



CAMP ECHO LAKE TRAIL SPRING 2013

As of April 1, there are 81 days until Summer 2013 begins at Camp Echo Lake...
Our 68th summer!!!



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From the Clipboard of Tony Stein...

On March 26th, 2013, Amy will turn 75 years old. In addition to wishing her a very Happy Birthday, it is worth taking stock of all that she has meant – and continues to mean – to Camp Echo Lake.

To start with, she is the only person on this planet who has spent the past 68 summers in Warrensburg at “The Lake.” She started as a camper, then became a counselor, then Theatre Director and then finally, became an Owner/Director when she and Morry bought the camp from her parents, Bill and Edith Medine, and their partners, the Kaplans. That was back in the early 60’s.

Since that time, she has had a profound impact on all her camp children, including my two brothers and I. Amy possesses an unsurpassed love of – and connection to – our 150 acres in the Adirondacks and the thousands of children and staff and parents who have passed through the gates of Echo Lake since 1946.

Additionally, to this day, she brings her unwavering commitment to the values that her parents, and then she and Morry, brought to camp ... respect, love and acceptance for every individual; the expectation that each member of the Echo Lake community treat each other – and their camp community - with respect; helping those less fortunate than themselves; and always a commitment to excellence in everything Echo Lake does.

Simple things like our no-hairdryer rule, or recognizing good deeds with fuzzies, or remembering alums who have not visited camp in 30 years, or opening up the camp’s gates during the Echo Lake Idea to youngsters for whom a camp experience like Echo Lake is not available ... these are all characteristic of her value system – one that everyone at Echo Lake has benefited from.

I know that Amy will love nothing more than to share a birthday hug with each and every camper and staff who is with us at camp this summer. So if you can remember, wish Amy a very Happy Birthday when you see her that first night at the Amphitheatre!

As for us, we are counting the days to June 22nd! We can’t wait.

Much love,
Tony, Emily, Evan and Violet

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Omigosh! It is the month of March! Having been told, last week, that there was no longer any need for me to remove my shoes at Security at Westchester Airport I accept the reality of this camp director's life - I am 75 years old! Please don't think I feel bad about this - no, no, no! I am delirious with joy that I am healthy and cruising around on the planet!

People say "Hey, Amy, you look good! What's your secret?" "It's very simple" say I. "I go to the best camp in the world and hang out with the world's best and brightest kids. 68 years at Echo Lake? How great is that?????"

If I happen to be in New York I always manage to run into some campers.....staff, too. After we give each other a gigantic hug the first words out of their mouths are "Amy, I am counting the days until camp starts! I can hardly wait until I leave for camp!" You see, I told you they were bright! I feel exactly the same way!



We're headed into spring so June is sooner rather than later! I can't wait to be with you and share the joy of Camp Echo Lake 2013! Wow! It will be totally terrific!

Much love,

The World's Oldest Camper



At the American Camp Association National Conference, I had the privilege of hearing two expert speakers/authors discussing the impact of camp on children's development. Madeline Levine (Teach Your Children Well and The Price of Privilege) and Michael Thompson (Home-sick and Happy and Raising Cain) are both psychologists and camp parents who believe strongly that the growth and development that kids experience because of camp, is the most important gift a child can be given in order to develop into their most successful selves. The true benefits of camp are that children are exposed to, supported, and encouraged to build life skills, take chances, try new things, and figure out who they are. These are all experiences that Levine and Thompson believe must happen independent of and away from parents, and camp provides a safe and healthy place for that to happen.

"Success is not an easy march in a straight line. You have to have the failures along the way, bumps in the road. You don't have a passion until you work at it, fail at it, try other things and then pursue your passion still. Real self-esteem is born out of doing something yourself in order to feel competent and then confident." says Madeline Levine. Levine talks about giving children the "opportunity for manageable failure because, the edge of growth is where healthy failure happens." "Camp," according to Levine, "teaches children values, self reliance, resourcefulness, manageable risk taking, facilitates relationships, builds independence and opens up life's possibilities for children."

Michael Thompson believes that, "Camp is the place where children begin to win their independence. Parents can not give independence or confidence to their child, that must happen outside of the context of the parents." Thompson states, "Parents are so impactful in a child's life that even their presence impacts the experience. Unless children do something on their own, they do not feel complete ownership over it." It is understandable that parents want their child with them, because it's painful and scary for the parent to not be with the child, but it is what the child needs in order to build independence and develop life skills. Levine and Thompson both agree that camp is the single best preparation for college and has a tremendous impact on the children's character.

