



## Iowa 4-H Center 2009 Summer Camp Descriptions



### Traditional Camps

#### **Discovery Camp** (Ages 8-10)

Experience all the adventure and excitement we can pack into three days! You'll be introduced to our camp traditions and favorite activities, including creek walks, archery, canoeing, and much more! Bring a friend with you or make new ones! **June 7-10, June 28-July 1, Aug. 2-5: \$185 / \$210**

#### **Everything Camp** (Ages 9-14)

Come and explore what 4-H camp is all about! Campers will spend their mornings sampling an activity from each of our five main program areas: outdoor camping, shooting sports, challenge course, waterfront, and camp craft. In the afternoon go swimming, visit the camp store, have free time, and explore more of the camp in cabin group activities. Evenings include campfire programs, skit night, and other crazy themed all-camp events. **June 7-13, June 14-20, June 21-27, July 5-11, July 12-18, July 19-25, July 26-Aug. 1, Aug. 2-8: \$352 / \$377**

### Half-week Specialty Camps – 4 p.m. Sunday to 4 p.m. Wednesday

#### **NEW Secret Agents** (Ages 7-9)

Calling all agents...report for camp fun immediately! We'll be super-spies as we solve mysteries, explore, find clues, hidden treasures, and surprises. Swim, do crafts, have a campfire, go on a creek walk, and try the climbing tower, too! Super staff for 1st time campers! Top Secret fun is waiting for you! **June 28-July 1: \$195 / \$220**

#### **NEW Inside Out Camp** (Ages 7-9)

Great first time camp! Lots of variety! Come and sleep inside a lodge one night and sleep outside under the stars or in tents another night. We'll play games, make crafts, and have lots of fun. Caring and fun staff waiting to serve you. **June 7-10, Aug. 2-5: \$195 / \$220**

#### **Technomania** (Ages 9-12)

Make and launch rockets, build robots, use GPS units on scavenger hunts, plus other gadgets and experiments. All this fun and more while learning about science and technology! Enjoy swimming, campfires, and other camp activities, too. **June 7-10, June 28-July 1: \$195 / \$220**

#### **NEW Rail Camp** (Ages 9-12)

Half-week camp for kids who love trains! Explore the Kate Shelly historical site located near Moingona one day and ride the Boone and Scenic Valley Railroad the next. We will also save time for swimming, campfires, and other fun camp activities when we are not learning about trains. **Aug. 2-5: \$195 / \$220**

#### **Grossology** (Ages 9-12)

This program is for the camper who loves getting dirty! Enjoy hands-on fun with clay, slime, gack, edible play dough, and paper mache. We will also mud slide and creek stomp, explore the pond life in a canoe, have a campfire cookout, and play mud volleyball! Lots of messy fun! **Aug. 2-5: \$195 / \$220**

#### **NEW Short Creativity Camp** (Ages 9-12)

Develop your creative side with this short camp that combines art and drama! Hands-on experience with several crafts and then practice your skills in a short play you'll perform one night. There also will be time for swimming, campfires, and an art show on Wednesday. **June 28-July 1: \$195 / \$220**

#### **Short Un-Camp** (Ages 12-14)

Expect the Un-expected at this crazy camp! Enjoy extra pool time, a movie and pizza night, twice the store snacks, ice cream with your breakfast, sleeping in, food fights, and many more surprises! It will be Un-like any other camp you will attend! Sign up early for all this fun; space is limited! **June 7-10, June 28-July 1: \$195 / \$220**

### Week-long Specialty Camps - 4 p.m. Sunday to 10 a.m. Saturday

#### **Creativity Camp** (Ages 9-11)

Want to develop your creative side -- then expand your imagination in this fun camp that combines art and drama! Explore the art of tie-dyeing, basket weaving, pottery, leather craft, scrapbooking, and bead work, plus try out your dramatic side with parts in a short play you'll perform at skit night. There also will be time for swimming and campfires, and an art show on Friday. **June 7-13, July 5-11, Aug. 2-8: \$385 / \$410**

