

## TCA 8<sup>th</sup> Grade Mountain Lab at Ponderosa - Wednesday and Thursday Sept 10-11, 2025

Dear Parents,

Each year, our 8<sup>th</sup> grade class has a unique opportunity to attend Mountain Lab School. It is a two-day, one night camp that is designed to give our students the ability to participate in things like: engineering, high ropes, leatherworking, orienteering, hiking with survival skills, fire mitigation, etc. The location is at Ponderosa Retreat and Conference Center just north of Monument off Furrow Road. There is a map with directions attached to this packet in addition to other information that you will need. **Because this is a local camp, parents will drop off their student at Ponderosa on the morning of camp (September 10<sup>th</sup> between 6:45-7:15 am) and then pick up their student after camp (September 11<sup>th</sup> between 5:45-6:30 PM).** If you have scheduling issues, please arrange your own carpool. **There will be no bus transportation from school.**

Traditionally, this camp has been the highlight of many graduating TCA students when reflecting on their entire K-12 experience. We are able to experience “hands on” science and outdoor education, as well as participate in team building and character activities. We would like every student to be able to participate in this unique experience. It will be a highlight of 8<sup>th</sup> grade!

- ❖ Read the Rules and Guidelines for Mountain Lab, the Checklist, and the Mountain Lab Classes and Activities List. **Keep this packet for your information.**
- ❖ Return the **Ponderosa Release Form (attached) to you English teacher by: Friday, August 22<sup>nd</sup>, 2025**
  - The payment is \$165.00. Please make this payment online through your students' Infinite Campus Fees no later than **Thursday, August 21<sup>st</sup>.**
- ❖ Students will have the opportunity to choose one friend to be in their cabin group and in their activity group. They will be filling out their preference sheet (including t-shirt size) in their computer class during the first week of school.

Parent assistance is also needed for this trip. Our biggest need is for overnight **chaperones**. We also have needs for morning check-in, preparation for camp a couple of days before departure, service project, photography, as well as assisting in the “classroom” settings at camp. If you can help, please return the Parent Volunteer form found on the 8<sup>th</sup> grade website as well as hard copies in the junior high front office. It is important to start the process early! Background checks and fingerprinting requires an appointment and cannot be completed at the last minute!

The chaperone fee is \$100.00, which covers all meals and overnight lodging. If you need financial help with the cost of camp or chaperone fees, please fill out a free and reduced lunch form and e-mail a request to Mr. DiPretore directly at [hdipretore@asd20.org](mailto:hdipretore@asd20.org).

We look forward to hearing from you. Thank you for your support!

Sincerely,

Kristi Grannis and Holly Rhody, Mountain Lab at Ponderosa Coordinators

# Mountain Lab School – Checklist

You are allowed to bring 1 suitcase/duffle with clothing, bag w/ sleeping bag & pillow and 1 bag such as a school backpack or purse. Please pack wisely!

## What to Bring

Mark all personal items if you don't want to risk losing them. Bring items you can get dirty. Clothing must be TCA appropriate. You will have a group color; you must be wearing a shirt in the color of your group at all times (one shirt will be provided upon camp check-in), you may also wear bandanas or other items in your group color.

UNIFORMS ARE NOT REQUIRED. As you pack, keep in mind that warmth and dryness will help you enjoy camp more. Remember, Colorado weather can change at a moment's notice. The temperature can vary greatly. We could have snow, rain, or sunshine during our stay at Camp. We will be outside, even if it rains, snows, or is cold. **Be prepared!**

- Sleeping Bag and Pillow – place in a laundry bag
- Backpack
- Hat and gloves
- Jeans, Pants, Zip offs or Sweatpants- (2)
- T shirts (3-4) Long/short sleeved (In group color)
- Sport Shoes – 2 pair – (good for walking)
- Flip Flops (good for showering)
- PJs or Sweats to sleep in
- Jackets (1 heavy, 1 light)
- Rain poncho/waterproof jacket/raincoat
- Underclothes (think layers, if it is cold)
- Flannel shirt or Hoodie/Sweatshirt
- Towel
- Kleenex
- Toiletries: soap, comb/brush, deodorant, shampoo, toothbrush/toothpaste
- Water Bottle** (This is so important!)
- Pencil and pen
- Flashlight/batteries

