



For more info/parent fill out form at breakthroughbutler.org
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Follow us!



CAMP BREAKTHROUGH

**Monday, June 10 to
Friday, August 23, 2024**

PARENT HANDBOOK

**BREAKTHROUGH
BUTLER**

Check us out at: breakthroughbutler.org

CAMP BREAKTHROUGH 24

ABOUT

Our mission: Breakthrough-Butler is a non-profit organization that provides the Butler, PA community a safe space with an uplifting atmosphere for youth to come hangout and take part in a variety of activities. Here they can build healthy relationships and learn invaluable life lessons, all on the path to becoming the best versions of themselves. You are valued. You are always invited!

Our core values are: Promise, Strength, Attitude, Leadership, and Manage ~ otherwise known as “Psalm BTB.” Here is a closer look:

- **Promise** – Love and respect yourself. Respect and care for others. Make the choice to be a part of something bigger than just yourself.
- **Strength** – Embrace who you are. Combat the obstacles that life throws. Stand up and make the right choice.
- **Attitude** – Take the steps to begin and to continue the journey of becoming your best you. Always keep yourself in the game.
- **Leadership** – Being accountable for your own choices. The responsibility of helping others become better. Encourages others.
- **Manage** – Take care of your mind, body, and heart. Embrace your current place, gather the skills, and build towards the future goal.

How Breakthrough-Butler is built different. The Breakthrough. That moment in life where it clicks. Where you find out something new and powerful about yourself. That moment that can start you on the journey to become the best version of yourself. There are so many options in today’s world, so many choices that are thrown in our youth’s faces. Which path will they take? Rise up and Breakthrough!

There is a powerful value in being a part of something bigger than you:

- Building healthy & lasting relationships
- Embrace who you are & each specific journey of bettering oneself while experiencing life’s lessons
- Encourage confidence
- Teaching the skills to build & manage relationships
- Taking the time to support & help each young person grow
- Getting to know everyone that’s a part of the BTB family
- To unite & instill pride in the young people of this community



BREAKTHROUGH BUTLER



Hello!

I am Nick Yannotty, the founder of Breakthrough-Butler. Me and my team are a non-profit in Butler that serves youth along with their family and friends by providing:

1. Safe space to embrace who you are, learn life lessons, & build healthy relationships
- 2.
3. Place of positivity and support
- 4.
5. Challenge yourself physically, mentally, socially, & personally
- 6.
7. Honest place that welcomes and values all
- 8.
9. Promise - Strength - Attitude - Leadership - Manage

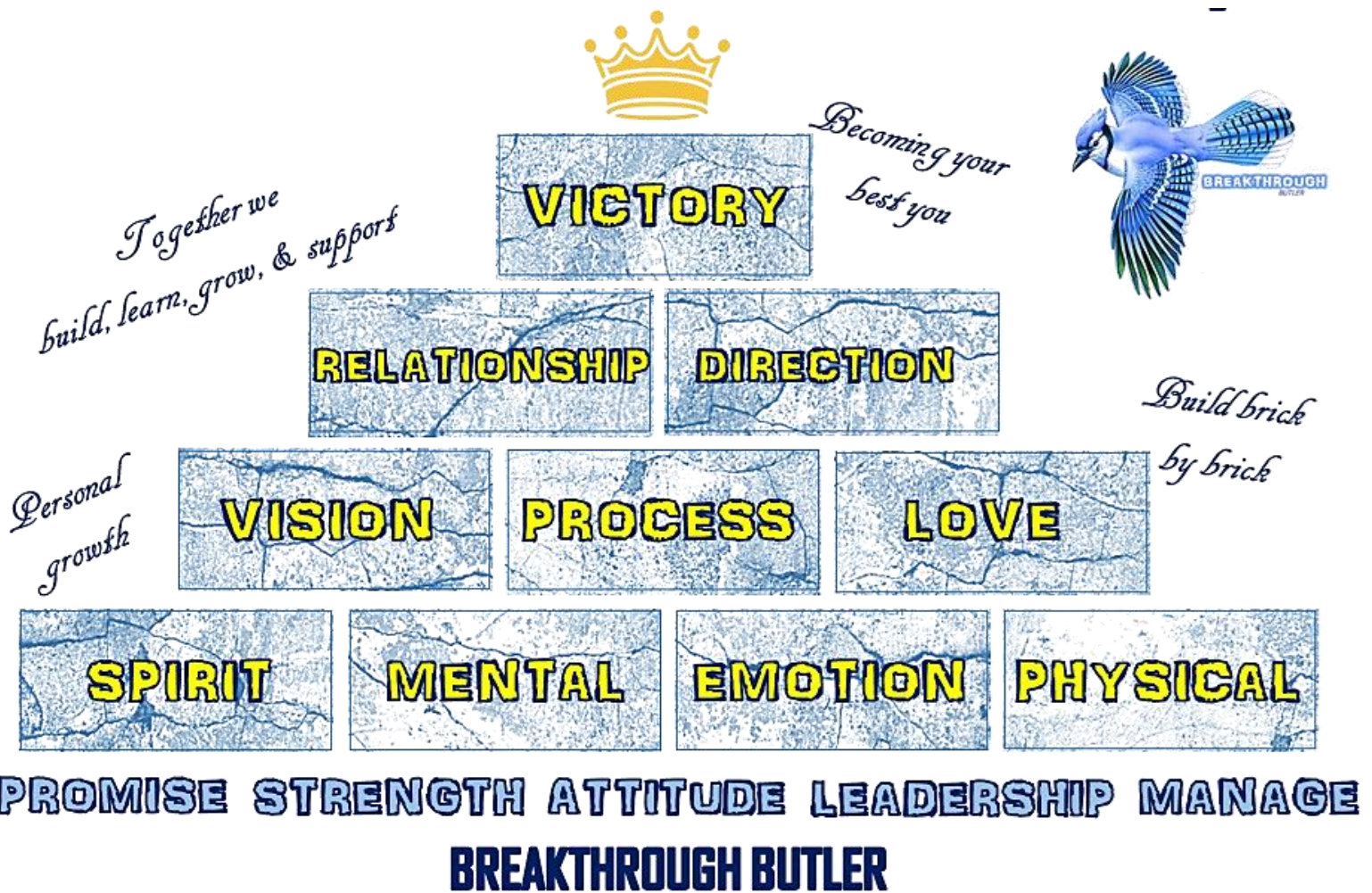
Life is hard. Life is at times unfair. We all at some point face challenges, tough decisions, and obstacles. The choice is yours - push yourself and take on the challenge, or choose easy and give up?