## **More Week-long Specialty Camps** – 4 p.m. Sunday to 10 a.m. Saturday

### **NEW First Iowans Camp** (Ages 10-12)

Learn about pre-historic and historic American Indian cultures through hands on learning, exploring real Native American archeology sites, flint knapping, shooting bows and arrows, making pottery, and visiting local museums. Spend one night sleeping in a pre-historic American Indian structure and even get to try buffalo meat. **July 19-25: \$385 / \$410**

### **NEW High Adventure** (Ages 10-12)

If you like to climb, then this is the camp for you! Spend quality time every day practicing your skills on our climbing tower, zip line, and high ropes course. Learn to work as a team on the low ropes course, how to tie basic knots, and how a belay team works. **June 21-27, July 12-18: \$365 / \$390**

### **Homesteaders** (Ages 10-12)

Sleep in Tents! Go back to the past and experience what it was like to live as a pioneer. Help build the log cabin, cook over the fire, trade for supplies at the general store, make butter, pull taffy, pan for gold in Richardson's Creek, make frontier crafts, canoe, swim, fish, creek stomp, and practice archery. End the week with a trip to the State Historical Museum to learn about true Iowa pioneers! **June 21-27: \$385 / \$410**

### **NEW Military Heritage Camp** (Ages 10-13)

Learn about Iowa's military history by spending time with military re-enactors from the Civil War, World War One, World War Two, Civil War, and the Korea/Vietnam eras. Get involved with hands on learning about historic uniforms, weapons, artifacts, and tactics from Iowa's past wars. Try period military rations for lunch each day, tour the Camp Dodge museum, and even spend one night outdoors in a Civil War tent! **June 14-20: \$385 / \$410**

### **Horse'n Around** (Ages 10-14)

**New in 2009:** both beginner and intermediate riders will be able to attend the same week of horse camp and instructors will work with both skill levels. Come ride, love, and care for horses. Learn safety, horse basics, and riding skills for four hours each day from the staff at Jester Park Equestrian Center in Granger. Enjoy a trail ride, wagon ride, and end Friday with a celebration of games and fun horse activities. Spend time each afternoon in other camp activities such as swimming, climbing, crafts, and archery. We need a minimum of five campers to hold this camp. **June 7-13, July 26-Aug. 1: \$522 / \$547**

### **Gone Fishin** (Ages 10-14)

Whether you're a fishing pro or you've never baited a hook, you'll get lots of hands-on experience at this camp! Learn about types of fish, the water they inhabit, and how to catch them. Take fishing trips to ponds, streams, lakes, and a nearby river. Enjoy a Friday night fish fry, swimming, and other camp activities. Bring your own fishing pole and tackle box or borrow equipment from the camp. **June 21-27, July 5-11: \$365 / \$390**

### **NEW Splash Camp** (Ages 10-14)

Great way to cool off during the summer! Swimming, creek walks, water games, water balloons, and other fun water activities. Enjoy the new pool slide, slip 'n slide, snorkeling, and kayaking, too! We will even take a trip to the lake for swimming, fishing, paddle boating, and a picnic! Excellent staff provides water safety and supervision. **July 12-18, Aug. 2-8: \$365 / \$390**

### **Climb & Canoe** (Ages 11-13)

Spend the first part of the week learning canoeing and climbing tower skills at camp – then travel off-site for a river canoe and rock climbing trip. You will learn all about ropes, harnesses, helmets, paddle strokes, lifejackets, swamping canoes, and how a belay team works together to keep everyone safe. Don't miss this one! **June 14-20: \$385 / \$410**

### **NEW Sports Zone** (Ages 11-13)

Do you enjoy the challenge of team sports? Come join us as we play basketball, sand volleyball, soccer, kickball, ultimate, and other sports daily. International camp staff will also teach sports from their home countries. Grow with your team as we not only learn to play the games, but also learn tips on healthy living, good nutrition, and sportsmanship. We will also tour the ISU athletic department and visit an athletic trainer. **July 5-11, July 26-Aug. 1: \$365 / \$390**

### **Just 4 Girls** (Ages 11-13)

Come to camp for a week full of giggly great girl time! Play games, make crafts, bake cookies, do hair and nails, have a karaoke slumber party, get modeling and fashion tips, and hang out with your new camp girlfriends. Plenty of camp fun too, with swimming, high ropes, and creek stomping... What a deal! **July 19-25: \$365 / \$390**

