

# What is Extreme Faith Camp?

**History:** Extreme Faith Camp (EFC) was founded in 2001 by a group of youth ministers in Minnesota and has spread to various Diocese across the Mid-West. Currently there are 8 different Extreme Faith Camp's in Minnesota every summer with the number growing more and more every year because of the impact it is making on Teens and Parishes.

*Please note: Youth are required to be at camp the entire week. This helps to foster a sense of community and an atmosphere of continuity. All aspects of our camp experience are a vital part of the week, we don't want you to miss a second! Please no late drop-offs or early pick-ups.*

**Mission:** The mission of EFC is to provide a positive, engaging, authentic, and Catholic experience in which middle school teens can encounter Christ in the sacraments – especially the Eucharist – and in His Body the Church; and to give High School Leaders and chaperones opportunities to lay down their lives and grow in radical discipleship.

**Vision:** We will do this by constantly refining the experience and working extensively with our leaders beforehand to make sure they are ready to play their all-important roles. We will work together with parish leaders to help them integrate camp into a context of intentional discipleship formation in their local churches.

## Sample Day (Tuesday @ Maple Lake)

7:00 am Polar Bear Plunge  
7:30 am Leadership Meeting  
8:00 am Breakfast  
8:30 am Theme for the Day/Announcements  
8:45 am Morning Prayer, Personal Prayer & Benediction  
9:30 am Morning Camp Rotation  
12:30 pm Lunch 1:30pm Afternoon Camp Rotation  
3:30 pm Free Time  
5:00 pm Evening Program  
5:25 pm Small Groups  
5:45 pm Supper  
6:30 pm Reconciliation Skit  
6:40 pm Reconciliation Talk, Examination of Conscience  
7:00 pm Teen Testimony  
7:05 pm Reconciliation with several priests available  
8:00 pm Mass  
9:00 pm Night Game  
10:15 pm Cabin Time

## **Frequently Asked Questions?**

### **Where do the students sleep?**

Students sleep in Cabins, generally 8 teens in a cabin with one adult chaperone. Cabins are clean, and up to date because the camp is in use year round.

### **What if my student has an allergy?**

Extreme Faith Camp leadership and the Camp hosts do everything they can to accommodate those with particular food allergies. With that being said students are not fed 5 course meals every day so if allergies are a concern please contact your Parishes contact leader to discuss accommodations.

### **How much does it cost?**

Extreme Faith Camp costs \$385 for students which covers camp fees, food, and other camp costs. We try and keep the cost as low as we can will still allowing enough compensation to carry out a successful and impactful camp! Fundraising opportunities are provided throughout the year and there are scholarships available if there is a financial concern. Please contact your Parish Contact Leader with any questions. We never want Financial burdens to be a reason a student can't go.

### **What is a chaperone's role?**

Chaperone's work alongside of the Youth Minister's to make sure camp runs as smoothly as possible during the week. All the heavy lifting and planning has been done months in advance but the chaperone's are a key element in making the week a success and bring Jesus Christ to the campers. They will be asked to lead a small group of students from their Parish. Please consider being a chaperone for this this amazing week! Maternity of Mary covers the cost for chaperones.

### **Is the camp "safe"?**

Extreme Faith Camp is Extremely fun while also being Extremely safe. All of the activities are ran by trained adults while also being under supervision of many chaperones. Extreme Faith Camp takes your child's safety into consideration first and foremost so none of the activities put your child's safety in danger. Though encouraged, students are not forced to participate in any of the activities so if there are activities that your child is intimidated by, they will be able to participate as they see fit and comfortable. Every camp also has a designated Camp Nurse and there usually tend to be a handful of medical professionals as chaperones at every camp.