

Camp W

Activity

Descriptions

The following gives you an explanation of most activities offered at Camp W. Whether you develop better skills at an activity or learn something new, Camp W has a lot of unique activities geared to every individual child. Please read the descriptions and if you have any questions, call the camp office.



Where Friendships Are Made!

CONTENTS:

SPORTS | pages 2-4

TECHNOLOGY | page 5

SPECIALTY | pages 6-7

PERFORMING ARTS | page 8

FINE ARTS | pages 9-10

www.CampWDayCamp.com

Sports: SPORTS

Basketball:

Campers take part in a variety of fundamental drill work. We incorporate a variety of drills designed to improve ball-handling, shooting, passing, defense, decision-making and more. We break down the basic principles of how to properly shoot the basketball and work with a variety of drills that help master the proper technique. Campers will learn to play “Knock Out”, “Horse” and “Around the World” as well as traditional basketball.

Baseball/Softball:

Practice hitting, fielding throwing and learn or improve your skills. Join Camp W's baseball team and compete against local day camps in the area. All skill levels are welcome. The camp baseball team is for grades 7th through 8th. The camp baseball team practices every day during 5th and 6th period.

Capture the Flag:

Capture the flag is played on an outdoor field, which is divided into two territories. Both teams get five minutes to hide their flags. Once the flags are hidden, the game begins. Obviously, in order to win the game, you must capture the other team's flag and bring it back to your own territory. But if an enemy team member grabs you while you're standing on their part of the field, they are allowed to take you straight to jail (which is a small patch of land in their territory). You can be freed from jail if one of your team members touches you, and there's no limit to how many times you can be thrown back into the slammer.

Cheerleading:

If you have spirit, lots of energy and like to perform, then this activity is just for you! Learn all of the fundamentals of cheerleading. Cheers, Motions, Dance, Jumps, Kicks, Voice Projection. You will learn group cheers, some lifts, jumps, and routines. If you like you can perform them in front of the whole camp, on Visiting Day and at inter-camp athletic competitions. Hip Hip Hooray!!!

Dodgeball:

Dodge to the left, and to the right as you play an old time friendly game of Dodgeball. We use nerf balls (don't worry parents) as the kids throw and dodge to get their opponents out. Prison Break is one of our favorite games because you never know from which direction the ball may be thrown from.

Fitness & Training:

Fitness is a fun way to give campers a way to stay healthy physically and mentally. It is a way that accomplishes the achievement of a physical task that builds self-esteem and confidence. Rowing machines, Bicycles and our state of the art Trek Machines are sure to bring out the Rocky Balboa in you.

FUN FACT:

The very first game of basketball was played with a soccer ball.

FUN FACT:

The first softball wasn't even a ball, a fan had thrown a rolled up boxing glove at a Harvard supporter, who hit it back with a stick.

FUN FACT:

Capture the Flag is popular with urban gamers, who play in urban environments and use cell phones to communicate.

FUN FACT:

Cheerleading is over 100 years old. In the beginning, all cheerleaders were men.

FUN FACT:

Dodgeball was first played in Africa over 200 years ago. Instead of soft balls, players threw rocks and putrefied matter at the opposing team, while also defending their own teammates who were under attack. The exercise was meant to encourage team-work for when the players went into battle with other tribes.

FUN FACT:

Physical activity! Science shows that aerobic exercise may do more to help bolster thinking than thinking itself.

FUN FACT:

The ball used in professional football has remained exactly the same size and shape for 120 years - 28" in circumference.

FUN FACT:

The first hockey puck, used during outdoor pickup games in the 1800s, was reportedly made of frozen cow dung.

FUN FACT:

Gaga –translates to “touch, touch” in Hebrew and originated in Israel.

FUN FACT:

Shannon Miller is now the most decorated female American gymnast of all time.

FUN FACT:

Handball is an Olympic sport. It's a mix of soccer and basketball.

FUN FACT:

Nobody knows the origins of foosball.

FUN FACT:

Karate is actually a combination of two words. Kara (empty) & te (hand).

FUN FACT:

Originally called “Kick Baseball” was invented in 1917.

