



HEALTHY HERD

YOUTH CAMP



PROGRAM GUIDE
SUMMER 2018



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Healthy Herd Youth Camps are held throughout the summer and holiday breaks during the school year. Spend each week of camp with friends playing games, climbing and swimming. Advanced registration is required.

THEMES & LEARNING OBJECTIVES

Healthy Herd Youth Camp at the Rec strives to provide top-notch recreation camp services for all campers that attend. In order to meet this goal, the Rec creates recreation-themed weeks and activity-specific learning objectives for each age range in order to deliver a quality experiential education for the area's youth. The learning outcomes are specified in the week-by-week camp schedule section of this guide.

AGE GROUPS

- Little Marcos: 4 - 6 years old
- Bison Buddies: 7 - 9 years old
- Future Herd: 10 - 12 years old

*All children are required to be potty-trained and capable of dressing themselves.

REGISTRATION

Registration will be accepted until the close of business on the Friday before each camp week. When you register, you can pay-in-full at the Rec, online, or by phone:

- Checks should be made out to CENTERS, LLC.
- Online payments can be made at Marshall.edu/CampusRec.
- Call 304-696-4732 to pay by phone.

You will also need to fill out the Health History and Camp Expectations form.

- Forms are available at the Welcome Desk or online at Marshall.edu/CampusRec.

*Depending on the needs of your child, additional information or forms may be needed before he/she can participate in the program.

STANDARD REGISTRATION (Price per week)

Members: \$105.00

Non-Member: \$135.00



CAMP TIMES

Mon-Fri (excluding holidays)
9am - 4pm.

DROP-OFF & PICK-UP

Drop-off and pick-up is available at our 5th Avenue pull-off lane between 8am - 9:30am and 3:30pm - 5pm PM. Drop-offs and pick-ups outside of these time frames must be done at the Marshall Recreation Center welcome desk.

BEFORE & AFTER CARE

Before and After Care is available from 8am - 9am and from 4pm - 5pm on camp days.

Members: FREE
Non-Members: \$10.00

MULTIPLE CHILD DISCOUNTS

Due to our already low pricing, multi-child discounts will not be offered.

REFUND POLICY

Memberships, programs and services are non-refundable and non-transferable. Fees paid for programs and services are non-refundable.



WHAT TO BRING:

- **CLOTHES:** Campers should arrive dressed for the activities of each camp day. We recommend active wear appropriate for warm weather, as we will be spending time outdoors when the weather permits. Campers should wear athletic shoes (no sandals or open-toed shoes).
- **WATER BOTTLE:** There are drinking fountains in the facility, but we recommend that your child has a water bottle labeled with the camper's name.
- **LUNCH & SNACK:** Campers are required to bring a lunch and a snack for the day. All food will be stored in camp coolers. Please label the lunch bag with the camper's name. No food is provided by the Rec.
- **SUNBLOCK:** Many activities will take place outdoors. We recommend applying sunblock prior to arrival at camp, as well as sending sunscreen with your child.
- **SWIMMING GEAR & DRY BAG:** Please pack a swimsuit and a towel for the camper and provide a plastic bag to store them in after swimming. Swimming will occur on a daily basis, if the weather permits.
- **GYM BAG/BACKPACK:** A gym bag or backpack is recommended for the camper's belongings. Please label with the camper's name.

MARSHALL FIELD TRIPS

- Basketball Courts
- Meeting with Marco
- Softball Field
- Football Field
- Campus Garden
- Rooftop Garden
- Fountain/Student Center
- KPAC Theater
- Indoor Track Complex
- Weight Room/Training
- Library Reading Day

FUN ACTIVITIES

- Obstacle Course
- Dive-In Movie
- Dance Party
- Water Inflatable
- Water Guns
- Slip 'N Slide
- Indoor Rock Wall
- Swimming
- Competitive Sports



CAMPER EXPECTATIONS:

The Healthy Herd Youth Camp takes place within the Recreation Center which is open to several other membership groups. To help avoid problems with other members, see below to know how campers should behave in each area within the facility.