### Other items (optional)

- Shorts (TCA Appropriate)
- Sunglasses
- Spending money (soda, snacks, gifts) if available
- Travel alarm or watch
- Camera or **cell phone for photos only!**
- Hiking boots
- Hairdryer

## What NOT to Bring

- Knives
- Music/Electronics
- Alcohol, cigarettes, tobacco, and other drugs are prohibited. Failure to comply with this policy is grounds for being sent home and further disciplinary action just as you would have if you were on school grounds.
- **Again, cell phones are only allowed for taking photos!**

## SPENDING MONEY

Soda, candy, T shirts, and other items can be purchased at the General Store and Snack Shack **(if the camp has enough staff to open the store).**

If you would like to buy a large ticket item like a sweatshirt, you may bring a check made out to Ponderosa.

You are responsible for keeping track of your own money.

# Mt. Lab Info and Activities

## Where is Mountain at Ponderosa?

Mountain Lab is about 20 minutes north of TCA. Take I-25 North; Exit right on County Line Road (traveling East); Make a left on Furrow Road; Travel a short distance until you see Ponderosa on the left.

## What if my camper has dietary concerns?

All meals are served buffet style in the cafeteria. If your student has a dietary concern, such as food allergies or sensitivities, you need to notify Mrs. Grannis or Mrs. Rhody, **at least 3 weeks in advance**. Ponderosa will be able to accommodate common food issues (nut allergies; gluten intolerance; etc.) You may wish to provide some of your own food items, however it probably will not be necessary. **If you do not notify Kristi Grannis (kgrannis@asd20.org) 3 weeks in advance, we will not be able to accommodate special diets.**

## What about prescriptions, over-the-counter medicine, and vitamins?

According to State Law, no camper is allowed to keep any of these items in his or her possession. The state does not recognize vitamins, herbs, and homeopathic items to be medications; therefore, these CANNOT be distributed by TCA trained staff or a registered nurse. If your child requires supplements, such as melatonin, you must drive up to Ponderosa to distribute the supplement to your child personally. Remember that all other medications must remain in original labeled containers. You must have filled out the D20 Medical form and received a signature from your doctor. This **must** be done in advance. **We will not take new prescriptions or over the counter medicines just before camp or during the camp stay.**

## Who will dispense medications? Will there be a nurse on site?

At camp we have trained staff to administer medicines and a nurse (RN) on call or on-site for emergencies or injuries.

## How will my student be assigned to a cabin?

TCA Campers will be divided into 2 groups. The first group is their cabin group (where they will sleep at night). The second group is their activity group (the group they go to "class" with). TCA staff will make those assignments. Once assignments are made, **NO CHANGES CAN BE MADE**. Please remember this is an opportunity for your 8<sup>th</sup> grader to make new friends. **The students will be given the opportunity to suggest a few friends they would like to be with.**

**Preference sheets will be filled out in the first week of school in their computer class.** However, we cannot guarantee any assignments. Please remember, this is a very complicated process that is determined by the numbers of students and numbers of chaperones. Regardless, your child **WILL HAVE FUN!** Please encourage your student to be respectful of the process. Your student will have the opportunity to see his/her friends each day at meals and other activities.

**T-Shirts!** There are twelve activity groups, and each will be assigned a color (mostly for organization and keeping groups together). Each camper will receive a T-shirt in the color of his/her activity group upon arrival at camp. Groups will be posted on the Friday before camp, so you will know the group color ahead of departure. However, they probably do not want to wear the same T-shirt the whole time we are at camp. We are asking all campers to wear their group color each day. If campers would like to pack some other items of the same color (baseball cap; bandana; extra T-shirt, etc.) it would be fun and helpful! Thanks!

## Can I contact my student while he/she is at camp?

Your child will not be allowed to use their own phone (except for photos) or use camp phones during his/her stay. Should you have an emergency, please contact the TCA Staff Member in charge. This info will be given to you via email prior to departure. Additionally, you may leave messages at Ponderosa 719.481.2482. Please use this option only for true emergencies. If your child is having a problem, we will make sure they will be able to call you.

## Why do I have to pay to be a chaperone?

TCA must pay Ponderosa for everyone who stays overnight and eats meals. If you cannot attend but would like to "sponsor" a chaperone or student who may have financial issues, please contact Kristi Grannis or Hugh DiPreto.

