

r u
ready ...

r u there?

Picture it. You, the campers, the memories destined to be made and ALL the many activities that make MDA camp:

- Swimming
- Canoeing/boating
- Arts and crafts
- Harley-Davidson visits/sidecar rides
- Fishing
- Horseback riding
- Adaptive sports such as softball, soccer, hockey
- Dances
- Bonfires
- Karaoke
- Talent shows
- Scavenger hunts
- Movie nights
- Archery
- Card/board games



except the challenge

- Complete a volunteer application through your local MDA office
- Submit three references
- Complete a criminal background check
- Interview with MDA staff

Then, be a friend and supporter to all the campers and other counselors, and make memories that will last a lifetime!



c u there!!!

MDA

Fighting Muscle Disease

Muscular Dystrophy Association • mda.org

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4 MDA
camp?

r u ready 4 MDA camp?



r u motiv8d?

Have you ever been to summer camp? Awesome activities, ultimate bonding, memories for a lifetime and NO PARENTS!!! There couldn't be a sweeter deal!

Since 1955, MDA has thrown into full throttle a week designed to break down barriers and provide the same unforgettable experience for kids with muscular dystrophy.

MDA summer camp is out of this world, literally! It's the ideal world dreamed up by every young person with a muscle disease.

It's a place and time where everything is accessible, where fellow campers are just like them, and where no boundaries exist.

Kids at camp get that physical activity needed to keep body, mind and spirit healthy through activities not always available to them during other times of the year.

The friendships formed go on forever. It's all about youth interacting with youth and having an outrageous amount of FUN!

Everyone needs a memory to hold on to, a story to tell, a song to sing, and MDA summer camp is there to provide that and more.

MDA summer camp motiv8s its campers. Will it motiv8 you?

"We come back every year because we all love the kids and being around them. It's also the best week of the year for all of us."

— MDA summer camp volunteer

r u willing?

Each year, MDA supports nearly 80 summer camps across the country. Our campers can just be themselves among friends. Of course, these camps wouldn't be possible without the help of volunteers.

If you're 16 or older, you're invited to apply to join the MDA team as a camp volunteer. At most MDA camps, volunteer counselors work one-on-one with campers ages 6 to 17 for the week, and serve as a caregiver and camp buddy.

Muscular dystrophy affects each person differently. Some campers are able to walk but may fall easily. Some campers have wheelchairs. Some will need help with the bathroom, bathing, getting dressed and eating.

As an MDA counselor, you're expected to provide the assistance needed to ensure your camper's participation in activities. Not to worry — MDA provides training.

