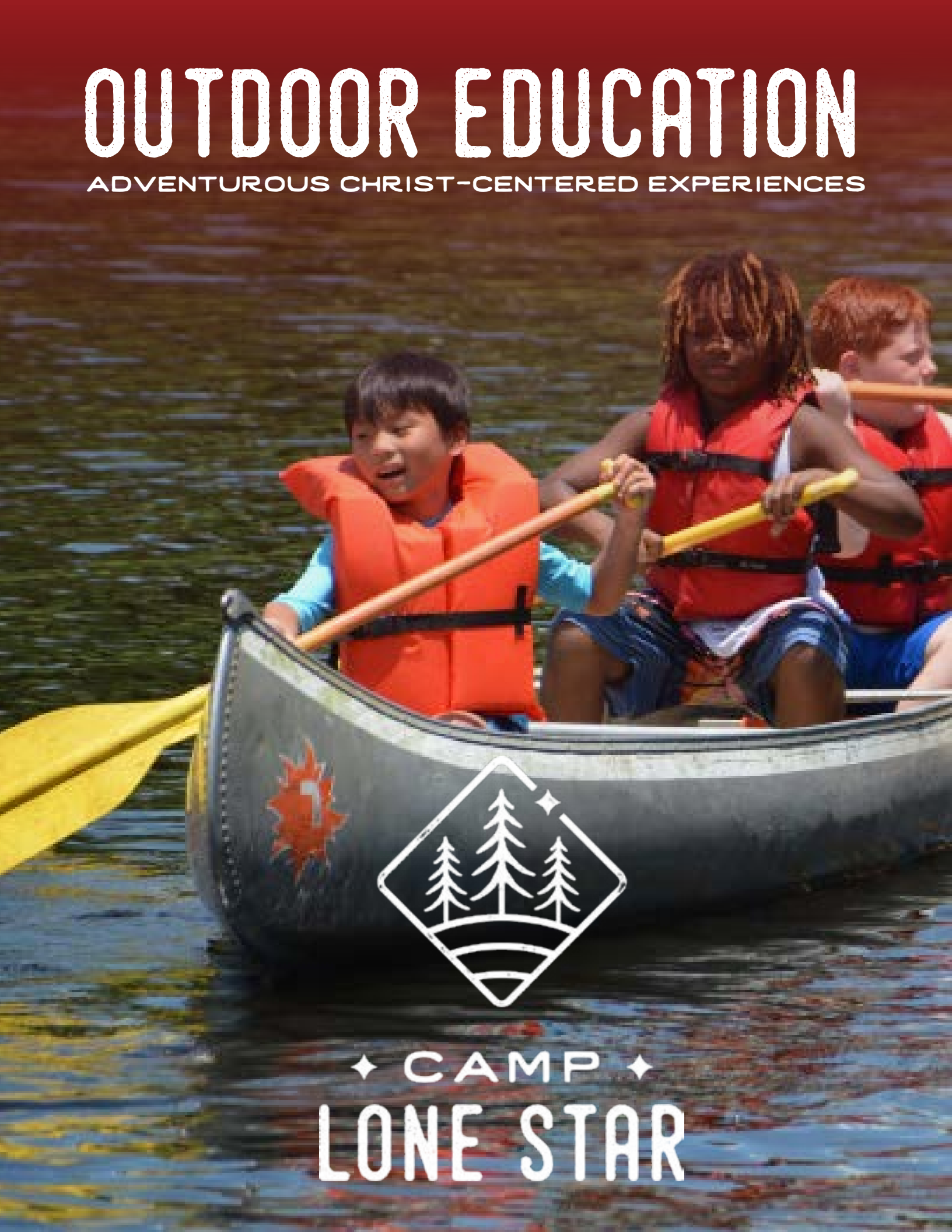
OUTDOOR EDUCATION

ADVENTUROUS CHRIST-CENTERED EXPERIENCES



CAMP

LONE STAR

Greetings from Camp Lone Star,

Thank you for your interest in having an Outdoor Education retreat. We are very excited to partner with you and your students as we discover God's creation together this year!

Enclosed in this packet are forms and information to help prepare for the event and to share with your students:

- **Outdoor Education Units**—Take a look at all the different programming options and see what fits your group's needs and desired outcomes.
- **Packing List**—Please make copies of this list for all students.
- **Sample Schedules**—These sample schedule gives you an idea of how a typical Outdoor Education session could run. This is in no way a set-in-stone schedule. We will e-mail you a customized schedule based on your requests, length of stay, and other groups on camp.
- **Program Request Form**— Decide which of the Exploration Activities you would like to have included as part of your program. Fill out & return the Program Request form as soon as possible so we can prepare & make arrangements for your visit.