## **More Week-long Specialty Camps** – 4 p.m. Sunday to 10 a.m. Saturday

### **Ready, Aim, Shoot** (Ages 11-14)

We will sample various “shooting” sports in this action-packed camp, including basketball, archery, rockets, marshmallow launchers, water balloons, air rifles, and skeet shooting with shot guns! Add in swimming, campfires, free time, and more! **June 21-27, July 12-18: \$365 / \$390**

### **Pack ‘n Paddle** (Ages 11-14)

Sleep in Tents! Hike deep into the scenic camp wilderness and set up camp in a different place each night. Learn to pack a backpack, paddle a canoe, build a campfire, put up a tent, cook over a campfire, use a compass, and GPS. You will campout, hike, fish, swim, and try archery. The highlight of the week will be the two-day canoe trip down the Des Moines River - spending one night on the river bank! **July 26-Aug. 1: \$385 / \$410**

### **NEW Archeology Camp** (Ages 11-14)

Spend a week studying Iowa archeology! Learn to do surface surveys of newly discovered sites, pin flag artifact locations, explore areas of cultural activity to find new sites, get basic museum cataloging skills, learn about artifact types found in the area, talk about American Indian burial grounds, and so much more. **July 26-Aug. 1: \$385 / \$410**

### **Un-Camp** (Ages 12-14)

Expect the Un-expected at this crazy camp! Enjoy extra pool time, a movie and pizza night, twice the store visits, ice cream with breakfast, mud volleyball, food fights, BBQ at Ledges State Park, a trip to the lake, and many more surprises! It will be Un-like any other camp you will attend! Sign up early for all this fun; space is limited! **June 14-20, July 19-25, Aug. 2-8: \$385 / \$410**

### **NEW Express Yourself** (Ages 12-14)

If painting, drawing, drama, or the arts interest you, don't miss this camp. We will explore various forms of art and expression – paint, draw, act, sing, and have lots of fun with other creative camp friends. Plus visit the Des Moines Art Center, ISU College of Design, and the ISU theater department. **July 12-18: \$385 / \$410**

### **Night Owls** (Ages 13-15)

Stay up late...really late and explore the 4-H Center nightlife! Check out the stars from the Inspiration Point, play crazy night games, have a midnight pool party and scavenger hunt, relax around a late night campfire cookout telling camp stories, even climb and zip line at night with head lamps. Sleep in after all the fun so you can stay up and do it again. You'll even take a late night trip out of camp for some crazy adventures. **July 19-25: \$385 / \$410**

### **Vertical Challenge** (Ages 13-16)

Challenge your advanced climbing skills while discovering the ups and downs of our 50-foot tower with two climbing sides, dangle duo, and 360-foot mega zip! Inside the high ropes course, fly down the Zip Line at night and try the Cat Walk blindfolded just for starters. Learn knot tying, practice equipment maintenance and more! **June 7-13, July 26-Aug. 1: \$365 / \$390**

### **X-Treme Camp** (Ages 13-16)

Sleep in Tents! This adventure camp is for those who have what it takes to complete challenges, work as a team, build their own shelter, and cook their own food. Campers will be instructed in outdoor survival skills including orienteering, wildlife identification, outdoor cooking, fire building, marking trails, and American Red Cross Community First Aid. It's your chance to learn how to survive in the WILD and cooperate with others to be your best. **July 12-18: \$385 / \$410**

### **Create-a-Camp** (Ages 14-16)

Come hang with friends at this laid-back camp where YOU set the schedule. You know what you want, let's do it! Hang at the beach, watch a movie, tackle the high ropes, plan your own menu...what's it gonna be? The schedule for the week is wide open for you to design, and the counselors will be there to help guide the group decision-making process. **June 21-27, July 5-11: \$385 / \$410**

### **Open Highway** (Ages 15-17)

Two words... ROAD TRIP! Jam to some tunes and hang out with your friends in the van while certified camp staff drive you to a water park, a lake, mini golfing, and other cool destinations. The best part about this camp is that you get to do all that fun stuff and then come back and join in the fun at camp for campfires, swimming, and the evening all-camp programs. **June 14-20: \$385 / \$410**

