

ALPINE CAMP FOR BOYS

2011 JUNIOR CAMP ACTIVITY OPTIONS

Archery is a classic camp activity and one that campers particularly enjoy. Archery classes provide campers with the opportunity to learn and develop a new skill 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 and certificates while at camp. *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.*

Bouldering offers the exciting experience of climbing without ropes, and helps campers develop beginner rock climbing technique. The Bouldering Barn is any young climbers dream: an open air gym with climbing holds covering every wall and a soft crash pad floor. **Bouldering is offered to campers who have completed 4th grade prior to coming to camp.**

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 funyak 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 the growing sport of climbing that involves the use of safe equipment on our state of the art climbing tower. Campers can also hone their skills indoors at the Bouldering Barn. Taught by certified climbing instructors. **Climbing is available to boys who have completed the 5th 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.*

Earth Games is silly, creative, imaginative, adventurous, and is above all, filled with lighthearted youthfulness. Earth Games is different each year. It is always exciting, potentially mischievous, and possibly life changing. *Earth Games is open to all age groups.*

Fishing is an activity that we introduced a few summers ago. Boys who enjoy traditional cane pole fishing may want to try this activity. Alpine has a pond stocked with bream and bass that are anxious to be caught by campers. *All fishing equipment will be provided by Alpine. Please do not bring your own equipment from home.*

Flag Football 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 on his team.

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 4th & 5th grades.***

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. Long pants and riding boots or shoes with a defined heel are required for Horseback. *All campers are eligible to participate.*

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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 grassetball are the heart of minor sports. *Minor Sports is open to all age groups.*

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 1st grade through the 5th grade.

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 & 5th graders will use .22 caliber rifles and the air rifles.*

Soccer is becoming more and more popular at camp. Classes are designed to develop a progression of skills, activities, and games. Because skill, maturity, and physical development differ by age, each class is set up for different age groups. *Soccer is open to all age groups.*

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.*

Trash Can Band made its Alpine debut in the 4-week sessions a few years ago. Trash Can Band has been a huge hit (no pun intended) in all three sessions. Basically, you use a big, aluminum trash can like a drum and have lots of fun doing it! *Trash Can Band is open to campers who have finished the 5th Grade.*

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, playing water basketball, and using 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.*

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.*