Our goal is to partner with you to help create a retreat experience that meets the needs of you and your students. If you have any questions concerning this program or suggestions, please feel free to contact us by calling (979) 968-1657 or by email at info@camplonestar.org.

In Christ Alone,
Camp Lone Star Staff

OUTDOOR EDUCATION UNITS

The following pages are our most frequently requested Outdoor Education units, in addition to Challenge Course and Recreational activites. We would love to tailor your retreat to meet your needs. In each unit that we teach, we try to connect what they learned to the Bible. Any Environmental and Outdoor Skills units are included in the cost of your retreat although Challenge Course and Recreational activities may incur an additional cost listed next to the activity description.

ENVIRONMENTAL
EXPLORE GOD'S CREATION

OUTDOOR SKILLS
HANDS-ON LEARNING

CHALLENGE COURSE
GROW AS A GROUP

RECREATIONAL
CLASSIC CAMP ACTIVITIES

The following activities will be included in your Outdoor Education schedule unless otherwise directed:

- **Morning Devotions and Campfires**—Each morning, Camp Lone Star staff will lead students in camp songs and prayer. At night, everyone will join around the campfire for more camp songs and a devotional message.
- **Trading Post**—Guests have the opportunity to purchase food and drinks and relax and re-energize before the next activity. (Snacks and drinks are $1-2. Merchandise like stickers, t-shirts, and hoodies ranges from $3-$28)

Please read through and indicate on the Program Request form the units in which you are interested. A one-night OE group typically completes four or five units, a two-night group usually completes seven or eight units, and a three-night group may fit in ten or eleven units. The size of the group may affect the length of the activity and scheduling may vary with each group.

ENVIRONMENTAL

• **Animal Study**—Students discuss common Texas animals-where they live, what they eat, what their tracks look like, etc. & try to find signs of animal life in nature. Other activities may include a visit to our camp nature center (which includes turtle & armadillo shells, rocks, bones, animal pelts, etc.), educational games about animals, or plaster casting animal tracks. Let us know in advance if you would like to make plaster casts.

• **Aquatic Study**—Students use containers, nets, magnifying glasses, and spoons to gather and observe animal/plant life in and around our lake. Discussion and educational games focus on the unique attributes of an aquatic environment.

• **Astronomy Study**— Students use the unaided eye and a telescope (conditions permitting) to observe the night sky. The session focuses primarily on observation of constellations and planets and discussion of common "star" questions.

• **Coke Bottle Rocketry**—Students learn the basics of aerodynamics and what components help to make a rocket fly. They then design, construct & launch a rocket made of a 2-liter Coke bottle.

• **Environmental Issues**—Students take a walk around camp and note ways in which humans have affected or could affect the land (including soil erosion, pollution, etc.). Discussion and educational games give opportunity to consider what they can do in order to be good stewards of God's creation.

• **Habitat Study**—Students discuss and play educational games on what makes up a habitat as well as observe potential animal habitats.

• **Nature Hike**—Students hike through the woods, prairie, and/or river ecosystems on Camp Lone Star property and discuss the plants and animals living in each. Students may also fill out observation sheets on what they see, hear, smell, or feel during the hike, teaching them to be more astute observers of the world around them.

• **Night Hike**—Students are led through the woods and open land at night without flashlights, teaching them to use their other senses to gather information about the world around them. We also discuss and try to observe the many nocturnal animals living in the Camp Lone Star woods.

• **Owls**—Students will learn about the uniqueness of owls and those species that live in Texas and get a chance to inspect owl pellets to get a first-hand look at what the owls have eaten.

• **Plant Study**—Students discuss and observe common Camp Lone Star plants. Other activities may include a visit to our nature center, educational games about plants, or using resources to identify common plants at Camp Lone Star.

OUTDOOR SKILLS

• **Canoeing**—Students are taught basic canoeing skills including parts of the canoe, paddling strokes and water safety. Students are then given a chance to practice in our lake.

• **Cookout**—Students will have the opportunity to participate in a campfire cookout.

• **Fire Building**—Students discuss fire safety, types of fires, and the components of a fire. Students are then put into groups and are given the opportunity to build their own campfire.

• **Orienteering**—Students are instructed in using a compass and/or reading a map. Students then complete various exercises and/or courses depending upon time and their skill level.

