

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



# Summer 2016

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## 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. (Offered Periods 1 and 3.)

**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. (Offered Periods 1 and 3.)

(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. (Offered Periods 2 and 3.)

**Trail Guide:** Our new 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. (Offered Periods 1, 2, and 3.)

**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. (Offered Period 3.)

**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. (Offered Period 2.)

**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. (Offered Period 2.)

\*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. (Offered Periods 1, 2 and 3.)

**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. (Offered Periods 1, 2 and 3.)

**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. (Offered Periods 1 and 3.)

**Improv (Drama I):** 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. (Offered Period 3.)

**Dramatic Storytelling (Drama II) :** Our second level drama class focuses less on the basic improvisation skills and is more about 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. 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. (Offered Period 2.)

**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. (Offered Period 1.)

**Camp Reporter:** A unique mixture of creative writing, journalism, and camp scrapbooking. Each camper will create their own story documenting something that occurred during their week of Camp. The final piece may be a diary of their time in the cabins, an interview with some staff, or a partly-fact-mostly-fiction expose' on the zaniness of a session's particular theme. At the end of the week, "all the news fit to print" will be published on our Camp Blog as a record of our reporters' time at Camp! (Offered Period 2.)



## Shooting Sports

There are numerous skills taught, built, and reinforced on our Shooting Sports Ranges. First and foremost of course is safety, and everything that occurs in our shooting sports classes begins with our campers conducting themselves and handling the equipment in a safe and controlled manner. Beyond this, campers learn the physical control needed to operate our bows and fire arms, how to patiently acquire accuracy, and how to take steps to improve, no matter what their skill level may be. Staff follow strict safety and operational guidelines in these classes. 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. They'll move on to covering stance, position and 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. (Offered Periods 1, 2 and 3.)

**Air Rifles:** 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. (Offered Periods 1, 2 and 3.)

**Shotgun:** (12 and Up) Shotgun is one of our advanced classes, 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 target on our Long Range. (Offered Period 1.)

**Bullseye:** 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. (Offered Period 2.)

## 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. (Offered Period 2)

**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-Stroke to T-Rescues, all while enjoying quality time floating around Lake Shawanni. (Offered Periods 1 and 3.)

**Kayak Class:** Campers love zipping around the lake on one of our kayaks. If canoeing is about 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. (Offered Periods 1, 2 and 3.)

(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 Basics 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. (Offered Period 3.)

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

## Recreation Classes

**Lawn Games:** Nothing beats some leisurely recreational lawn activities as a way to while away a couple hours at camp. The camper's 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. Ladder ball, bags, bocce ball, can jam, horseshoes, badminton and many other games will be among the available choices. (Offered Period 2.)

**Disc Golf: (12 and Up)** – It all started with our campers attempting to throw a Frisbee into the wishing well, and has caught on like wildfire from there. Our brand-new course will teach campers how to throw official Disc Golf discs for both distance and accuracy. They'll get to work on these skills the best way possible, but actually playing the game on our new Camp Disc Golf Course. They'll get to explore some beautiful and previously unutilized sections of forest at Camp, all while playing a fun and competitive sport that anyone can enjoy. (Offered Period 1.)

## 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:** (For campers who have completed the 9th grade.) CIT I is our introductory leadership course. The main focus of this course is teambuilding. Our CITs will learn how to work with a group of their peers to accomplish goals through shared experiences, individual talents, and creative problem solving. They will also devote time to discussing the ideas of leadership, and identifying traits of leaders as demonstrated by the counselors and staff here at Camp. 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. (Offered Period 3.)

**CIT II:** (For campers who have completed the 10th grade.) 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 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 to shadow as they assist in instructing a course, 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 the future of 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. (Offered Periods 1 and 2. This is a double period course – campers must sign up for it both class periods.)

## STEM Classes

New to Summer Camp, we've taken a couple of our favorite courses from our SET/MICRO Camp and will be exclusively offering them a few sessions throughout the summer. These are double-class period courses, and campers enrolled in our Stem classes will each be taking on a unique project while here at Camp. Our creative science classes focus not just on what exists, but what could exist. The only limit on what can be dreamed up and explored is our camper's own imaginations and the wide open space of the great outdoors allow our campers to experiment with new ideas and concepts in a way that wouldn't be possible within the confines of a classroom. At the core of all our classes are scientific principles which the campers will learn and put to use by applying them in their projects.

**Aliens:** Students in our brand new Aliens class get to build an extraterrestrial civilization from the ground up! Through various projects and activities they'll design the physiology of an alien species, the environmental make-up of their planet, the scope of their technology, and the entire history of their culture. The stars (and our camper's creativity) are the limits. (Offered Session #3, Periods 1 and 2. This is a double period course – campers must sign up for it both class periods.)

**Ocean Robotics:** There's only one thing cooler than robots: underwater robots. Campers will learn how scientists use Remote Operate Vehicles to monitor the ocean and use that knowledge to build an ROV and explore the depths of our very own Lake Shawanni. The program will focus on underwater gliders and Sea Perch ROVs. (Offered Session #4.

Periods 1 and 2. This is a double period course – campers must sign up for it both class periods.)

**Chuck It:** Nobody ever gets tired of objects being hurled through the air! Yes, as the name so clearly explains this class will be about items being thrown, hurled, launched, catapulted, flung, and chucked. Not only will the students construct different kinds of catapults, sling shots, and air cannons, but they will learn the physics of flight by examining the factors distance, speed, angles and velocity. (Offered Session #5, Periods 1 and 2. This is a double period course – campers must sign up for it both class periods.)

**Crazy Contraptions:** A favorite of the science and technology based classes, this class tests our campers inventiveness, knowledge, and patience. Using a random assortment of house hold gadgets, junk, and everyday items they must construct an insanely complex Rube Goldberg-esque machine designed to perform a very simple task. They will learn the basics of planes, wedges, pulleys, wheels, levers and screws and have to utilize them all to build their own unique Crazy Contraption. (Offered Session #6, Periods 1 and 2. This is a double period course – campers must sign up for it both class periods.)