During your child's experience at camp we will be there for them on their bumpy road to success and create a safe and positive community for them to practice and develop self-esteem and independence. They will play, laugh, make friends, find role models, try new things and push themselves out of their comfort zone in a way that is crucial to becoming their best selves and ultimately happy and successful adults. I encourage you to read Levine and Thompson's books. We applaud you for making the brave and insightful decision that your child will be successful at camp. We are beyond thrilled to create our camp community where the growth and development of children is wrapped up in the amazing experience of camp.

Love, xoxo, and S'mores, Laurie



Launch of the 2013 Parent Dashboard



We recently emailed out access to the Parent Dashboard. This tool will allow you to manage and complete all your camper forms as well as access important camp information.

To access the Parent Dashboard please go to:

www.campecholake.com/dashboard

Both parts of the Camper Information Form are due by **April 1st**. All other forms currently on the dashboard are due by **May 1st**.

Only the parent listed as the primary contact in the database has access to the forms.

As always, if you have any questions please feel free to contact us at the CEL Office.

The Parent Dashboard contains the following information:

- 1) 2013 Parent Handbook
- 2) Camper Information Form Guidelines Letter
- 3) Group Rx Introduction Letter
- 4) Group Rx Information Letter with Helpful Hints to Parents
- 5) Suggested Camper Packing List

The Parent Dashboard contains all the following camp forms:

Standard Forms

- 1) Camper Information Form Part 1
- 2) Camper Information Form Part 2
- 3) Camp Medication Procedures - Parent Agreement Form
- 4) Meningitis Response Form
- 5) Off Site Swim Permission Form
- 6) Duffel Lock Combination Form
- 7) Insurance Card Copy Form

Medical Forms

- 1) Healthy History Form Part 1-4
- 2) Camper Health-care Recommendations Form

From the Desks of...



JP
Operations Director

Hey everybody! Hope things are well wherever you may read this. I'm excited for the springtime weather that's on the horizon. Winter can officially get lost in my book!

There's been a ton of stuff going on up at camp and I've had a chance to see all of it up close. The two new main village girls cabins are coming along great and the new visitors center at the office is starting to come together. It's not easy making old buildings straight and plum. In fact its much harder than building new. You never really know what you are going to get when you start tearing up floors and walls. Good thing Darren and his crew are well versed at dealing with some of our older buildings on campus. The goal is to fix up what we have to match with everything that's new.

Anyway, it's always great to see camp grow. The sounds of hammers and saws now will lead to the sounds of screen doors slamming and laughter this summer.

Stay gold, JP

Adirondack Fun Fact: Did you know Warrensburg is celebrating it's bicentennial this year? William Bond was the first settler in the area and he actually built his residence on Echo Lake around 1790. The town itself was officially established in 1813.

From the Desks of...

Brenda



Senior Village Director

During the first moments of everyday, which are yours alone, anything is still possible. An entire day of opportunities lies ahead of you. Will you notice? Will you seize the chance? Remember regrets aren't what you did, but what you didn't do. Afraid you'll miss the opportunities I'm speaking of? Don't know what to look for? They present themselves in countless forms, but just to name a few...

The Opportunity to Help Others: If you want to be a part of driving change...in your life, your community, at camp or even in the world...practice creating opportunities for others. The result of offering an opportunity can be big or small, and the outcome can be amazing.

Don't be afraid to be kind and generous. Creating an opportunity for someone else is an opportunity for you to have a wonderful experience. Remember, "You are not just here to fill space or be a background character in someone else's movie. Consider this: nothing would be the same if you did not exist. Every place you have ever been and everyone you have ever spoken to would be different without you. We are all connected, and we are all affected by the decisions and even the existence of those around us."— David Niven

The Opportunity to Promote Positivity: Whether you're with friends, family or strangers...before you speak, think: Is it necessary? Is it true? Is it kind? Will it hurt anyone? Will it improve on the silence? At every interaction with someone else, you have an opportunity to elevate the experience. Only you can decide what your words will reflect about YOU. Kind or unkind, positive or negative. The words you speak about someone else is more of a reflection of you than them...choose wisely!

The Opportunity to Become Resilient: I find opportunities to make mistakes every day...some minor and some colossal! The good news is, with every goof, screw up or failure, I have an opportunity to not only learn from my mistakes but also to realize I can get back up when I'm knocked down. Even better is when I remember to have gratitude for those learning opportunities!

