

## Skill Selection Sheet Instructions

Campers and parents/guardians need to choose skills together. Choose your skill schedule online in order of preference – 1<sup>st</sup> and 2<sup>nd</sup> choice. We will do our best to place campers in at least 4 of their top 6 choices.

If you have pre-registered and paid for a skill, we will assume that you want to be placed in your top six choices.

Skill selection sheets should be completed online and submitted before May 31. There are limits to the number of participants in each skill offered and there are only 6 skill periods in a full day schedule. It is wise to get your skill selection sheet in early.

If you are attending camp for three or more weeks, a second skill sheet will be completed at the end of the first 13-day session.

## Skill Information

Campers receive their skill schedule after morning watch on Monday morning. The six skills listed on the schedule remain the same for the entire session unless changes are made on Skill Change Day (Wednesday).

### **May I select Cirque, Cooking, and Pottery if I did not pre-register when I mailed in my application?**

Yes, but class sizes are limited to maintain quality instruction. Therefore, it is possible that a waiting list has already formed. If so, you will be placed on the waiting list.

We reserve a limited number of spaces in the paid skills for 7-day session campers. Once those spaces are filled, we will begin a waiting list for 7-day campers interested in the particular paid skill.

### **What if I need to change a skill after the first day?**

Campers may not add or drop paid skills (cirque, cooking, and pottery) on skill change day. Please instruct your camper to talk to the skills coordinator on Monday night or Tuesday if she wishes to change one of the paid skills.

Campers who wish to change any other skill may do so on Skill Change Morning. The skill coordinator will be in Dove's Den **before breakfast** on the first Wednesday. New schedules will be issued after morning watch.

## \*\*\*\*\*Specific Skill Information\*\*\*\*\*

**Aerobics**... This is a skill for campers ages 10-15. Ready to get in shape, girls? The aerobics class at Hollymont provides rhythmic exercise with stretching and strength training routines. The goal of this skill is to improve the all around fitness level and is performed to music and workout videos.

**Archery**... Campers ages 11-15 will learn the proper ways to effectively and safely shoot a bow and arrow. They will learn to hit a stationery target.

**Arts and Crafts**... This is a very popular skill and one that's fun for all ages! Campers get to exercise their creativity as they work to complete 2-4 art projects using a variety of media and methods. Activities will vary from session to session and may include clay, jewelry, and fine art projects.

**Athletic Conditioning**... This skill is designed for campers ages 12-15 who are very serious about maintaining or improving their overall fitness level. Activities will include running, agility and sprint drills, aerobics, etc.

**Basketball**... This skill is held indoors in our state-of-the art gymnasium. Campers will learn rules, regulations, positions, plays, how to properly dribble, pass and shoot a basketball. This is such a fun sport and it's a great opportunity to build on team sportsmanship.

**Cheerleading**... Two, four, six, eight... Learn new routines, chants, and cheers so you can help your favorite team gain a victory!

**Choir**... If you like to sing, join our Hollymont choir! Your group will have the opportunity to sing in chapel, the skill show, etc...

**Cirque**... Feeling flexible? Our trained staff will inspire an appreciation for the circus arts in a supportive environment. Modeled after the popular Cirque du Soleil shows, Cirque combines theatre performance, acrobatics, and dance. Student perform on apps including the Spanish web, aerial silks, trapeze, German wheel, and aerial lyra. Cirque helps build your physical and mental wellness and campers of all abilities will gain strength, flexibility and create lasting memories! (Cost: \$60 for 13-day session)

**Cooking**... Girls get hands on experience in the fine art of cooking. We try to cook a variety of items – main dishes, salads, desserts, etc. We discuss the importance of cleanliness during food preparation, good nutrition, kitchen safety, etc... Advanced cooking for girls ages 12-15 may explore topics such as baking, cake decoration, grilling, multi-course meal prep, etc. Cost \$25 for 7-day session; \$50 for 13-day session.

**Creative Writing**... Express yourself! Learn the power of the written word. Campers will learn several approaches to writing to come up with original and unique pieces of work. Participants must know how to read and write.

**Dance**... We teach contemporary dance. Occasionally, we will have enough interest to study a specialized dance topic (tap, jazz, ballet, and ballroom dancing).

