

ACTIVITIES

REC

Rec Activities are provided by the retreat center. Each student must sign the PARTICIPANT ASSUMPTION OF RISK form. We ask that everyone tries and staff encourage student to go past their comfort zone for the sake of a new experience.

HIGH ROPES COARSE

Traverse from tree to tree on our outdoor high ropes course. Build your courage by completing our three unique elements.

ZIPLINE

Conquer your fear of heights, step off the tower and fly through the air on a 500 foot zipline - our trained staff are waiting to catch you at the other end.

GIANT SWING

Get strapped in side-by-side with friends, get hoisted high into the sky, and then—pull the cord and feel the rush of a freefall drop as you soar through the air together.

OBSTACLE COURSE

Traverse from tree to tree on our outdoor high ropes course. Build your courage by completing our three unique elements.

FIELD GAMES

Games for all teams to play against each other at the same time. This is a combination of childhood games and a little extra

SUN

Tug of War
+ Relay

MON

Trash Out | Capture
the Flag

TEAM CHALLENGES

Let's Challenge the students to come out of their shell. These opportunities are also used as ice breakers!

TEAM NAMES
TEAM CHANTS
SCAVENGER HUNT
LIP SYNC BATTLE

THEME NIGHT

TEAM POINTS WILL BE AWARDED FOR EACH PERSON DRESSED UP!

Students are encouraged to dress up to the theme after the shower time to wear to dinner. Any over the top accessories should come off before service

SPORTS

Team Points will be awarded for every "W" teams take home in these traditional sports games

VOLLEYBALL
LAPE

SATURDAY

PIRATES VS
NINJAS



SUNDAY
SURFERS VS
SKATER



WHAT TO BRING

CLOTHES

- SPORTY CLOTHES
- GET MESSY CLOTHES
- WATER DAY CLOTHES
- NIGHT THEME CLOTHES
- TEAM COLORS
- SWIMSUIT + TOWEL
- UNDERWEAR
- SOCKS
- JACKET/SWEATER
- SANDALS
- TENNIS SHOES (CLOSED TOE)

PERSONAL

- SHOWER TOWEL
- DEODORANT* (PLEASE)
- SHOWER STUFF + SHOWER SHOES
- TOOTHBRUSH + TOOTHPASTE
- SHAMPOO + CONIDTIONER
- SOAP
- BRUSH
- PERSONAL HYGIENE

WEATHER

SATURDAY	SUNDAY	MONDAY
HIGH: 75 LOW: 57	HIGH: 69 LOW: 56	HIGH: 71 LOW: 57

if clothes do not comply with the dress code, you may be asked to change.

GEAR

- TEAM COLOR STUFF
- BUG SPRAY
- SUNSCREEN
- BACK PACK
- WATER BOTTLE
- BIBLE
- NOTEBOOK
- PENS
- MEDICINE (IF APPLICABLE)

BEDDING

- SLEEPING BAG
- BLANKET
- PILLOW

NIGHT THEMES

For extra team pts, plan a theme night outfit!

SATURDAY	SUNDAY
PIRATES VS NINJAS	SURFER VS SKATER

DRESS CODE

- Please show respect by being appropriately modest in the way you dress.
- No short skirts, shorts or dresses - (If we have to check, there might be an issue anyway)
- Water day clothes cannot be white
- No low-rise or Sagging pants/skirts
- No transparent clothing No low-cut tops or dresses.
- No clothing, phone cases, or anything with inappropriate material or language