

V-Week 2009 Program Descriptions

All-week, ½ Day Programs

Seal Training (BSA Lifeguard)

- **AM Session, full week**

Use your time at V-Week to complete the BSA Lifeguard Course. Once you've passed all requirements (including swimming tests) you'll be certified, same as the Red Cross Lifeguard certification, to work as a lifeguard.

Prerequisite: CPR/First Aid (offered in the afternoon)

Equipment: none

Additional cost: none

Boot Camp (Project COPE)

- **AM Session, full week**

Complete the BSA Challenging Outdoor Personal Experience (COPE) at Camp Horseshoe's low and high ropes course.

Prerequisite: none

Equipment: loose comfortable clothing

Additional cost: \$10

Full Day/2-Day Programs

Point and Shoot (Handgun Certification)

- **Monday/Tuesday Module, all day**

Here's your chance to be trained in the proper use of pistols and start to gain some experience on the range using them. You will earn NRA Handgun Safety certification as part of this program, then work toward the NRA Expert Marksmanship Award through practicing and demonstration of your shooting skills.

Prerequisite: none

Equipment: will be provided

Additional Cost: \$50

The Dark Tour (Caving)

- **Monday/Tuesday, all day**

Explore the earth from the inside. Spend Monday in camp learning about cave exploration and preparing for a trip into a dark cave. Spend Tuesday "in the dark" in one of the area's premiere caves.

The course will cover caving topics such as type of caves and formations; cave surveying, unique cave biology including bats, and conservation and landowner relationships.

Prerequisite: none

Equipment: a list will be provided after registration

Additional cost: none

Winds on the Water (Sailing)

- **Wednesday/Thursday, all day**

Learn the basics of sailing and boating safety during these two days off-site and “on the water.” Participants will work with volunteers of the US Power Squadron to begin the requirements of the Watercraft elective.

Prerequisite: none

Equipment: watershoes, bathing suit, sunscreen,

Additional cost: \$30

The Road Less Traveled (Trekking)

- **Wednesday/Thursday Module**

Spend a night in the Horseshoe backcountry. Participants will learn how to prepare for a wilderness overnight and pack and carry their own supplies. Wednesday afternoon features a short hike into backcountry, where participants will set up camp and spend the night. Thursday offers more hiking and a return to camp. Leave No Trace will be featured as part of this course.

Prerequisite: none

Equipment: list will be provided after registration

Additional cost: none

2-Day Modules in Alphabetical Order

Breathe! (SCUBA Discovery)

- **Wednesday/Thursday PM Sessions**

This is your opportunity to learn the basics of setting up and using scuba gear in a controlled pool setting. This course has been developed to prepare you for more advance course work needed to become SCUBA certified and participate in open water dives.

Prerequisite: able to swim

Equipment: fins, mask, snorkel, if you have them, otherwise will be provided.

Additional Cost: \$30

Bound Together (Book binding)

- **Wednesday/Thursday PM Session**

Work with a paper artist to explore your creative side as you learn the skills it takes to make a book. The book you make from handmade papers will be a unique, one-of-a-kind expression of your talents.

Prerequisite: none

Equipment: none

Additional cost: none

Bulls eye (Archery)

- **Wednesday/Thursday AM Session**

Spend two days working with the bow and arrow (in its many forms). Learn how to handle the equipment safely and work on your skills as you begin to master this area of the shooting sports. Participants will work toward the Archery Shooting Sports elective.

Prerequisite: none

Equipment: none

Additional cost: none

Extreme Climbin' and 4 wheelin' (Expert Tree Climbing/Mountain boarding)

- **Monday/Tuesday AM Session**

Want something new to do? This module is for those looking for new adventures. Learn the techniques for climbing a tree safely and efficiently with an expert tree climber. There may be the opportunity to mountain board (kind of like snowboarding but with wheels) down the hills and trails at Camp Ware.

Prerequisite: none

Equipment: Close-toed shoes, long pants

Additional Cost: TBD

Extreme Ropes (Climbing and Rappelling)

- **AM Session, both 2-Day modules**

Climbing the face of a mountain requires special skills and teamwork. Learn how to belay, climb, and rappel back down as well as “the ropes” of safe climbing.

Prerequisite: none

Equipment: loose clothing

Additional cost: none

Extreme 2 wheelin' (Mountain Biking)

- **Wednesday/Thursday PM Session**

Explore the trails at Fair Hill Natural Resources Area as you work on your mountain biking skills. Each day features a different ride on some of the best mountain biking trails in the region.

