



# CAMP OLYMPIA NEWSLETTER

## 56<sup>th</sup> Anniversary - Summer 2014

### DIRECTOR'S WELCOME



Welcome to the 56<sup>th</sup> season of Camp Olympia Summer Camp! I am happy that you have selected our healthy sports program for your child/children and we are looking forward to working with them. We have a lot of exciting news to share with you, including an introduction of this year's staff.

As some of you may know, Camp Olympia was founded in 1958 by Elizabeth Benedek and her late husband, Stephen Benedek, immigrants to the United States from Hungary. They started the camp for their love of children, sports, and the lack of good physical education programs available in the US. Stephen would be very happy and proud to see his legacy continue.

Camp Olympia's philosophy is that physical education should not just be a summer activity, but a year-round, life-long endeavor. Natural talent is not the only thing needed to become an Olympic athlete – you must have determination, patience, and discipline. However, you don't have to be an Olympic athlete to enjoy sports! It is Camp Olympia's goal to introduce your children to a wide variety of sports. Balance, coordination, speed, and conditioning are all required to become better athletes, regardless of the sport, such as soccer, horseback riding, basketball, tennis, and swimming. Our schedule changes daily so that we can expose campers to all different activities. Our greatest joy comes from watching children's improvements.

Camp Olympia also offers other year-round programs, including horseback riding and a nursery school. Many campers say that their favorite activity from the summer is horseback riding. For campers with a competitive edge who want to enjoy horseback riding into the Fall and Spring, Camp Olympia has a horseback riding club for riders of all ages that competes in shows. Additional details on our riding programs and nursery school can be found page 5 and 6 and on our website at [www.camp-olympia.com](http://www.camp-olympia.com).

Again, thank you again for selecting Camp Olympia! For those of you who are return campers, it confirms your faith in our program. Thank you for your referrals to friends and neighbors – most new campers come to us because of you! For those who are new to Camp Olympia, we look forward to working with your children and hope they find our program rewarding.

Please don't hesitate to contact me should you have any questions or concerns. We consider it a privilege to work with your children and look forward to an exciting summer!

Best,

Andrea Lingwood  
Director, Camp Olympia Summer Camp  
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301.926.9281



## **CAMP OLYMPIA STAFF**

We are lucky to have another great group of counselors and staff this year. Like many of our campers, they too believe in our program and philosophies. In addition to returning staff, we are excited to welcome new, talented counselors to our program. Many come through the Camp America selection program, where overseas students have the opportunity to come to America to share their enthusiasm, sports expertise, and culture with campers.

### **Elizabeth Benedek** (founder)

Elizabeth is the retired director of women's athletics at Loyola College in Baltimore. Prior to that, she taught physical education at Stoneridge and National Cathedral. She is a former member of the Hungarian National Women's basketball team. She still has a great free throw and is an excellent tennis player!

### **Andrea Lingwood** (39 years)

Andrea began her riding career as a beginner rider while attending Magruder High School. She enjoyed many successful seasons as a competitive rider. Andrea has a B.S. Degree in Elementary Education from the University of Maryland. She is now the Director of the Camp Olympia Preschool, Camp Olympia Summer Camp, and Camp Olympia Horseback Riding Center and is a CHA certified level 4 riding instructor.

### **Angie Edwards** (13 years)

Angie is one of our year round preschool teachers and enjoys cooking, exercising, gardening, singing, and artwork. She is originally from the Philippines. Angie is a former accountant but has found her true calling as a preschool teacher!

### **Luisa Pasco** (13 years)

Luisa has a degree in Business Administration from a university in the Philippines. She joined the Camp Olympia family in 2001 as a full time preschool teacher. Luisa comes from a family of 9 children and will be working with the preschoolers this summer.

### **Tessie Phugphud** (13 years)

Tessie works in our year round preschool program and is originally from the Philippines. She has three grown children who have proudly given her grandchildren. You will see Tessie with the preschoolers each morning!

### **Caitlin Jones** (9 years)

Caitlin is from Rockville, MD and has been at Camp Olympia since she was 2 years old. She has been riding for 15 years and is CHA certified level 4 riding instructor with a jumping certification. She is also BHS qualified level 3 riding instructor. Caitlin works year-round at Camp Olympia as a riding instructor.

### **Stephen Wells** (5 years)

Stephen has been a member of the Camp Olympia family for 10 years, visting in the summers to help train and teach new staff and this is his 5<sup>th</sup> summer working as a counselor. He is from the south of England where he studied sports industry at college and is now a permanent resident of the U.S. living in Rockville where he enjoys playing soccer.

### **Stephanie Cuellar** (5 years)

Stephanie attends Montgomery College in Rockville and has worked for 5 years in the year round preschool. She enjoys outdoor activities and will be working with the preschool and E Group children this summer.