- **Hallways:** Campers are expected to proceed through the hallways with caution for other rec members. No running is allowed. Each camper should not be screaming or yelling. Campers should always be accompanied by 2 others (1 counselor and another camper/counselor) when walking throughout the facility. It is also best to have each camper walk themselves; there is no need to hold hands and they should not be carried in any way.

- **South Meeting Room:** This room is not reserved for active play--rather, campers use this room for snack/lunch time. Because this room is not designed for play, campers are expected to be sitting in chairs. Typically, a counselor will be explaining instructions on what to do. Thus, it is best for campers to stay relatively quiet (no yelling) while in this location.

- **Locker Rooms:** It is most important for campers to be well behaved while in the locker room because this is the only space that is shared between campers and other Rec members. Ideally, campers should be quiet and listen to instructions by counselors. No running is allowed as this space is not designed for play.

- **Courts/Field:** The courts are designed for campers to be more active and play. Thus, running and jumping around is expected. In this area, many different types of equipment are used. Counselors advise campers to be careful and not to hurt others by being reckless with the equipment. This is also a place where being louder is acceptable. Still, campers should not be constantly yelling or disrupting other Rec members or campers in nearby areas.

- **Climbing Wall:** This area is perhaps the most dangerous space for campers as there is much equipment that can cause harm. Additionally, climbing on the wall when not properly watched can be extremely dangerous. Thus, it is important for campers to enter the climbing wall area when calm and each one should be actively listening for instructions from counselors.







RACQUET RUCKUS WEEK May 29 - June 1, 2018

Hey, what's with all the racquet? Campers in this week will learn the basics of playing racquet sports such as tennis, badminton, and racquetball. Each camper will get the opportunity to learn the rules and practice different skills associated with each sport.

WEEKLY LEARNING OUTCOMES

LITTLE MARCOS

- Understand the gameplay and strategy of tennis, badminton, and racquetball.
- With assistance, perform the basic skills of tennis, badminton, and racquetball (serving, returning, etc.)

BISON BUDDIES

- Learn the basic rules of tennis, badminton, and racquetball (scoring, out of bounds, etc.)
- Individually perform the basic skills of tennis, badminton, and racquetball (serving, returning, etc.)

FUTURE HERD

- Learn the basic rules of tennis, badminton, and racquetball (scoring, out of bounds, etc.)
- Individually perform the basic skills of tennis, badminton, and racquetball (serving, returning, etc.)

SCHEDULE SNAPSHOT

LITTLE MARCOS

9:15am - Turf Play
10:15am - Climbing
11:15am - Lunch
12:00pm - Instruct
1:00pm - Swim
2:00pm Court Play
3:00pm - Snack

BISON BUDDIES

9:15am - Instruct
10:15am - Turf Play
11:15am - Lunch
12:00pm - Swim
1:00pm - Climbing
2:00pm Court Play
3:00pm - Snack

FUTURE HERD

9:15am - Climbing
10:15am - Instruct
11:15am - Turf Play
12:00pm - Lunch
1:00pm - Court Play
2:00pm Swim
3:00pm - Snack





BALANCED BODIES WEEK June 4 - 8, 2018

SCHEDULE SNAPSHOT

LITTLE MARCOS

9:15am - Turf Play
10:15am - Climbing
11:15am - Lunch
12:00pm - Instruct
1:00pm - Swim
2:00pm Court Play
3:00pm - Snack

BISON BUDDIES

9:15am - Instruct
10:15am - Turf Play
11:15am - Lunch
12:00pm - Swim
1:00pm - Climbing
2:00pm Court Play
3:00pm - Snack

FUTURE HERD

9:15am - Climbing
10:15am - Instruct
11:15am - Turf Play
12:00pm - Lunch
1:00pm - Court Play
2:00pm Swim
3:00pm - Snack

Sound mind, sound body. Campers in this week will learn the benefits of yoga, tai chi, and using bosu balls for overall well-being. These alternative forms of fitness will broaden each camper's view of health and well-being.

WEEKLY LEARNING OUTCOMES

LITTLE MARCOS

- Understand the benefits of yoga and tai chi.
- Be able to perform one yoga exercise and bounce on the bosu ball.

BISON BUDDIES

- Understand how yoga and tai chi can be used as exercise.
- Be able to perform the basic yoga and tai chi exercises.