We all know that camp is the ideal place to work on this one. Let's be honest, it's never easy to have things not go as planned. Who wants to fail a test, lose the soccer game or not get all 4 bunk requests?! In a perfect world, everything would go the way we planned. However, I don't think that's a perfect world at all. You have an opportunity to see that when things don't work out the way you hoped or expected, you can not only get through it, but also find the silver lining and grow from the situation! Try to remember, "When life is sweet say thank you and celebrate. And when life is bitter, say thank you and grow."—Shauna Niequist

I can't wait to watch each of you seize every opportunity you can this summer! Until then, big hugs.... xo Brenda

Jacko



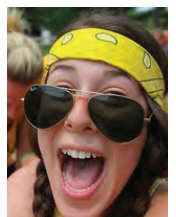
Program Director

Time for yet another edition of CEL's Great Debate! This issue I will be debating Julie Zucker, long time Echo Laker and dynamite staff member. There are plenty of great opportunities for groups of people to get together at camp. Perhaps two of the best examples of this are Snack and Canteen. So with that we proudly present to you... Snack vs. Canteen... let the debating begin!

Over the winter months, 3:30 PM feels empty and never quite measures up. That is because 3:30 PM represents one of my favorite times of

the day over the summer. That is the time, and I would like to point out the only time, day in and day out where the entire camp is in one place. Walking through the Grove and getting a chance to say hello to so many different members of our community always brings a smile to my face. Oh yeah... and by the way... you get an awesome snack to boot. Few events at camp can rival the buzz that results when news breaks that it might be Chipwiches for snack. Just can't beat it!

: Imagine this: it's only a few minutes after another rockin' evening activity and you need one last hoorah before lights out time. In the distance you hear great music classics like "Call Me Maybe" and "What Makes You Beautiful" playing loudly from the A&R. Suddenly, your stomach starts growling and you need to fuel up on oreos, pretzels or chips while the night is still young. Almost instantaneously you start dancing uncontrollably... you're jumping, fist pumping, and singing like you're the next Justin Bieber. While you are jamming out to "Toxic" your counselor yells that it's time to go. Canteen is over before you know it, because time flies when you are having SO much fun!!



So which side of the Great Echo Lake Debate do you choose? Is it Snack... Is it Canteen... Is it a different get together all together??? Whichever it is the most important thing is that you let your voice be heard... because if there is one thing that isn't debatable its that we all feel very passionately about Echo Lake..... Jacko

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Alumni & Staff Happenings



SPANNING THE WORLD



When **Alex Haber, Jeff Neikrie, DJ Gross, Jordan Goldstein and Daniel Weinstein** were on 4n4 in 2006 they all promised each other they would return to Las Vegas when we were 21. In celebration of Jordan's birthday the five of them organized a trip and had an absolute blast. Here is a great shot of the boys from the balcony of the NY,NY hotel.



Former staff members **Nick Wolf, Liz Keddy and Matt Cotty** visited **Rachel Glickenstein** over the holidays in NYC and truly painted the town red as Rachel showed them all of the tourist attractions they can handle. One of the true highlights of the visit was celebrating NYE in Times Square.

Featured prominently in the Vassar Alumni Quarterly are CEL alums **Liz Kaplow and Evan Jacobs**, who met at camp, went to college together, married and whose daughters **Juliana and Melanie** were campers with us. Liz and Evan were heralded because their togetherness extends into business...Kaplow Communications, a most successful PR firm in The Big Apple. Additionally, Evan is the treasurer of Project Morry and Evan and Liz were in charge of Autumn Elegance our annual Project Morry event also in The Big Apple.

Congratulations to **Ken Babby**, who recently became owner of the Akron Aeros, a minor league affiliate of the Cleveland Indians. Very cool stuff!



Laurence Glickman sent us this great picture of him and fellow CEL alums meeting up recently for dinner in NYC. Pictured at this fantastic gathering are **Dave Abbey, Debbie Goodman Abbey, Ricky Baiman, Bobby Finkle, and Jeff Gross**.

Amy and Tony were delighted to run into alum **Rob Schumaker** at a recent Project Morry Board Meeting. When he heard what we were doing with Project Morry he wanted to join us and signed on immediately to attend Dare To Dream. Yay, Rob. We also liked the fact that he gave us a fuzzy. We're in the business of giving out fuzzies so it was nice to receive one! See you soon, Rob.



We are proud to invite you to the 2nd annual **Dare to Dream** – an event designed FOR EVERYONE with a desire to have fun, meet great people, enjoy good music and learn more about Project Morry. This event has morphed from the previous YP event in an effort to include as many Project Morry supporters as possible.

The evening, to take place on April 25th, 2013 at Crimson in New York City will be hosted by CEL Alum and Co-chair **Matt Jackowitz** and a terrific committee that includes all kinds of wonderful Echo Lake folks including **Dana Jackowitz, Dani Ackerman, Ruth Kleinman, Scott Mayerowitz, and Dani Parkes**.

