

Camp Curriculum Summer 2016

Day 1	Day 2	Day 3	Additional Topics for extended camps
<ul style="list-style-type: none"> ★ Intro/Team Building <ul style="list-style-type: none"> ○ Names ○ Human Chair ★ Belay Lesson ★ Rope Climbing ★ Lunch & Knots <ul style="list-style-type: none"> ○ each kid gets a small cord to take home for practice (can become bracelets or keychains) ★ More Rope Climbing ★ Wrap Up <ul style="list-style-type: none"> ○ Human Knot 	<ul style="list-style-type: none"> ★ Intro/ TB <ul style="list-style-type: none"> ○ Name Game ○ Partner Chair ★ Energy release game <ul style="list-style-type: none"> ○ Rat Tails ★ Grades & Brief history of climbing <ul style="list-style-type: none"> ○ YDS & General ★ Rope Climbing ★ Lunch & Bouldering Talk ★ Bouldering ★ Wrap Up <ul style="list-style-type: none"> ○ Fav part so far ○ 1 thing to work on 	<ul style="list-style-type: none"> ★ Intro <ul style="list-style-type: none"> ○ goal revisit ○ balance & coordination challenge ★ Bouldering OR Rope Climbing ★ Lunch & Discuss Rappelling ★ Rappelling ★ Wrap Up <ul style="list-style-type: none"> ○ Human Chair ○ Best Parts Recap 	<ul style="list-style-type: none"> ★ Gear Lessons- what we use and why we use it ★ Island 2 Island (requires steep anchor/tree) ★ Taking care of your body- Warm ups/cool downs ★ Goal Setting- how to make SMART goals and measure progress ★ Blind Partners- importance of communication and teamwork ★ Movement Lessons- climbing technique and integration ★ Topics Relative to Life- Fear, Effort, Progress, Self-Awareness, Risk Management, Etc.