

Hey Freshkids of 2022!

Welcome to Manitou - we are so excited to see you up at camp whether you're new or returning for another summer. Even though we're the youngest unit, we also have the most spirit! We're the loudest at meal time, the most enthusiastic about TUCK and always cheering each other on. To start, let us introduce ourselves!



Hi! I'm Laurie Baker and I am one of your unit heads this summer!! I am 21 years old and I am going into my fourth year of Social Psychology at McMaster University and am hoping to become a teacher. This will be my 10th summer at camp and 4th year on staff. If you've been to camp before you may remember me as last year's Head of Pottery helping all of the campers bring their creativity to life with clay. I was previously a Freshkid counsellor for two years and I'm thrilled to be back home on the Freshkid unit, which I can confidently say it's the best section in camp! I can't wait to meet you and have fun together this summer!

Hey everybody! My name is Jenna Ward and I have come across the pond from Preston, England for my 3rd year at Manitou! I am absolutely thrilled to be back here once again and am currently working with a wonderful team to help set up camp for summer. I have studied Health and Social care and have been working in childcare for 8 years now. In the past I have worked at camp as both a caregiver and an assistant for the Freshkid unit! I am so thrilled to be back helping out the Freshkids and help give you all the best summer ever!

What is a Unit Head?

The two of us are the leaders and are in charge of the entire Freshkid Unit for both the campers and counsellors. You may already know that cabins have 2-3 counsellors living with you to help you with your day to day with tasks from getting ready in the morning to settling you into bed at night. They're also there to help you with meal times and to help find your activities. It's like having older siblings who are there every step of the way to make sure you have the best time at camp. As the unit heads were here to support you and your counsellors through anything and of course plan a lot of fun and exciting activities for you this summer!

What do you go to the Unit Heads for?

(these are just a few of the things you're welcome to come to us for)

- Share with us a funny story
- Talk to us about any worries you have
- Tell us about your day
- Ask questions any about camp
- And of course...HUGS!

We are really excited to plan lots of fun evening programs including some Freshkid classics such as egg drop, "will it float?" and a very funny one called sheep herding. We are also really

looking forward to bringing back Freshfest for a second year – a special and super fun day at camp that's only for our unit. We can't wait to bring in some "fresh" new ideas to the Freshkid unit this summer! We would love to hear any ideas you have for evening activities, please feel free to send us a letter to;

*Jenna and Laurie – Freshkid Unit Heads
Camp Manitou Canada
10 Camp Road
Parry Sound, ON
P2A 2W7*

Look forward to hearing all your amazing ideas to Summer 2022 the best one yet!

At Manitou, we love to cheer to show we are the loudest and most spirit unit at Manitou. Here's some of our favourite cheers for you to practise before getting to camp so we can be the loudest unit"

The Freshkid Cheer

Freshkids, freshkids,
We pump it, we pump it,
We roll it low, we it roll high x2
Hip, hip, pocket, pocket
Jump, jump, jump, – Turn! (and then we repeat)

Be Fresh (first part to the cheer is to the tune of "Swimming, Swimming")

Freshkids, Freshkids, at Camp Manitou,
When days are hot,
When days are cold all we wanna do is...
(start hitting your hands on your knees twice and then do a single clap, and repeat to form a beat)
(this next part is call and repeat!)

Staff: Hey Freshkids?

Freshkids: Hey What?

Staff: Hey Freshkids?

Freshkids: Hey what?

Staff: What do you wanna do?

(fold arms and lean back)

Freshkids: Be Fresh!!

Most importantly, we totally understand that coming to a new place for the first time can be a little bit scary and overwhelming (we both remember what it was like arriving at Manitou for the first time), but we promise that if you come to camp ready to have fun, you will have the best summer ever! So get ready for great friends, epic activities and memories that will last forever! We can't wait to meet you. See you soon!

Laurie & Jenna