

## **TEEN PROGRAMS 2008**

Get Ready For Summer! This year at Great Hollow we have two exciting programs to offer those students ages 13-16 - Naturalist in Training and two Teen Kayaking Weeks!

**The Naturalist in Training** is an expansion of a program we have been running for the last several years. This year we have changed the focus from a Counselor in Training type of program to a stand alone Teen Experience! This program is four days and three nights of intensive naturalist's studies for those interested in learning more about the Natural world. Tracking, natural awareness, natural history of plants and animals, stalking and camouflage, exploration of our wetlands are all possibilities for this focused program. The participants will help decide the direction we take, utilizing the skills they already have and expanding on knowledge yet undiscovered. The Naturalists will spend their four days exploring our 890 wooded acres, and sleeping in shelters they build!

**Teen Kayaking Adventures** introduce students to the exciting sport of whitewater kayaking! The week starts Monday morning, 9:00, at Great Hollow. The students meet each other and their instructors for the first time. After engaging in some "getting to know you" activities, the group learns about the gear necessary for safe paddling, and chooses their own boat and equipment, with the help of the instructors. The next step is to issue the gear that they will need for the next four nights: tents, stoves, backpacks and sleeping bags. The paddlers-to-be will then load up the mini bus and trailer, and head for the water! The first strokes will be on flat water, where they will learn basic strokes and safe paddling essentials. As the group's skills progress, they will move to slow moving rivers, and end the week on the Deerfield River in Western Massachusetts. This is a mobile course-depending on the students, they may spend the first night at Great Hollow, but after that, they will be traveling to where the water is, camping at campgrounds in Connecticut and Massachusetts.

In addition to teaching students eager to learn, our instructors look forward to building a strong community where all of its members feel valued and capable of taking on a new and sometimes challenging opportunities with the support of their fellow crew members.

Above all, Great Hollow will provide a safe and unique experience from which life long memories are made. If you think this would be a fun and worthwhile way to spend part of your summer, come join us! It's going to be awesome! You may come away having discovered a lifelong hobby or at the very least having learned a little something about yourself that you didn't know before.

**2008 Dates & Fees**      Costs include all necessary equipment, food, housing, and instruction.

### **Naturalist in Training**

Dates: June 30-July 3

Monday 9:00 a.m. to Thursday 5:00 p.m.

Fees: \$400

### **Teen Kayaking Adventures**

Dates: July 21-25 and July 28-August 1

Monday 9:00 a.m. to Friday 5:00 p.m.

Fees: \$650

### **Please return the following:**

- ❖ **Camp Application with payment and post dated information (if not paying in full)**

**The following forms must be turned in by the first day your child attends camp.**

- ❖ **Medical Form**
- ❖ **Waiver Form**
- ❖ **Permission to administer medication, if needed. Note: This form must be signed by both a physician and parent.**

# Teen Trip Clothing List

Plan to dress in layers so that you will be ready for a variety of changing conditions throughout the day. Keep in mind that it must all fit in a backpack that you will carry. Clothes should be labeled with your name in indelible ink. **Please bring wool or polypropylene (synthetic fleece substitute) where wool is indicated. Wool will keep you warm when wet.** Cotton will actually make you **colder** when wet. Also, loose fitting pants (fleece sweats) are much better than tight jeans for similar reasons (movement needs and for weight reasons). **It is not necessary to spend lots of money on fancy gear**, check out your local second-hand, army-navy, or discount clothing store

## Upper Body:

- ✓ Raincoat
- ✓ Jacket or shell
- ✓ Tee shirts
- ✓ Long sleeved shirt
- ✓ **Wool sweaters or wool shirts, fleece or synthetic substitute**

## Lower Body:

- ✓ Changes of underwear
- ✓ Shorts (loose, old)
- ✓ Wool pants, fleece pants or synthetic substitute

## Footwear:

- ✓ 1 pair of sneakers or hikers
- ✓ 1 pair of shoes to be worn in the water – i.e. old sneakers, water shoes or sport sandals (no flip flops)
- ✓ **Wool socks**

## Miscellaneous:

- ✓ 1 bathing suit (Very Important! We love to go swimming!)
- ✓ 1 bandanna
- ✓ 1 wool or polypropylene hat
- ✓ 1 flashlight & extra batteries
- ✓ Small Towel
- ✓ Two Nalgene-type water Bottles
- ✓ a cup, a bowl & spoon
- ✓ a daypack
- ✓ Sunblock 15+
- ✓ Hat with visor

**Toiletries:** comb or small brush, toothbrush, toothpaste, etc.

**Optional:** camera, journal, Sunglasses, rain pants, mittens or gloves

Any sort of bag will suffice to transport your clothes and other supplies to GHWS as backpacks will be provided for those who need them.

## **DO NOT BRING THE FOLLOWING:**

- Food, candy, or gum
- Hand held games/MP3 Players
- Makeup/Jewelry
- Cell phone/Beeper
- Watches!
- Knives of any sort
- Soap & Shampoo (they're not biodegradable)