware River. Experience magnificent scenery, physical challenges, and the rewards of teamwork. Girls participating in this trip should have previous canoeing experience. **Note:** Two week program, no additional stayover fee. Girls will earn the Senior Paddling Badge.

**OUTDOOR SURVIVAL**
Live primitively while learning the basics of camping including fire building and outdoor cooking methods, survival techniques, water purification, and more. Spend one day rock climbing at Rick’s Rocks.

**PACK AND PADDLE**
Two-week challenge! Spend your first week, canoeing, camping, preparing for your trip and taking day-long hikes in and around Camp Hoover. In the second week, spend two days hiking the Appalachian Trail and then two days canoeing down the Delaware River. **Note:** Two week program, no additional stayover fee. Girls will earn the Cadette Trailblazers Badge.

**LIFEGUARD TRAINING**
Spend the week at Camp Hoover learning the basics of water rescue and safety and earning the American Red Cross Lifeguard Training Certification, as well as First Aid and CPR for the Professional Rescuer with AED. All campers participating in this program need to be strong swimmers and demonstrate ability to complete a series of pre-course water tests including a continuous 300 yard distance swim, surface dive, a timed event and more. Campers who do not pass these requirements will be removed from the program.

**ART AND ABOUT**
Calling all artists! This week is designed to strengthen your artistic eye! Sketch, paint, and create in the outdoors as you spend your days both in and out of camp working on your pieces of art!

**SET SAIL II**
Want to take your sailing skills to the next level? Learn racing skills, boat maintenance, and how to solo a Sunfish as you tack around Swartswood Lake. Spend Sunday afternoon participating in a Sunfish Regatta and putting your knowledge to work. **Note:** All campers participating in boating activities prepare by learning lifejacket and water safety, which includes a deep water test. Campers enrolling in Set Sail 2 must have completed a week of Set Sail or an equivalent sailing program. Two week program, no additional stayover fee.
Counselor-In-Training (CIT) – Experience camp while developing your leadership and counseling skills! Discover your own personal leadership style as you work to identify and build on the strengths that you already possess. The CIT I theme is SISTERHOOD, so be prepared to build connections, make memories, learn and laugh with your sister campers, as well as be a role model. Lead the way for younger campers and work on a service project to help improve the Hoover site. **Note:** Stayover fee is additional.

Counselor in Training II (CIT II) – Any girl who is registered as a Girl Scout Senior or Ambassador and has completed the CIT training and internship is eligible. Take your leadership and counselor skills to the next level! All girls in this program must have earned the CIT I Award. Spend the first week of your stay at Camp Hoover exploring your strengths and passions, discovering your personal values and developing activities for younger girls! Then spend a week focused on increasing your skills in a specific camp program by working with the girls in it! **Note:** Stayover fee is additional.

**Day and Away with GSNNJ**
Love day camp but want to experience sleep-away camp, too? Encounter the best of both camp worlds in a special two-week session! Spend the first week (Monday through Friday) at Jockey Hollow Day Camp, Mendham, NJ or Lake Rickabear Day Camp, Kinnelon, NJ forming friendships with fellow campers and counselors in your unit and participating in all the great day camp activities. The next week Sunday through Saturday, venture off to Camp Hoover, our sister camp owned and operated by Girl Scouts Heart of New Jersey, with your same unit and counselors to experience resident camp at its best. This popular program is designed to provide a comfortable transition from day camp to sleep-away camp for girls and their parents.

For more information and to register for this program, go to [www.gsnnj.org](http://www.gsnnj.org). Click on Summer Camp and then select the Day Camp Brochure for Lake Rickabear or Jockey Hollow Day Camp. Registration is an online process and starts in Mid-February. For any questions or concerns email [summercamp@gsnnj.org](mailto:summercamp@gsnnj.org) or call 973-248-8200.