



2024 MC3 Adventure Camp

Parent or Legal Guardian – Instructions for completing the Mountain Conquerors3 forms

Dear parent or legal guardian, your teen has expressed interest in participating in Mountain Conquerors3 Adventure Camp. Enclosed is information on the camp and the necessary forms that must be completed in full, prior to attending the camp. Please read through everything in detail, and make sure all the information is completed in full. Note: This is a first time ever MC adventure to the White Mountains located in northern New Hampshire. We will be climbing some of the tallest mountains on the east coast. This camp is NOT your average summer camp. It is a challenge camp that is designed to push each participant mentally, emotionally, and physically. MC3 is physically and emotionally harder than the first MC camp your son successfully completed.

CAMP DATES: Sunday (evening), August 4th to Saturday (evening), August 10th

NOTE: **Only 12 teens** will be picked to partake in MC3 2024. The forms received first will be given priority.

What you must do: (ALL FORMS LOCATED ON THE MC3 WEBSITE)

1. Print/view the ***Instructions for Completing the Mountain Conquerors Forms*** on the MC3 website.
2. Complete the **on-line 2024 MC3 Adventure Camp Parent or Legal Guardian Form** (located on the MC3 website).
3. Complete the **on-line 2024 MC3, Teen Application Form** (located on the MC3 website).
 - This form must be completed in full by your teen.
4. Printout and review the **MC3 Pre-hikes Schedule**.
 - Must commit to at least 3 of the 5 planned hikes.
5. Complete the **on-line MC3 Pre-hikes Sign-up form** (located on the MC3 website).
6. Printout, review, and complete the **MC3 Pre-hikes parent/guardian waiver** (located on the MC3 website).
 - Email it to alwaysupward7@gmail.com or text it to 717-413-9319.
7. Printout and review the **MC3 Adventure Camp What to Bring List** (located on the MC3 website).
8. Printout and review the **MC3 Adventure Camp Medical Release Form** (located on the MC3 website).
 - Have a licensed physician give your teen a physical and sign the form.
 - Email or text a picture of the form to Matthew Kroll (alwaysupward7@gmail.com; 717-413-9319).
9. Pay 1/3 of the total cost (\$125) to attend the camp.
 - Monies for the camp must be received by Friday, July 26th. Please mail check to Mountain Conquerors, 133 East Vine Street, Lancaster PA 17602.
 - Please put MC3 in the memo.
 - Make to put teens name with the cash or check so we can make sure all is accounted for.
10. Attend a pre-trip planning meeting with parent/guardian at The Lord's House of Prayer on Monday, July 8th at 7pm.

NOTE: The forms received first will be given preference, any forms received after the first 12 forms will be put on a “waiting list” and will be notified if a slot opens up. Know, that signing up does not automatically get you to attend this camp, you must complete the other requirements listed above. Failure to do so may result in you not being able to attend.

NOTE:

Once the two online parent/guardian and teen forms named above (items 2 & 3) are submitted and received by the camp coordinator, they will be reviewed. Out of all the forms received, only 12 will be picked. We will contact each applicant that has applied. **All chosen applicants will have to obtain a physical from a licensed physician. You are responsible for making sure this gets done and are responsible for the payment of the physical.**

1. Print out the Mountain Conquerors3 Adventure Camp Medical Release Form 2024
 - **A licensed Physician's approval is mandatory for your teen to participate in this program.**
The licensed Physician must complete the enclosed Camp Medical Release Form.
 - If you do not have insurance, check with CHIP, your teen should be covered. Medexpress located on 4 Rohrerstown Road, Lancaster, PA 17603 (717-299-3627) offers walk-in physicals at a very low cost.
 - Once the Medical Release Form is completed it must be mailed, dropped off or texted to 717-413-9319, NO LATER than **Monday, July 22nd** (see address on next page for where to mail or drop off completed form)
2. Print out the 2024 Mountain Conquerors3 Adventure Camp Information Sheet
 - This information communicates what MC3 is about, some camp expectations and what each participant must bring to the camp. Follow this information it is VERY IMPORTANT.

More information on the backside of this form

3. **NOTE: MC3 requires that each participant pay 1/3 of the total cost (\$125) to attend the camp.** Money must be paid to Mountain Conquerors by cash or check (please make checks payable to LHOP and write MC3 in the memo). The reason for this is to teach our teens the importance of investing into other's lives. MC camp one was paid in full for all teens by supporters investing their money into others, now it's time to do the same.
- Monies for camp must be received by Monday, July 22nd.
 - You can mail or deliver the money or check to 133 E. Vine St. Lancaster PA 17602 or you can put it in the church office mail slot located on the front door. Please write Mountain Conquerors3 on the envelope with the name of the teen it is for.
4. **NOTE: MC3 challenges each participant to invite another teen age 13-16 to attend Mountain Conquerors 2025 camp.** In the on-line Teen application, there is a place to put the person's name and contact information so we can connect with them.

MAIL OR DROP OFF 2024 Mountain Conquerors3 Adventure Camp Medical Release Form and the \$125 BY THEIR DUE DATES TO:

The Lord's House of Prayer
133 East Vine Street
Lancaster, PA, 17602

To see if the office is open please call 717-396-0772.

Drop off the applications or money due anytime by using the mail slot that is located on the door.

If you are unable to drop off the MC3 Adventure Camp Medical Release Form please take a picture of the completed form and text or email Matt Kroll (alwaysupward7@gmail.com; 717-413-9319).

If you have any questions please contact the camp coordinator, Matt Kroll:

Office – 717-396-0772 leave a general message.

Cell – 717-413-9319

Email – alwaysupward7@gmail.com

OR

MC3 camp co-leader, Don Brubaker:

Cell - 717-823-7908

Email - donkbrubaker@gmail.com