### **Matt Siess** (4 years)

Matt just completed his first year at Mount St. Mary's college and is a Rockville native where he attended Damascus High School. He plays football and was on the track team. He has been with Camp Olympia for 9 years, where he started as a camper.

### **Sheldon Mizelle** (4 years)

Sheldon is a recent graduate of Northwood High School where he is on the cross country and track and field teams. He will attend Salisbury State in the Fall and has been involved with Camp Olympia for 10 years, where he started as a camper.

## **Horseback Riding Holiday Camps**

Did you know Camp Olympia holds horseback riding camps during Montgomery County's spring and winter breaks? For campers who enjoyed riding horses this summer, our holiday camps include riding lessons twice a day, and provide the opportunity for children ages 7-16 to work hands on with the horses, learning to groom, saddle, and care for the horse. Holiday riding camps are \$375 per week or \$75 per day.

## CAMP OLYMPIA STAFF



### **Jenny Fox** (3 years)

Jenny is from Warrington, England and is a graduate of York St. John University where she studied sport performance. She has participated in competition swimming and was on the field hockey and cross country teams in college. Jenny has been active in various sports her whole life.

### **Katie Owen** (2 years)

Katie is from North Wales and is a graduate of the University of Central Lancaster. She is currently studying for her Masters in Sport Community and International Development. Katie has worked as a lifeguard and coaches at a disability sports club. She is a level 1 coach in badminton, basketball, rugby, swimming, tennis, and cricket and also has experience teaching canoeing and sailing. Katie enjoys traveling and has coached sports to local communities in Zambia. She hopes to work with sports development programs in the future.

### **Lee Coventry** (1 year)

Lee is from Liverpool and is a level 3 National Diploma Sports coach, a fully qualified level 2 gym instructor and a level 3 personal trainer. He has experience coaching soccer, basketball, tennis, hockey, and cricket to children of all ages and with disabilities. Lee's hobbies include soccer, mountain biking, and basketball.

### **Chris Cullimore** (1 year)

Chris is from West Yorkshire and just completed a degree in sports coaching at Leeds Metropolitan University. He has experience coaching children of all ages in rugby, soccer, tennis, hockey, table tennis, and a variety of racket ball sports. Chris' hobbies include rugby and going to the gym.

### **Katie Dixon** (1 year)

Katie is from East Midlands UK and just completed a degree studying physical education and sports coaching. She has experience coaching field hockey and cricket and will begin as a high school teacher this Fall.

### **Alex Humphreys** (1 year)

Alex studies sports management at Manchester Metropolitan University. He has a foundation degree in coaching and sports development and has experience coaching rugby, soccer, hockey, basketball, and ultimate Frisbee. Alex has previously worked as a camp counselor for a camp in Cleveland, Ohio for underprivileged children. He is an avid rugby player.

### **Bryan Lutz** (1 year)

Bryan is a recent graduate of Northwest High School where he ran track and is a former camper of Camp Olympia.

### **Amy Page** (1 year)

Amy is from London, has a management degree, and is a level 2 swimming instructor. She has worked in various capacities at her family's swimming school since she was 12 years old and has taught swimming to a variety of ages and abilities.

### **Abbie Richman** (1 year)

Abbie is from Newcastle and is studying sports and exercise science at Northumbria University. She is a competitive field hockey player. Abbie enjoys going to the gym, player sports and riding horses.

**Mark your calendars for Saturday, July 26<sup>th</sup>, Camp Olympia's annual Parents Demonstration Day!  
It's a fun day for the entire family, where the children get to show their parents the skills they learned  
this summer at camp.**

*(Parents Demonstration Day coincides with Montgomery County Farm Day).*



## CAMP OLYMPIA STAFF

### **Amy Sharpe** (1 year)

Amy is from Liverpool and has a degree in business economics and currently works for an international investment company. She has experience working with children of all ages and her hobbies include rock climbing, water sports, netball, and circuit and strength training. In the future, Amy plans to receive an independent financial advisor license.

### **Catherine Siess** (1 year)

Catherine is a Sophomore at Damascus High School where she plays field hockey and runs indoor and outdoor track. She was previously a camper at Camp Olympia for 9 years.

### **Robyn Stowe** (1 year)

Robyn is from Liverpool and studies horse and animal care. She has been riding horses for over 7 years and is a CHA certified riding instructor.

### **Emma Tracey** (1 year)

Emma is from Liverpool and is studying early years education. She has experience working with children of all ages and is a guide leader (similar to the U.S.'s Girl Scouts). Emma has been riding horses competitively for 18 years and, last summer, she worked at a nursery in Uganda.

### **Maxine Walker** (1 year)

Maxine currently works as a fitness and swim instructor. She also has experience as a volleyball instructor and has qualifications in fitness instruction, personal training, and lifeguarding.