If you are interested in more information about attending or getting involved with this event email dream@projectmorry.org

Alumni & Staff Happenings

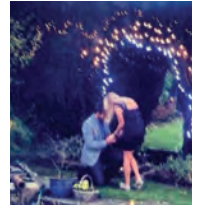


CEL Alum **Dana Jackowitz** became engaged to **Steven Wilk** this past December in NYC. Steven surprised Dana with a hotel room filled with balloons that spelled out “Marry Me.” What Dana thought was them looking at a potential time-share so they could score a free dinner turned into an unforgettable moment. The Jackowitz and Wilk families could not be more excited!



Ruth Kleinman, former camper and staff member, and her fiancée **Steven Morris** recently became engaged. Here is the happy couple in Philadelphia celebrating the fantastic news as they pose in front of the famous Liberty Bell!

Former staff members **Rhys Farrow** and **Nicky Wetzelberger** got engaged recently! It’s hard to believe that the couple met 4.5 years ago in Echo Lake’s field throwing our shoes into the middle of the pile as part of an icebreaker during Orientation! Rhys and Nicky join the long list of happy couples that fell in love at CEL. They remember their time at CEL as the best summer of their lives! **Peter Osbourne**, fellow staff members during their time at CEL came to their engagement party!



Deb (Cederbaum) and Luke Jones, who both work at Project Morry, are so proud to be the parents of another BOY!!!! **Graham Roszell Winograd Jones** was born in February at 8 lbs and 21 inches long. Mom, Dad and older brother **Cody** are overjoyed!



Former staff member **Robin (Peglow) Berg** contacted us to share the news of the birth of her son **Levi Alexander**. Congrats to the entire Berg family.

Victoria Chaundy, former staff member, and her husband **Will** welcomed a baby boy **Noah William Chaundy Clark** into the world in January. Noah weighed 8lbs 5oz.



CEL Alum **Debbie (Dorman) Grisham** and husband **Alex** welcomed their second son, **Charlie** into the world in December. Debbie, Alex and older brother **Nate** are excited to add Charlie to their family!

Greg Resin, known as G-Res during his years at camp, and his wife **Gisela** welcomed their first child, **Gia Danielle** into the world on March 8th. Greg, Gisela and Gia are all doing great and are excited to begin their journey as a family!



Passing

Our deepest sympathies to dear friend and alum **Rita Kirschenbaum Kestenbaum** on the loss of her beloved father. Our thoughts are with Rita and her family.





Project Morry moves towards its 18th summer celebrating all kinds of victories — every month, every week, every day, every hour, every minute, every second. Kids are asked to be a part of a community, to be a part of a team. That means that they must be responsible not only to self but also to those around them. During the school year they are continually asked to show through their actions that they ARE learning through their efforts the importance of patience, cooperation, organization, time management and commitment. Project Morry kids are taking risks with their newfound strengths. During the summer they will be trusting swim instructors to support them as they float on their backs for a first time, waiting patiently for their name to be called during an activity, reading a poem at a campfire, sleeping with no lights on, trying a food that they have NEVER eaten before, writing fuzzies and leading by both their actions and words. Thanks to all of you who continue to believe, support and hope!



Spreading Warm Inner Glows - Kids That Give

Whether over the summer or during the rest of the year, our amazing Echo Lake campers keep finding ways to give their time, energy, money, and stuff to Project Morry!!



Many fuzzies and a big round of applause to the following campers who are either in the process or have completed projects that have helped Project Morry: **Sammy Brett-Chin, Sofia Girvin, Danielle Jacob, Ben Lurie, Margot Present, Emily Rothman & Phoebe Weinstock.**

A special shout out to former CEL campers **Brandon Russo, Jenna Shapiro, Linda Tell.** Brandon has been a constant presence the last two years, giving us a helping hand at our office regardless the task. Linda has started a Project Morry Club on the campus of the University of Michigan and Jenna is hard at it for a second time collecting toiletries for us at her high school! Thanks so much for helping to spread the word Linda and Jenna!

And of course outstanding work EVERYONE. Your gifts of generosity will certainly continue to give more than you know.

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For more information please contact the PM office
by phone: (914) 592-3055,
email: dream@projectmorry.org,
or go online: www.projectmorry.org.

