

The Vineyard

Activity Form, 2010 Season

RETURN TO:
The Vineyard
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www.vineyardcamp.com



Name in full:			Phone:		
Exact age as of June 1, 2010:	(years)	(months)	Gender:	<input type="checkbox"/> (male)	<input type="checkbox"/> (female)
Please check sessions(s) of attendance: A <input type="checkbox"/> B <input type="checkbox"/> C <input type="checkbox"/> D <input type="checkbox"/> E <input type="checkbox"/> F <input type="checkbox"/> G <input type="checkbox"/> H <input type="checkbox"/> I <input type="checkbox"/> J <input type="checkbox"/> K <input type="checkbox"/> L <input type="checkbox"/> M <input type="checkbox"/>					

MAJORS

Majors are issued on a first come, first serve basis. It is prudent to send this form back to the office at once – some majors fill quickly. In fairness to all, no phone reservations are taken. Majors last for two hours each day. Please indicate your 1st, 2nd, and 3rd choices. You will be notified by the camp if your child does not receive his/her first choice.

Body Conditioning

Offered to boys ten and older. Free weights, machines, resistance train, abdominal exercises and nutrition are all covered.

Body Toning

Offered to girls of any age: Instruction is given in basic to advanced, and includes gymnastics, tumbling and Nautilus machines and free weights for toning and resistance training.

Crafts

Offered to boys and girls of all ages. Pottery, basketry, wood working, painting, embossing, word work, etc. are a part of this major. As with all activities, there is no extra fee for craft supplies.

Equitation

Western and English style riding for boys and girls of all ages. All campers will learn basic skills, grooming, basic horsemanship, trail riding, and jumping. (Hard soled, heeled shoes and long pants are required.)

Fishing

Offered to boys who have passed the basic swim test. Instruction in making lures, fly casting, cleaning and preparing fish. Includes daily trips to different fishing sites and different techniques in fishing.

Golf

In our last email we mentioned that we were considering a new major in 2010--golf. This year we will offer golf as an afternoon major (1:30-5:30). We will use the beautiful Pilot Knob Country Club's 18 hole course which includes a driving range, putting area and, of course and outstanding 18 hole course. Our staff will assist ten campers each week in this, our newest, major.

As you can imagine, this is a rather expensive program, but we have been able to keep the costs quite low. The additional fee for golf is only \$50! Please see the Activity form for details, and be sure to select this major BEFORE you come to camp---places are limited to only ten campers per week.

Golf (There is a \$50 per week fee).

Pocket Billiards

Offered to boys and girls of all ages. Regulation tables with expert instructors. Conventional games and rules along with technique, trick shots, and videos of professional players.

Shooting

Offered to boys and girls 10 years or older. Safety, maintenance and marksmanship are emphasized. Pistols, rifles and shotguns are used.

Swimming

Offered to boys and girls of all ages. Instruction will be given for the four basic strokes, starts, flip turns, along with drills and timed laps. The swimming major will be taught by lifeguard certified swimming instructors, with a minimum of two staff at the pool during instruction.

Tennis

Offered to boys and girls of all ages. Basic strokes, drills, rules, tennis etiquette and tournament toughness are all taught. Four all weather courts, college and high school instructors. (Personal tennis racquet is required).

Water Skiing

Offered to boys and girls 10 years old or older and proficient in swimming. Instruction is offered in slalom, tricks, wake and knee boards, as well as boat safety. No electives will be available with this major as you will be out of camp each day. ONLY

FOR SECOND YEAR CAMPERS OR FIRST YEAR CAMPERS CHOOSING IT THEIR SECOND, THIRD, OR FOURTH WEEK. Only available one week per child.

Water Skiing (There is a \$25 per week surcharge for gasoline for this major. Campers or IAPs choosing this major should complete the surcharge form at the end of this document).

Wilderness Adventure

Not open to CIT's. Offered to boys and girls ten years or older, weighing at east 60 pounds, AND possessing basic swimming skills. Includes out of camp canoeing, water skiing, hiking, backpacking, white water rafting and First Aid. ONLY FOR SECOND YEAR CAMPERS OR FIRST YEAR CAMPERS CHOOSING IT THEIR SECOND, THIRD, OR FOURTH WEEK. Only available one week per child. This is a all day major.

Wilderness Adventure (There is a \$25 per week surcharge for gasoline for this major. Campers or IAPs choosing this major should complete the surcharge form at the end of this document).

ELECTIVES/CLINICS

In addition to majors, all campers select two electives each day. The activities are not as intense as the major but provide variety and new experiences for the campers. Listen below are electives that are offered during camp. Please note that campers under the age of 10 are not eligible for Shooting, Riflery, Paint Ball and Skeet.

Please place an X by the electives in which you **DO NOT** want your child to participate.

Follow this web link (<http://www.vineyardcamp.com/programs.htm>) for any descriptions.

- | | | |
|---|---|---|
| <input type="checkbox"/> Adventure Tower | <input type="checkbox"/> Crafts | <input type="checkbox"/> Rappelling/Climbing |
| <input type="checkbox"/> Archery | <input type="checkbox"/> Dance | <input type="checkbox"/> Riflery |
| <input type="checkbox"/> Backpacking | <input type="checkbox"/> Fencing | <input type="checkbox"/> Rock Climbing |
| <input type="checkbox"/> Baseball | <input type="checkbox"/> Football | <input type="checkbox"/> Rugby |
| <input type="checkbox"/> Basketball | <input type="checkbox"/> Golf | <input type="checkbox"/> Skeet Shooting |
| <input type="checkbox"/> Battle-ball | <input type="checkbox"/> Horseback Riding | <input type="checkbox"/> Soccer |
| <input type="checkbox"/> Canoeing | <input type="checkbox"/> Lacrosse | <input type="checkbox"/> Swimming |
| <input type="checkbox"/> Conversational English | <input type="checkbox"/> Mountain Biking | <input type="checkbox"/> Table Tennis |
| <input type="checkbox"/> Conversational French | <input type="checkbox"/> Paint Ball | <input type="checkbox"/> Tubing |
| <input type="checkbox"/> Conversational Spanish | <input type="checkbox"/> Pioneering | <input type="checkbox"/> Volleyball |
| | | <input type="checkbox"/> Zip line/Water Slide |

Campers or IAPs choosing Water Skiing or Wilderness Adventure as a major *must* include payment for \$25 per week for each of these majors. Placement cannot be confirmed until payment has been received.

Please check all that apply:

- \$50 for Golf (one week)
- \$25 for Water Skiing (one week)
- \$25 for Wilderness Adventure (one week)

TOTAL: \$ _____ Please include a check or send credit card information:

Name as it appears on your card:

Type of card:

Credit Card #:

Expiration Date:

(We regret that we must add an additional fee to Water Skiing and Wilderness Adventure, but the increased fuel costs associated with these two majors leave us no other option.)

Parental Name

Parental Signature

Date (mm/dd/yy)

CERTIFIED BY:



www.ccca-us.org



www.summertimecamp.org