



**ACTIVITY CHOICES FORM**

Camper's name: \_\_\_\_\_

Camper's Age on the first day of camp: \_\_\_\_\_

Has Camper been to ADA Camp Carefree before? YES NO (Circle one)

Total number of past summers you attended ADA CAMP CAREFREE: \_\_\_\_\_

Activity Choices (List TOP FIVE choices in order of preference):

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**Activities from which to choose:**

- Archery
- Camp Challenges
- Camp Chronicle
- Drama
- Fishing
- Fitness (with Yoga and Zumba)
- Hiking
- Landsports
- Rocketry
- Small Craft
- Wild Nature



## ACTIVITY CHOICES INFORMATION

The following program descriptions are provided to help campers make activity choices for what they would like to do at camp. We then design an individual schedule for each camper at camp within the overall camp program. Ideally it will include their top three preferences, but may include their fourth or fifth choice on rare occasions.

## ACTIVITY CHOICES DESCRIPTIONS

**ARCHERY:** Standing at the firing line, you feel your shoulders tighten while the string pulls against your fingers...WHOOSH! Your straight and sleek arrow screams through the air and smacks the target! Our archery counselors, the Robin Hoods of camp, will teach you how to hold a bow, load an arrow and shoot the bull's eye. Come shoot balloons and funny pictures; take part in fun tournaments while becoming a skilled archer! Become a part of one of the most popular activities at CAMP CAREFREE.

**CAMP CHALLENGES:** This activity is designed to be ADA Camp Carefree's alternative to the Guinness Book of World Records. How many times can you jump rope without missing? Who can shoot the most baskets in a row? Do you have what it takes to compete in an Ironman Obstacle Course? Can you meet the challenges the Counselors create or can you make up challenges yourself? Whatever challenges are attempted, the counselors will verify all results and record them in the Carefree Book of Amazing Accomplishments. All that's necessary is a good imagination and a competitive edge to your nature. Come join us in making ADA Camp Carefree history!

**CAMP CHRONICLE:** The "Carefree Chronicle" is published at the end of the two week camp session. Writers and photographers will team up and work together to create a newspaper that will capture the memories of ADA Camp Carefree. Report on Camp events, write a short story or poem, photograph activities, or interview some of the interesting people of camp! Get involved in the stories and events of the summer and see your efforts in print! We prefer that you bring your own digital camera, however if you don't have one, we have a limited number of camp digital cameras available for use.

**DRAMA:** For the actor or actress in all of us! Are you the theatrical type? Do you enjoy a belly full of laughs? Why not sign up for our exciting drama program? Put together a skit, small production, talent show (involving the whole camp), camp spoof or other special events. You will get the chance to act up, but this time for all of your friends. Performances may be given at evening programs, campfires or awards night. Don't miss your chance to be discovered! See if you can top the Counselor Show!

**FISHING:** True lovers of the art of fishing know the thrill of playing a fish to shore and landing it. Will you be the one to discover the secret place where the big ones hide? Merrymeeting Lake can be explored by CAMP CAREFREE's avid anglers. Our fishing counselors will share fishing tips, but only you can actually make the catch! Use one of our fishing poles, or bring one of your own from home. If you bring a pole or tackle box from home, it MUST be given to the Program Director on Opening Day so it can be locked up for safe keeping! You will still be able to use your equipment during class, but it will be locked up when not in use. **Please label your equipment with your name!!** If you love fishing, or would like to learn, this program is for you!

**FITNESS:** Have fun in our fitness program that combines Yoga and Zumba! Everyone can be successful while enjoying the benefits of Yoga to improve your strength and flexibility. Steadily become stronger physically and mentally while at camp. Additionally, learn some skills to help you de-stress and maintain a peaceful state of mind and body wherever you may be. You can also have fun learning all the basics you need to dance the newest Zumba steps even if you have never done it before. Enjoy the Latin beat as well as the latest pop music while creating your own dance routine to take home and teach your friends. If you've got what it takes (or want to get what it takes) to keep up with our instructors, get in on the fitness craze sweeping Camp Carefree!



**HIKING:** Hike the trails around camp and learn the basics of map reading, hiking skills and etiquette, packing and preparing for hiking. You will start with a one-period hike, and culminate with an all-day hike that is planned by your Hiking Coordinator (when available). Learn what to do when the weather changes, how to read trail signs and maps, how to properly prepare for the time you are to be outside, and how to hike safely within a group. End the camp session with a lifelong skill that you can take with you any place in the world! You must have appropriate footwear, a backpack for day hikes and be physically able to carry a backpack and walk long distances.

**LANDSPORTS:** The roar of the crowd, the feeling of your team behind you, the thrill of an exciting game in which you help score a goal. Our land sports include traditional games such as volleyball, basketball, and soccer, as well as new games like Kan Jam and Constructo/Deconstructo. Don't miss your chance to play for the fun of it!

**ROCKETRY:** Campers must be 13 years or older to participate. Your rocket trembles on the launching pad ready for its fiery ascent into the sky above. It's the rocket you carefully fashioned from a box full of disconnected parts, sanded and painted to your design. The entire camp is invited to watch the historic launching from CAPE CAREFREE on the last full day of camp. You enter the countdown to launch with your fingers touching the firing button...3...2...1...Fire! Everyone watches as your rocket soars 700-1000 feet into the air! Come join the countdown! There is a fee to cover the cost of each rocket (usually between \$10-\$20 and collected on Opening Day). Only 1 rocket per camper is permitted.

**SMALL CRAFT:** (Camper must be 13 years or older to participate and **MUST PASS A SWIM TEST TO PARTICIPATE.**) Your paddle breaks the stillness of the silent lake as your canoe slips through the still waters. The morning is bright with a gentle breeze, a perfect day for you and your small craft partner to explore the lake and all its mysterious coves. Our Small Craft Instructors will teach you how to handle a canoe or kayak and show you paddle strokes that really work so that you can become a skilled paddler. Enjoy learning kayaking skills in our very own kayak fleet. Short trips may be taken on the lake with both canoes and kayaks, weather conditions permitting.

**WILD NATURE:** As the hot sun rises over the wet meadow, you sweep through the thicket, with a frond of spicy Sweetfern crushed in your palm. As you approach the sun-dappled woods, you point at the trees and know them all by name - Northern Red Oak, White Spruce, Black Birch! In your basket, you inspect your abundant gatherings - Pine Needles for Pine Needle Tea, a peppery pinch of Reindeer Moss, the knobby Indian Cucumber root, a lemony bunch of Wild Sorrel, and handfuls of Staghorn Sumac berries to make a tart elixir. You discover a leggy Wolf Spider and a dusty Poplar Hawkmoth, both in jars for closer inspection. Do you love being outside and getting dirty? Are you eager to learn, smell, taste, feel, and listen to your wild surroundings? Do you want to impress your friends with your nature skills? Then Wild Edibles & Nature Lore is the activity for YOU! Join bee, our Nature Lore Specialist in this ever growing and popular program!