

ALPINE CAMP FOR BOYS 2010 MASTER ACTIVITY LIST

Archery is a classic camp activity and one that campers particularly enjoy. Archery classes provide campers with the opportunity to learn and develop new skills while still having fun with challenging games and shooting competitions. Alpine is a member of the Camp Archery Association; therefore, boys are able to work toward different awards, certificates, and brassards. *All campers are eligible to participate in archery.*

Basketball activity classes include work on the fundamentals of the game and the opportunity to compete in games and drills. For the younger participants, skills such as dribbling, shooting, and passing are the focus of basketball. For the older campers, work on the finer points of the game includes offensive and defensive strategy. *All campers are eligible to participate in basketball.*

Canoeing is an enjoyable activity on the Little River that flows right through the camp property. The river finds campers paddling up to "high rock" or racing their funyaks to the bridge. Boys must pass their swim test before they can take canoeing. *Canoeing is offered to all age groups.*

Climbing is an introduction to techniques and skills in this growing sport that involves the use of safe equipment on our state-of-the-art climbing tower and is taught by certified climbing instructors. We also have an indoor Bouldering Barn where campers can safely hone their climbing technique. *Climbing is available to boys who have completed the fifth grade prior to coming to camp*

Crafts offers boys the opportunity to be creative and enjoy a non-competitive environment. It is a class where boys enjoy making various projects while sitting in the cool shade of the Craft Shop porch and enjoying the company of campers and counselors. *All campers are eligible to participate.*

Disc Sports/Frisbee 101 is a "must" activity for the Frisbee enthusiast. This activity will focus on the development of Frisbee throwing and catching techniques that will then be displayed both in rousing contests of "Ultimate Frisbee" and challenging rounds of Frisbee golf on Alpine's world-class 18- "hole" courses. No prior expertise is required. *This activity is reserved for boys who have completed fourth grade.*

Earth Games is silly, creative, imaginative, adventurous, and is above all, filled with lighthearted youthfulness. Earth Games is different each year. Earth Games is always exciting, potentially mischievous, and possibly life changing. It gives the guys a chance to get a little muddy, incorporate nature, and simply be a boy. *Earth Games is open to all age groups.*

Fly Fishing (Cane Pole Fishing in Jr Camp.) Younger boys enjoy traditional cane pole fishing in Alpine's own pond stocked with bream and bass that are anxious to be caught. Our older campers interested in fly fishing can learn how to tie a fly and test their casting skills from the banks of the Little River. *All fishing equipment will be provided by Alpine. Please do not bring your own equipment from home.*

Advanced Football is available for 7th-9th graders who play football at home. Advanced Football includes a combination of football-specific conditioning drills and weight training along with basic instruction in the fundamentals of the game. A must for any boy headed to summer training after camp.

Guitar: Camp is a great place for our older campers to improve their guitar skills. We offer classes with individual instruction based on varying levels of skill. Please bring your own guitar if you plan to take guitar classes. *Available to campers who have completed the 6th Grade.*

Horseback is a traditional camp activity that offers campers the chance to do something they cannot do at home. Boys in Horseback will learn basic horsemanship skills like horse handling, grooming, and basic riding skills that will lead to controlling a horse on a trail ride. Riding boots with a smooth sole and well-defined heel are required for Horseback. *All campers are eligible to participate.*

Minor Sports' main purpose is to encourage sportsmanship and teamwork in an environment that is less competitive than other traditional sports-centered activities. Minor sports plays games that are not "major," but are major fun. Many of our Minor Sports activities were invented right here at Alpine. Games such as petanque, ultimate kickball, protector, eliminator, and grasketball are the heart of minor sports. *Minor Sports is open to all age groups.*

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Mountain Biking offers campers a chance to learn the skills of off road biking and experience the challenging and beautiful trails of Alpine as well as those in close by DeSoto State Park. Alpine provides all Mountain Biking equipment (please do not bring your own bike). *Available to Campers who have finished the 6th Grade.*

Physical Training-Running and Weightlifting is an opportunity for our older campers to improve physical stamina and strength. We employ an organized system of weight training, conditioning, and cross-country running. *PT-Running is available for campers who have completed 6th grade; PT-Weight Lifting is available for campers who have completed 7th grade.*

Project Adventure is one of the most popular activities at camp. P.A., as it is referred to around camp, promotes the "team effort" concept. It is more important for the team to succeed than the individual. The group is encouraged to evaluate and plan ways in which all members can succeed together. For these reasons, it is the staff's priority to concentrate on the safety of each group member and allow the group itself to develop their own way to safely and effectively accomplish a task. During Junior Camp, a course involving our low elements ropes course, initiative games, and the zip line is offered to boys finishing the first grade through the fifth grade. During 1st Term and 2nd Term, we open up the "High Ropes" section of the course for our older campers.

Riflery is a popular activity at camp. It is the objective of the Riflery Program to teach campers a sound respect for firearms, to provide campers with basic rifle marksmanship instruction, and to teach campers the fundamentals of firearms and hunter safety. Boys are instructed in the use of .22 caliber, single shot rifles and Air rifles. *Riflery is open to all age groups. 1st, 2nd, and 3rd graders will be instructed using air rifles. 4th graders and up will use .22 caliber rifles and the air rifles.*

Swimming is an activity that is as old as the camp itself. Alpine has a state of the art outdoor pool that is perfect for campers to cool off on a hot summer day. From swimming relays to water volleyball, the Alpine pool is a popular destination for boys of all ages. Swim test required. *Swimming is open to all age groups.*

Team Sports *is open to all age groups.* The focus of this activity is both to develop sport related skills as well as strengthen the notions of team camaraderie and good sportsmanship...and, of course, to have a lot of fun! Campers will be placed on teams that will compete daily on the Team Sports Field "gridiron." Each camper will have the opportunity to try his hand at different positions in a variety of popular field sports.

Waterfront offers a way to enjoy a cool dip in the Little River on a hot summer day. Activities can range from using the aqua jump, the blob, the "Wet Willie" water slide, the spinning log, and the zip line. All waterfront staff have their Life Guard Training Certification through the American Red Cross. Swim test required. *Classes are set up by age and abilities.*

Tennis offers opportunities for instruction in specific strokes and skills, the rules of the game, and common court courtesies. Many boys come to camp never having played tennis. The staff is mindful of the differing levels of skill and organizes classes to accommodate for these differences. No matter if the camper owns his own racquet or needs to borrow one from Alpine. *All campers are able to participate.*

Video is our newest class at Alpine, and is only offered for the oldest boys at camp. This class allows boys to write, direct, shoot, edit, and star in their very own movie production. It's tons of fun, and we are always impressed with the creative product. *Video is offered to boys who have completed 8th or 9th grade.*

Wilderness classes are intended to teach boys skills that increase enjoyment of the natural world and make camping more fun! Activities range from exploring the woods with a compass to cooking basic Dutch oven meals. *Wilderness is offered to all age groups.*