Check us out at: breakthroughbutler.org



Value in Culture & Community



Breaking our pyramid down brick by brick:

- **Personal Growth** comes from working on and building your health – [physically](#), [mentally](#), [emotionally](#), and [spiritually](#) – each day. Being your best you starts here.
- **Build Brick by Brick** is all about building for now, the next phase of life, and the future. Build a [vision](#). Develop and work on the [process](#). Follow your vision with [love](#), which starts with taking care of our health allows us to see clear and be motivated for ourselves and others to succeed.
- **Together we build, learn, grow, & support** comes along the journey. Our [direction](#) flows from the vision and process we take; influencing our choices. [Relationships](#) along the way make it worthwhile and last a lifetime.
- **Becoming Your Best You (BY2)** is when [victory](#) is achieved. Life will have many victories all throughout it. Individual victories are happiness. Group victories are joyous. 😊



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**Monday, June 10 to
Friday, August 23, 2024**

Scan the QR Code
To join today!



***Promise. Strength. Attitude. Leadership. Manage.
Make memories. Build a better You this summer!***

- * \$30/week per Camper if fully paid by 11:59pm April 30 (11 weeks of camp = \$330)
- * \$35/week per Camper if fully paid between May 1 and by 11:59pm May 26 (11 weeks of camp = \$385)
- * \$40/week per Camper for payment between May 27 and July 7 (11 weeks of camp = \$440)
~ Applies if choice is to pay week by week (\$40 per week x number of week(s) attending)
- **Please Note: Weekly rate will increase after each deadline listed above

* Camp runs each day weekly Monday-Friday from 6:45am to 5:30pm (no camp on Thursday, July 4)

Campers should pack a lunch, bring sunscreen, a bathing suit, and a towel each day. Local pick-up and drop-off is available all throughout the day, but you will need to sign your child in and out with a Camp Staff each occurrence. An afternoon snack is provided daily. Campers are divided in age-appropriate groups of youth who are entering Grades K-7th. All campers must be potty-trained.



Not affiliated with Butler Area School District

CAMP BREAKTHROUGH 24

THEME WEEKS

Week 1: Ice Age ~ June 10 - 14, 2024

- Break the ice into summer with Sid and the crew from the Pixar classic!
- Fun ice breakers activities so campers get to know each other and their counselors
- Learn about Promise – Strength – Attitude – Leadership – Manage

Week 2: Ninja Turtles ~ June 17 - 21, 2024

- Do you have what it takes to become a ninja turtle!? Find out through weekly challenges
- Make your own turtle mask
- Are you most like Leo, Ralph, Donnie, or Mikey!?