Coaches

When a Project Morry child enters their junior year of high school they are assigned a full time mentor known as a Coach. Project Morry Coaches are adults who understand the Project Morry mission, meet the Coach criteria (which includes making a personal commitment of two years, participating in a training session and orientation prior to being assigned to a Project Morry Post Grad and making contact with Project Morry Post Grad at least once a month). They are interested in assisting young adults successfully navigate through the demanding task of finishing High School while preparing them for their post graduation experiences.

Our kids who participate in the Coach program are from the Project Morry communities of the Bronx, Manhattan, Long Island, Westchester County and Fairfield County in Connecticut. Interested? Contact Lori at lori@projectmorry.org or call 914-592-3055. This program, that boasts a LONG list of former Echo Lake alums and parents as participant coaches, continues to insure that our kids achieve their goals. Doesn't get any better than that!

Gifts In-Kind

Project Morry welcomes gifts of "STUFF". Bat and bar mitzvah gift idea are created by folks looking at wish lists of equipment and items that are used both during the school year and the summer. If you are interested in knowing more about gifts in kind simply email dream@projectmorry.org or call 914-592-3055 – ext. 101 and Project Morry will supply you with current lists.

CEL PRIDE... WORLDWIDE!!!

In our newest edition of **CEL Pride... Worldwide** we have EIGHT terrific examples of campers and staff showing their camp spirit. From the Bronx, to the UK, to Warrensburg, to Cancun, to Times Square, to CEL's Winter Office, to the Grand Canyon, to Miami it is clear that love of the Lake knows no bounds! If you have any of your own submissions for this super section of the Trail please email them to matt@campechola.com.

Check out **Sarah Green and Melanie Victor** sporting their new reunion gifts, CEL towels, at a swim meet at Lehman College in the Bronx! What a great example of CEL Pride!!



Trekkie **Chris Dean** sent this picture of him showing his pride in his Trek T-shirt on top of a snow covered mountain he summited back home in the Lake District.

The **Casper Family** stopped by camp on their way to Gore Mountain. Pictured are **Daniel** and new camper **Jessica** outside the front gate. Nothing better than the 12885!



Daniel Shirvan and new camper **Julia** are pictured her representing CEL on the beach in Cancun. Whether at the CEL beach or on the shores of Mexico it's great to see camp spirit!

Jeremy Goldstein and Samson Bienstock went to see Newsies on Broadway in their Echo Lake T's. What a great shot of the boys in Times Square!



The **2013 CEL Head Staff** got together in January and wrapped up their planning meetings by showing their CEL Pride in these sharp "Bleed Green and Gold shirts!!!

Adam Heidebrink was showing his CEL Pride at this rare, Grand Canyon in a snowstorm scene, making sure the trails and vistas are well maintained and ready for the 2013 4n4 crew!



Here's a fantastic shot of **Rachel Bienstock and Rebecca Wolf** at home in Miami giving the signature thumbs up. Greeeen and Gold... Green and Gold!

Staff Bulletin Board

Shout Outs from Our Outstanding Staff!!

Matt Glickman, 2012 4n4 Staff, wants to send a shout out to **Ben Jacob** for coming to ski with him in Vail Colorado, where Matt works as a ski instructor. He also points out that Ben is officially taller than him. Matt's only regret is that his uniform isn't green!



Terry and Glenn Begly sent in this great picture from camp over the holidays. **JP and Allison Begly, Sari Turner and John Borley** were up visiting camp and spent an afternoon sledding with the **Steins!** As you can see, **Evan** had a blast. Wayyyy!!



Great news from the B-K's!!! **Owen Gareth Barkworth-Knight** was born on February 2nd weighing in at 6lb 1oz. **Toby and Helen** are both incredibly excited and can't wait to show Owen off to their CEL family. Check out mom with Owen!!!

Laurie Rinke was recently at the Santa Monica Pier and saw not one but two CEL alums. The first person was **Joanna Davis**, who was Laurie's MJG camper in 1995. Joanna, has been living in LA working for a casting company. At dinner, former staff member **Matt Walsh** walked over. Matt's current job is being the personal assistant to Demi Levoto!!



CAMP COMIC CENTRAL

Josh Nadel is back for Round 3 of "Bunk 29!" He has sent us yet another comic strip creation. The comic you see below depicts another great interpretation of life at CEL. We encourage Josh, and anyone of you that has something awesomely creative to share, to keep the hilarity coming.

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Campers Corner

Exciting News from CEL's Best and Brightest!!!



The **Kleinfelds and Weills** spent MLK weekend together skiing at Stratton. Pictured are **Brooke Kleinfeld and Sarah Weill** having a great time together.



At **Josh Feldman's** Bar Mitzvah this truly epic Echo Lake photo was taken! Mazel Tov Josh!