• **Service Project**—Students will have the opportunity to serve the Lord at camp by participating in a service project at Camp Lone Star and learning to be stewards of the environment around them. The projects vary and may include campus clean-up, hauling wood, raking and clearing brush from trails, or beautification of campfire worship sites.

• **Wilderness Survival**—Students are taught basic skills needed to survive in the outdoors, which could include building shelters, finding water, signaling for help, & basic wilderness first-aid.

CHALLENGE COURSE

In small groups* students are put through a series of warm-up exercises, initiatives, and debriefing conversations to work on and develop the group goal.

Some sample goals may be, but are not limited to: enhanced trust of others and self, team work and community building, improved communication skills, improved problem solving skills, increased self-confidence and/or self-esteem, spiritual growth, promote responsibility for others and self, and developing leadership and goal setting skills. We are intentional to debrief each experience in a way that helps your group accomplish the intended outcomes.

(*Group size is ideally 10-12 per facilitator, but can be up to 15. Additional charge of $30 per hour per facilitator will be added to your retreat).

- **Trek Experience** — this option provides for a 2-4 hour experience including warm-up exercises, group initiatives and low rope elements.

- **Venture Experience** — this option provides for a 4-6+ hour experience including warm-up exercises, group initiatives and low rope elements and could include high elements. (High Elements incur an addtional charge).

RECREATIONAL

Activities that incur an additional cost are noted with a $.

• **Archery**—Students are instructed in the proper and safe use of a bow, followed by a chance to practice their marksmanship. **$**

• **Climbing Tower** – Groups with students ages 12 and up can face the challenge of our climbing tower. This is an excellent opportunity for students to challenge themselves and grow mentally, physically and spiritually. **$**

• **Disc Golf** – Enjoy God's creation by throwing discs on a fun and exciting adventure. Camp has two 9 hole courses of varying difficulty levels.

• **Extra Class Time** – Teachers or other chaperones may use this time to lead an activity or unit not offered by Camp Lone Star.

• **Floor Hockey** – Enjoy a friendly class competition game at the Hangar.

• **Kickball** – This is always a great option for fun and laughter and friendly competition.

• **Rumble Ball** (GaGa Ball) – The instant classic game of combining dodgeball and four square.

• **Sand Volleyball** – There are several variations to this game, some including Team Nukem, a variation where players are eliminated and the game is altered by catching the ball instead of hitting it, and a warm weather favorite: water balloon volleyball.

• **Slip n' Slide** – Nothing beats the Camp Lone Star slip n' slide. Slide your way down the hill into a pool of water. **$**

• **Soccer** – Whether it's an organized recreational game or the Camp World Cup edition, it's sure to be a great time.

• **Swimming** – Cool off from the Texas heat in our Junior Olympic-size pool. (in-season only) **$**

• **Tomahawks**—Students are instructed in the fundamentals of tomahawk throwing and have the opportunity to practice their skills at our Camp Lone Star tomahawk range. **$**

PACKING LIST

Please bring the following items with you for Outdoor Ed:

- ☐ Bible
- ☐ Swim suit (if water activities are scheduled)
- ☐ Clothing for each day (Please be prepared for all types of weather.)
- ☐ Jacket or Sweatshirt
- ☐ Rain gear
- ☐ Closed toe shoes
- ☐ Shoes to get muddy (if lake activities are scheduled, including Aquatics study)
- ☐ Sleeping Bag
- ☐ Pillow
- ☐ Towel
- ☐ Toiletries (soap, toothbrush, etc.)
- ☐ Flashlight
- ☐ Water Bottle or container
- ☐ Bug Spray
- ☐ Pen or Pencils
- ☐ Money for Trading Post. Food and drinks are $1 each. Camp Lone Star merchandise is available for purchase as well (items priced $3-$35, t-shirts $18).

Please put your name on all of your belongings. Cell phones, iPods, and other electronics should be left at home. No weapons of any kind are allowed on camp grounds. Camp Lone Star is not responsible for lost or stolen articles.

