



Muscular
Dystrophy
Association

MDA SUMMER CAMP

2023 MDA Impact Report



MDA Summer Camp

MDA Summer Camp is a magical place. A place of complete inclusion, empowerment, exploration, and growth. A place that transcends all perceived barriers for those living with neuromuscular disease. The magic is in the experience of trying something new, developing genuine friendships that last a lifetime, learning to be your own advocate, and discovering more of yourself. MDA Summer Camp is a fundamental experience that fosters independence, confidence and well-being, for kids, young adults and volunteers alike.

MDA partnered with some of the top camp facilities in the nation and hundreds of dedicated volunteers to help facilitate the magic. All the facilities feature accessible accommodations, adaptive programming and experience in serving medical populations. Additionally, MDA prioritizes partnering with facilities that are accredited by the American Camp Association, whose standards focus on health, safety, and risk management. Volunteer counselors participate in the camp experience alongside the campers, through both traditional and themed camp activities and crafts, all while also supporting their physical and personal care needs. Volunteer health professionals remain on-site for the duration of the sessions to support the medical, emotional, and social health needs of the camp community. In 2023, MDA continued to prioritize review and development of health management procedures to ensure the best health care experience for the complex and evolving needs of the neuromuscular disease community.

Virtual Summer Camp continues to be a popular and meaningful experience for individuals who prefer to experience the joys of MDA Summer Camp from the comfort of their homes. Outfitted with a Supply Kit that includes all the necessities to fully participate in the program, campers join in on arts and crafts, STEM and cooking activities and spend time connecting with their fellow campers and volunteers during Cabin Chat video calls.

No matter the location or activities, what matters most about MDA Summer Camp is the community and sense of belonging campers feel just by being there.



Memories from 2023

MDA SUMMER CAMP

I am absolutely amazed at my son's confidence and self-reliance after just one week at camp! Thank you, MDA, volunteers, and sponsors!"
- Camper Parent



building confidence



"My son LOVES camp!! It is the only place in the world, besides our home, that I think he doesn't feel like an outsider, a burden, a spectacle, or just too different. It brings him so much joy to go every year, & he is always sad to leave & have to wait another year for the experience."
- Camper Parent

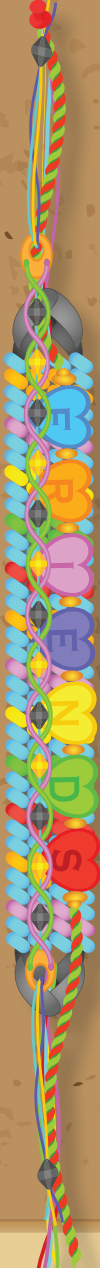


ANNIE!

"Knowing that Annie had such a wonderful time at camp was incredible I think for all of us. She truly did not want to come home. She seemed to appreciate everything about it - and was so thankful that she could go, and so were we. Knowing she was safe, and more so that she felt empowered and free, and independent was sort of magical. She came back with sadness to leave her camper friends, but a newfound confidence and sort of pride in herself."
- Annie's mom



"My son came home in the best mood [he] has had in a long time. As a teenage boy, it's challenging to be different. But his exposure to others at camp has helped him realize he is not alone and he can live a rewarding, happy life, despite the challenges he faces."
- Camper Parent



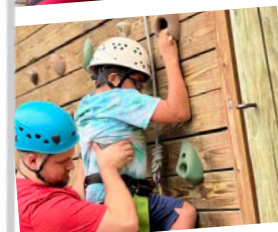
I just wanted to let you all know what a WONDERFUL time Noah had. He did not stop talking for the 2 hour ride home... we cannot thank you all enough. The counselors, volunteers, and staff cannot know how much this means to these kids. Finding a place where they can participate and meet kids like them along with giving a break to families at home is priceless. Noah said he just wishes he could go more weeks... Thank you all so much!! He is already excited for next year!
- Kelsey, Noah's mom



NOAH!



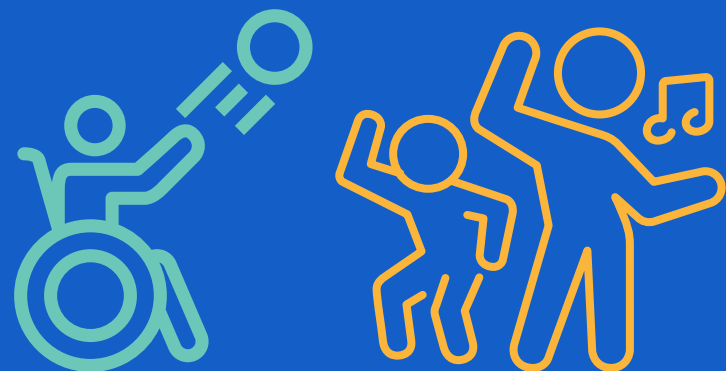
I just wanted to say thank you so much from the very bottom of our hearts for all that you all do for our kids. Troy had the most amazing time at camp. He said it was "the best week EVER"! Please know how lifechanging and fulfilling this week is for our kids. I know you know, but we can never say thank you enough. Please pass these words on to every single person who was involved in making this week possible. Have a great summer and we will see you all next year!
- Stephanie, Troy's mom



MDA Summer Camp By the Numbers

815 total campers

15.7% total increase in campers from 2022 to 2023



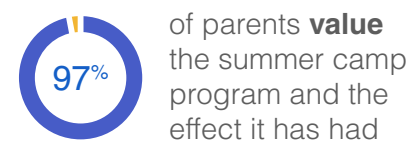
“MDA camp [has] been the highlight of my summers since I was 8. It has taught me how to come out of my shell and make new friends. Those friendships have now become permanent and ones that I look forward to reestablishing every summer. Camp is where I feel most comfortable and where I want to be.”

