



# Year 8 Camp 2019 Program

## Day 1

Arrive 'Chaverim' - 9.00 am  
Welcome and housekeeping  
Icebreakers, Games and Group Development Activities incl. Hickory Jump?  
Settle into cabins  
Lunch - 12.00 noon  
Team Building Activities  
Incl. Raft Building  
Showers  
Dinner - 6.00 pm  
Climbing wall

## Day 2

Breakfast - 7.00 am  
Centipedes  
Crate Climb  
Lunch - 12.00  
Hoop Pine Tree Climb  
Archery  
Showers  
Dinner - 6.00 pm  
Night program coordinated by Shalom College staff

## Day 3

Pack personal gear and clean cabins  
Breakfast - 7.00 am  
High Ropes Course - 1st half dynamic belay  
Lunch - 1.15 pm  
Depart 'Chaverim' at 2.15 pm

# Activity Precipis

Chaverim has an Archery range where students can learn some basic archery skills. Archery is not as easy as it seems, so students are challenged to quickly learn new skills and to refine those they require to develop accuracy. Targets can be easily moved so as participants gain confidence and skills they can be challenged over longer target distances.

**Big Reggie** is a group tree climb activity that requires full group participation and cooperation to get as far up and down the tree as the group decides. It needs good communication, planning, problem solving, and peer support to achieve the goals set.

**The Centipede** is a series of vertically suspended posts with a number of foot and hand holds to assist climbing.

**The Crate Climb** is a problem solving activity that requires one group member (who is harnessed in appropriate safety equipment) to attempt to climb a tower of milk crates as it is being built with the aid of the rest of the group.

**Climbing Wall** Indoor climbing activities and equipment have been developed from training practices of enthusiast rock climbers. Over many years indoor climbing has become a popular sport and recreational activity. Chaverim has a large climbing wall inside the covered area with the basketball court. Climbs range in height, difficulty and belay techniques. The climbing walls are primarily designed to be a wet weather program alternative but could be used as a programmed activity. Indoor climbing can be personally challenging and meets program goals relating to personal growth as well as small team responsibilities.

**The High Ropes Course** is a continuous series of 6 wire rope elements suspended 5 to 10 metres amongst the tree tops. Participation can last up to 40 minutes to complete the course and departure off the course is via the flying fox. Individual commitment and peer support are strong components for involvement.

**Icebreakers, Games & Group Development Activities** form an important beginning to any program. They are the energizers and group formation activities that will set the tone for the rest of involvement in our programs. We have a wide range of activities that can be modified to meet the abilities and ages of many groups.

At Chaverim **Rafting** may take either of two forms. Rafts can be constructed on a base of barrels and poles or on tyre tubes. The decision as to the type of construction is based on the age of the participants and time of year of the program. As an activity rafting offers the potential to meet group cooperation, decision-making and planning objectives.