1 NIGHT SCHEDULE

Day 1
10:00 Arrive
10:15 Orientation/Morning Activity
11:45 Lunch Orientation
12:00 Lunch
1:00 Activity
2:15 Outdoor Education Unit #1
3:30 Trading Post
4:15 Outdoor Education Unit #2
5:15 Free Time
6:00 Supper
6:45 Games
7:30 Trading Post
8:00 Campfire/Devos
8:30 Daily Reflections

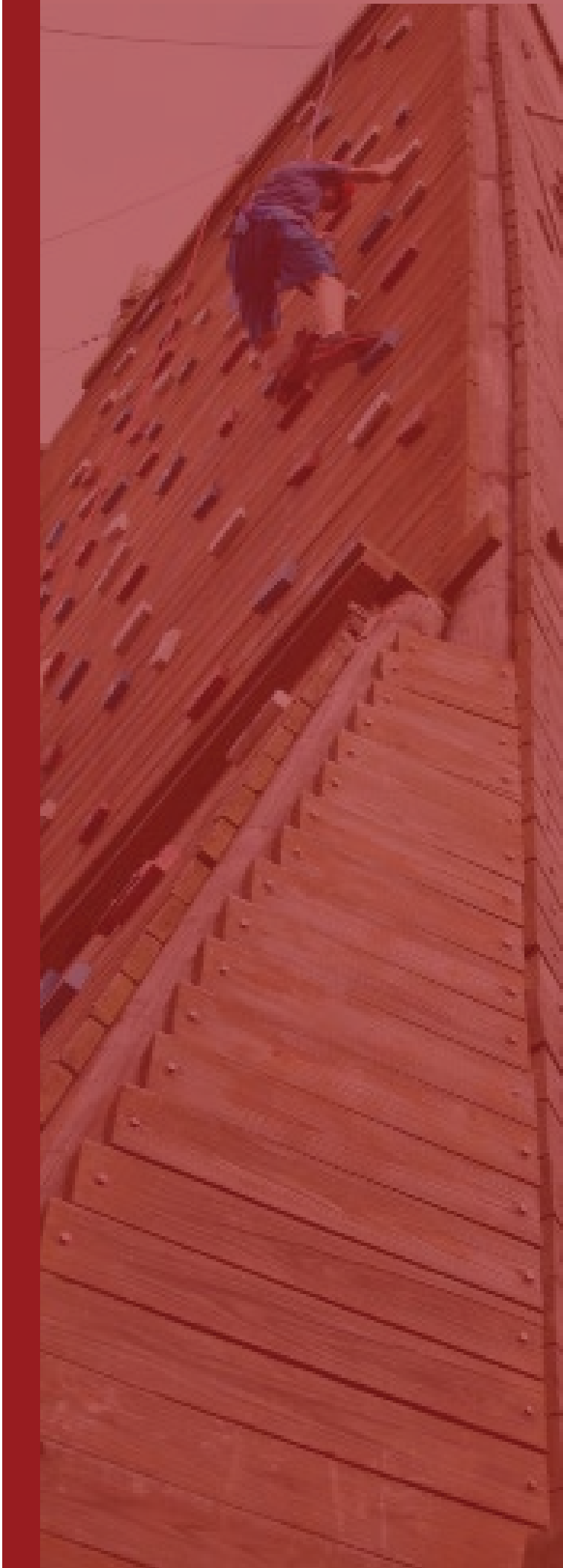
Day 2
8:00 Breakfast
8:30 Devos
9:00 Outdoor Education Unit #3
10:15 Outdoor Education Unit #4
11:30 Pack Up/Clean Up
12:00 Lunch
1:00 Depart

2 NIGHT SCHEDULE

Day 1
10:00 Arrive
10:15 Orientation/Morning Activity
11:45 Lunch Orientation
12:00 Lunch
1:00 Outdoor Education Unit #1
2:15 Outdoor Education Unit #2
3:30 Trading Post
4:15 Outdoor Education Unit #3
5:15 Free Time
6:00 Supper
6:45 Games
7:15 Trading Post
8:00 Campfire/Devos
8:30 Daily Reflections

Day 2
8:00 Breakfast
8:30 Devos
9:00 Outdoor Education Unit #4
10:15 Outdoor Education Unit #5
11:30 Cookout Prep
12:00 Cookout
1:00 Activity
2:15 Outdoor Education Unit #6
3:30 Trading Post
4:15 Outdoor Education Unit #7
5:15 Free Time
6:00 Supper
6:45 Games
7:30 Trading Post
8:00 Campfire/Devos
8:30 Daily Reflections

Day 3
8:00 Breakfast
8:30 Devos
9:00 Outdoor Education Unit #8
10:15 Outdoor Education Unit #9
11:30 Clean Up/Pack Up
12:00 Lunch
1:00 Depart



