

ADULT VOLUNTEERS NEEDED:

Our program can not operate without the dedicated service of adult volunteers. Each day camp we will need an adult volunteer to assist the instructor. YOU DO NOT NEED TO BE A CONTENT EXPERT, you just need a desire to help children reach their full potential. Volunteers will help with snacks, check-in each day, and miscellaneous duties the instructor might need assistance with. All our 4-H volunteers require a background screening. If you are interested in assisting with any of our camps, please contact me as soon as possible at 712-335-3103.

*The fees for service will be used to off-set direct expenses and to support the 4-H Youth Development County Extension Program.

Iowa State University Extension and Outreach does not discriminate on the basis of age, disability, ethnicity, gender identity, genetic information, marital status, national origin, pregnancy, race, religion, sex, sexual orientation, socioeconomic status, or status as a U.S. veteran. (Not all prohibited bases apply to all programs.) Inquiries regarding non-discrimination policies may be directed to Ross Wilburn, Diversity Officer, 2150 Beardshear Hall, 515 Morrill Road, Ames, Iowa 50011, 515-294-1482, wilburn@iastate.edu.

Pocahontas County 4-H
712-335-3103

www.extension.iastate.edu/pocahontas

lzeman@iastate.edu



Pocahontas County 4-H Summer Day Camps



ALL children in 3rd-12th grade are welcome
to attend the 4-H summer day camps!



All Camps will begin and end at the ISU
Extension and Outreach Pocahontas
County Office.



IOWA STATE UNIVERSITY
Extension and Outreach

ISU Extension and Outreach Pocahontas County is excited to offer several day camp opportunities for ALL youth in grades 4th – 12th! The day camps have a capacity of 16 children per day; our activities traditionally fill up quickly, so if you want your child to experience these awesome opportunities, get your registration with payment in as soon as possible with a deadline of May 15, 2018!

The day camps are just \$5 per day for children in the Pocahontas County 4-H program, and \$20 per day for out-of-county, and non-4-H youth. If you are in need of financial assistance, please give me a call and you may fill out paperwork for scholarship opportunities to our day camps. It is not too late to enroll your child in 4-H, please give me a call at 712-335-3103 and I can help you with the enrollment process.

Attached to the registration form, is a medical release form that will need to be filled out by all youth that are not enrolled in 4-H. If you are a member of 4-H, we already have your release form on file and you do not need to fill it out again.

We have hired a summer educator to teach the day camps. Each educator is a certified teacher. We will also have at least one screened adult volunteer at each camp.

Approximately two weeks before each camp there will be an email reminder of the logistics of each day camp, and a list of campers for carpooling purposes. The camps will be held at the ISU Extension Office Pocahontas County, Pocahontas.

Sac, Ida, Calhoun and Buena Vista Counties are also offering the same camps in their counties, if you cannot make Pocahontas schedule work please, contact me and I will help you find dates in other counties that will work in your families schedule.

Please contact me at 712-335-3103 or lzeman@iastate.edu if you have any questions regarding the summer programs.

Lisa Zeman

ISU Extension and Outreach Pocahontas County

Youth Coordinator

Quest to be your Best: Thurs., June 7

Come explore the outdoors to discover fun ways to be active through games that challenge you physically, activities that test you mentally, and discover new traits about your best self. Our adventures will help uncover your personal 'spark' as you reveal your goals to grow yourself.

Science of BBQ: Tues., June 26

This program will introduce participants to grilling methods, including cooking with charcoal. Youth will explore various meat cuts and how cooking temperatures and the composition of the meat can affect the barbecuing process. Participants will also learn how to incorporate meat into a healthy diet, food safety and techniques such as using rubs, marinades and seasonings. Each participant will be able to create their own recipe and practice grilling.

Monarchs on the Move: Thurs., June 28

Experience life as a monarch butterfly in the Monarchs on the Move day camp. In this camp you'll need to get food as a caterpillar, make a chrysalis, and fly to find habitat to live in as an adult. Learn about the biology and importance of the monarch butterfly and how they are in danger. Explore ways to help the monarch by increasing habitat. Find out what you can do help the monarch.

Step Into Healthcare & Medicine: Tuesday, July 10

Step into the daily routine of medicine and explore the wide range of professional opportunities in the world of healthcare. Tour a variety of medical facilities, meet healthcare professionals, participate in medicinal demonstrations and discover potential career paths.

RACE IT, FLING IT, FLY IT: Thur., July 26

Aspiring scientists...study, build, design and launch your own rockets! Test Newton's Laws of motion, force and gravity as race, fling, fly, lunch or blast off a variety of rocketry designs. (All new camp for participants who attended Race It, Fling It, Fly it is Summer 2017.)

Building Blocks of Entrepreneurship—Tue., July 31

Dive into the world of entrepreneurship with LEGOs! Learn what it takes to create a new idea, develop a plan, and share your results through creativity, innovation, and communication. Participants will work in teams to develop an idea for making their community a better place to live. Using LEGOs, teams will work together to build a model, create a presentation poster, and market their idea. The day will end with a showcase from camp participants for their families and local guests.

CAMPER INFORMATION & REGISTRATION:

Name: _____

Address: _____ City: _____

Email: _____

Parent/Guardian(s) Name(s): _____

Day Phone: _____ Cell Phone: _____

Grade Level for 2018-19 School Year: Entering _____ Grade

4-H Member: Yes Club Name: _____

No — I would like to know more about 4-H membership

Parent/Guardian Signature: _____

Any special accommodations request? _____

Any food allergies? _____

Mail Registration and Payment to: ISU Extension and Outreach Pocahontas County

305 N Main, Box 209

Pocahontas, IA 50574

We are excited to offer the following 4-H summer day camp opportunities. Our camps traditionally fill up fast so get your forms with payment in as soon as possible with the deadline of May 15! If you are not able to attend Pocahontas camps due to scheduling conflicts the same camps are offered in Sac, Ida, and Buena Vista Counties. Contact me for schedules at 712-335-3103.

PLEASE CHECK CAMPS YOU ARE ATTENDING.

_____ **Quest to be your Best: Thurs., June 7**

_____ **Science of BBQ: Tues., June 26**

_____ **Monarchs on the Move: Thurs., June 28**

_____ **Step Into Healthcare & Medicine: Tuesday, July 10**

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\$5 PER CAMP FOR 4-H'ERS \$20 PER CAMP FOR NON 4-H MEMBERS