

# CAMP NEW HEIGHTS

*2025 Camper Manual*

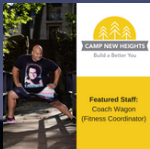
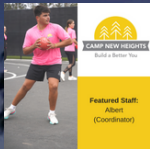




# CAMP OVERVIEW

Camp New Heights is a two, four, or six week overnight summer program specializing in healthy weight loss for campers aged 9 through 17, located in Santa Barbara, California. Our program is designed to provide the fundamentals for kids/teens to live an active and healthy lifestyle while losing weight in a sustainable manner. We aim to give campers the skills and tools necessary to live/lead an active and healthy lifestyle upon returning home.

# STAFF



Executive Director: Stephen Bean (9)

Strength and Conditioning Director:

JT Thompson (9)

Assistant Director Isain Minero (5)

Coordinator: Albert (5)

Fitness Coordinator: Coach Wagon (1)

Activity Leader: Alina (3)

Health Officer/Nurse: Kelsie (2)

Bus Driver: Donovan (3)

- Numbers following each staff member represent the numbers of years they have been a staff member at Camp New Heights



# HOUSING

Campers will be staying in Santa Catalina dorms, which is the one of the largest dorms at UCSB. The dorms are suite style. Suite style means that there are two rooms that share a bathroom. Each room has two beds. As a camper you will have one roommate and two suitemates. As guests of Santa Catalina, we should strive to treat the hall with respect. Any damage incurred during your stay will be your financial responsibility.

Living in Santa Catalina will allow you to experience what it's like to be an independent college student.



# DINING

Breakfast and dinner during the week will be held at the Portola Dining Commons. Lunch will be provided at the De La Guerra Dining Commons and Portola. All meals will be served following a 5-10 minute nutrition brief. The nutritional brief will feature tips and nutritional breakdowns of what is available and what to focus on to fuel and recover. After eating your first serving you will be allowed a second portion comprised of items that can be found in the salad bar section of the dining hall. This is not a free for all, each meal is guided using a nutritional template of how campers should build their plates. Campers will have a multitude of choices, but the template will be followed ensuring a nutrient dense meal offering.



# UNPLUGGED

At Camp New Heights we believe in being present and having shared experiences with fellow campers. Due to our mission to encouraged shared experiences, we limit cell phone usage to one day per week (Saturdays). The lack of technology helps campers form stronger bonds with their peers and truly experience camp.

Campers will have access to their phones every Saturday afternoon through Sunday morning.

Upon arrival campers will be without their phones until their first Saturday.



# SCHEDULE

7:15 am: Wakeup

7:45 am: Breakfast

8:45 am: Transport to Campus

9:00 am: Period 1 (Strength Training)

10:15 am: Period 2 (Strength training with groups switched)

11:30 am: Period 3 (Elective period)

12:45 pm: Lunch

2:00 pm: Period 4 (Elective period)

4:00 pm: Period 5 (Pool Time)

5:00 pm: Shower Hour

6:10 pm: Dinner (With Nutrition meeting)

7:15 pm: Nighttime Activity

8:30 pm: Free Time (Supervised)

10:00 pm (In Bedroom)

10:15 pm (Lights Out)

# 2 WEEK PROGRAM

- Introduction to the fundamentals of basic fitness
- Introduction to the basic principles of nutrition
- Staff delivering a fun, safe, and encouraging environment
- A Jumpstart to your health and wellness that can be continued at home







# 4 WEEK PROGRAM

- Physical results begin to be seen and felt
- Knowledge to make better lifestyle choices
- Starting to implement the skills and tools to be confident in daily physical activity and nutritional choices
- A framework to continue the progress made at camp upon returning home



# 6 WEEK PROGRAM

- Optimal results seen and felt
- Maximum growth in agility, endurance, and confidence
- Empowered with the skills and tools to independently make healthy choices at home
- All-inclusive camp experience



# MORNING CLASSES

Strength and Conditioning  
Elective Period 3:

Swimming  
Volleyball  
Softball/Baseball  
Soccer  
Dance  
Tennis  
Basketball



# AFTERNOON CLASSES

Elective 4:

Art  
Photography  
Book Club  
Disc Golf  
Theater



# EXCURSIONS

On weekends campers will embark on excursions that take them off campus on adventures. In the past these activities have included: theme park trips, standup paddleboarding, kayaking in the Channel Islands, ice skating, dinner and a movie, and camping in national parks.



# GROCERY STORE CHALLENGE

On Sundays campers are grouped together in teams and assigned a different piece of a meal (appetizer, main course, dessert). The teams then research healthy recipes that they can prepare for their portion of the meal. Utilizing the nutritionist as a guide, campers will make a supply list of ingredients needed at the grocery store. Campers will then be taken to the local grocery store and will pick out their items with their team. While collecting items campers will learn to read and understand nutrition labels, comparative shop, and look for key ingredients in various goods.



# COOKING CHALLENGE

Upon returning from the grocery store campers will work with their teams utilizing the ingredients just purchased at the grocery store to prepare Sunday's lunch. Teams will work on appetizer, main course, and dessert.

Over the years the grocery store and cooking challenge has become a weekly staple and a camper favorite.



# PACKING

Sunscreen  
Toiletries  
Towels (Beach and Shower)  
Deodorant  
Athletic Clothes  
Sneakers (running, sports specific,  
and casual)  
Bedding (Extra long twin sheets,  
comforter, pillows, pillow cases)  
Electric Fan

All Campers Receive:

3 Camp Shirts

Please refer to the camp packing list  
for more detailed information





# PARENT VISITING DAY(JULY 13)

Campers will return from the camping excursion at approximately 11:00am on Sunday, July 13th. Starting at 11:00am parents can sign their kids out for the day. We ask that kids return to camp by 6:00pm, so that they can have dinner at camp that night.

For parents that do not attend parent visiting day, do not fret. We try to make sure all campers have a special visiting day regardless of whether their parents visit or not. We always plan a special day out for those campers that do not have visiting parents.



# DATES/RATES

Session 2W1 2 weeks (6/22/2025-7/6/2025) \$4999

Session 2W2 2 weeks (6/29/2025-7/13/2025) \$4999

Session 2W3 2 weeks (7/6/2025-7/20/2025) \$4999

Session 2W4 2 weeks (7/13/2025-7/27/2025) \$4999

Session 2W5 2 weeks (7/20/2025-8/2/2025) \$4999

Session 4W1 4 weeks (6/22/2025-7/20/2025) \$7999

Session 4W2 4 weeks (6/29/2025-7/27/2025) \$7999

Session 4W3 4 weeks (7/6/2025-8/2/2025) \$7999

Session 6W1 6 weeks (6/22/2025-8/2/2025) \$9999

# CONTACT US

*Got Questions?*

*Email: [Stephen@campnewheights.com](mailto:Stephen@campnewheights.com) | Phone: 805-364-0170*

