

Activity Selection

The last pages of this booklet include descriptions of all activities. Included in this mailing is a blue "Activities Selection Sheet"; it's what you and your daughter complete and return to us with her chosen activities. Please remember that "Explorers" and "Voyageurs" are two-hour activities. For each "two hour" activity that is selected, one less "one hour" activity can be chosen.

Our Tamarack campers (girls going into 9th and 10th grade) have special options available to them. Tamaracks can participate in our regular activities, but they can also partake in special activities for Tamaracks only. Finally, they also help teach our activities; all they need to do is to write a "T" (for "teach") next to the number corresponding with the activity choice they wish to teach. See "Selecting Activities" for further information.

Selecting Activities

Here are some ideas about activities that might help you to make your choices. We encourage our older campers, those girls going into 8th grade and up, to take double projects, that is, two project periods of the same activity. First year campers should avoid "double" activities; encourage your daughter to try as many new things as possible. Please remember that explorers and voyageurs are two hour activities. For each "two hour" activity that is selected, one less "one hour" activity can be chosen.

Water-skiing, sailing, and water ballet all require that campers have passed the camp swimming check. If you do not believe your daughter can float or tread water for three minutes, do a surface dive in six feet of water or swim 150 yards (any stroke) within 20 minutes, we recommend that you sign her up for basic swim instruction before camp.

Any campers who cannot pass our camp swimming check should take our "introduction to swimming" activity. This swim instruction would be in lieu of one instructional activity. Once the swimming check has been passed, we can cancel the swim instruction and reinstate other activities. For obvious reasons, our emphasis on swimming skills is high; if you have any reason to believe this would be upsetting to your daughter, please let us know, so we can work out an alternative program. If you have any questions about your daughter's swimming ability, please contact us.

Land Sports

Mountain Biking--learn the basics of trail and technical riding. Gain knowledge on how to maintain and repair your bike. Safety gear & bikes will be provided—if you prefer, you may bring your own helmet. *(Please Note: Class size is limited and for*

Tamaracks and Upper Lindens only.)

Yoga—Learn the basic techniques and positions of Yoga. This class will also focus on breathing and stress reduction as well as learning about the many fashionable yoga outfits available.

Climbing--climb our exciting wall while you learn safety techniques like belaying, knot-tying and harness work. Learn ascending techniques on a fixed rope, including prussik (rope on rope) and jumar climbs (mechanical ascenders); advanced belay, rappels, and rescue techniques.

Archery--learn the different parts of bows and arrows and how to shoot safely and for accuracy. Games and contests with bows and arrows and shooting for American Archery Association ranking.

Maple Games & Sports--hey Maples (grades 2-5): this one is just for you! Have fun playing all your favorite team games such as spud, kickball, frisbee, steal the bacon, and more! Fun, new games every day!!

Land Sports--soccer, basketball, volleyball & softball. Work on fundamentals, defense, and game strategy. Lots of time to improve your skills! Practice hitting, throwing, catching, serving, spiking, and setting! Great games on our huge athletic field!

Martial Arts and Self-Defense—Learn about the history of martial arts and basic techniques of self defense. Learn punching, kicking, blocking and how to make cool karate noises.

NEW **Soccer**—Learn the rules and techniques of soccer; including proper ball handling techniques, different styles of offense and defense and game strategy.

Intro to Gymnastics--learn how to use all kinds of gymnastics apparatus.

Advanced Gymnastics--perfect skills on uneven parallel bars, balance beam, vault and floor exercises.

Aerobics--we'll combine dance and weight training to build and tone healthy bodies. Great for all ages, this will really get the girls in shape!

Cheerleading--learn new cheerleading routines from our own staff of high school and college cheerleaders.

Maple Dance--Learn Hip-Hop, Jazz and Modern Dance routines.

Linden Dance--Learn Hip-Hop, Jazz and Modern Dance routines.

Tamarack Dance--Learn Hip-Hop, Jazz and Modern Dance routines.

Intro. to Tennis--learn the forehand and backhand stroke, overhead serve and the rules of the game.

Intermediate Tennis--improve your strokes and learn game strategy.

Advanced Tennis--perfect your techniques and strategy; learn doubles tennis and practice your game. For girls who have played a fair amount of tennis.

Intro to Riding --learn all about horses and how to ride them. Instruction in a corral and trail riding. Capped off with an overnight riding trip!

