



2019 Class Guide



Archery

Archery has been a Camp tradition since the beginning of American summer camping, and we proudly continue that custom here at L.G. Cook 4-H Camp. Campers learn the physical control needed to operate our bows, how to patiently acquire accuracy, and how to take steps to improve, no matter what their skill level may be. Practice then makes perfect, and our campers will have lots of practice by taking plenty of shots and having plenty of fun.



Bullseye

(ages 12 and up)

Our new advanced archery class builds on camper's existing archery skills through a series of different challenges and contests. This class will feature all sorts of various games, moving targets, and puzzles that will need pin-point arrow accuracy to beat.



Long Range Archery

(ages 12 and up)

We've found a Camp law that is a constant, true 100% of the time: you can never have too much archery! Which is why we're thrilled to introduce a third archery class to the 4-H Camp curriculum. This class (as you may have guessed from the title), will utilize our Long Range, and will allow archers to try their skills at advanced distances, building all the way up to shooting from one hundred feet away from the target. These distances will allow campers to adjust tactics to overcome the expanse, hone their accuracy with various kinds of targets, participate in some unique new archery challenges, and height will even be brought into the equation when we bring out our flu-flu arrows. Here at 4-H Camp, we're all about finding ways to make great ol' things new again, and Long Range Archery will be doing just that by taking this classic camp favorite to a whole new level.

New
for
2019



Recreation
Classes

Disc Golf Skills

Our Disc Golf Skills class will teach campers how to throw official Disc Golf discs for both distance and accuracy. They'll work on these skills through games, activities and the best way possible: by playing on our Camp Disc Golf Course. They will focus on the first four holes of the course, each of which has various lessons to teach our beginning players about the game.



Recreation Classes

Disc Golf Open

(ages 12 and up)

Our advanced Disc Golf course moves past the basics, and throws our campers right onto our 9 Hole Disc Golf Course. They'll travel through the bowl, behind the cabins, and into the woods, exploring some beautiful and previously un-utilized sections of forest on Camp while playing a fun and competitive sport that anyone can enjoy.



Throwing Stuff

There's a simple fact is that throwing stuff is fun, and our Throwing Range let's our campers indulge in as much of that fun as they'd like. Campers will hike back to our secluded range, collect that day's projectiles, and safely engage in the time-honored tradition of hurling objects at a variety targets in a series of Camp-made, rustic, natural and wild carnival games.



Lawn Games

Nothing beats some leisurely recreational lawn activities as a way to while away some Camp hours. Teams will be formed, team names christened, chants chanted, and campers will experience both the glory of victory and the laughter of leisure game defeat. Ladder ball, bags, bocce ball, can jam, horseshoes, and many others will be among the available choices. On the last day of class, they'll even construct and compete in a Lawn Game of their own invention.



Team Sports Roulette

(ages 12 and up)

New
for
2019

An active class for some of our older campers! (Why roulette? Anytime have an activity where we all rotate around and try a bunch of things, we call it a roulette. Why? Because we do!) Some fun in the sun (or light rain), as campers get to enjoy themselves outside playing some classics like volleyball, wiffle ball, badminton, kickball, as well as some not-so-classic, Camp-only team games. We're thrilled to introduce this new option for our campers who just can't get enough of running around and playing outside.



Recreation
Classes

Walk and Talk

In Walk and Talk our campers will amble, stroll, and saunter through beautiful sections of Camp's forests and along its streams and relax and some great hidden destinations on site. On the way (led by their counselor talk-show-host) they'll chat, banter, and discuss a vast variety of topics, all the time making new friends and getting to know each the better.



Camp Journal

Campers will document, record, and expound upon the goings-on and unique experiences of their Camp week. The class will travel to all sorts of peaceful and inspiring sections of 4-H Camp, and the variety of writing prompts will be certain to get all our campers' creative juices flowing! At the end of the class, all campers will be left with a memoir of their own Camp week.



Movers and Groovers

New
for
2019

For campers who like to move, campers who like to groove, and campers who wait all week long for the Camp Schmance...wait no longer! One of the most requested classes over the last few seasons has been a dance class - and we're happy to deliver with Movers and Groovers. Of course, this will be a Camp style class - meaning if you've never considered taking a dance class before, this campy class might be right up your alley, and if you've enjoyed dance previously, you've never taken a dance class quite like this.



Creative Arts
Classes

Junkyard Band

The maintenance shop, kitchen, and other forgotten corners of camp have been raided and what we have is a pile of...junk. This class takes that pile of junk and transform it into a variety of musical instruments, and then those instruments are turned into a functioning band. The band will compose and practice some junkyard tunes and perform them as the house band at our Closing Campfire.