**What activities will my child get to participate in at Mountain Lab?**

We have 10 classes over two packed days; It includes Archery; High Ropes; Leatherworking; Fire Mitigation; Tomahawk Throw and Prevention; Active Games; Nature Hike to the top of Mt. Baldy with survival skills; Orienteering; Low Ropes; Jacobs Ladder, etc. In addition to an evening program that encourages character, humor, and team building.

## MTN. LAB SCHOOL Camper Rules

RESPECT FOR AUTHORITY	RESPECT FOR OTHERS
<ul style="list-style-type: none"><li>❖ I will pay attention during classes, and if I have a question or comment, I will raise my hand and wait to be called on. I will bring my camp book and a pen or pencil to each class.</li><li>❖ I will obey my teachers, my chaperones, and the camp staff.</li><li>❖ I will let an adult know if I have to leave the group to use the bathroom, etc.</li><li>❖ I will not bring medications that have not been cleared by the nurse's office at TCA before camp begins.</li><li>❖ I understand that if I disobey the camp rules, I may be asked to leave camp early.</li><li>❖ I will report any dangerous activity or problems I know about, either with myself or others.</li></ul>	<ul style="list-style-type: none"><li>❖ I will stay out of other students' dorm rooms. The only dorm room/cabin I will be in is the one I am assigned. I will not mess with other's belongings.</li><li>❖ I will not prank others.</li><li>❖ I will not wander off. I will be in the main area of camp and listen to instructions about the boundaries that are in place.</li><li>❖ I will look for ways to encourage other students while attending the Mtn. Lab School.</li><li>❖ I will use good table manners while in the dining room.</li><li>❖ I will not make a mess for anyone else to clean up. If I make a mess, I will clean it up. I will respect the camp and the employees of Ponderosa.</li></ul>
RESPECT FOR THE OUTDOORS	RESPECT FOR SELF
<ul style="list-style-type: none"><li>❖ I will stay on marked trails when hiking and exploring.</li><li>❖ I will not pick flowers or damage plants and trees.</li><li>❖ I will observe the wildlife at the camp and will not try to hurt or scare them. I will understand this is their home.</li><li>❖ I will not throw rocks, pinecones, or sticks.</li></ul>	<ul style="list-style-type: none"><li>❖ I will keep my body pure from drugs, alcohol, and cigarettes.</li><li>❖ I will wear appropriate clothing at camp.</li><li>❖ I will get to sleep and eat properly, to keep myself ready to experience Mountain Lab to the fullest.</li><li>❖ I will not use my cell phone except to take photos.</li><li>❖ I will not post pictures to social media</li></ul>

# Additional Information

## **What if I want my child to attend, but I am unable to pay the expected fee?**

Please contact Mr. DiPreto to make arrangements. We want EVERY 8<sup>th</sup> grade student to attend if they choose.

## **What if I do not want my child to attend?**

If your child chooses not to attend, then they will be expected to make up the school they miss at home. We have an alternate assignment that will replace the 50 points that normally would be awarded for the booklet that is filled out at Ponderosa for each class. The assignment can be obtained from your student's science teacher.

## **DUE DATES-Please note the due dates for information to be turned in; it will be a great help in organizing the camp!**

### **STUDENT Mt. Lab information DUE to English teacher by Friday, August 22<sup>nd</sup>:**

1. Student Information Form—with a student signature agreeing to the rules)
2. Permission to Administer Medications Form
3. *Actual medications should be turned into TCA health room by Thursday, September 4<sup>th</sup> by 8:00 AM*

### **Chaperone Mt. Lab Information DUE to Kristi Grannis Thursday, August 21<sup>st</sup>**

1. Parent Chaperone Forms
2. Payment of \$100 paid through the following link:  
[PaySchools Events - TCA-JH Mountain Lab Chaperone Fee 2025](#)
3. Background checks and fingerprinting completed.