## **Additional Opportunities**

### **Girls Night Out (Ages 7 and up)**

Spend the day with mom (or a woman like mom) relaxing at camp. Enjoy a spa event, crafts, campfires, cooking, swimming, climbing, archery, tea time, and other fun activities. Experience the joy of the outdoors while building and renewing your special relationship. Stay in air-conditioned and carpeted cabins with family-style meals served in our dining hall. **June 20-21 (Sat. 10 a.m. to Sun. 11 a.m.) \$80/person**

### **Dad & Me Camp**

This camp is for dads (or grandpas, uncles, etc.) and their sons/daughters ages 6-11 to come and experience a fun weekend together at camp! Enjoy the climbing tower, swimming, archery, nature hike, campfire, outdoor cooking, creek walk, and leather craft. Great way to make new friends and family memories! **July 11-12 (Sat. 10 a.m. to Sun. 11 a.m.) \$80/person**

### **Volunteer Camp Nurses Needed**

#### Volunteer Camp Nurses Needed

The Iowa 4-H Center is seeking camp nurse volunteers for the 2009 camp sessions. We need adults professionally trained and certified with a minimum certification as a Registered Nurse (RN).

Responsibilities include collecting meds and performing health checks during camper check-in, running med-call at each meal and before bed, handling all minor and emergency medical treatment, recording all medical treatment in our medical log, and restocking supplies.

Nurses arrive at camp between 1:00 and 2:00 p.m. on Sunday of the week they volunteer. They will live on-site in the Health Hut until after closing ceremonies end that week. The Health Hut is full furnished with your own bedroom, bathroom, kitchen, and health center for the campers. Meals for the week are provided in the camp dining hall.

Nurses who volunteer during our half-week camps (week 4) will receive one free week-long resident camp registration OR two free half-week resident camp registrations. Nurses who volunteer during our week-long camp sessions (Weeks 1, 2, 3, 5, 6, 7, 8, 9) will receive two free week-long resident camp registrations OR four free half-week resident camp registrations OR one free week-long AND two free half-week registrations. It is a great way to enjoy camp and give your kids a fun experience for free. Sorry, family members are NOT allowed to live in the Health Hut with you.

Volunteer camp nurses MUST complete a driving record check, a criminal background check, and attend the training on Saturday, May 30, 1 to 4 p.m. before volunteering during the summer. For more information, call (515) 795-3338 or email [4hcentermail@iastate.edu](mailto:4hcentermail@iastate.edu).

### **Iowa 4-H Photography Camp (Grades 7-12)**

The 4-H Photography Camp is dedicated to exploring the creative art of photography. No matter whether you use film or digital, you'll learn new and exciting techniques to improve your photos and get the chance to try them first hand! To register, contact David Entriken at [dfe1943@yahoo.com](mailto:dfe1943@yahoo.com) or (515) 832-2647 by May 15. **11:00 a.m. June 17 to 3:30 p.m. June 19: \$160 if paid by April 1 or \$180 if paid May 15.**

### **Wilderness Trips (Open to Older Youth and Adults)**

The Iowa Environmental Education website, [www.iowaee.org](http://www.iowaee.org), will list out-of-state Wilderness Trips planned for summer 2009. Visit the site for details and registration information.

## **Leadership Camps**

Leadership campers participate in 4-H camp experiences that cultivate responsibility, leadership, citizenship, communication, and time-management - qualities necessary to supervise youth and important to future employers. Prior 4-H Camp experience is not necessary to register for these programs.

### **Leader-In-Training (LIT) Camp** Age 15 and/or high school freshman.

LIT Training is required of all youth who want to participate in the LIT Fieldwork program at the Iowa 4-H Center. Training will include skills for: leading children, safety and supervision, day camp traditions, camp songs, and creativity. LITs also will learn about day camp operations, policies and procedures, the roles and duties of our staff, and how the daily schedule works. This leadership training will be led by both full-time professional staff and college-age summer staff. LIT graduates can sign up for fieldwork, which provides opportunities for practicing the skills they've learned. Fee: \$30. 2:00 p.m. Saturday, May 2 to noon Sunday May 3, or 2:00 p.m. Saturday, May 16 to noon Sunday, May 17, or 6:00 p.m. Friday, June 5 to 4:00 p.m. Saturday, June 6.