Prerequisite: none

Equipment: Mountain Bike and helmet

Additional cost: \$10 (includes expense to travel offsite)

Grillin' and Chillin' (Outdoor Cooking)

- **Wednesday/Thursday PM Session**

Tired of that same old food on camping trips? Want to impress your friends with some new outdoor cooking techniques and recipes? Spend your afternoon making, tasty meals and desserts.

Prerequisite: none

Equipment: will be provided at camp

Additional cost: none

Hit the Mark (NRA Marksmanship)

- **Wednesday/Thursday AM and PM sessions—must choose both modules if you want to shoot all day**

Explore the shooting sports, learn gun safety, and improve your precision, as you work toward NRA Marksmanship and Fast Start certifications, as well as the requirements of the Shooting Sports Ranger Elective. Rifles, Shotguns, and Black Powder will be available.

Prerequisite: none

Equipment: will be provided

Additional cost: \$8

Ammunition charge for extra rounds above that included in base fee: \$12/brick to be purchased at Ware as needed.

Metal Masterpieces (Metalworking)

- **Monday/Tuesday PM Session**

Work with a metal sculptor to explore your creative side in the medium of metal. Learn some techniques for shaping of metal (casting, soldering, hammering, for example) while creating a “masterpiece” to take home.

Prerequisite: none

Equipment: none

Additional cost: \$10.50

Planet Earth (Ecology)

- **Monday/Tuesday, PM Session**

- Learn to see your environment in a new way and explore the impacts we make on the earth. Working with an environmental expert, participants will explore the natural environment at Camp Ware on Monday. Tuesday, participants will go off-site to an environmental center and continue their study. You will fulfill the requirements of the Ecology Ranger elective, if that's an interest to you.

Prerequisite: none

Equipment: none

Additional cost: none

Rockin' the Rapids (Whitewater Kayaking)

Monday/Tuesday PM session

Spend Monday on the Octorara Reservoir learning to paddling and basic rescue techniques for the tricky whitewater kayak. Tuesday features a trip down the Octorara Creek navigating some rapids and rocks.

Prerequisite: must be able to swim

Equipment: will be provided

Additional cost: none

Say Cheese (Digital Photography/Graphic Design)

- **Monday/Tuesday PM Session**

Working with a professional photographer, explore your creative side through the eye of a digital camera. Learn new techniques and hints for better photographs. Then learn how to use a digital imaging program to improve raw photographs. Create eye-catching posters, brochures, and flyers using a graphic design program and the photos you take.

Prerequisite: none

Equipment: digital camera and USB cord to download to a computer

Additional cost: none

Scrubs (Basic First Aid/CPR)

- **Monday/Tuesday PM Sessions**

Here's an opportunity to take the American Red Cross Basic First Aid/CPR course. Learn how to respond if someone is injured. This course is a prerequisite for Life Preserving and Wilderness Survival. It is also a core requirement for any of the Bronze Awards.

Prerequisite: none

Equipment: none

Additional cost: Base fee includes teaching of course; additional fee of \$15 (payable at camp) required for official First Aid Certification card

Slurries and Screens (Papermaking)

- **Wednesday/Thursday AM Session**

Work with a paper artist to explore your creative side in this medium. Go from pulp to paper as you learn create unique handmade paper.

Prerequisite: none

Equipment: none

Additional cost: none

Survivorman (Wilderness Survival)

Wednesday/Thursday PM Session

Learn how to survive in the wilderness at Horseshoe Reservation's primitive area while completing the core requirements of the Outdoor Bronze Award and Ranger Award.

Prerequisite: Basic First Aid/CPR

Equipment: none

Additional cost: none

The Amazing Race (Geocaching/Land Navigation)

- **Monday/Tuesday AM Session,**

Try your hand at Orienteering and Geocaching. Learn how to use a topographical map, compass, and/or a GPS unit to find your way. Fulfill the core requirements of the Outdoor Bronze Award and Ranger Award. Participants will also create a geo-cache at Camp Ware, earning the Conservation requirement of the Outdoor Bronze Award and Ranger Award too!

Prerequisite: none

Equipment: none

Additional cost: none

The Triple Crown for Beginners (Horsemanship)

- **Monday/Tuesday PM Session**

Horseback riding and horse care are featured as part of this beginning course to the world of equestrian sport. Day one features the opportunity to learn about horses, grooming, and tacking, plus a short ride on a horse. Day two features a trip to a stable to learn about stable care and a trail ride.

Prerequisite: none

Equipment: Close-toed shoes, long pants

Additional Cost: \$30