Camp Crafts

Nothing says "Summer Camp" like some classic arts and crafts. Campers will get the chance to dabble in the many activities Camp just wouldn't be the same without. Tie-dye, painting, friendship bracelets, and some other unique-Camp-only-craft inventions will be on the agenda as campers explore their own creativity in the Craft Shop.



Pottery

Camper's will experiment with the many ways to mold clay, get to spend some time learning and practicing the art of the pottery wheel, and walk away from the class with some memorable Camp-made keepsakes.

Repurposed Art

Why throw it out when you can turn it into art? Our new Repurposed Art class will ask this question of recyclables, pieces of supposed trash, and all sorts of other disposable ever day items with a variety of projects that will show off the potential all mundane or forgettable objects hold inside of them.

Creative Arts
Classes



Dramatic Storytelling

Our advanced drama class focuses on the important dynamics of storytelling. The students will work together to create their own unique characters and act out original tales, while learning some basic story-structure and story-telling vocabulary along the way. The main goal is to create a skit that kicks off our Closing Campfire and serves as an end of week Vespers to help sum up their time at Camp.



Creative Arts Classes

Improv

Campers will learn the virtues of being loud, crazy, and thinking on their feet! They will play a multitude of fast-paced theatre games introducing the basics of dramatic performance. Not only will they stretch their creativity, search their imagination, and build their self-confidence, but they will also create a skit to be performed at our Thursday Night talent show.



Talent Show Production

One of the all-time great Camp traditions since time immemorial is our Thursday night spectacular, and a team of campers have creative control of every aspect of the show. From designing the theme and presentation to organizing the line-up, to making sure everything goes smooth back-stage to hosting the show itself, this class offers an up close and hands-on role in one of everyone's favorite Camp evenings.



Fishing

Who doesn't like a relaxing hour spent fishing by the lake? Campers will learn how to cast, catch, release and identify fish. They will also spend most of the class actually fishing, enjoying the serene view of Lake Shawanni while trying to reel in a bass with Camp's patented bait...leftover breakfast sausage.



Survival Challenge

The woods may seem like a harsh environment, but there are all sorts of tools around waiting to help, if you just know where to look. Campers will learn how to make a fire, obtain clean water, and build a shelter and handle all sorts of other surprises the elements throw at them. All of this will be accomplished through a series of fun, competitive team-work related challenges and scenarios.



Trail Guide

Trail Guide is an intro-to-everything-outdoor-education class. Campers in Trail Guide will learn the basics of hiking through traversing many 4-H Camp's different trails and get a crash course in fire building and some other outdoorsy skills.



Environmental
Education Classes

Camp Naturalist

(ages 12 and up)

An advanced EE course devoted to the specific ecology of Stokes State Forest. Learn to identify the many different species of trees on Camp, how to spot animal tracks, and just get a greater natural knowledge for the wonderful 108 acres of forest that Camp calls home.



Environmental
Education
Classes



Eco Detectives

An introductory ecology class, great for younger campers. They will explore firsthand about the forests, fields, and swamps at Camp, collecting and studying specimens along the way. They'll also complete a nature scavenger hunt and discover some other fun ways to learn about and interact with our environment.

Ranger

(ages 12 and up)

Campers will learn the history, geography and philosophy of the Appalachian Trail. The main event is a hike on the AT itself. Campers will learn trail etiquette, see a trail shelter, and walk awhile along the trail for a taste of the experience. They will then enjoy a backpack lunch on a ridge with a scenic overlook.



Ultra Ranger

(ages 12 and up)

(BOTH Periods 1 and 2.)

One of L.G. Cook 4-H Camp's greatest attributes is the acres upon acres and miles upon miles of beautiful forest surrounding us all in directions. In our brand-new Ultra-Ranger double-period course, campers will explore those forests more thoroughly than ever before. For the vast majority of three of their camp mornings, participants will get to enjoy some great walks in the woods only available to campers in our Ultra-Ranger class. These hikes include: a loop both on the trail and off the beaten path through Stokes State Forest, a trip along the Appalachian Trail to one of the most stunning overlooks in the state, and a pack-your-lunch journey following Lake Shawanni's spillway out of Camp, down to a hidden gem in Delaware Water Gap National Recreation Area, and back home via Tillman's Ravine.

(Campers who sign up for this class should be prepared to do a good deal of walking on moderate-to-difficult wooded and rocky terrain, and must sign up for the class both periods 1 and 2.)

New
for
2019



Canoe

There's more to canoeing than just hopping in and paddling around. Canoe Class will introduce all the basic equipment and cover all the needed terminology. Campers will learn and master everything from J-Strokes to T-Rescues, all while enjoying quality time floating around Lake Shawanni.