FUTURE HERD

- Learn how balance and flexibility exercises like yoga and tai chi are components of exercise and well-being.
- Demonstrate multiple yoga, tai chi, and stretching exercises.





PEDDLE & PADDLE WEEK June 11 - 15, 2018

We're going on an adventure! After this week, campers will be all set for their next outdoor adventure. Instruction on canoe paddling and bike riding will give insight on additional activities campers can do outdoors.

WEEKLY LEARNING OUTCOMES

LITTLE MARCOS

- Learn one new activity that they could do with their family in the outdoors.
- Learn how to hold a paddle correctly and how to balance on a bike.

BISON BUDDIES

- Learn multiple activities that they could do with their family in the outdoors.
- Learn the basic skills needed to peddle and paddle.

FUTURE HERD

- Develop a plan to do an outdoor activity (time, equipment, activity, etc).
- Demonstrate the skill of paddling and peddling effectively.

SCHEDULE SNAPSHOT

LITTLE MARCOS

9:15am - Turf Play
10:15am - Climbing
11:15am - Lunch
12:00pm - Instruct
1:00pm - Swim
2:00pm Court Play
3:00pm - Snack

BISON BUDDIES

9:15am - Instruct
10:15am - Turf Play
11:15am - Lunch
12:00pm -Swim
1:00pm - Climbing
2:00pm Court Play
3:00pm - Snack

FUTURE HERD

9:15am - Climbing
10:15am - Instruct
11:15am - Turf Play
12:00pm - Lunch
1:00pm - Court Play
2:00pm Swim
3:00pm - Snack





WILD WATER WEEK June 18 - 22, 2018

SCHEDULE SNAPSHOT

LITTLE MARCOS

9:15am - Turf Play
10:15am - Climbing
11:15am - Lunch
12:00pm - Instruct
1:00pm - Swim
2:00pm Court Play
3:00pm - Snack

BISON BUDDIES

9:15am - Instruct
10:15am - Turf Play
11:15am - Lunch
12:00pm - Swim
1:00pm - Climbing
2:00pm Court Play
3:00pm - Snack

FUTURE HERD

9:15am - Climbing
10:15am - Instruct
11:15am - Turf Play
12:00pm - Lunch
1:00pm - Court Play
2:00pm Swim
3:00pm - Snack

WEEKLY LEARNING OUTCOMES

LITTLE MARCOS

- Perform pool bobs and learn one new stroke.
- Learn how to put on a life jacket unassisted.

BISON BUDDIES

- Swim one length of the pool unassisted with a single stroke.
- Learn to identify dangerous situations and what to do in a dangerous situation.

FUTURE HERD

- Demonstrate multiple swim strokes (freestyle, backstroke, breast stroke, etc.)
- Understand the importance of water safety and demonstrate a knowledge of general water rules.





WORLD CUP WEEK June 25 - 29, 2018

The GOOOOAAAAALLLLLLL of this week will be to introduce campers to the world's most popular sport: soccer. Each camper will get the opportunity to learn the rules and practice different skills associated with soccer.

WEEKLY LEARNING OUTCOMES

LITTLE MARCOS

- Be able to accurately pass a soccer ball with a partner.
- Learn proper kicking techniques to shoot at a goal.

BISON BUDDIES

- Be able to accurately pass a soccer ball with a partner while jogging.
- Understand the general rules and strategies used to play soccer.

FUTURE HERD

- Be able to juggle a soccer ball at least 3 times.
- Understand and execute strategic plays and abide by all soccer rules.

SCHEDULE SNAPSHOT

LITTLE MARCOS

9:15am - Turf Play
10:15am - Climbing
11:15am - Lunch
12:00pm - Instruct
1:00pm - Swim
2:00pm Court Play
3:00pm - Snack

BISON BUDDIES

9:15am - Instruct
10:15am - Turf Play
11:15am - Lunch
12:00pm - Swim
1:00pm - Climbing
2:00pm Court Play
3:00pm - Snack

FUTURE HERD

9:15am - Climbing
10:15am - Instruct
11:15am - Turf Play
12:00pm - Lunch
1:00pm - Court Play
2:00pm Swim
3:00pm - Snack





ROWDY RAPPELLING WEEK July 2 - 3, 5 - 6, 2018

Let's get rowdy! Climbing is becoming a popular hobby for outdoor enthusiasts. Campers attending this week will learn all about how to climb and how to do it safely.

