

# Crowder's Mountain CCAC Upper School Retreat

## CCAC Tradition...

The Upper School Fall Retreat is an annual tradition at CCAC that students look forward to almost as soon as returning from the previous year's trip. For 2022, the trip returns to Crowders Ridge, located at the foot of Crowders Mountain, just south of Gastonia, NC. Students will enjoy recreational activities including the blob, water slides, a swimming pool, gaga, basketball, volleyball, and more. The schedule will also include daily worship and time for students to focus on their relationships with God and one another.



## Who:

We intend to have every Upper School student participate in this event, as the retreat is a valuable time for building relationships and setting the tone for the school year. All Upper School faculty will be attending this retreat, and no provisions will be made for students to attend classes at CCAC on these days.



## When:

August 31-September 1

The bus will leave the Eastside Campus at 8:30am on Monday, August 26. Please have your child to school by 8:00am with luggage. We plan to return to the Eastside campus at 2:30pm on Wednesday, August 28. Please arrange to have your child picked up at this time.

## What to Bring:

Crowder's Mountain is a premier Christian youth camp. The facilities are some of the best in the Southeast. Linens, towels, and a mattress will be provided.

### What to Bring:

- Twin sheets set and blanket or sleeping bag
- Pillow (Pillows are not provided by Crowders Ridge)
- Bath towels and wash cloths
- Toiletries (shampoo, soap, toothbrush, etc.)
- Beach towel
- Athletic shorts
- T-shirts (no tank tops or sleeveless tops)
- Athletic shoes
- Flip-flops or lake shoes (that can get wet)
- Swimsuit (girl's one piece, modest)
- Jacket or Sweatshirt
- Bible
- Notebook
- Pen or pencil
- Non-disposable water bottle
- Sunscreen and bug spray
- Optional: Money for vending machines



All clothing should be modest, neat, not tight fitting, free of offensive pictures, symbols, or logos. Girls should not bring Soffies or spaghetti strap tops. Inappropriately dressed students will be asked to change clothing.



### Items that are NOT allowed:

- Cell phones
- iPods, iPads, laptop computers, or other electronic devices
- Game system



### Essential Information...

Dates: August 31-September 1  
Location: Crowders Ridge Camp and Retreat Center  
130 Camp Rotary Road  
Gastonia, NC 28052

Cost: \$150 per student

Payment may be made in the main office, or by Facts (Renweb).

\*Paintball rounds may be purchased by students while at Crowders Ridge.

Who: Every upper school student will attend this important spiritual retreat. All upper school teachers will be attending this retreat. No provisions will be made for students to attend classes at CCAC on these days.

### General Information...

There will be a Crowder's Mountain Information Session at Open House. During this time, you will receive the Consent Form and CCAC Medication and Permission Form. These forms are mandatory for all students attending the retreat. Completion of these forms lets CCAC know that you are giving permission for your child to attend.

CCAC Upper School Retreat Consent Form

Please print the information below and return to your child's homeroom teacher by August 9.

Student's Name: \_\_\_\_\_

Parent/Guardian Names: \_\_\_\_\_

Cell #: \_\_\_\_\_ Home/Work #: \_\_\_\_\_

Cell #: \_\_\_\_\_ Home/Work #: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Relationship: \_\_\_\_\_

Cell #: \_\_\_\_\_ Home/Work #: \_\_\_\_\_

The supervising adults have my permission to provide transportation, seek emergency medical attention, and administer the following dosages of medication while my student is on the Upper School Retreat, August 26-28th.

Insurance Information

\_\_\_\_\_  
Insurance Company Policy Number

Insurance Address

Insurance Phone Number

Medical Information

Child's Allergies/Health Concerns: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Daily Medications

Name: \_\_\_\_\_

Dosage: \_\_\_\_\_ Frequency: \_\_\_\_\_

Name: \_\_\_\_\_

Dosage: \_\_\_\_\_ Frequency: \_\_\_\_\_

Name: \_\_\_\_\_

Dosage: \_\_\_\_\_ Frequency: \_\_\_\_\_

As Needed Medications

Name: \_\_\_\_\_

Dosage: \_\_\_\_\_ Frequency: \_\_\_\_\_

# Directions to Crowder's Mountain



1. Start out going **northeast** on Harrisburg Rd toward Mecklenburg Shrine Club Rd.

Then 0.46 miles 0.46 total miles

- 2. Enter next roundabout and take the 1st exit onto Harrisburg Rd.

Then 0.28 miles 0.74 total miles

- 3. Merge onto I-485 N.

Then 25.97 miles 26.71 total miles

- 4. Take EXIT 9-10 toward **I-85/Spartanburg/Greensboro/Wilkinson Blvd/US-29/US-74**.

Then 0.43 miles 27.14 total miles

- 5. Merge onto I-85 S via EXIT 10B toward **Spartanburg/Gastonia**.

Then 15.93 miles 43.07 total miles

- 6. Take the **NC-274** exit, EXIT 14, toward **E Bessemer City/W Gastonia**.

Then 0.11 miles 43.17 total miles

- 7. Keep **left** to take the ramp toward **Bessemer City**.

Then 0.04 miles 43.21 total miles

- 8. Turn **left** onto Bessemer City Rd/NC-274. Continue to follow NC-274.

Then 3.47 miles 46.68 total miles



- 9. Crowders Mountain, NC, Welcome to CROWDERS MOUNTAIN, NC.

1. *Your destination is 0.1 miles past S 11th St*
2. *If you are on W Virginia Ave and reach N 14th St you've gone about 0.2 miles too far*