Week 3: The Great Outdoors ~ June 24 - 28, 2024

- Add to the Camp Breakthrough rock snake
- Nature Art
- Outdoor exploration!

Week 4: Red, White, & Blue ~ July 1 - 5, 2024 (no camp on July 4)

- Red, white, and blue games and contests to celebrate USA's birthday!
- Learn some fun about America with trivia and games
- Make a patriotic firecracker!

Week 5: Tie Dye ~ July 8 - 12, 2024

- Create tie dye t-shirts!!! (Each camper will need to bring their own plain white t-shirt)
- Neon Wars – fun color team challenges and games throughout the week
- Learn about how colors effect our moods and diets!

Week 6: Beach Bash ~ July 15 - 19, 2024

- Come to the Breakthrough Beach for a week of games and fun in the sun!
- Water sports and activities
- Try your hand at our beach ball relay!

CAMP BREAKTHROUGH 24

THEME WEEKS

Week 7: Jurassic Park ~ July 22 - 26, 2024

- Come on a dinosaur hunt and adventure!
- Create your own dino while learning some facts
- Fossil projects

Week 8: The Amazing Race ~ July 29 – August 2, 2024

- Brain teaser and athletic challenges throughout the week!
- Team competitions
- Value of working together

Week 9: Be Your Best You ~ August 5 - 9, 2024

- What is one thing you want to learn during the 2024-25 school year?
- Weekly surprise challenge!
- Build on “Be Your Best You” and Summer send-off

Week 10: Splish Splash ~ August 12 - 16, 2024

- Soak up the sun and water fun before school starts!
- Water Limbo, Balloon Bowling, & more games!
- This week is centered around being outside and playing in the water (weather permitting)

Week 11: Golden Tornado Pride ~ August 19 - 23, 2024

- Meet some of the Golden Tornado varsity athletes
- Make a tornado of our own / design own GT gear!
- Show your Golden Tornado pride!

* Parents will be notified of the plans entering that week of camp via email newsletter communication!

CAMP BREAKTHROUGH 24

DAILY SCHEDULE

Camp runs weekly, Monday through Fridays from Monday, June 10 to Friday, August 23, 2024.

Here is a tentative layout of our daily schedule at Camp Breakthrough:

- 6:45am to 8:30am = Arrival of campers, check-in, & free gym play
 - Breakfast supplemental items are available for each camper
- 8:30am to 9:00am = Our Morning Pump-Up Meeting for the whole camp
 - Discuss the day's plans and share a moment of positive motivation
 - Build the culture among campers with a short camp-wide activity
- 9:00am to 11:30am = Morning Activities
 - Each age group has an assigned order of activities that their counselors will lead them on throughout each day
 - Would include swim time for various groups (based on our schedule with Alameda)
- 11:30am to 12:15pm = Camp-wide Lunch
 - The entire camp will enjoy their packed lunch with friends
 - Time to cool-off and relax either outside or inside
- 12:15pm to 3:00pm = Afternoon Games and Activities
 - Each age group will resume an assigned order of activities that their counselors will lead them on throughout each afternoon
 - Would include swim time for various groups (based on our schedule with Alameda)
- 3:00pm to 3:30pm = Snack and "Camp Gather Around"
 - Serve snack to every camper, we will have an opportunity to share/build together
- 3:30 to 5:30pm = Free Play and Parent Pick-up
 - Supervised free play for all campers as we wind down the day & parents arrive for pick-up

*** On Field trip or Camp Adventure days, there will be a schedule applicable for that specific day***

CAMP BREAKTHROUGH 24

COMMUNITY

Another one of our pillars at Breakthrough-Butler is taking community. I like to say, “Take care of you, your friends and family, others, and this community.” How do we define this?

1. Take care of you: It starts here by valuing yourself. Positive self-care, taking time to enjoy things that you like, being proud of who you are the major vehicles of mental and emotional well-being. Taking the time to get up and move/exercise is how we better our own physical health. But this also is learning, growing, and being open to building on these areas, personally and socially. Being your best you, can be something very small or big, or just being consistent each day. It starts here.
2. Take care of your friends and family: Talk ~ about the parts of your day, ask about others' day, and be an active listener. Naturally people crave relationships. Nurture the ones you have and help them grow as you grow. An incredible secret of life is when we help or support our friends and family, it makes us feel better and usually allows us to build in our own way.
3. Take care of others: We do not have to be close friends with everyone, but we need to respect everyone. Respect differences without being judgmental.
4. Take care of your community: Have pride in where you live and come from! This means keeping your surroundings clean, not breaking things, and even helping to improve it! Build a culture of valuing Butler, PA and things will turn upward. Make good choices 😊

Remember our five cores? Promise, Strength, Attitude, Leadership, and Manage all are found in my phrase of “Take care of you, your friends and family, others, and this community.” The **promise** to better yourself, support other people, and value your community. Living these out daily requires **strength** and the **attitude** to push forward, which on some days is just getting up and putting a smile on! Part of being a **leader** is valuing yourself, let alone your own personal growth. Great leaders push and value the success of those around them and others. **Manage** yourself, your role in other relationships, and how you take care of the space you are in is the last part of the puzzle ~ literally as it all circles back around to connect to ultimately a better you!