A very special big stage shout out to **Eliza Greenwald** for starring in her school show as Charlie Bucket in Willy Wonka!

"Hi to all of the LJB's!! I am looking forward to having another great summer with you guys. I can't wait until CEL 2013!!!"

- **Andrew Hack**



Sarah Mazie had a great CEL presence to help celebrate her Bat Mitzvah on January 19th



CEL is everywhere! **Abby and Joe Fisher** ran into **Sara Gold** in the ski lodge at Mammoth!



Ella Horn was in Bethpage competing in a volleyball tournament. **Dalia Lieberman** showed up to cheer Ella on just in time to she her team win two games in a row.



Here is **David Goldberg** at the "Passion Pit" / "Matt and Kim" concert and MSG on February 8th. David got to visit with "Matt and Kim" backstage along with cousin **Kevin Cohen** and friend **Luke**.

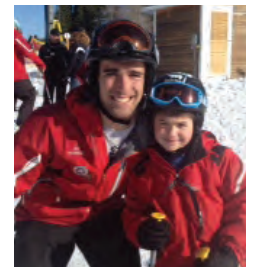
Here are some 2012 **LJBW's** having a great time at a recent sleepover.



Check out this picture from **Rachel Aaron's** Bat Mitzvah. Rachel wanted to all the CEL friends that helped make her day so special!



Look who **Zander Walker** saw skiing.... CEL Staff member **Michael Greenwald!** Echo Lake meets Stratton mountain!



From the Dominican Republic! **Josh and Sophie Nadel** pictured with **Hunter and Chloe Stern**.



Katie Goodstadt had **Sam and Hilary Weisenfeld** over her house to watch the 2013 Superbowl.



Check out **Molly Schultz, Sarah Green and Melanie Victor** having a great time together doing some special ceramics Make Meaning.

Back for 2013... The Echo Lake Sports Clinics

In addition to the high quality of instruction our campers receive at Echo Lake, we are excited to be adding to that through a number of professional Sports Clinics.



Soccer: Echo Lake will welcome the trainers of Coastal Soccer, Long Island's premier youth soccer training company, for two two-day clinics at camp this summer. All age groups will be able to sign-up and participate and Coastal will focus on both field play and goalkeeping.



Lacrosse: Dynamic Lacrosse Training, the affiliated training organization for the Long Island Lizards Professional Lacrosse Club, will be providing a two-day clinics for Echo Lake campers of all ages.

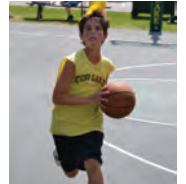


Tennis: Ivan Baron, Director of Baron Star Tennis Camps (BSTC), will be hosting an exclusive three-day tennis experience of fun-filled excitement which will include personalized instruction, teamwork drills/games, and culminating in the 'BSTC Round-Robin Doubles Tournament.

There is, of course, no additional cost for any of the Echo Lake Sports Clinics, and all the clinics will be made available to all of our campers.

AT HOME DO - IT - YOURSELF ACTIVITY

Being A Conehead And Being Resilient



Some people would say that it is the end of basketball season, but I say basketball never ends, there's just a period of time when there are no games scheduled! This is the time to start focusing on improving your skills –and even three hours a week of dedicated skill individual practice will help you improve your game.

Being a “conehead” is a great way to improve. All you will need is a half dozen or so of those little flat cones that soccer teams use to practice -- maybe you have seen them in your gym class at school. There are many things you can do with them—here are just a couple.

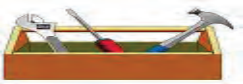
Put a cone a big step beyond the three-point line about three feet off each baseline. Put one more on each wing also a step out from the three-point line and one last one a step beyond the top of the key. Stand right under the hoop with your ball - -there should be five cones out there! Using your dominant hand go as fast as you can around each cone shooting a layup before moving on to the next cone. Shoot two free throws right after and repeat three times. Now do the same with your non-dominant hand. On each trip back for a layup, practice following moves: hesitation dribble, inside out dribble, and cross over. Don't worry about any others -if you can absolutely master these three, you'll have all you need! Now do the same thing, except shoot a 15-foot pull up jump shot after you come around the cone. Don't forget, free throws after! For the third exercise, move the cones in about five feet. Dribble out as fast as you can, stop, and do a self-pass (toss the ball out with back spin so it bounces back to you) and practice shooting off a catch. In all of these drills you will be working on your conditioning too, so go as hard as you can.