SCHEDULE SNAPSHOT

LITTLE MARCOS

9:15am - Turf Play
10:15am - Climbing
11:15am - Lunch
12:00pm - Instruct
1:00pm - Swim
2:00pm Court Play
3:00pm - Snack

BISON BUDDIES

9:15am - Instruct
10:15am - Turf Play
11:15am - Lunch
12:00pm - Swim
1:00pm - Climbing
2:00pm Court Play
3:00pm - Snack

FUTURE HERD

9:15am - Climbing
10:15am - Instruct
11:15am - Turf Play
12:00pm - Lunch
1:00pm - Court Play
2:00pm Swim
3:00pm - Snack

WEEKLY LEARNING OUTCOMES

LITTLE MARCOS

- Climb at least 5 feet up the wall.
- Learn what crash pads are and their function.

BISON BUDDIES

- Climb at least 10 feet up the wall.
- Learn how to spot and the importance of crash pads.

FUTURE HERD

- Climb at least 15 feet up the wall.
- Learn how to put on a harness unassisted and the importance of spotting during belaying.





BATTER UP! WEEK July 9 - 13, 2018

Jimany Cricket! Campers will swing for the fences this week as they will learn the basics of playing softball/baseball and cricket. Each camper will get the opportunity to learn the rules and practice different skills associated in each sport.

WEEKLY LEARNING OUTCOMES

LITTLE MARCOS

- Learn the general skills involved in baseball and cricket (throwing, hitting, running, etc.)
- Hit a baseball and cricket pitch.

BISON BUDDIES

- Understand the rule differences between baseball and cricket.
- Hit a baseball and cricket pitch and know the differences in running.

FUTURE HERD

- Be able to pitch, hit, and run effectively in baseball and cricket.
- Understand the strategic differences between baseball and cricket.

SCHEDULE SNAPSHOT

LITTLE MARCOS

9:15am - Turf Play
10:15am - Climbing
11:15am - Lunch
12:00pm - Instruct
1:00pm - Swim
2:00pm Court Play
3:00pm - Snack

BISON BUDDIES

9:15am - Instruct
10:15am - Turf Play
11:15am - Lunch
12:00pm -Swim
1:00pm - Climbing
2:00pm Court Play
3:00pm - Snack

FUTURE HERD

9:15am - Climbing
10:15am - Instruct
11:15am - Turf Play
12:00pm - Lunch
1:00pm - Court Play
2:00pm Swim
3:00pm - Snack





SPLASH DOWN WEEK July 16 - 20, 2018

This week is all about having fun in the water. We are talking swimming, slip and slides, water balloons, and more. If your camper loves water, this is the week for him/her.

SCHEDULE SNAPSHOT

LITTLE MARCOS

9:15am - Turf Play
10:15am - Climbing
11:15am - Lunch
12:00pm - Instruct
1:00pm - Swim
2:00pm Court Play
3:00pm - Snack

BISON BUDDIES

9:15am - Instruct
10:15am - Turf Play
11:15am - Lunch
12:00pm - Swim
1:00pm - Climbing
2:00pm Court Play
3:00pm - Snack

FUTURE HERD

9:15am - Climbing
10:15am - Instruct
11:15am - Turf Play
12:00pm - Lunch
1:00pm - Court Play
2:00pm Swim
3:00pm - Snack

WEEKLY LEARNING OUTCOMES

LITTLE MARCOS

- Learn one new swim stroke.
- Practice throwing a ball by throwing water balloons!

BISON BUDDIES

- Demonstrate one new swim stroke.
- Practice sliding by slip and sliding!

FUTURE HERD

- Demonstrate multiple swim strokes (freestyle, back stroke, breast stroke, etc.)
- Understand the components needed to slip and slide!





DREAM TEAM WEEK July 23 - 27, 2018

Your camper will be dreaming about playing basketball, volleyball, and flag football after this week. Learning how to play together will be emphasized as campers will learn the rules and practice different skills associated in each sport.