CAMP BREAKTHROUGH 24

BE ACTIVE

Throughout the summer Camp Breakthrough implements a focus on being active. This gets implemented in three areas: sports, free play, and swim. Being physically active aides mental and emotional health, confidence, and creates room for relationship building. The power of getting up and moving!

1. Sports ~ This is when various sports and gym class games will be played and led by our counselors. Campers will be able to play games they like, learn new ones, or give a game a try. Through sports teamwork is encouraged, which builds on our culture of being the best you through growing your own skills but by helping and cheering on others. We will also focus on different sports and game structures during a few of our weekly themes!
2. Free Play ~ There will be multiple times throughout the day where campers will have room for structured free play. This is when campers can play simple games i.e. tag, sharks and minnows, red light – green light, or pick-up games of football or basketball, etc. The time in-between drop-off and our morning welcome and the time from after snack until parent pick-up are the daily allotted times for free play. Counselors will supervise to ensure a positive and safe environment is maintained. Free play is the athletic version of creativity and allows campers to work as a group and be creative, all while having fun and being active.
3. Swim ~ We plan to swim at Alameda each week. Swimming is another way to be physically active while cooling off from the summer heat! The Alameda lifeguards will make sure everyone is being safe in and around the water, while Breakthrough counselors will supervise, interact, and swim with their respective groups!



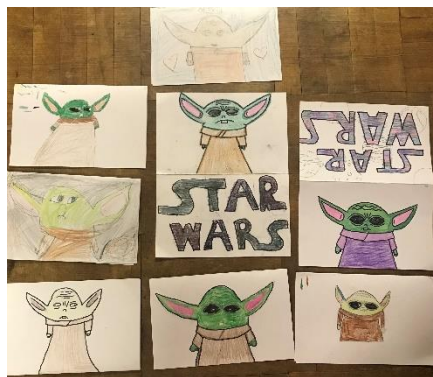
CAMP BREAKTHROUGH 24

ARTS

Each week of camp will feature various themes. Throughout summer we will have various art projects and craft activities. Campers, in activities led by Breakthrough counselors, will explore different kinds of art with the room of stretching their creativity. Some of the areas of art we will incorporate throughout the summer are:

- Drawing
- Painting
- Portrait art
- Bead and necklace creations
- Photography
- Poetry
- Collage creations
- Musical activities

Expression through art is in part of the journey to letting the best version of themselves shine forward. Our goal is to give each camper the room to be creative while learning and exploring art in all its different forms. Through this common bonds will be developed, while much more will be learned about each other and oneself in addition to the craft at hand.



CAMP BREAKTHROUGH 24

WELLNESS

A major focus of Breakthrough-Butler is on mental and emotional health.

- ❖ **Mental health** ~ Part of the ability to understand and handle our moods, psychological and social well-being, and how we handle situations. Also affects how we relate to other people, how we think, feel, act, and the choices we make.
 - Positive environments, helping others, learning skills and knowledge, connecting with others, physical activity, and building healthy relationships are all ways to improve and/or maintain a healthier state of mind.
 - The brain is a muscle, so just like our bodies we must work it like one (Brain Gains).
 - Meditation is a great and easy way to work your brain.
- ❖ **Emotional health** ~ Part of the ability to understand and handle our moods, personal and social situations. Plays a role in our social well-being by measuring the quality of our experiences. Affects how we relate to other people, how feelings are expressed, thoughts, actions, and words. This is an extension of mental health that is a direct reflection of how a person can be at their best, or make the best decision, in any situation.
 - Being able to identify your own emotions, understand their value, and learn how to express them is on the path to becoming the best you.
 - Tips to improve emotional health: Identify, build on, and live on personal strengths. Learning to see the positive in any situation and build on resiliency. Positive self-talk and self-imagery. Take time for you. Build a solid circle of friends.
 - Meditation is a way to central your being and recognize emotions.
- ❖ Positive Mental and Emotional Health propels people to:
 - Cope with the changes and stresses in life
 - Develop, build, and realize their full potential
 - Increase in self-confidence, motivation, and productivity
 - Make meaningful contributions to their communities and their peers