## **Important Notes on Medications:**

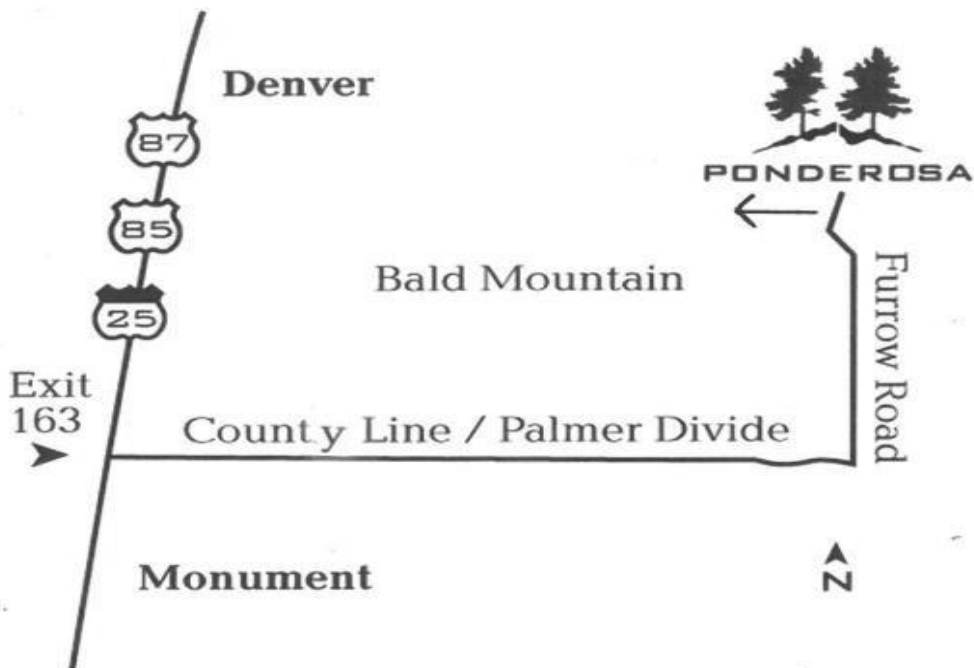
- If medications are already on file with TCA (meaning you've filled out a D20 **Permission to Administer Medication** form), there is no need to fill out the medical form again. Instead, you will only need to write "ON FILE" in large print directly on that permission form.

- Please turn in medications as early as possible to the TCA health room. You must take those meds directly to the TCA nurse, students are not allowed to bring them in. We would like to have all the meds in the care of the TCA health room by **8AM, Thursday, September 4<sup>th</sup>**
- Keep in mind that there is only one **Permission to Administer Medication** form in the Mt. Lab packet, but you must fill out one med form per medication. So, **if your child requires three different meds, you must fill out three separate med forms.** *See the letter from the TCA nurse for how to access the med form online.*

# Directions

Ponderosa Retreat and Conference Center  
15235 Furrow Road  
Larkspur, CO 80118-5703

Getting here is easy: Take I-25 to just north of Monument. Exit at Exit 163, County Line Road/Palmer Divide. Go east about 2 miles until you see the Ponderosa sign at Furrow Road. Turn north at the intersection and travel a little over one-half mile until you see the entrance to Ponderosa on your left.



The Camp is 12 miles from TCA North. Alternate routes: From Hwy 105 in Woodmoor, take Furrow Road North all the way to camp. You could also go Hwy 83 to County Line Road and then make a right onto Furrow Road. We will be guiding you through camp in one direction to help with traffic flow on drop off and pick up. You will enter the large Ponderosa (main entrance) and will exit out the back of the camp by the baseball fields.

# **PONDEROSA**

## **RETREAT & CONFERENCE CENTER**

### **RECREATIONAL ACTIVITY RELEASE AND WAIVER FORM**

THIS FORM **MUST** BE COMPLETED BY **EVERY GUEST** (DAY OR OVERNIGHT) PARTICIPATING IN ANY RECREATIONAL ACTIVITY. THIS INCLUDES **EVERY** ADULT, CHILD, OR YOUTH. FORMS **MUST** BE SUBMITTED TO THE PONDEROSA GUEST RELATIONS OFFICE **UPON ARRIVAL** TO PARTICIPATE. DUE TO CAMP POLICIES, THERE WILL BE **NO EXCEPTIONS**.

GROUP NAME: \_\_\_\_\_

PARTICIPANT'S NAME: \_\_\_\_\_ AGE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

HOME PHONE: \_\_\_\_\_ BUSINESS PHONE: \_\_\_\_\_

CELL PHONE: \_\_\_\_\_ E-MAIL: \_\_\_\_\_

INSURANCE CO: \_\_\_\_\_ PHONE #: \_\_\_\_\_

GROUP # \_\_\_\_\_ POLICY #: \_\_\_\_\_

**EVERY PARTICIPANT MUST SIGN BELOW:**

(Parents must sign for minors under 18 years of age.)

