

## ALPINE CAMP FOR BOYS - MASTER ACTIVITY LIST

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**PLEASE NOTE:** It is the sole responsibility of the parent to notify Alpine if your son is not allowed to participate in any activity. Otherwise, boys will automatically be allowed to participate when they reach the appropriate age level.

### **THESE ACTIVITIES ARE AVAILABLE TO ALL CAMPERS:**

**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. AGES: All ages

**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. AGES: All ages

**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. We have recently added 8 stand up paddleboards to our fleet. Boys must pass their swim test before they can take canoeing. AGES: All ages

**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. AGES: All ages

**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.  
AGES: All ages

**Fishing:** The running waters of Little River, along with several camp ponds, provide a great place for a camper to learn this timeless skill. Alpine's own ponds are 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.

EQUIPMENT NEEDED: None.

AGES: Junior Camp - Fishing: Rising 2<sup>nd</sup> graders – 6<sup>th</sup> graders;

First & Second Term – Fishing: rising 3<sup>rd</sup> – 7<sup>th</sup> graders; Fly Fishing: rising 8<sup>th</sup> graders and older

**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. AGES: All ages

**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. AGES: All ages

**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. AGES: All ages (Rising 2<sup>nd</sup> – 4<sup>th</sup> graders will be instructed using air rifles. Rising 5<sup>th</sup> graders and older will use .22 caliber rifles and 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. AGES: All ages

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---

**Team Sports** 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. AGES: All ages

**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. It's no matter if the camper owns his own racquet or needs to borrow one from Alpine. AGES: All ages

**Waterfront** offers a way to enjoy a cool dip in the Little River on a hot summer day. Activities range from using the two "Wet Willie" water slides, the spinning log, the zip line and the water trampoline with rope swing and blob. All waterfront staff have their Life Guard Training Certification through the American Red Cross. Swim test required.

AGES: All ages; Classes are set up by age and abilities.

**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. AGES: All ages

### **RISING 5TH GRADERS – ALL OF THE ABOVE ACTIVITIES PLUS:**

**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. AGES: Rising 5<sup>th</sup> graders and older.

**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. AGES: Rising 5<sup>th</sup> graders and older

**Lacrosse** is a team sport of Native American origin and that has become very popular in the last ten years. It is played using a small, solid rubber ball and a long-handled racquet called a crosse or lacrosse stick. The lacrosse stick has a net on the end called the "head" where the ball is held. Lacrosse is typically played outdoors, and engages all muscle groups in constant movement. Lacrosse can help build endurance and stamina, and is considered to be a highly competitive sport. Players are almost constantly moving as they attempt to maneuver the ball into the goal. AGES: Rising 5<sup>th</sup> graders and older

**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. This activity is our high and low ropes course. 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. Groups will begin working together on team challenge initiatives and low elements. Once trust and communication have been honed, they will move "into the trees" tackling our adventurous high ropes elements with the encouragement and support of their team. AGES: Rising 5<sup>th</sup> graders and older

### **RISING 6<sup>TH</sup> GRADERS – ALL OF THE ABOVE ACTIVITIES PLUS:**

**Trash Can Band** made its Alpine debut in the 4-week sessions many 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! AGES: Rising 6<sup>th</sup> graders

## ALPINE CAMP FOR BOYS - MASTER ACTIVITY LIST

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### **RISING 7TH GRADERS – ALL OF THE ABOVE ACTIVITIES PLUS:**

**Golf:** On our picturesque new driving range and putting green, campers will learn how to drive, chip, and putt the ball under skilled instruction. Campers will enhance their hand-eye coordination and concentration skills while learning the etiquette associated with this gentleman's game. Advanced and beginner classes are offered. Alpine provides a selection of golf clubs for various ages and both right- and left-handers, as well as all other necessary equipment. Your son may bring his own clubs. They will be stored in a locked, non-climate controlled storage bin at the practice facility. Like other valuable items, Alpine is not able to take responsibility for personal equipment. Again, boys are welcome to leave clubs at home or use ours. If you do send personal clubs, make sure each club and golf bag are labeled with your campers name. **AGES:** Rising 7<sup>th</sup> graders and older. (Exceptions can be made for younger boys who are currently active in golf at home.)

**Guitar:** This is a very popular activity for boys who are musically inclined. We offer classes for boys who have never played and for the more skilled guitarists. Our instructors love teaching this lifelong skill. **EQUIPMENT NEEDED:** Acoustic guitar (no electric guitars); **AGES:** Rising 7<sup>th</sup> graders and older (or by special permission for younger boys)

**Horsemanship:** In addition to our traditional horseback riding program, four-week campers who have finished the 6<sup>th</sup> grade or higher will have the opportunity to participate in our Horsemanship Program. In this program each camper will receive two hours of small group instruction three days a week covering riding skill, grooming, saddling, horse care, and stable management from certified Camp Horsemanship Association instructors. There will be an additional \$90.00 charge for this program. This fee is fully refundable in case of cancellation. This program is limited to 50 campers per session, and campers are accepted into the program on a first come, first serve basis.

If your camper participates in any horseback program, he must bring 1 pair of riding boots – shoes or boots with a hard, smooth sole and a definite heel (not sneakers, duck shoes, hiking boots or boots with a deep ridged tread or sandals). Campers will not be allowed to participate in any horseback program without proper shoes.

**Physical Training** includes cross country running and weightlifting and will help better prepare these boys as they learn the fundamentals of keeping themselves in good physical condition. We understand that boys this age do not need intensive weight training. However, it is our goal, through push-ups, sit-ups, light weight training, etc., that these boys learn and understand the importance of proper technique. It is also an excellent opportunity for boys who want to get in shape for a fall sport. Please note that Warriors are not eligible to take weightlifting as part of the Physical Training program. They may begin some basic exercises, such as push-ups and sit-ups in conjunction with their running program. **AGES:** Physical Training – Running and Weight Lifting: Rising 7<sup>th</sup> graders and older. Rising 7<sup>th</sup> graders are not allowed to use free weights. A program of body weight and core strength exercises will be developed for this age group.

### **RISING 8TH GRADERS – ALL OF THE ABOVE ACTIVITIES PLUS:**

**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 maintains our own fleet of 21-speed mountain bikes and helmets for all riders. No special equipment is needed, but boys who own their own helmet or riding pants are encouraged to bring them. Class size will range from six to eight campers with a minimum of one counselor. The mountain biking instructors are proficient riders who can teach and lead boys of differing skill levels. Mountain biking provides the opportunity to participate in a fast paced, adventurous activity that will thrill and challenge any camper. **EQUIPMENT NEEDED:** None - we ask campers NOT to bring bikes to camp. **AGES:** Rising 8<sup>th</sup> graders and older