

# "CABIN CAPADES"



## CABIN CAPADES

### PROGRAM DESCRIPTION

The CABIN CAPADES program will take place over a day and a half. The purpose of the program is the aquisition of outdoor pursuit skills. The theme of the program is excellence; striving for excellence and modelling excellence. Instructorship toward excellence is very important, especially since this class is at the exposure level and will benefit from seeing excellence in procedures. At the pre-camp session "cabin groups" will be formed based on similar outdoor pursuit interests. The group will participate in six outdoor pursuit instructional sessions during the days, and in a camp-wide cabin group activity in the evening. The CWCGA will culminate in a planned campfire program.

### PROGRAM OBJECTIVES

1. to try a different cabin group selection process which form the basis of a segment of the total camp program,
2. to demonstrate a camp-wide cabin group activity and a planned campfire program,
3. to learn some outdoor pursuit technical skills,
4. to have fun while learning.

### PROGRAM PROCEDURES

#### Pre-Camp..

Individuals are asked to rank eight outdoor pursuit sessions in order of preference from one to eight, one being the most preferred and eight the least preferred. The group will divide itself into eight "cabin groups", each group comprised of individuals with similar rankings. Each group will submit a consensus ranking of the outdoor pursuits which will be used to sequence the program.

Each group will choose a name, identify its outstanding characteristics, and select a cabin group leader.

Each group will select a song to preform air band style and two individuals to preform walkman style in the "Star is Born" contest. Cassette tapes should be submitted prior to camp.



At Camp..

"CABIN CAPADES" is ignited with the "Star is Born" program, however it actually begins on Monday morning at breakfast announcements when the outdoor pursuit schedules are given to each group.

Each group will participate in three instructional sessions including\*;

canoe tandem	3 hr.	Steve Slack
canoe solo	3 hr.	Sue Hanrahan
initiative tasks	3 hr.	Larry Priestnall
woodsmanship	3 hr.	Donna Hendy
climbing	3 hr.	John Skaling
climbing	3 hr.	Terry Morris
hebertism	3 hr.	Shawn Fraser
orienteering	3 hr.	Scott Bullerwell

\* Should there be a demand on one activity to the exclusion of another, double sessions may be arranged should resource team skill permit it.

Socratic Luncheon..

At lunch participants will be invited to sit with a group of people who are interested in discussing a particular topic. Topics will be determined at camp and posted prior to the luncheon. A chairperson will be appointed for each topic.

Camp-wide Cabin Group Activity..

See "Operation Rainbow" program booklet.

The "CABIN CAPADES" program ends at lunch time on Tuesday when the 24 Hour Experience groups meet over lunch to begin that program.

CABIN CAPADES..

OUTDOOR PURSUITS INSTRUCTIONAL SESSIONS

1. ORIENTEERING - THE USE OF MAP AND COMPASS TO COMPLETE A COURSE WHICH CONSISTS OF A PRE-DETERMINED SET OF CONTROLS OR STATION WHICH MUST BE LOCATED IN ORDER. ORIENTEERING INTEGRATES MAP READING, COMPASS USE; ROUTE JUDGEMENT, AND PHYSICAL FITNESS INTO A COMPETITIVE SPORT. LEARN HOW TO ORIENTEER AND WHAT TO CONSIDER IN COURSE SETTING AND MEET ADMINISTRATION.
2. INITIATIVE TASKS - GROUP PROBLEMS REQUIRING A VARIETY OF SKILLS AND PROBLEM SOLVING ABILITIES ARE ENCOUNTER AND USED FOR LEARNING PURPOSES. CONSTRUCTION, INTRODUCTION AND PROCESSING TECHNIQUES ARE EXAMINED.
3. CANOE TANDEM - LEARN TANDEM FLAT WATER AND MOVING WATER TECHNIQUES.
4. CLIMBING - LEARN THE CLIMBING BASICS, INCLUDING TECHNICAL MANEUVERS AND SAFETY SYSTEMS.
5. CANOE SOLO - LEARN SOLO FLAT WATER, CARRY, AND PRECISION TECHNIQUES.
6. WOODSMANSHIP - LEARN BASIC CAMPING AND SURVIVAL TECHNIQUES.
7. KAYAKING - LEARN THE BASICS OF TOUR KAYAKING.
8. HEBERTISM - ROPE COURSE ELEMENTS WHICH PROGRESSIVELY CHALLENGE THE INDIVIDUAL, PHYSICALLY, MENTALLY AND EMOTIONALLY. LEARN CONSTRUCTION AND SAFETY TECHNIQUE.

Some of the sessions did not attract enough cabin groups to make them worthwhile offering to teh exclusion of other activities which were more popular. We will therefore offer the following sessions. This means some people are instructing more than one activity (not at the same time!), if this is problem for anyone please let me know.

## INSTRUCTIONAL SCHEDULE

MONDAY, APRIL 24

9:00-12:00 am

Climbing - Shawn and Terry -there is great demand for this session and since the groups are small, I am doubling them so that everyone gets a chance. You might want to leave earlier for these sessions. Shawn and I also thought that it might be more interesting to rotate Terry, Shawn and John between climbing and hebertism (for monotony sake) you three can change it at camp if you want.

Initiatives - Larry

Canoe Tandem - Steve and Sue

Woodsie - Donna and Scott (make it a challenging woodsie, some chose it because they think it is slack) (double group)

Hebertism - John and Wendy (if she can stay)

2:00-5:00 pm

Climbing - John and Terry (double group)

Orienteering - Scott

Initiatives - Larry

Canoe Tandem - Sue and Steve

Woodsie - Donna and Scott (double group)

Hebertism - Shawn and Wendy (if she can stay) (double group)

TUESDAY, APRIL 25

9:00-12:00 am

Climbing - John and Shawn (double group)

Initiatives - Larry

Canoe Tandem - Sue and Steve

Woodsie - Donna

Hebertism - Terry (someone will be there to help, if not I'll help) (double group)

Orienteering - Scott (I thought if orienteering was after the game, you might use the game course as an example of a less challenging, but suitable for night course, and start with a fast run to a marker to warm up and bring it in! or something!!)



CABIN CAPADES SCHEDULE

BLOCK ONE, DAY THREE

9:00-12:00

CLIMBING - THE ROCKIN' RECIE CHICKIES AND THE STUMPS  
INITIATIVES - ROCKETTES  
CANOE TANDEM - THE SKIDS  
WOODSIE - THE G.I. JOES AND THE THE NEWFS +2  
HEBERTISM - PRESIDENT'S CHOICE AND FULL OF IT

BLOCK TWO, DAY THREE

CLIMBING - THE NEWFS +2 AND THE G.I. JOES  
CANOE TANDEM - FULL OF IT  
WOODSIE - THE STUMPS AND THE ROCKETTES  
INITIATIVES - THE PRESIDENT' CHOICE  
HEBERTISM - THE ROCKIN' RECIE CHICKIES AND THE SKIDS

BLOCK THREE, DAY FOUR

CLIMBING - THE PRESIDENT'S CHOICE AND FULL OF IT  
INITIATIVES - THE NEWFS +2  
CANOE TANDEM - ROCKIN' RECIE CHICKIES  
WOODSIE - THE SKIDS  
HEBERTISM - THE G.I. JOES AND THE STUMPS  
ORIENTEERING - THE ROCKETTES

