

**DISTRICT 1 4-H AND DISTRICT 2 4-H**

**SUBJECT: 2023 North Region 4-H Senior POWER Camp**

**FROM:** Tina Bryant  
District 1 4-H Specialist

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District 2 4-H Specialist

**CAMP DATE:** June 15- 17, 2023  
**CAMP LOCATION:** High Plains Retreat Center, Amarillo  
**REGISTER VIA:** 4-H Online  
**4-H ONLINE OPENS:** April 1, 2023  
**4-H ONLINE CLOSES:** **May 1, 2023 at Midnight.** Counties certify by May 3, 2023.  
**NO LATE REGISTRATION**  
**CAMP FEE:** \$165  
**THEME:** Get GROOVY with 4-H

**Registration:**

- 4-H members should have completed 8th to 12th grade in the 2022-23 school year.
- Registration fees may either be paid by credit card or county check. (Have a conversation with your County Extension Agent as to how to pay). COUNTIES...the funds transfer form must be submitted with county checks to assure you are credited for the payment.
- Agents attending camp DO NOT register through 4-H Online
- If you need any type of accommodation, note the accommodations during the registration process.

**Officer Elections:**

**District 1**

District 1 Officer Candidates need to visit this link for information.

<https://d14-h.tamu.edu/district-1-resources/district-1-4-h-council/>

**District 2**

District 2 Officer Candidates need to visit this link for information.

<https://d24-h.tamu.edu/events/srleaderlab-power-camp/>

*Individuals with disabilities who require an auxiliary aid, service or accommodation in order to participate in this program are encouraged to contact your County or District Extension Office to determine how reasonable accommodations can be made.*

*Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, religion, sex, national origin, age, disability, genetic information or veteran status.  
The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating*

**Packing for Camp:**

- A. Personal toilet articles, hand mirror, shower shoes, insect repellent.
- B. Flashlight.
- C. Sheets, pillow and case, towels. A sleeping bag/blanket is desirable.
- D. Swimming suit, towels, flipflops or swim shoes (for swimming only) and any other swimming items needed. Boys/men must always wear shirts, for safety purposes, except while swimming, no speedos. Girls/women must wear a dark cover up, if they are wearing a two-piece swimsuit, or wear dark cover up if a one-piece swimsuit is revealing and not modest.
- E. Sunscreen
- F. Jacket and warm clothing. Raincoats or windbreakers may be needed.
- G. Hiking clothes and sturdy shoes. Two or more pairs of shoes may be needed. Sandals and slides are not suitable for most activities. Be realistic when planning what clothes to bring.
- H. Snack items and/or money for snacks (some are provided).
- I. Dance Clothes. (2 Dances) – DANCE THEME FOR NIGHT 2 IS GROOVY/70's/Hippie

**Prior to Camp:**

**Required forms:** These forms are **required** to be completed and turned in at the time of arrival:

1. [Code of Conduct](#)
2. [Consequences of Misbehavior](#)
3. [Authorization to Dispense Medication](#) \*For campers who will be bringing medication with them.
4. [Over the Counter Medication Permission Form](#)
5. [Medical Information for HPRC](#)
6. [High Plains Retreat – Indemnity Form](#)
7. [4-H Indemnity Form & Waiver](#)
8. [Health Statement](#)

These forms should be completed and signed by the parent or guardian. **4-H'ers who do not have these forms complete will not be allowed to stay at camp.** Forms will be given to the camp nurse upon arrival.

The insurance for **North Region 4-H Senior POWER Camp** is only intended for 4-H'ers to cover accidents occurring during or on the road to and from POWER Camp. The policy covers a very minimal amount of expenses and acts as a supplemental policy to other primary insurance. IT WILL NOT COVER ANY PRE-EXISTING INJURY OR ILLNESS.

4-H members that are 18 at the time of camp will be required to participate in a Child Protection Training offered by High Plains Retreat Center. You will include your information first, but then for secondary e-mail, please put [tina.bryant@ag.tamu.edu](mailto:tina.bryant@ag.tamu.edu) (D1) and [bailee.wright@ag.tamu.edu](mailto:bailee.wright@ag.tamu.edu) (D2) The training is available at <https://form.jotform.com/31134232722138>

**Travel to Camp:**

Everyone attending the North Region 4-H Senior POWER Camp will be responsible for their own transportation to High Plains Retreat Center in Amarillo, TX.

**At Camp:**

- All meals during camp are furnished. Bring money at your own risk. **\*Some counties may need to bring money for meals during travel to and from\*ask your county.**
- **OFFICER ELECTIONS:** District Council officers for both District 1 and District 2 will be elected at the North Region 4-H Senior POWER Camp. District Council applicants must register and attend to be eligible to run for an office.
- **4-H'ERS SHOULD...**
  - Know that there are two classes on electricity and safety during the week.
  - Follow the camp rules set by Texas A&M AgriLife Extension Service and High Plains Retreat Center.
  - Know the 4-H pledge, the 4-H prayer and Texas pledge.
  - Be on time and ready to participate in all ceremonial services.
  - Show courtesy during ceremonial services.
  - BE PREPARED TO CARRY OUT THEIR RESPONSIBILITIES IN CEREMONIALS, ETC.

**SUPERVISION:** 4-H members should be prepared to respond to supervision from all county agents present, not just their county agent.

**CANCELLATIONS:**

**No refunds will be made,** but we will allow a substitution.



# Senior Leadership Lab



2023 Districts 1 and 2 4-H Senior POWER Camp  
*Get Groovy with 4-H*  
June 15 – June 17, 2023

## Thurs. – June 15

9:00 A.M.	Current District 1 and District 2 4-H Councils Arrive
10:00 A.M.	ALL 23-24 District Council Candidates Arrive for Interviews
12:00 P.M.	Lunch (for officer candidates only)
1:00-1:45 P.M.	Check-in for all campers (excluding officer candidates)
2:00-2:30 P.M.	Opening
2:30-3:00 P.M.	Arc Demonstration
3:00-4:00 P.M.	Stations
4:00-6:00 P.M.	Officer Candidate Leadership Games- Groovy Themed
6:00 P.M.	Dinner
7:00 - 8:00 P.M.	College and Career Fair
8:00 – 9:00 P.M.	Cleanup for Dance
9:00 P.M.	Dance
11:00 P.M.	Campfire S'mores & Vespers – D1 Council
12:00 A.M.	Lights Out



# Senior Leadership Lab



## Friday- June 16

8:00-8:45 A.M.	Grace Breakfast
8:45-9:00 A.M.	Opening
9:00-10:00 A.M.	Sessions
10:00-11:00 A.M.	Sessions
11:00 A.M.-12:00 P.M.	Sessions
12:00-1 P.M.	Grace and Lunch
1:00- 3:30 P.M.	Ropes Course, Zip Line, Swim
3:30-4:15 P.M.	Gaga Ball, Volleyball, Washers, Cornhole
4:15- 6:00 P.M.	District Meetings - Speeches
6:00 P.M.	Grace and Dinner
7:00- 8:00 P.M.	Career Fair Part 2
8:00 – 8:30 P.M.	Clean up for Dance
8:300 – 9:30 P.M.	Quiz Bowl
9:30 – 11:30 P.M.	Dance – GROOVY
11:30 P.M.	Campfire S'mores & Vespers – D2
12:00 A.M.	Lights Out



# Senior Leadership Lab



## Saturday - June 17

6:00 – 8:00 A.M	Cabin Move Out
8:00 A.M.	Grace Breakfast
8:45 A.M.	Camp Closing Xcel pics Announce Officers
10:00 A.M.	Goodbyes