Lake Shawanni Adventure

New
for
2019

Experience our waterfront in a brand-new way with Lake Shawanni Adventure! What's involved? A little bit of everything! There will be swimming, jumping, and boating, there will be explorations of every hidden cove and missions dispatched to distant shores, there will be utilization of some water-gear exclusive to Lake Shawanni Adventure. In short, it includes everything our campers love about our 4-H Camp waterfront and more they haven't even imagined yet. This class will be a little different each and every session, 'cause as our campers so well know, no 4-H Camp adventure is ever quite the same twice.



Kayak

Campers love zipping around the lake in our kayaks. If canoeing is about a team, then kayaking is the freedom of exploring the lake in a vessel all your own. Campers will learn the proper ways to steer and paddle, and that put what they've learned to the test with a series of games, races, obstacle courses, and even a trip circumnavigating Vespers Island. (Basic swim ability and a comfort in deep water is recommended for Canoe, Kayak and Lake Shawanni Adventure class. Boaters will be wearing lifejackets at all times.)



Waterfront
Classes

Water Games

What's our lake for? Playing in, of course! This is the simple focus of Water Games. Campers will engage in both individual and team-based games of all kinds and have a blast experiencing all the different sports and activities that can be dreamed up to be played in our swim area. They'll even improve their swim abilities and water endurance along the way.



Waterfront Classes

Lifeguard 101

(ages 12 and up)

Ever wonder what it takes to be one of those red-tube-carrying whistle-wearing guardians of Lake Shawanni? This class will go into various swimming strokes and techniques, as well as some basic drills and lifeguarding philosophies and protocols. Members of the class will get some great water safety tips, both for themselves and others who will be swimming with them.

This class offers no certifications and is not part of any professional lifesaving curriculum.



Canoe-nity Garden

We love to repurpose here at 4-H Camp, so we've taken some of our decommissioned canoes and rowboats and turned them into garden planters near the entrance to Camp. Campers will learn the basics of gardening, all while caring for and tending to (and of course watering) our Camp Canoe-nity Garden. Like everything else at Camp, the fun comes from getting your educational crash-course in gardening in a hands-on, in-the-dirt, learn-by-doing manner.



Community
Classes

Canoe-nity Cooking

New
for
2019

One of Camp's ol' favorite retired classes is making a triumphant return: yes, Outdoor Cooking is BACK and better than ever as Canoe-nity Cooking. The class will focus not just on the basics of preparing a delicious meal over the campfire, but on using our Canoe-nity Garden as one of the primary sources for our ingredients. Canoe-nity Cooking will feature a crash course in firebuilding, an introduction to some basic principles of cooking, recipe, ingredient preparation, and build to a team iron chef challenge - with bonus points for every ingredient used from our garden.



CIT I: The Camp Community

(ages 15 and 16)

Our oldest campers often know that 4-H Camp is a special place from the multiple summers they've spent here. Our CIT I class allows them the opportunity to engage in a deep examination of what makes this Camp community tick, and to begin to take a behind the scenes look at the work needed to create the kind, respectful, and supportive environment that we endeavor 4-H Camp to be. Our CIT I program involves several deep discussions sharing the CITs' individual camp experience, various team-building activities, and some Camp service projects. They will also partake in a unique CIT I only camp-out, that will serve to help the group get to know each other, as well as provide another opportunity to look into what makes "camp" Camp. In addition they may also occasionally have some added responsibility during All-Camp games or other events, and be expected to behave like a model camper at all points during the week. CIT I is the first step in our leadership program, and the beginning of a journey to one-day becoming a Junior Counselor, or perhaps even a full summer staff member.



Community
Classes



CIT II: The Camp Counselor

(age 16)

(BOTH Periods 1 and 2.)

Our advanced leadership class, for our oldest campers who have a serious interest in becoming a counselor at L.G. Cook and giving back to the 4-H Camp community in the future. Campers will take a deep look into the nitty gritty of what it means to be a residential summer camp counselor, and even get to experience some of it firsthand. This is a double class period course, and the campers will reflect on what Camp has meant to them, and investigate how they have changed as they've grown up over their years here. They will each be assigned counselor mentors, shadow classes and activities, lead songs at our campfires, and even help put the younger campers to bed in the evening. This class is a celebration of our oldest campers as they age out of our Summer Program, and their first step forward toward being a potential staff member in the future. Graduates of the CIT II program are eligible to apply to be Junior Counselors the following summer season. (This is a double period course – campers must sign up for both class periods.)