3 NIGHT SCHEDULE

Day 1
10:00 Arrive
10:15 Orientation/Morning Activity
11:45 Lunch Orientation
12:00 Lunch
1:00 Outdoor Education Unit #1
2:15 Outdoor Education Unit #2
3:30 Trading Post
4:15 Outdoor Education Unit #3
5:15 Free Time
6:00 Supper
6:45 Games
7:15 Trading Post
8:00 Campfire/Devos
8:30 Daily Reflections

Day 2
8:00 Breakfast
8:30 Devos
9:00 Outdoor Education Unit #4
10:15 Outdoor Education Unit #5
12:00 Lunch
1:00 Activity
2:15 Group Initiatives
3:30 Trading Post
4:15 Group Initiatives
5:15 Free Time
6:00 Supper
6:45 Launch Rockets/Games
7:30 Trading Post
8:00 Campfire/Devos
8:30 Daily Reflections

Day 3
8:00 Breakfast
8:30 Devos
9:00 Low Ropes
12:00 Lunch
1:00 High Ropes
3:30 Trading Post
4:15 High Ropes
6:00 Supper
6:45 Games
7:30 Trading Post
8:00 Campfire/Devos
8:30 Daily Reflections

Day 4
8:00 Breakfast
8:30 Devos
9:00 Outdoor Education Unit #6
10:15 Outdoor Education Unit #7
11:30 Clean Up/Pack Up
12:00 Lunch
1:00 Depart

OUTDOOR ED PROGRAM REQUESTS

School _____ City _____
Contact Name _____ Contact E-mail: _____
Contact Phone _____ OE Dates _____
Grade(s) bringing to OE _____ Arrival Time: _____ Departure: _____
Attending: Boys_____ Girls _____ Adult Females _____ Adult Males_____

Please select and rank a total of twelve (12) preferred activities **(with 1 being highest priority)**. Please remember that weather and Camp Lone Star staffing may affect availability.

Environmental
____ Animal Study
____ Aquatic Study
____ Astronomy Study
____ Coke Bottle Rocketry*
____ Environmental Issues
____ Habitat Study
____ Nature Hike
____ Night Hike
____ Orienteering
____ Owls (Additional Fees)
____ Plant Study
*please see host for supplies needed

Outdoor Skills
____ Canoeing
____ Cookout
____ Firebuilding
____ Orienteering
____ Service Project
____ Wilderness Survival

Recreational
____ Archery ($25/hour)
____ Climbing Tower ($30/hour/faciliator. $50 set-up fee per element). (Minimum Age: 12)
____ Disc Golf
____ Floor Hockey
____ Kickball
____ Rumble Ball
____ Sand Volleyball
____ Slip n' Slide ($25/hour)
____ Soccer
____ Swimming ($100/hour; Includes 2 Lifeguards)
____ Tomahawks ($25/hour)
____ I would like to teach my own unit or activity for ____ minutes.

Challenge Course ($30/hour/facilitator. $50 set-up fee per element). (If interested in Challenge Course, please complete next sheet)
____ **Trek:** 2-4 hour experience including Group Initiatives and Low Ropes
____ **Venture:** 4-6+ hour experience including Group Initiatives, Low Ropes, and High Ropes

Meals
Camp Lone Star will provide a campfire cookout for a lunch during your stay. All other meals will be served in the Retreat Center Dining Hall.
Please indicate any dietary needs or restrictions:

_____

_____

Email this form to info@camplonestar.org **OR** Mail to Camp Lone Star OE 2016 Camp Lone Star Rd. La Grange, TX 78945 **OR** Complete online using this link: GOOGLE FORM LINK

CHALLENGE COURSE INFORMATION

School _____ City _____

Contact Name _____ Contact E-mail: _____

Contact Phone _____ Dates of Event_____

Age(s) bringing _____ Arrival Time: _____Departure: _____

Attending: Boys_____ Girls _____ Adult Females _____ Adult Males _____

____ Trek Experience | 2-4 hour experience including Group Initiatives and Low Ropes
____ Venture Experience | 4-6+ hour experience including Group Initiatives, Low Ropes, and High Ropes

*Leading Challenge Course is a progression to accomplish specific outcomes. Since we cannot fully predict how a group will progress, we do not guarantee which elements we get to, but will work toward accomplishing the desired outcomes.

Team Breakdown

What is the total number of participants in Challenge Course?

_____

How long has the team been together?

_____

What are the goals or outcomes you, as the leader, are hoping for?

_____

_____

_____

_____

Any other information we should be aware of as facilitators?

_____

_____

CONTACT US

2016 Camp Lone Star Road
La Grange, TX 78945

info@camplonestar.org
979-968-1657