

L.G. Cook 4-H Camp Course Offerings Booklet



Summer 2018

[Table of Contents:](#)

[Overview](#)

[Environmental Education Classes](#)

[Creative Arts Classes](#)

[Waterfront Classes](#)

[Recreation Classes](#)

[CIT Classes](#)

Overview

Days at Camp are jam-packed with all sorts of activities, and key among them are our Class Periods.

During online registration, campers select three classes to attend throughout their stay.

While class periods represent a relatively small portion of their overall time at Camp, they are a great opportunity for campers to choose a subject they're interested in that they will be guaranteed to focus some time on during the week.

Our classes meet three times throughout the week, for one hour and fifteen minutes sessions. This means each class has less than four hours of lesson plan time through the week. In this time, basic skills, knowledge and understanding of the subject will be introduced, as well as the important life skills that are echoed in all of our classes. We hope these classes will give our campers a chance to try something new, discover a passion or build on an existing one, and most of all enjoy the kind of learning that can only happen out of the classroom and deep in the world of Camp.

Environmental Education

Our Outdoor Education classes are the cornerstone activities at 4-H Camp. Camp's greatest resource is the beautiful 108 acres of Stokes State Forest we sit on, and our EE classes explore all of it.

Classes focus not just on our lake and Nature Center, but on all the woods surrounding Camp, and the trails that lead through it. Some trails tour through often unseen areas of Camp property, while others lead off-site to various natural areas like Tillman's Ravine, the Flatbrook River, and Appalachian Trail.

All EE classes teach outdoor living skills as well as appreciation of the forest, stewardship of the natural environment and responsible recreational habits. Perhaps the most important takeaway EE classes give our campers is a sincere enjoyment of their time outdoors, and learning how peaceful, mind-clearing, and rewarding a nice walk in the woods can be.

Survival Challenge: The woods may seem to be 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.

Fishing: One of our most popular Camp activities, because who doesn't like a relaxing our 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 keeping a look out for turtles and trying to reel in a bass, catfish, pike or pickerel with Camp's patented bait...left over breakfast sausage. Campers can elect to bring their own fishing gear, or use some of the supply Camp has to offer. (If bringing your own equipment, please de-barb your hooks)

Eco-Detectives: An introductory ecology class, great for younger campers. They will learn firsthand about the forests, fields, swamp and the pond at camp. In doing so they will collect specimens from the lake and streams around Camp, and complete a nature scavenger hunt.

Trail Guide: Trail Guide is an intro-to-everything-outdoor-education class. Campers in Trail Guide will learn the basics of hiking camp trails, get a crash course in fire building, and even get to enjoy some outdoor cooking.

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.

Ranger*: (Ages 12 and up) An advanced Outdoor Education class, Ranger concentrates on the near-by Appalachian Trail. Campers will learn the history, geography and philosophy of the trail. In addition, they will learn how to prepare themselves for a long hike, make trail-mix, and take care of themselves while walking. The main event of the course is a lunch-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. Campers will return with some great memories of the trail, and greater appreciation for hiking, and some really cool trail names.

Flatbrook Fishing*: (Ages 12 and up) Fishing has always been one of the most popular activities here at camp, and our advanced class gives a chance for the avid fisherperson to get even more experience with the pastime. In addition to learning some advanced techniques and more in depth information, the class will utilize some rarely fished areas of camp. The center piece of the course will be a long hike through Stokes State Forest to the Big Flatbrook River for some late morning trout fishing. Not only will they enjoy one of New Jersey's premiere trout fishing areas, but they'll have lunch on the banks of the Flatbrook before hiking back to Camp.

*All advanced EE classes will have the option of attending our Wednesday night Camp Out.

CREATIVE ARTS

Personal creativity, individual expression, and exploring what campers can make out of basic materials, thin air, and pure imagination are all key principles of Camp. Nowhere is this shown off more than in our Creative Arts classes. With the Craft Shop as its headquarters, this course area has classes focused on wherever our camper's creative talents may lie. Be they dramatic, musical, writerly, artistic, or classically crafty, there is a home for everyone in Creative Arts.

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.

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. You won't believe the treasures our campers can create out of what would otherwise be thrown away.

Improv: Campers will learn the virtues of being loud, crazy, and thinking on their feet in our improv class. 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 to be super-goofy on stage, but they will also create an original camp-centric skit to be performed at our Thursday Night talent show.

Dramatic Storytelling: (Ages 12 and up) 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 storytelling vocabulary along the way. In addition, they will work 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.

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 will take that pile of junk and transform it into a variety of musical instruments, and then those instruments will be turned into a functioning band. The class will teach different kinds of basic, simple instruments, and each camper will get to select and construct one of their own. The campers will then all come together, and find how their new junkyard instruments complement each other as the class plans and compose and practice a couple junkyard songs. They'll then perform these tunes for the camp as the house band at our closing campfire.

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.

Camp Journal: Camp Reporter is now...*Camp Journal!* Camp Journal is 4-H Camp's own creative writing class. Through various writing exercises, campers will get the chance to document, record, and expound upon the goings-on and unique experiences of their Camp week. The pieces may range from being a diary of their time in the cabins, to a partly-fact-mostly-fiction exposé on the zaniness of a session's particular theme. 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, written in a style specific to each and every one of them.