1. Ponderosa is in a wooded area. Animals do live here in their natural habitat. Do not feed or provoke the animals. Proper shoes and clothing should be worn to prevent injury while hiking the trails and participating in activities. The roads and paths are dirt with some gravel. Parking is limited. We have limited lighting at night. There are multiple groups on camp simultaneously.

2. I hereby release, waive, indemnify, hold harmless, and forever discharge Ponderosa Retreat and Conference Center and the Colorado Baptist General Convention, Ponderosa's management committee, their agents, employees, officers, directors, affiliates, successors, assigns, representatives, volunteers, attorneys, and insurance companies of and from any and all claims, demands, debts, contracts, subrogation interests, liens, expenses, causes of action, liabilities, lawsuits, and damages of every kind and nature whether known or unknown, in law or equity, that I have ever had, or may have arising from or in any way related to my participation in any activities and/or use of the Ponderosa Retreat and Conference Center and its facilities and equipment. This Release and Waiver Form specifically includes the immunity from liability statutorily provided for volunteers and volunteers assisting organizations and activities for young persons in C.R.S. §§ 13-21-115.5 and 13-21-116.

3. I understand that some of the activities that I may participate in at the Ponderosa Retreat and Conference Center may be inherently dangerous and may cause serious injuries, including bodily injury, damage to personal property, and/or death sustained by me. On behalf of myself and my heirs, I waive all claims for damages, injuries, and/or death sustained by me or to my property that I may have against all of the aforementioned released parties and entities with respect to any such activities at the Ponderosa Retreat and Conference Center. Due to the potentially dangerous nature of these activities, safety equipment is mandatory and must be worn at all times.

4. My participation in any program or activity at the Ponderosa Retreat and Conference Center is completely voluntarily. Therefore, I assume all risks associated with the Ponderosa Retreat and Conference Center, both foreseeable and unforeseeable, including in particular, but not limited to, the natural surroundings of Ponderosa, all activities engaged in, and equipment used while at the Ponderosa Retreat and Conference Center. I hereby take full responsibility for any injuries, damages, or death which may occur at the Ponderosa Retreat and Conference Center, including, but not limited to, any failures to wear mandatory safety equipment.

5. As I wish to be accepted for participation in Ponderosa's Challenge Course, Paintball Field, Skate Park, Inflatable Activities, and/or Tubing Hill and in consideration for allowing me to participate in these programs, I acknowledge that certain risks, injuries, and dangers may occur while participating in these activities. These include, but are not limited to, the hazards of depending on other people, being at various heights (ground to 40'), accidents or illnesses in remote places with limited medical facilities, the forces of nature, marks and bruises on one's person from paintball, and failures to wear mandatory safety equipment. I further recognize that other risks may occur, including accidents, injuries, and emotional distress resulting from these activities. I understand that I will be exposed to the elements of nature. I also understand that, in the event of a medical emergency, medical treatment and/or hospital facilities may be up to an hour away.

6. For minors under age eighteen (18), by signing hereunder, the parents, guardians, and/or legal representatives of the minors hereby execute this Release and Waiver Form on the behalf of the named minor, and hereby agree to all terms and conditions of this Release and Waiver Form, including in particular paragraph 2 of this Release and Waiver Form, as permitted C.R.S. § 13-22-107.

7. Ponderosa Retreat and Conference Center is not responsible for lost or stolen items. Any item found will be kept for no more than two weeks. Ponderosa cannot be responsible for returning items.

8. I hereby give my permission for the Ponderosa Retreat and Conference Center to obtain medical treatment for me as necessary, and/or my minor child as necessary.

9. I have read, understand, and fully agree to the terms of this Release and Waiver Form. I understand and confirm that by signing this Release and Waiver Form, I have given up considerable present and future legal rights. I have signed this Release and Waiver Form freely, voluntarily, under no duress, without inducement, promise, and/or guarantee being communicated to me. My signature is proof of my intention to execute a complete and unconditional Release and Waiver Form of all liabilities to the full extent of the law.

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Printed Name of Participant

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Printed Name of Parent or Guardian

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Signature of Participant

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Signature of Parent or Guardian

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Date of Signature

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OFFICE USE ONLY - Date of Receipt

**Ponderosa Retreat & Conference Center**  
is a Ministry of the Colorado Baptist General Convention.  
719-481-2482      VisitPonderosa.com