## Leadership Camps - continued

**LIT Fieldwork** Age 15 and/or high school freshman.

LITs will spend one week of hands-on experience at camp working with the 4-H Center's Day Camp program for 6- to 11-year-olds. The week will include crafts, games, snacks, swimming, and other fun camp programs. LITs will check in on Sunday afternoon between 4:00 and 5:00 p.m., move into their cabin, and meet with the other day camp Staff to learn about the theme for the week and what their responsibilities will be for that specific week. Day camp runs Monday through Friday 8:00 a.m.- 4:30 p.m. LITs may be assigned to ride in the camp vans for pick-up and drop-off of day campers. When day camp ends each day, the Leadership Mentors will check in with the LITs, and will participate in the evening all-camp programs with other LEAD campers. LITs will stay through Saturday morning to help participate in the Closing Ceremony at 10:00 a.m. It's a little bit of volunteering, a little bit of leadership...and a whole lot of camp fun! **REQUIRED: LIT's must complete one weekend of LIT Camp.** Fee: \$130 per week. June 7-16, June 14-20, June 21-27, July 5-11, July 12-18, July 19-25, July 26-August 1, August 2-8.

**Counselor-In-Training (CIT) Camp** Age 16/17 and/or high school sophomore/junior.

CIT Training is required of all youth who want to participate in the CIT Fieldwork program at the Iowa 4-H Center. Training includes: safety and supervision, handling undesired behavior and conflict in positive ways, camp traditions, songs, cabin activities, working as a team, creativity, and problem solving. CITs also will learn about how camp operates, policies and procedures, roles and duties of staff, and how camps serve children. This leadership training will be assisted by both full-time professional staff and college-age summer staff. CIT graduates can sign up for fieldwork, which provides opportunity for practicing the skills they've learned. Some of our best camp staff were once 4-H campers and CITs, so join the tradition. Fee: \$30 per week. 2:00 p.m. Saturday, May 2 to noon Sunday May 3, or 2:00 p.m. Saturday, May 16 to noon Sunday, May 17, or 6:00 p.m. Friday, June 5 to 4:00 p.m. Saturday, June 6.

**CIT Fieldwork** Age 16/17 and/or high school sophomore/junior.

The CIT Fieldwork program is designed for CITs to practice leadership skills with hands-on experience. They will be assigned to a cabin for the week as a junior counselor; however, CITs are not staff and will not be left alone with children overnight. Leadership Mentors (trained college-aged camp counselors) will help CITs gain practical knowledge in being a camp staff member. CITs will shadow their mentors, live with them and their 8- to 13-year-old campers in cabins overnight. CIT campers assist with daily program sessions, evening all-camp activities, leading camp songs, and cabin time selections. They will work on program set-up and behind-the-scenes detail. Some of our best staff began as campers and CITs at the Iowa 4-H Center, and the Counselor-in-Training Fieldwork helps to foster this transition. Weekly CIT fieldwork begins Sundays at 2:00 p.m. with meeting the mentor, unpacking, and attending staff meeting. The CITs weekends after the 10:00 a.m. closing ceremony, and/or all their campers have been picked up. **REQUIRED: CITs must complete one weekend of CIT camp. It is recommended that CITs repeat training each year they return as a CIT.** Fee: \$100 per week. June 7-16, June 14-20, June 21-27, July 5-11, July 12-18, July 19-25, July 26-August 1, August 2-8.

How to register/apply to be an LIT or CIT:

- Send in the 2009 Iowa 4-H Center Camp Registration Form listing which LIT/CIT camp session you will be attending and which week(s) you would like to complete your fieldwork.
- Once we receive your registration form, we will mail you a Leadership Camp Packet with an application form, code of conduct, health form, and packing list. Please complete the forms and return them **before your LIT/CIT camp date.**
- Attend one of the scheduled LIT/CIT camp sessions. During the training weekend, your application will be reviewed during a one-on-one interview between you and a camp staff member. At that time we will confirm your fieldwork week(s).
- You must turn in your registration, any required fees, and application forms, attend an LIT/CIT camp weekend, and interview BEFORE you may proceed with an LIT or CIT fieldwork experience.