

# CAMP HOLLYMONT

## SKILL SELECTION SHEET INSTRUCTIONS

Campers and parents/guardians need to **choose skills together**. Choose your skill schedule online in order of preference – 1st and 2nd choice. We try our very best to place campers in all of their top choices.

If you have pre-registered and paid for a skill, we will assume that you want that skill activity as one of 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. Campers are placed in skills in the order the skill sheet is received. Only registered campers can complete a skill selection sheet. **Please register your camper prior to filling out the online skill selection form.**

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 the first Monday morning of their session. The six skills listed on the schedule remain the same for the entire session.

**May I select Pottery, Cooking, Horseback Riding, and other paid skills when I drop off my camper?**

Yes, but class sizes are limited to maintain quality instruction. Please consider adding all paid skills when filling out the skill selection sheet. It is possible that a waiting list has already formed. If so, you may be placed on the waiting list and notified.

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

13 day campers have the opportunity to make changes to their skill schedule on the first Wednesday of each session. Campers may not add or drop paid skills on skill change day.

# SPECIFIC SKILL INFORMATION

**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 stationary 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!

**Athletic Conditioning...** (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.

**Bible Journaling...** The pages of Scripture will come alive as you learn creative ways to reflect on God's word through art and journaling techniques. Campers will need to bring their own Bible.

**Cheerleading...** Two, four, six, eight... Learn new routines, chants, basic stunting, 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: \$70 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 (\$30 for starter session & \$60 for 13-day session).

**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 & editing...** 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 photography display project.

**DIY (Do it Yourself)...** Back by popular demand! There's no limit to what you can create! Campers will make everyday items like bouncy balls, dry shampoo, hand soap, jewelry, slime and much more!

**Drama...** Campers will learn how to perform on stage through a variety of exercises and games. They will create their own scenarios and ideas to form plays, with access to our costume closet. 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 (extra strings and a pick wouldn't hurt).**

**Goosechase ---** Feeling adventurous?! This brand-new skill combines creativity, teamwork, and a little bit of friendly competition! Each day, your counselors will receive a "mission" consisting of various challenges that you must complete before the time runs out. During these unique scavenger hunt experiences, you'll learn how to read maps, think on your feet, solve puzzles, and most of all...have FUN!

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

**Hammocking...** There's nothing like swinging in a hammock in the shade while admiring our 360 degree mountain views! Want a skill that is relaxing? We've got the skill for you! Combine relaxing while reading, writing, and socializing! Feel like being creative? Express yourself! You can spend the time journaling or writing a story to share with the group. Are you a book worm or have summer reading to catch up on? Bring your favorite book or even consider diving into your Bible! Want to finish that friendship bracelet you've been working on? This is the perfect skill for you! **If you have a hammock, please pack it! Participants must know how to read and write and should bring books if they plan to read.**

**Horseback Riding...** Adventure trail rides are provided by the Dillard House Stables across the street! Once you're saddled up, you'll be guided on an 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 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! Signing up for trail rides does not count as one of your 6 skill selections. **Cost: \$90 per trail ride (can sign up for multiple trail rides)**

**Lacrosse...** This skill is held outdoors on our state-of-the-art sports field. Campers will learn rules, regulations, positions, plays, how to properly pass and score. This is such a fun sport and it's a great opportunity to build on team sportsmanship. If you have personal equipment, feel free to bring it along!

**LIFE (Living in Faith Everyday)...** (ages 13-15) This is an extra opportunity for girls 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 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...**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 11-15) 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, skirts, 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. Hiking is 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: \$60 per 13-day session)

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

**Soccer ...** Campers will learn the basic principals of the game, work on passing the ball with drills, scrimmage, and more! Soon, you'll be scoring that winning goal!

**Swimming...** Our goal is to teach campers to swim or improve their swimming techniques. They also work on different strokes and diving. There's always free-swim, too! If you want to swim every day, we suggest you sign up for swimming.

**Team Sports & Group Games...**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...**(ages 11-15) Campers will learn the ancient art of meditation and stretching using Scripture as our guide.

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