WEEKLY LEARNING OUTCOMES

LITTLE MARCOS

- Learn one new rule in each sport.
- Be able to hand a football off and bounce a basketball.

BISON BUDDIES

- Understand the importance of passing in all three sports.
- Be able to bump a volleyball and pass a football.

FUTURE HERD

- Understand the strategy involved in playing volleyball, basketball, and flag football.
- Be able to bump, set and spike a volleyball, shoot a free throw, and effectively pass a football.

SCHEDULE SNAPSHOT

LITTLE MARCOS

9:15am - Turf Play
10:15am - Climbing
11:15am - Lunch
12:00pm - Instruct
1:00pm - Swim
2:00pm Court Play
3:00pm - Snack

BISON BUDDIES

9:15am - Instruct
10:15am - Turf Play
11:15am - Lunch
12:00pm -Swim
1:00pm - Climbing
2:00pm Court Play
3:00pm - Snack

FUTURE HERD

9:15am - Climbing
10:15am - Instruct
11:15am - Turf Play
12:00pm - Lunch
1:00pm - Court Play
2:00pm Swim
3:00pm - Snack





ZOOM ZOOM! WEEK July 30 - August 3, 2018

Ready, set, sign your camper up! This week will feature a little bit of everything as campers will learn the fundamentals of exercises such as running and zumba.

SCHEDULE SNAPSHOT

LITTLE MARCOS

9:15am - Turf Play
10:15am - Climbing
11:15am - Lunch
12:00pm - Instruct
1:00pm - Swim
2:00pm Court Play
3:00pm - Snack

BISON BUDDIES

9:15am - Instruct
10:15am - Turf Play
11:15am - Lunch
12:00pm -Swim
1:00pm - Climbing
2:00pm Court Play
3:00pm - Snack

FUTURE HERD

9:15am - Climbing
10:15am - Instruct
11:15am - Turf Play
12:00pm - Lunch
1:00pm - Court Play
2:00pm Swim
3:00pm - Snack

WEEKLY LEARNING OUTCOMES

LITTLE MARCOS

- Run continuously for 2 minutes by pacing themselves.
- Learn three new Zumba moves.

BISON BUDDIES

- Learn multiple new Zumba moves and run continuously for 3 minutes.
- Understand Zumba and running can be used as exercise.

FUTURE HERD

- Pace themselves to run continuously for 5 minutes.
- Learn how cardiovascular health can positively impact overall health and well bring.





KRAZY KAMPER WEEK August 6 - 10, 2018

Some say camping is Krazy.....Krazy fun! Your camper will be all set for a camping trip after this week. Setting up a tent, making a fire, and eating s'mores will be learned during this week.

WEEKLY LEARNING OUTCOMES

LITTLE MARCOS

- Understand fire safety measures.
- Understand the importance of cleaning up after you camp.

BISON BUDDIES

- Understand the components needed to build a fire and fire safety measures.
- Learn how camping impacts the environment and the importance of cleaning up after you camp.

FUTURE HERD

- Work with other campers to properly pitch a tent and how to build and maintain a fire.
- Learn the basics principles of Leave No Trace and how camping can impact the environment.

SCHEDULE SNAPSHOT

LITTLE MARCOS

9:15am - Turf Play
10:15am - Climbing
11:15am - Lunch
12:00pm - Instruct
1:00pm - Swim
2:00pm Court Play
3:00pm - Snack

BISON BUDDIES

9:15am - Instruct
10:15am - Turf Play
11:15am - Lunch
12:00pm -Swim
1:00pm - Climbing
2:00pm Court Play
3:00pm - Snack

FUTURE HERD

9:15am - Climbing
10:15am - Instruct
11:15am - Turf Play
12:00pm - Lunch
1:00pm - Court Play
2:00pm Swim
3:00pm - Snack





STAR

CAMP



JUN 04 - AUG 03
MARSHALL RECREATION CENTER

THE STAR CAMP HALF DAY
OPTION IS ONLY AVAILABLE FOR
WVSA CAMPERS. MUST PRESENT
A WVSA RECEIPT TO ENROLL.
25 CAMPERS PER WEEK.



SCIENCE



TECHNOLOGY



RECREATION



