

### Camp Curriculum Summer 2016

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