

Shawnee Adventures Ages 13-15, Beginner

Shawnee Adventures is designed for seasoned campers looking for a new way to experience Camp Ondessonk. Campers embark on four different one-day adventures that explore Camp Ondessonk's 983 acres and the surrounding Shawnee National Forest to learn technical and leadership skills. They will participate in activities during the day, such as rock climbing, hiking, mountain biking, and canoeing and then stay on-site at night, eat meals in the Dining Hall, and join Camp's traditional evening activities to remain engaged in the Ondessonk traditions that they love. *Frontcountry, On-Camp Adventure*

Shawnee Adventures Schedule

SUNDAY

Before Check-In: UL will review Love Notes and Camper Experience Survey, determine duty/support schedule for week

1-4pm Check in at Dorms

- Encourage campers to take the advanced swim test to swim on hikes
- 4:00 Unit meeting
- Go over expectations and the week's schedule
 - Facilitate a strong beginning (intros/icebreakers)
 - Distribute and intro/frame personal field sketch/note books

4:50 Meet in LeCoure for Unit Photo

5:15 Mass (Grotto)

6:35 Dinner (Dining Hall)

8:00 Opening Campfire (Grotto)

10:00 Back to Unit, Bedtime

MONDAY Vehicles: Truck for gear

7:45 Breakfast (Dining Hall)

8:45am Logi- Grab Lunch / Climbing Equipment- drive to Pak to set up climbs and climbsite

Leaders- Ensure campers have appropriate gear for day/water topped off: Hike to Pakentuck

Rock Climbing @ Pakentuck!

*(Intro to PPE and basic top rope rock climbing movement and techniques, Lunch at the climbsite, more challenging climbs after lunch.) **If rained out, replace with the Hike and swap these days***

4:30 Return to camp, put away & log climbing gear, Trading Post, Showers, Rest.

5:40 Optional Prayer Service

6:15 Inspection

6:35 Dinner (Dining Hall)

8:00 Unit campfire and Treat (S'mOreos?) at Ahatsithari

10:00 Bedtime

TUESDAY Vehicle: Mini-Bus

7:45 Breakfast (Dining Hall), pick up packout lunch

8:45am Logi- Grab Lunch / Bus

Leaders- Ensure campers have appropriate gear for day/sunscreen/water topped off: Meet Bus @ St. Noel

Paddling & Exploring the Cache River SNA

(Guided paddling on the Cache River facilitated by Cache Bayou Outfitters 9:30-lunch. Post lunch, explore Heron Pond)

4:30 Return to camp, Trading Post, Showers, Rest.

5:40 Optional Prayer Service

6:15 Inspection

6:35 Dinner in Dining Hall

8:00 Moonlight Goldrush

10:00 Bedtime

WEDNESDAY

7:45 Breakfast (Dining Hall)

9:00am **Intro to Mt. Bikes** *(Intro basic bike PPE; size bikes; Intro parts/components; Intro shifting practices; Model 'Ready*

*Stance; Skills Course at St. Noel; Skills Development Ride around Lake Echon) ***Helmets will be worn by campers and staff whenever on bikes!****

12:00p Lunch (Dining Hall)

1:00pm **Trail Ride** *(Guided ride around Lake Echon □ Cinder Path □ Hogg's Bluff -OR- White Trail depending on group comfort/proficiency) ***Helmets will be worn by campers and staff whenever on bikes!****

3:00pm Return to Camp, clean/service/put away bikes, Prepare for Overnight, Hike to Overnight Spot Set up camp and begin Foil Burger Dinner. Enjoy a night out around the fire

THURSDAY

7:45 Breakfast in Bed @ Dorms, Packout lunch will be included in packout

8:15am Logi- set up wall/Challenge Course Element

9:00am *Leaders-* Ensure campers have appropriate gear for day/water topped off: Meet Logi @ St. Noel

Adventure Challenge Experience

(Climbing Tower OR Crate Stacking OR Giant Swing)

12:00p Lunch (Dining Hall)

(UL Choice (Hike to Blue Pool to swim or explore West or East Side Trails) Enjoy some of the hidden wonders of Camp Ondessonk's backcountry!)

4:30 Return to camp, Trading Post, Showers, Rest.

5:40 Optional Prayer Service

6:15 Inspection

6:35 Dinner in Dining Hall

8:00 Lodge Ceremony

10:00 Back to Dorms, Bedtime

FRIDAY

8:30am Breakfast (Dining Hall)

9:30am *Leaders-* Ensure campers have appropriate gear for day/water topped off: Meet Evan@ Central

Stewardship Service Project Experience

12:30 Picnic Lunch

1:30 Tug!

2:15 Marathon

3:30 General Swim at St. Isaac, Trading Post, Rest

5:45 Themed Inspection

6:35 Dinner (Dining Hall) and Camper Surveys

8:00 Closing Campfire

10:00 Bedtime

SATURDAY

7:00 Wake up, pack up gear, luggage to road, clean up Lodging Areas.

8:00 Gather in LeCoure for Donuts in the ODH

9:30 Check out with your Unit Leader

10:00 Meet in Gazebo for Adventure Debrief