Being resilient is also very important. No athlete succeeds without determination and courage. As many of you know, I help coach a very good women's college team. Last year we had a player from California who came to try out. Unfortunately, she was recovering from a knee injury, could not play her best and so got cut. This year she came out again. Even though we had many experienced players and some talented recruits, it was easy to see how much she improved. Not only did she make the team, she worked her way into our playing rotation, eventually became a starter, and is now one of our top players. She did it through practice and hard work -who knows, maybe she was a “conehead!”

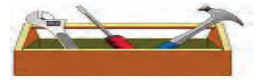
See you in June!

Glenn Begly

Echo Lake Basketball



The 411 of 12885... What's Happening in Warrensburg?



It has been another non-stop busy winter for the boys in Warrensburg. Maintenance Director **Darren Langworthy** and his incredible team of **Chris Bills, Andy Arnold, Marvin Viele, Jason Weidman and Ryan Griffin** (who recently came out of retirement after serving in the US Armed Forces for four years) have not only been keeping the Echo Lake campus in ship-shape, but have working on a number of improvements for this summer.

They are currently working on building two new cabins in the Main Village. With all our LIT's, we needed a place for all of them to sleep! We showed off the construction to all of our campers who visited during the Main Village Winter Weekend.

Additionally, the guys have been doing some renovation work in the Admin and the Grove Pavilion, building new athletic boxes for all around camp and new bleachers for the amphitheatre, just to name a few things – and doing all this when they are not plowing snow and shoveling roofs!

These guys will be busy right up until the buses pull in to camp on June 22nd!



2013 Main Village Winter Weekend!

67 of Echo Lake's Main Village Campers helped to make the 8th Annual Main Village Winter Weekend a wonderful one at The Great Escape Lodge & Indoor Water Park! We spent an entire afternoon getting soaked, lazy river riding, and inner tube sliding. It rocked! Evening activity was a movie night AND lineup complete with fuzzies. The next day was highlighted by a fantastic walk around camp and an afternoon at the Lake George Bowl. The coolest thing of all...we did this all with our amazing camp friends!! It does NOT get better than that! Thank you to the amazing staff in helping make this awesome weekend possible. A special thank you also goes to all the campers who helped us make a splash on the 8th annual Main Village Winter Escape Weekend!



MEMORIES OF ECHO...



Kings and Queens and Bishops too... Wanna Wish the Best to...

Campers

Ali Saperstone March 1
 Rachel Weiss March 1
 Rachel Fadem March 3
 Hannah Spitzer March 3
 Griffin Barich March 3
 Sam Weisenfeld March 4
 Naomi Steinberg March 5
 Danielle Klausner March 5
 Benjamin Kaiser March 6
 Emma Margolis March 8
 Sydnee Smith March 10
 Ryan W. March 10
 Maya Rose March 11
 Samantha Bauer March 11
 Carly Skutch March 12
 James Wechsler March 13
 Annabelle Barbara March 13
 Devin Stillman March 13
 Drew Brodsky March 16
 Thomas Getman March 20
 Austin Lazarus March 20
 Sophie Kellner March 21
 Alexa Asch March 22
 Samantha Katz March 24
 Remy Harnick March 24
 Madeline Hartog March 25
 Joshua Feldman March 25
 Josh Nadel March 25
 Arielle Chaifetz March 25
 Avery Porges March 26
 Michael Feldman March 26
 Oscar Worob March 27
 Ben Stettin March 27
 Sam Feldman March 27
 Emily Saperstone March 27
 Jack Davidson March 28
 Hannah Kreutzer March 29
 Jack Basner March 29
 Noah McAllister March 31
 Kyla Schweitzer March 31
 Samara Schiffman April 1
 Danielle Pollner April 1
 Marlee Deutsch April 1
 Alyssa Locke April 2
 Zachary Kapner April 2
 Charlie Rumizen April 3
 Trevor Rudolph April 3
 Gavin Rudolph April 3
 Sydney Girvin April 4
 Zachary Weiner April 5
 Dani Nierenberg April 6
 Samantha Barbara April 6
 Andrew Cohen April 7