Advanced Riding --learn how to saddle, bridle, and care for a horse, together with advanced riding techniques and trail riding. Finish off with an overnight riding trip!

Tramp-ball--imagine four people playing volleyball, with each one on a trampoline! It's great for skills, great for fitness and great fun! (note: please sign up with your age group only)

Birch Trail's Fitness Challenge--Improve your physical fitness and prepare for the BT Fitness Challenge. Instruction will focus on: strength training, swimming, and running.

Land Activities

NEW Creative Writing— Learn proper writing techniques and how to create great ideas for stories, poetry, and songs. Share your work and get feedback from the whole class in roundtable discussions.

Dramatics--do fun skits and "improv". Develop stage presence and learn voice projection!

Camp Play--work on drama skills, dance and voice--and rehearse for the play at the same time! This project is for campers who want to be in the camp play.

Costume and Set Design--'yo stagehands! Learn how to make backdrops, props, sets and costumes.

Photography--learn how to take better photos and what to look for; we develop our

own film and make our own black and white prints! (35mm cameras please)

Arts & Crafts--learn all about our huge craft shop and the many things you can do including painting, paper mache, fabric sculpture, nature crafts and much more.

Pottery & Ceramics--practice both free form and electric wheel pottery, using clay from our very own lake superior basin.

Stained Glass & Jewelry--learn how to cut and solder glass to make beautiful sun catchers, earrings and barrettes; make your own exciting jewelry in ways you never thought possible!

Tie Dye--weave, tie and dye your own clothing, plant hanger or other works of art.

Knitting--Learn the basics of knitting, and make your own scarf, hat, socks or a new clothing creation (patent pending).

Wilderness Adventure--Have fun in the outdoors making Nature Crafts and learning about the environment.

Chorus--do it a cappella! Learn vocal warm-ups, breath control, harmony and projection while singing old camp favorites and new songs!

Camp Newsletter--learn how to write and edit stories, how to lay-out and print a newsletter and more.

Film Making--practice camera techniques, lighting and storyboarding. Shoot footage for our videos!

Radio Broadcasting--help create a daily radio show that will be broadcast throughout the entire camp! Pick music to be played, conduct interviews and report on camp news.

Water Sports

Basic Canoeing & Camping Skills--a "must take" for all new campers at BT; learn how to paddle a canoe, set up a tent, gather wood and cook a meal over a fire!

Sterners (intermediate canoeing)--learn to guide a canoe & kayak through our obstacle course and polish your camping and cooking skills!

Voyageurs (2 periods)--advanced whitewater techniques in canoes and kayaks, topped off with a special trip on the Brule river. For girls entering 8th, 9th, and

10th grade only!

Intro to Swimming--for girls who have not completed their red cross intermediates or our own camp swim check.

Advanced Swimming--competitive techniques, but not competitive swimming; learn how to really improve your stroke and speed!

Water Skiing--for the absolute beginner, intermediate and advanced skiers. Must first complete camp swim review. Learn the basics, improve on your skills and have lots of fun on Pokegama!

Water Ballet--enjoy creative swimming techniques; a great advanced swimming experience and skill.

Sailing--learn how to set up and sail our sailboats, plus, right-of-way rules and sailing techniques (just like the Americas cup!).

Skippers (advanced sailing)--solo sailing and a whole bunch more, including advanced sailing techniques and racing strategies..

Fishing--learn how to use fishing equipment of all kinds as well as live and artificial bait. Our lake is just great for fishing and our counselors can teach you everything you need to know.

Diving--learn all the beautiful dives you can do off our one meter springboard!

Tamaracks Only

(9th And 10th Graders)

Tamarack Dance--Learn Hip-Hop, Jazz and Modern Dance routines. Choreograph your own dance!

Tamarack Play/Drama--Tamaracks will cast, direct, and choreograph the play and then present it for the rest of camp.

Explorers (2 periods)--the highest (and hardest) of B.T.'s camping skills program--learn low impact and survival camping techniques; includes a 30 hour solo camping experience. It's the ultimate!

Water skiing--regardless of your skills, this is guaranteed fun! Don't miss it!

Outdoor Cooking-- Prepare a number of outdoor delicacies such as s'mores, banana boats, breads, pizza and more over an open fire.

Tamarack fitness challenge--Learn techniques of the stars, (Oprah) for healthy living and physical fitness. Stay fit while having fun. Learn about diet, training and a healthy way to stay in shape.