

CAMP HOLLYMONT

SKILLS REQUEST & OPTIONAL TRIPS INSTRUCTIONS

Campers and their parents/guardians must choose skills together. Once registered and the module has been released (usually in March), you can log in to your CircuiTree account and visit the "Skills Request and Optional Trips" module. We try our best to place campers in all their top choices.

If you select a "1st Choice" skill with a fee, it will automatically be added to your invoice. If your camper is not confirmed for that skill, the fee will be credited to your account.

If you select an "Alternate" or "Waitlist" skill with a fee, it will be manually added to your invoice once we confirm placement in the skill.

The "Skills Request and Optional Trips" module should be completed by April 20. Campers who register after that date should select skills as part of the registration process. The number of participants in each skill offered is limited. There are only 6 skill periods in a full-day schedule. It is wise to complete your skill selection module early.

If you attend 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. Common questions we get asked are:

When I drop off my camper, may I select Pottery, Cooking, Horseback Riding, and other paid skills or trips?

Yes, but class and trip sizes are limited to maintain quality instruction. Please consider adding all paid skills and trips when filling out the Skills Request and Optional Trips module. Waiting lists will be utilized as needed.

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

13-day campers can make changes to their skill schedule on the first Tuesday evening of each session. Campers may not add or drop paid skills on skill change day.

SPECIFIC SKILL INFORMATION

Archery... (for campers grades 5th & up) will learn the proper ways to effectively and safely shoot a bow and arrow. They will learn to hit a stationary target.

Art... 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... (for campers grades 7th & up) 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! This group also works on song writing, so if you love creative writing...this is the skill for you! Your group will have the opportunity to perform for Sunday Chapel and in the Skill Show!

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. Campers 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: \$80 for 13-day session) *Make sure to pack leggings and form-fitting shirts.

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. (\$35 for starter session & \$70 for 13-day session).

Culinary Arts... Girls get hands-on experience in transforming food into works of art. Campers will learn various techniques for presenting foods with flair and decorating baked goods. The best part? You get to eat what you create! (\$35 for starter session & \$70 for 13-day session).

Dance... We teach contemporary dance. Occasionally, campers are interested enough to study a specialized dance topic (tap, jazz, ballet, or ballroom dancing).

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

DIY (Do it Yourself)... 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! These activities are designed to encourage camper independence and creativity.

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.

Fishing... Campers will learn how to bait and cast their own line while enjoying views from our private pond! When you feel a tug, you'll learn how to properly reel in and net your big catch!

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 -- packing 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 using specialized equipment.

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, feel free to pack it! Participants must know how to read and write and should bring books if they plan to read.

Hand Sewing... We select projects allowing campers to learn practical and aesthetic sewing techniques. Learn how to sew on a button, hem a pair of pants, embroider, cross-stitch, and more!

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: \$130 per trail ride (Starter Campers - Max of 1 trail ride; Classic Campers - Max of 2 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)... (for camper grades 7th & up) This is an extra opportunity for girls to talk with peers and 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

Machine Sewing... (for camper ages 11-15) Campers will be able to learn basic sewing machine skills, how to use a pattern, etc. Project examples: garment bags, tote bags, skirts, aprons, patchwork pillows, and more.

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 about the great outdoors.

Pickleball this game is fun, social, and friendly! The rules are simple and the game is easy for beginners to learn, but can develop into a fast-paced, competitive game.

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: \$70 per 13-day session)

Sculpture A new skill this year! Build an armature with sticks and styrofoam balls to make a small bird (starters) and a horse (classic). Once you know how its done, you'll want to make more at home!

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 principles 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... (for campers grades 5th & up) Campers will learn the ancient art of meditation and stretching using Scripture as our guide.

Zumba... (for campers grades 5th & up) This exciting dance aerobics is the latest fitness craze. Learn how to get in shape while having fun at the same time!

OPTIONAL TRIPS INFORMATION

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 is not one of your 6 skill selections.

Minimum age - 7 years; Starter Campers - Max of 1 trail ride; Classic Campers - Max of 2 trail rides

White Water Rafting... Join us for this wet & wild rafting adventure! Campers are in for a true wilderness experience rafting the lower part of Section III of the crown jewel of southern white water, the Chattooga, a National Wild and Scenic River. The Chattooga Mini, a fully guided trip for novices and families with younger children, offers a great day of camper fun with rolling Class I, II, and III rapids that increase in difficulty as the day progresses.

Available to Classic campers - minimum age of 11.

Zipline... Register now for this high-flying zipline adventure! Embrace the challenge, learning and thrill of soaring through the treetops with Chattooga Ridge Canopy Tours! Flyers must be in good physical condition and able to raise their arms over their head to regulate speed and braking. Since harness seats wrap around your upper thigh, shoulders and waist, flyers should wear shirts with collars and long shorts or pants. Closed-toed shoes are required. Long hair must be tied back.

Available to Classic campers - minimum age of 10; minimum weight 60 lbs.

Overnight Camp-Out (on campus)... Enjoy this great outdoors, overnight experience! Our beautiful and spacious campus at Rabun Gap affords campers the opportunity to "rough-it" on this fun-filled, tent camping adventure while still being near to main campus.

Available to Classic Campers and CITs. You must bring your own sleeping bag.