Campers

Mia Wiederkehr April 7
 Erin Stein April 7
 Sammy Busch April 7
 Jackie Hornung April 8
 Zach Gold April 9
 Dayna Hornung April 10
 Peri Manoff April 11
 Daniel Fuchs April 11
 Jack Saperstone April 11
 Jordan Segalman April 12
 Dylan Miller April 13
 Ethan Finkelstein April 13
 Jacob Mazie April 14
 Pierce Hirshfield April 15
 Andrew Knecht April 16
 Max Wolf April 16
 Jacob Bortniker April 16
 Rachel Bienstock April 17
 Penelope Lutyak April 18
 Zachary Kornbluth April 23
 Kayla Derman April 23
 Allie Jobe April 24
 Dylan Stein April 24
 Abby Fisher April 25
 Matthew Weill April 26
 Lucas Schiffman April 27
 Avery Jerris April 27
 Sara Langworthy April 27
 Sadie Brett-Chin April 27
 Emily Jerris April 29
 Danielle Hemmers April 30
 Samantha Gottlieb May 1
 Jack Kohn May 2
 Emily Dugoff May 2
 Ryan Krakower May 3
 Lauren Hurwitz May 4
 Jayden Rodriguez May 5
 Julia Mendelsohn May 5
 Rachel Levy May 6
 Ali Rothberg May 7
 Daniel Kornbluth May 7
 Michael Kintzer May 7
 Sophia Shapiro May 7
 Ally Stern May 8
 Jesse Moskowitz May 8
 Ben Jacob May 10
 Rebecca Silberfein May 11
 Leah Doubert May 12
 Jeremy Steinberg May 12
 Lucas Haymes May 12
 Zachary Salomon May 12
 Brody Braunstein May 14
 Melanie Victor May 15

**Happy Belated
 1st Birthday to
 Violet Stein!
 December 19th**



Staff

Stefano Antoniazzi March 2
 Ryan Harley March 4
 Annie Creasey March 7
 Christopher Dean March 8
 Richard Haddock March 11
 Jane Withers March 11
 Jessica Tucker March 12
 Laurie Rinke March 14
 Marton Bodis March 15
 Jeff Mahler March 15
 Elod Kolto March 16
 Terry Begly March 16
 John McKenna March 17
 Victoria Neal March 17
 Sue Duncan March 17
 Adam Ferrero March 18
 Kathy Votraw March 18
 Donna Norris March 19
 Laura Slevin March 21
 Roisin O'maonaigh March 22
 Shana Smolinsky March 25
 Matthew Glickman March 25
 Sasha Chaifetz March 27
 Tamas Kiss March 31
 Kelly Turton April 2
 Aimee Hooson April 2
 Jason Weidman April 2
 Jacob Spitzer April 9
 Kaitlyn Jorgensen April 9
 Sean McGuinness Harvey April 9
 Clare Browne April 10
 Matt Jackowitz April 10
 Tony Stein April 11
 Julie Zucker April 14
 Oliver Goldstein April 21
 Alicia Roberts April 21
 James Gething May 1
 Mark Roberts May 1
 Samantha Cormell May 2
 Corey Begly May 2
 Zachary Scheinfeld May 3
 Jake Glickman May 3
 Kyle Paul May 3
 Arielle McKillip May 4
 Jessica Dutton May 5
 Claire Quinlan May 7
 Shayna Ehrlich May 10

**Happy Birthday to you, Happy Birthday to you,
 Happy Birthday dear _____, Happy Birthday to you!**

Kings, and queens, and bishops too. Wanna wish the best to you.

So wish day, wash day, what do ya say? Birthday!

Happy Birthday to you! There's laughter in the air, people smiling everywhere.

Happy Birthday. Uh! Happy Birthday. Uh! Happy Birthday to you! Uh! Uh!

H and an A and a P, P, Y. B and an I and a R, T, H. D and an A and a final Y. Haaaaappy Birthday.

This is your birthday song, It isn't very long, My name is Alex Schiff, hey!



CAMP ECHO LAKE
3 WEST MAIN STREET
ELMSFORD, NY 10523



**Like us
on Facebook!**



@CampEchoLake

*** WE HOPE TO SEE ALL PARENTS OF NEW CAMPERS ON APRIL 16 FOR THE NEW PARENT NIGHT AND ALL NEW CAMPERS & PARENTS ON MAY 2 FOR THE NEW CAMPER PICNIC!

*** DON'T FORGET CAMPER INFORMATION FORMS ARE DUE APRIL 1, ALL OTHER CAMPER FORMS ARE DUE MAY 1!

CAMP ECHO LAKE 2013 DATES

NEW CAMPER PARENTS NIGHT	WEDNESDAY APRIL 16, 2013
NEW CAMPER PICNIC	THURSDAY MAY 2, 2013
CAMP ECHO LAKE 2013 SEASON BEGINS	SATURDAY JUNE 22, 2013
PARENT VISITATION	SATURDAY JULY 13, 2013
CAMP ECHO LAKE 2013 SEASON ENDS	SUNDAY AUGUST 11, 2013
ECHO LAKE IDEA	TUESDAY AUGUST 13 – SUNDAY AUGUST 18, 2013