

2010 V-Week Program Descriptions

Full Week Programs



Full Day/2-Day programs

Lifesaving (BSA Lifeguard)

Full week, all day

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: must be able to swim

Equipment: none

Minimum/Maximum Participants: 3/10

Additional cost: none

Project COPE

Full week, AM session

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

Prerequisite: none

Equipment: comfortable clothing, sturdy shoes & long pants required for some activities

Minimum/Maximum: 6/12

Additional cost: \$20

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

Minimum/Maximum: 3/10

Additional Cost: \$60

Rifle & Shotgun

Wednesday/Thursday Module, 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

Minimum/Maximum: 3/10

Additional cost: \$60

2-Day Modules

Climbing and Rappelling

AM Session, W-TH

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: comfortable clothing, sturdy shoes & long pants required for some activities

Minimum/Maximum: 3/12

Additional cost: \$10

Archery

AM Session, M-T or W-TH

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

Minimum/Maximum: 3/10

Additional cost: none

Mountain Biking

PM Session

Monday/Tuesday – Beginner (use our bike if you don't have one)

Wednesday/Thursday – Intermediate + (bring & use your own)

Explore the trails at HSR as you work on your mountain biking skills. Each day features a ride through varied remote areas!

Prerequisite: none

Equipment: Mountain Bike and helmet

Minimum/Maximum: 3/10

Additional cost: \$10 to use our bike, \$4.50 to use your bike

V-Camping

AM Session, M-T or W-TH

Learn basic camping skills. Provides a great opportunity for you to improve upon what you already know or learn new skills if you are new to camping.

Prerequisite: none

Equipment: will be provided at camp

Minimum/Maximum: 4/15

Additional cost: none

V-Cooking

PM Session, M-T or W-TH

Tired of that same old food on camping trips? Want to impress your friends with some new outdoor cooking techniques and recipes? On the first day, learn some new cooking skills. Participate in the V-Week Iron Chef competition on the second day.

Prerequisite: none

Equipment: will be provided at camp

Minimum/Maximum: 4/15

Additional cost: none

Basic First Aid/CPR

AM Sessions, M-T or W-TH

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

Prerequisite: none

Equipment: none

Minimum/Maximum: 3/15

Additional cost: \$40

Metalworking

PM Session, M-T or W-TH

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

Prerequisite: none

Equipment: none

Minimum/Maximum: 3/15

Additional cost: \$10.50

Blacksmithing

PM Session, M-T or W-TH

Learn the basics of blacksmithing and its history. Explore your creative side while using the skills you've learned.

Prerequisite: none

Equipment: none

Minimum/Maximum: 3/15

Additional Cost: \$20

Kayaking

PM session, M-T or W-TH

Spend the afternoons learning basic kayaking skills in the Octoraro. During "field trip Friday" there is an opportunity for a daylong excursion.

Prerequisite: must be able to swim

Equipment: will be provided

Minimum/Maximum: 3/10

Additional cost: none

Horseback Riding

PM Session

Monday/Tuesday – Beginner

Wednesday/Thursday – Intermediate

Horseback riding and horse care are featured as part of this introduction 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: A waiver, signed by parent if you're under 18

Equipment: LONG PANTS and shoes or boots with hard soles and a small heel. T-shirt - NO tank tops for riding. We will supply a helmet, but bring your own if you have one.

Minimum/Maximum: 3/15

Additional Cost: \$55

**Horseback Riding requires a separate waiver, signed by parent/guardian if you are under 18.
Save time by downloading waiver at <http://www.fairwindsstables.com/waiver.htm>**

Digital Photography

PM Session, M-T

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.

Prerequisite: none

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

Minimum/Maximum: 3/15

Additional cost: none

Graphic Design

PM Sessions, W-TH

Using the photographs from the digital photography module, learn how to use graphic programs to create flyers and posters, as well as how to enhance the photographs further using digital/graphic design programs.

Prerequisite: none

Equipment: none

Minimum/Maximum: 3/15

Additional Cost: none

Ranger Wilderness Survival

PM Session, M-T or W-TH

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

Prerequisite: Basic First Aid/CPR

Equipment: none

Minimum/Maximum: 3/15

Additional cost: none

Geocaching/Land Navigation

AM Session, M-T or W-TH

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.

Prerequisite: none

Equipment: none

Minimum/Maximum 3/15

Additional cost: none

Morning and afternoon programs must be selected. Sorry, there are no "hanging out" or "sleeping" programs available. ☺

Field Trip Friday!

Choose from one of the following options to complete your V-Week adventures.

Rock Climbing

Take a trip rock climbing and rappelling at Rocks State Park.

Prerequisite: Project COPE or Rock Climbing

Cost: \$20

Horseback Riding

Take a daylong trek through the trails of a local horse farm.

Prerequisite: waiver signed by parent if under 18

Cost: \$60

Kayaking/Canoeing

Use the skills you learned to navigate a nearby river in a daylong trip.

Prerequisite: must be able to swim

Cost: \$45

Mountain Biking

Head out on some longer rides through nearby trails.

Prerequisite: Mountain Biking module

Equipment: Your own Bike and Helmet

Cost: \$20

Clay Shooting

Head out to a clay sport shooting field for a day of shooting using the skills you learned during the week

Prerequisite: Rifle & Shotgun module

Cost: \$65



Reminder: Consultants may contact you about specific gear and items to bring with you for the programs in which you are participating.