

Camp **L.I.F.E.**

This is to invite young adults – in high school and anyone age 13 plus – to a fully residential 3 day winter camp at the ICC. The Camp begins at 5 PM on Tuesday, the 27th of December, and will run until 1 PM on Friday, the 30th of December, 2011.

The camp is titled "*Camp* **L.I.F.E.**".

Leadership!

Interaction!!

Friendship!!!

Excitement!!!!

Our goal is to provide young adults an environment to explore life skills in a series of fun and interactive activities. These activities were chosen and designed by some of the participants themselves. The activities would include

- Improv Theater for public speaking/expression skills
- Self Defense skills
- Team building exercises through games
- Speed Networking & Interviewing skills through interactive sessions
- Mini Survivor & Graceful Loser games
- Understanding 'Money in the Real World'
- Winter sports
- College Planning
- Aerobics/Zumba/Yoga
- Group Sharing; Learning and more

Eligibility: This camp is directed towards all young adults older than 13 years of age (as on December 31st, 2011) who are still in high school. Admission will be limited to the first 20 boys and 20 girls who sign up and preference will given to the young adults in high school.

Fees: The Cost per participant is \$ 250. This includes accommodation, meals, activities designed by the campers' peers as well as a lifelong memorable experience.

Schedule: Day 1: Campers register at 5 PM; Dinner at 6:15 followed by evening activities
Day 2 and Day 3: Day long activities from 7 AM to 10 PM
Day 4: Closing ceremony at 1 PM after Lunch

Accommodation: Campers will stay in the newly built accommodation facilities inside the main building of the ICC.

Camp Directors for 2011: Pavan Patel (Director)

Assistant Directors: Pratibha Rama; Deven Sanon; Ronnie Sanon

Participants might also get an opportunity to be involved in designing the program along with the camp directors if they sign up quickly.

Registration: Please indicate your interest to Nilesh Patel to reserve a spot. The registration form is available on the ICC website at www.iccrochester.org. Please send the registration form and the fees to Nilesh Patel, 31 Sutton Point, Pittsford, NY 14534.

Volunteering: The ICC has organized overnight activities before, but this is the first time we are attempting a residential winter camp. The volunteer committee is very excited and looks forward to your support. Please register your young adult for the camp, and also do provide us with ideas and volunteer help.

To volunteer or for more information, please contact **Camp L.I.F.E.** committee members:

Nilesh Patel (202-4956); Abhas Kumar (510-220-4949); Jose Maliekal (244-1760);
Jayanti Venkataraman (461-1817); Mythreyi Srinivasan (264-8992);
Padmanabh Kamath (381-1541); Manish Sanon (381-7671)