– Abby L.
MDA Camper and MDA Ambassador



What skills did your child learn at MDA Summer Camp that they have used outside of the camp environment?

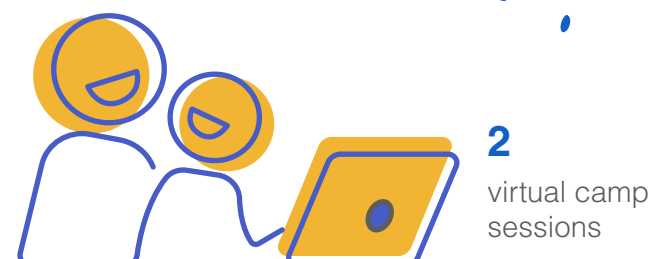
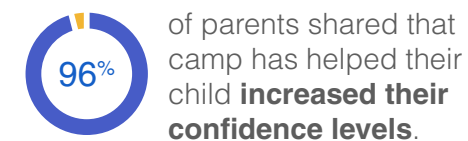
1. Social skills
2. Independence
3. Confidence, Positive self-image



We asked parents...

What three words would you use to describe your child's MDA Summer Camp experience?

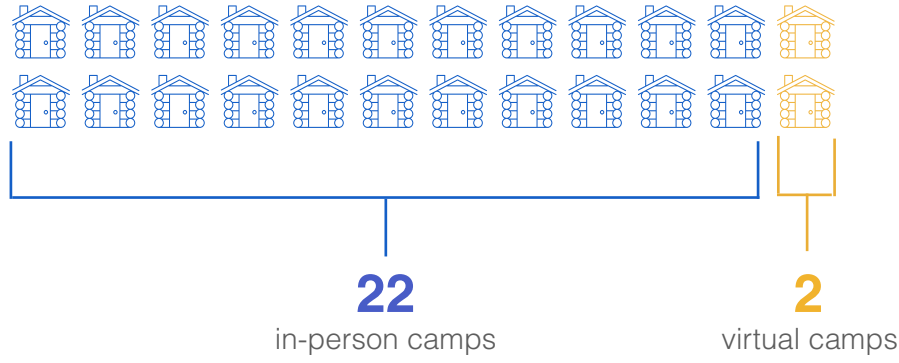
- Exciting
- Friendships
- Memorable
- Fun**
- Amazing
- Life-changing
- Awesome



MDA Summer Camp By the Numbers



24 MDA Summer Camps in 2023



815 MDA Summer Campers in 2023



172 first year campers
119 in-person
53 virtual

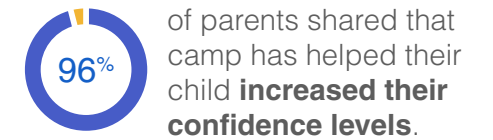
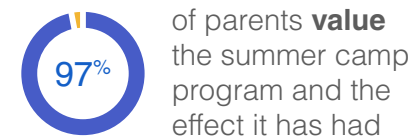
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Camp Fun!

- Favorite Activities**
- Neon Dance
 - Talent Show
 - Messtival
 - Ziplining
 - Banana Olympics
 - Swimming



3,000 used at the neon dance



7.7K oz of shaving cream used at messy games activity



93 bananas used in banana Olympics

Volunteering at MDA Summer Camp

“Camp is pure magic. If you've been once, it's the easiest decision in the world to return year after year.”

– MDA Summer Camp Volunteer from Timber Pointe Outdoor Center in IL



Volunteer Survey

Hear what summer camp volunteers had to say!

99%
 say they left camp with a better understanding of neuromuscular diseases

97%
 say they feel like they belong in the camp community

91%
 said that volunteering is beneficial to their career

Volunteers in 2023

570
 total volunteers

550
 in-person volunteers

20
 virtual volunteers

“It was honestly the best week of my life. The happiness brought to the kids was so contagious that I've never felt this happy before. I will definitely be coming back next year and would recommend everyone to be a part of this beautiful experience.”

– MDA Summer Camp Volunteer from Florida Elks Camp in FL



“I started volunteering at MDA Camp in 2018 as a medical provider. I know many of the campers from clinic and camp provides a space I am able to bond with them in a different setting. I am able to witness the campers have opportunities they would not experience outside of the camp. Camp provides them adaptabilities to have a true summer camp experience! MDA Camp has become the best week of the year for me also and I look forward to it every summer!”

– Kathryn S. CPNP
 Medical Team Volunteer & MDA Care Center Team member



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 LinkedIn: Muscular Dystrophy Association

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 TikTok: @mdaorg

 Twitch: MDA_LetsPlay

 Discord: MDA Let's Play

