

Empire State Youth Orchestra, Inc. 2010 Frost Valley Information

FRIDAY, SEPTEMBER 10, 2010

3:30 pm Arrive at the overflow parking lot behind Macy's at Crossgates Mall

4:00 pm Buses leave for Frost Valley. (Don't be late! We love you but we will leave you.)

SUNDAY, SEPTEMBER 12, 2010

12:45 pm Buses leave Frost Valley

2:45 – 3:00 pm Estimated arrival at Macy's. (Please arrive on time to take your children home on Sunday.)

Information for new parents: ESYO has held this special training weekend for Repertory and Youth Orchestra members at the Frost Valley YMCA in the Catskill Mountains for many years. It's a wonderful opportunity for concentrated music study led by experts, amidst an informal atmosphere that includes plenty of time for organized recreation and socializing. Recreational activities supplement the music training and education; students can choose from many different activities.

The FV staff members are well trained and know our needs. We also have a staff of chaperones attuned to the needs of both teenagers and younger children, some of whom may be away from home for the first time. Although we are not the only group at the camp, you can be sure that your children will be well looked after.

Housing: Students sleep in dormitories, all of which have indoor plumbing and hot water. Chaperones sleep in the same dormitories as the students, but in separate rooms. The camp is large so everyone should be prepared for lots of healthy walking. Rooms are assigned primarily on the basis of age. If your child requests a roommate, we will try to meet the request.

Food: Food is healthful, plentiful, and quite good – and there are always vegetarian offerings.

Phone: The FV phone number is 845-985-2291. Cell phones do not work. Calling card pay phones are available.

What to bring:

- **Bag dinner and beverage** to eat on the bus on Friday
- **Sleeping bag** or linens and blankets, pillow, towel, soap, rain gear, comfortable clothes for two days (no concert clothes necessary), laundry bag or large plastic bag.
Please put your name on all belongings.



- **Flashlight (a must)**
- **Music stand with your name on both parts.**
- **Instrument, music, pencil, accessories**
- **Medication**
- **Leave valuables at home!** Dormitory facilities are not locked. Instruments will be stored in locked rehearsal rooms at night. If you wish to buy souvenirs or bottled water, bring a small amount of spending money.

If your child cannot go to Frost Valley or is not going on the bus, please notify the office immediately. If you have any questions, please contact Sue Lascoe at the ESYO office or email esyoom@esyoo.org.