### **Lizzie Yabsley** (1 year)

Lizzie is from Cheltenham and is currently studying psychology. She is CHA certified riding instructor, is a competitive rider and has experience training horses for disabled riders. In the future she hopes to be a clinical psychologist and start a riding program to help people with mental health issues.

*All Camp Olympia staff members are certified in CPR/AED and First Aid. A majority of staff members are also qualified lifeguards.*

## MEET THE ANIMALS OF CAMP OLYMPIA

In addition to our 22 horses, Camp Olympia is home to several friendly animals!

Ciya is an 11- year old yellow Labrador owned by Elizabeth Benedek. She enjoys sunbathing, riding in golf carts, and stealing bites of Hungarian sausage!

Nikki is a friendly Doberman owned by Andrea Lingwood. Despite her size, she is gentle and obedient.

Cinnamon and Sugar are our friendly goats who enjoy interacting and talking with the kids.

Pablo and Hoya are our two donkeys. Because Hoya is smaller, he enjoys sneaking around camp to visit his friends!

Panther is the newest member of our growing family. Despite her black fur and bright green eyes, Panther is a friendly kitten who brings good luck!

Hedi and Rupert are our friendly rabbits who enjoy eating carrots.

We also have numerous chickens and a rooster, Ralph, who enjoy eating the counselor's leftovers. Ralph also serves as the staff's alarm clock each morning to make sure they wake up bright and early for the campers!

All of our animals at Camp Olympia are loving, friendly, and intelligent. They enjoy children and always welcome a nice pat on the head!



## **CAMP OLYMPIA ANNOUNCEMENTS**



### **Welcome Jasper and Wrigley!**

We are excited to welcome two new horses to Camp Olympia: Jasper and Wrigley. They are already favorites with our year-round riding students and have a lot of character!

### **Happy Retirement, Rosie!**

After nearly 20 years as a faithful and dedicated horse to Camp Olympia, Rosie has officially retired due to arthritis. Please join us in wishing her well in her new life where she spends much of her time with her friend, Remy.

### **New and improved!**

Recently, our tennis court received a face lift! Repairs were made and it now sports a fresh coat of black paint and crisp white lines! After a summer on this court, campers will be Wimbledon-ready!

Campers will also enjoy a cleaned-up playground, which was recently refreshed with new rubber mulch.

**Questions or comments?  
Call us at (301) 926-9281**

## **CAMP OLYMPIA HORSEBACK RIDING**



Our riding center was established over 50 years ago with just a few horses and outside standing stalls. Today, we have over 20 horses, several barns, lighted outdoor riding rings, a stadium jumping field, dressage arena, indoor arena, and cross country trails and jumps. We are proud of our growth over the years and have maintained high quality riding instruction.

We love the sport of riding and enjoy sharing our knowledge with our riding students. Our qualified instructors are all former competitors and have teaching experience with riders of all ages and abilities. Our instructors also have experience training horses.

Our riding center is open year round and we maintain a very flexible schedule. We have special programs, which include, horse shows, Spring and Winter Break camps, one-day camps for school holidays, birthday parties, Girl Scout Badges, and a CHA Riding Instructor Certification Clinic.

To learn more or to sign up for one of our exciting riding programs, visit the Camp Olympia website at [www.camp-olympia.com](http://www.camp-olympia.com).





## CAMP OLYMPIA COUNTRY DAY SCHOOL



Camp Olympia Country Day School was established in 1981 and offers a unique country environment for your preschool age child. We are a licensed and approved nursery school, kindergarten and child care center.

Our school offers a classroom setting for ages 2-6, with a balance between teacher-directed instructional activities, independent group projects, child-initiated experiences, free play, and plenty of outdoor time.

Enrichment activities are incorporated daily, which include physical education, art, and music. We take full advantage of our extensive outdoor setting, observing and visiting the various animals around the farm. Along with horses, ponies, and donkeys, we have chickens roosters, rabbits, goats, and 3 friendly cats. We also enjoy daily nature hikes.

Our school is licensed by the State of Maryland Department of Education Office of Child Care and the Maryland State Board of Education. We also hold a Private Educational Institution License from Montgomery County Department of Health and Human Services.

To learn more about Camp Olympia Country Day School and to enroll your child into our enriching programs, visit [www.camp-olympia.com](http://www.camp-olympia.com).



## Birthday Party Pony Rides

Looking for a memorable birthday experience? Host your child's next birthday at Camp Olympia! Ponies are provided and led by our staff for 45 minutes to an hour. For older children, we offer a more extensive program with the horses that includes learning to groom, saddle, lead and general care of the horse.

Your party will be set up in our fenced in playground, complete with picnic tables under a covered shelter. Parents are free to decorate the area and make it a festive occasion.

It's a wonderful experience that gives everyone fresh air, exercise and fun outdoors!

Prices start at \$295.



**20% Off**  
**Private Riding**  
**Lessons**

*Valid through March 31, 2015*