

## Activity Selection Form

Each activity will begin with the basics, and gradually build, according to the camper's ability. Please rank 1 (first choice) through 14 (last choice).

\_\_\_\_\_ ARCHERY - Each archer is provided with a bow, arrows, arm guard and finger tabs, all of which are matched to the camper's size and strength? Certified archery instructors teach safety, along with an introduction to how to shoot a bow and arrow. Beginners are closely coached and watched while those with more experience at the sport are encouraged to improve their performance. In addition to the permanent backstop, a woods course is laid out with large cardboard targets distributed off of a path through the woods for more free form hunting type practice. This woods archery course is offered as an elective activity to campers who want to spend more time in archery.

\_\_\_\_\_ ART- Campers will create a canvas with fun colors, shapes and patterns. Anyone can make great art work to take home B no experience necessary. Express yourself.

\_\_\_\_\_ CANDLE MAKING - Campers will learn how to make a variety of hand-made candles.

\_\_\_\_\_ CANOEING- Campers will learn basic skill and safety techniques which will help them enjoy canoeing. Each camper will wear a life jacket at all times while in the canoe. Certified canoe instructors will be teaching campers safe canoeing.

\_\_\_\_\_ CONFIDENCE COURSE- Individuals using a team approach work cooperatively to complete the outdoor low rope challenge course. A certified instructor will be working with the campers on the different elements.

\_\_\_\_\_ CRAFTS- The leaders have planned craft activities for each camper in addition to having a supply of beads, feathers, paints, etc. for your creativity.

\_\_\_\_\_ NATURAL WONDERS- Let out your inner wild thing! Learn all about the unique wildlife of Western Maryland. Enjoy hands on nature games, activities, and hikes.

\_\_\_\_\_ OUTDOOR COOKING- Campers will learn basic campfire safety and enjoy making a variety of foods on open campfires.

\_\_\_\_\_ RIFLES- Campers will have the opportunity to learn firearms safety from certified instructors. We will shoot .22 caliber rifles on a 50 foot outdoor range. Eye and ear protection will be provided to each camper. The campers will shoot paper targets, balloons, etc. from a bench rest. The barrels of the rifles are tethered to the tables for safety.

\_\_\_\_\_ SPORTS - Use your creativity and join us to play some unusual crazy and fun games. Outdoor sports and games will teach team work.

\_\_\_\_\_ TIE DYEING- Create wearable art. Bring your white, prewashed 100% cotton items: shirts, socks, hats, shorts, etc. Choose from several designs or create your own. Campers tie and then use squirt bottles to apply the dye. Later campers untie, rinse and reveal their works of art

\_\_\_\_\_ SWIMMING - A certified lifeguard will be at the lake to supervise the roped in area of the lake that is designated for the swim area.

\_\_\_\_\_ DANCE – Tap into your creative side! Learn how to break out of your shell, and have fun with learning how to put together dance routines and perform them.

\_\_\_\_\_ COUNSELOR TRAINING – Are you interested in becoming a camp counselor? This is opportunity to learn the expectations of being a camp counselor and how to conduct you during the interview process.

Campers Name: \_\_\_\_\_

Please return to:            Howard County Extension  
                                         Attn: 4-H Camp  
                                         3300 North Ridge Road Suite 240  
                                         Ellicott City, MD 21043