Talent Show Production: One of the all-time great Camp traditions since time immemorial is our Thursday night spectacular, the show of shows, the gold standard of All-Camp events, summed up in two words and two words alone: *Talent. Show.* In this brand-new class, for the first time ever, a team of campers will 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.

Canoe-nity Garden: For several years now, our most-requested-new-class-at-Camp has been campers, parents, and staff clamoring for a gardening program. We're now thrilled to be able to oblige, and with a good ol' Campy twist no less: our community garden is in fact a *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, tending too, (and of course watering) our Camp Canone-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. Why, the fruits, vegetables, and herbs our campers harvest might just even find their way to the Camp kitchen, onto the salad bar, or into that evening's meal.

WATERFRONT

One of Camp's defining features is our very own eight-acre lake, the lovely, beautiful, serene and refreshing Lake Shawanni. Every single camper gets to spend an hour each day doing lake activities during our Water Recreation Period, but for many this is just not enough. Lucky for them, enrolling in our Waterfront Classes ensures not just extra daily time spent in wonderful Lake Shawanni, but a chance to learn, develop, and build upon new waterfront skills.

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.

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

Kayak Class: Campers love zipping around the lake on one of 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 both Canoe and Kayak class. Boaters will be wearing lifejackets at all times.)

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? Our Lifeguard 101 class will answer that question and more. One of our advanced classes for older campers, the 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.

Recreation Classes

Our Recreation Classes are based on one of the most fundamental concepts of Summer Camp: enjoying some time playing outside. These classes include the 4-H Shooting Sports curriculum, our new Disc Golf course, and other classic forms of outdoor recreation. On our ranges, the first and foremost priority is safety, and everything that occurs in our shooting sports classes begins with our campers handling the equipment in a safe and controlled manner. All of our Shooting Sports instructors are nationally certified in the 4-H Shooting Sports program.

Archery: One of our most popular classes at Camp! 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 begin by learning the basics with an introduction to the needed equipment terminology and range rules. Beyond this, 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. They'll move on to covering stance, position, release and lots of practice. The fun of archery is in shooting the bow, so our campers will hone all they've learned by taking plenty of shots and having plenty of fun.

Air Rifle Accuracy: (Ages 12 and Up) With safety and personal responsibility as the first priorities, campers will learn the basics of shooting with our air powered pellet rifles. They will be instructed to observe range commands and follow proper protocol as they zone in on their targets and improve their accuracy through multiple shots. They will then test their skills in various target competitions.

Bullseye: (Ages 12 and Up) Our new advanced archery class builds on camper's existing archery skills through a series of different games, challenges and contests. This class will feature all sorts of different goals, varying distances, moving targets, and puzzles that will need pin-point arrow accuracy to beat.

Sure Shot: (Ages 12 and Up) Sure Shot is our shotgun class, and a great option for older campers who have enjoyed our Shooting Sports program and want to take it to the next level. Throughout this course campers will focus on the safety practices, operating technique, and traditional care of 20 gauge shotguns. They will get the opportunity to put these lessons to use by practicing and improving their aim firing at flying clay targets on our Long Range.

Throwing Stuff: There's a simple fact we've come to embrace here at 4-H Camp: throwing stuff is fun. It is *simply fun* to throw stuff! However, we'd often have to tell our campers (especially, but not exclusively, our *younger* campers) that it was neither the time nor the place to throw the rocks, sticks, and pine cones that lie around the forests of 4-H

Camp. But now, with the introduction of this brand-new activity, during our *Throwing Stuff* class IS the time, and our Throwing Range IS the place. Campers will hike back to our secluded throwing range, collect that day's projectiles, and safely engage in the time-honored tradition of hurling objects at a variety targets. Through a series of our camp-made, rustic, natural and wild carnival games, campers will get to put their accuracy, speed, timing, and strategic creativity to the test. It's yet another Camp offering of a way to simply enjoy yourself, having a fun time with some new friends, playing some simple games outside.

Lawn Games: Nothing beats some leisurely recreational lawn activities as a way to while away a couple hours at camp. The campers and their counselor instructor will choose what games they feel like partaking in each individual class, and they'll play until they feel like playing something else. 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, badminton and many other games 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.

Disc Golf Skills: – It all started with our campers attempting to throw a Frisbee into the wishing well, and has caught on like wildfire from there. Our Disc Golf Skills class will teach campers how to throw official Disc Golf discs for both distance and accuracy. They'll get to work on these skills through a variety of games and activities *and* the best way possible: by actually playing the game on our new 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.

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.

Walk and Talk: When our Camp Mission is distilled down to its purest form, it is basically this: for our campers to enjoy spending time with each other outdoors. This class is that idea at its simplest! 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.

LEADERSHIP

As our campers return year after year, summer after summer they eventually start to wonder “how can I become one of these energetic, cool Camp counselors I’ve looked up to for so long?” Our Counselor in Training Program is the first step to making that dream a reality.

CIT I: The Camp Community: (For campers who are 15 years of age.) Our oldest campers often know that 4-H Camp is a special place from the multiple summers they’ve spent here. However, 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 that will include spending some time in our brand-new Canoe-nity Garden. 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.

This course has been retooled and reimagined for Summer 2018, so participants will be the first to engage in this new Camp tradition.

CIT II: The Camp Counselor: (For campers who are 16 years of age.) 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 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 mean 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 on 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.)