**Digital Photography**... Campers will use digital cameras provided in class to complete digital photography assignments. Campers will learn picture-taking techniques, computer photo printing, and complete a photograph display project.

**Drama...** Campers will learn how to perform on stage. They will create their own scenarios and ideas to form plays. Campers in this skill enjoy performing in front of the entire camp in the skill show, talent show, etc.

**Guitar...** Campers will use praise and worship choruses to learn basic chords and strumming patterns. You will get a chance to play in the skill show. **You must bring your own acoustic guitar (bringing extra strings and a pick wouldn't hurt).**

**Gymnastics...** After understanding the importance of stretching and safety, we focus primarily on tumbling and floor exercises.

**Horseback Riding...** This summer, adventure trail rides will be provided by the Dillard House Stables across the street! All trail rides will be a guided, hour-long ride as you go through pastures, traveling alongside the Little Tennessee River, and finally making a loop through lush green forest and returning back through the river. Your daughter will experience and enjoy breathtaking mountain views, and an abundance of natural greenery. You can even sign up for multiple trail rides if you wish!  
**Cost: \$80 per trail ride (can sign up for multiple trail rides)**

**LIFE (Living in Faith Everyday)...** This is an extra opportunity for girls ages 13-15 to talk with peers and camp counselors about the real life issues that concern you. Learn how to apply Biblical truths to your life 365 days a year. HOPE INSTILLING... SOUL ENCOURAGING... LIFE CHANGING

**Outdoor Living...** We have a lovely campus and this is your opportunity to enjoy it. We'll take walks, hike through the woods, set up a tent, learn to build a fire, and learn about plants and animals living in our own backyard. We may also cover first aid procedures (animal bites, bee stings, sunburns, etc.) and other topics pertaining to the great outdoors.

**Hand Sewing...(ages 6–15)** We like to give campers the opportunity to develop their "hand-sewing" skills. We select projects that will allow campers to learn both practical (sew on a button, hem a pair of pants, etc.) and pretty (embroidery, cross-stitching, etc.) sewing techniques. Sewing project examples: Ribbon belts, hats, purses, etc.

**Machine Sewing...(ages 12–15)** Older, more experienced campers will have the opportunity to learn basic sewing machine skills, how to use a pattern, etc. Project examples: garment bags, tote bags, aprons, patchwork pillows, and more.

**Nature Walk / Walk 'n Talk...** Grab a group of friends and venture for the morning with our counselors guiding the way! You'll explore trails and enjoy the beautiful views of the mountains around you. It's the perfect way to see all that Camp Hollymont's campus has to offer with your camp friends! (Nature Walk is designed for camper ages 7-11 / Walk 'n Talk is designed for camper ages 12-15)

**Pottery...** You will learn several different ways to work with the clay throughout your session. Not only will you create pieces with clay, but you will get to paint the pieces and fire them in the kiln to create a finished product! Whether making bowls, plates, vases, or simple molded creations, you are certain to take home beautiful and uniquely crafted pottery. **(Cost: \$50 per 13-day session)**

**Sign Language...** Our most popular activity in Sign Language is the sign interpretation of contemporary music. You will also work on finger spelling and learn basic signs and phrases.

**Swimming...** Our goal is to teach campers to swim or improve their swimming techniques. If you don't sign up for swimming, will you get to swim? If you want to swim everyday, we suggest you sign up for swimming or water aerobics skills. Night and hall activities *may* include pool time.

**Team Sports...** Do you love to run and play? Campers will learn about and enjoy the game of soccer, flag football, ultimate frisbee and capture the flag. Have a favorite field game you want to share? We can play that too!

**Tennis...** Game, Set, Match! Singles, doubles, keeping score, forehands, backhands, and much, much more! Serves, volleys, and overheads too - in this fun skill, there's much to do!

**Volleyball...** Campers will learn the basic principles of the game. Serve, pass, set, attack – this is a great skill and you'll want to come back!

**Yoga...** For girls ages 11-15 Campers will learn the ancient art of meditation and stretching using Scripture as our guide.

**Zumba...** For girls ages 11 -15. This exciting new dance aerobics is the latest fitness craze. Learn how to get in shape while having fun at the same time.