

## ALPINE CAMP FOR BOYS JUNIOR CAMP 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.

**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. 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

**Board Games** invites boys to unplug and engage in some classic, face-to-face fun. Whether they are strategizing their next move in a quiet game of checkers, testing their steady hands with a nerve-wracking tower of Jenga, or engaging in a fast-paced, laugh-filled round of Uno, the focus is always on camaraderie over competition. In the spirit of Alpine's "unplugged" philosophy, these games provide the perfect setting for campers to slow down, sharpen their minds, and build lasting friendships. 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 funyak to the bridge. Boys must pass their swim test before they can take canoeing. AGES: All ages

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

**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. It is always exciting, potentially mischievous, and possibly life changing. 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. *All fishing equipment will be provided by Alpine. Please do not bring your own equipment from home.* AGES: All ages

**Flag Football.** 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. AGES: All ages

**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 above.

**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. AGES: All ages

**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

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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 above.

**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 grassknetball are the heart of minor sports. AGES: All ages

**P.A. Games** during Junior Camp is an activity involving our low elements ropes course, fun, team building games, and the zipline. This is a great introduction to our ever-popular Project Adventure activity offered to boys after finishing 4<sup>th</sup> grade. AGES: Rising 2<sup>nd</sup> – 4<sup>th</sup> graders **only**.

**Pinecraft** is a new Alpine activity that promotes and encourages creativity and ingenuity. Campers will have the chance to build, create, and tinker with various blocks, boxes, Legos, and other items. The parameters are intentionally loose to allow for maximum creativity and maximum fun. AGES: Rising 2<sup>nd</sup> – 4<sup>th</sup> graders **only**.

**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. AGES: Rising 5<sup>th</sup> graders and above. *In Junior Camp, P.A. is offered to boys who have completed 4<sup>th</sup> and 5<sup>th</sup> grades and they will be offered most of our low ropes elements and a select group of intermediate high ropes elements where age appropriate.*

**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 iron-sight .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> & 6<sup>th</sup> graders will use .22 caliber 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. AGES: All ages

**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 basketball, the Alpine pool is a popular destination for boys of all ages. Swim test required. 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 two "Wet Willie" water slides, the spinning log, zip line and tower jump. All waterfront staff have their Lifeguard Training Certification through the American Red Cross. Swim test required. AGES: All ages

**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.