FUN FACT:

By the 1950s, the greens on mini-golf courses were made of dyed goat hair.

FUN FACT:

Developed in 1895 by Clara Baer, a physical education instructor at Sophie Newcomb College, Tulane University in New Orleans.

Flag Football:

24, 13, 20 ...Hike! Catch the ball as a wide receiver and play the basic rules of football. Instead of tackling your opponent you simply pull or rip a Velcro flag off the opposing player's waist. Played on our newly lined Football Field.

Floor Hockey:

A friendly game similar to ice hockey. Indoor hockey or Floor Hockey is played in our gym with plastic hockey sticks and a rubber puck. Campers try to score the puck in the opponent's goal. Sticks are never allowed to be raised passed the knees for safety reasons.

Ga Ga:

Ga Ga is played in a huge octagon pit using a foam dodgeball. Players can hit the ball with their hands but can't pick up the ball and throw it. If the ball touches a player from the knees down they are out. Last player in the pit wins.

Gymnastics:

Our gymnastic program involves all aspects of agility, balance and coordination. Children develop gross motor skills with this activity. Gymnastics allows each child to strengthen his or her core muscles. Tumbling, cartwheels, walkovers and balancing are just a few of the gymnastic skills taught at camp.

Handball:

This game is played with a foam or soft lightweight ball. Players pass the ball while only taking 3 steps. They call to their teammates and work together using only their hands to throw the ball into the opposing team's goal.

Human Foosball:

The game is played by two teams of players. Similar to soccer but players must hold onto a bar while playing so there is no running involved. The object is to kick the ball into a goal while holding onto a bar. There are several bars going through the rectangle field.

Karate:

Learn the basics in Karate (kick, punch, block) Karate specialists from a Karate school come to Camp W every day.

Kickball:

This is game is very similar to baseball but you use a kickball and no bat or glove is used.

Miniature Golf:

Play the front 9 or the back 9 at our Mini Golf Course. This course has 9 holes of putting short distances. Obstacles such as ramps and tubes challenge our campers to make a hole in one or a birdie.

Newcomb:

Can you catch a volleyball? This game is similar to volleyball but instead of a volley you catch the ball and throw it over the net. If the ball is dropped head to the sidelines until your teammate catches the ball with one hand and you are right back in the game again.

Nine Square:

This game is a cross between volleyball and four square. The player in the center square or King/Queen position will serve the ball into another square like volleyball. Players will then bounce the ball out of their square and into one of the other squares without letting it drop.

Pickle Ball:

Pickle Ball is a paddleball sport that combines the elements of tennis, badminton and table tennis. Two or four players can play using a paddle to hit a ball over the net.

Pilo Polo:

This game is similar to floor hockey but players use a foam stick and a foam ball instead of a puck. Each team has six players and a goalie. The object is to get the foam ball into the opposing team's goal.

Soccer:

Learn the basics of passing, kicking, and defense. Campers will strengthen their skills through scrimmages and games. Join us on the soccer field for this high-energy game! Grades 4-5 will make the camp soccer team.

Swimming:

Get instruction from Red Cross Swim Instructors. Campers get tested on their first day at camp. Campers will learn a variety of strokes and learn or improve their diving abilities. A swim card goes home every two weeks to show progress made by each camper.

Tetherball:

A game in which one player plays against another. A pole is in the ground and measures about 10 feet in height has a rope attached to the top of the pole with a ball at the end of the rope. Players try to get the rope around the pole where the ball is touching the pole.

Tower Power:

A game similar to dodgeball but instead of throwing the ball at other campers you are throwing the ball at opposing teams tower. The tower is a pyramid made a huge cup stacking bowls. Campers try and protect their tower while throwing the nerf balls at opposing teams tower.

Volleyball:

A game played by two teams with six players on each team. Separated by a net, in which each team tries to score by causing the ball to land on the opposite team's court.

Wiffleball:

Similar rules to softball but the game is played with a plastic bat and plastic ball. A special fence is placed in the outfield and when the Wiffleball is hit over the fence it's an automatic homerun and the crowd goes wild...

FUN FACT:

You are actually practicing math while playing.

FUN FACT:

This game was invented in 1965 by three fathers trying to entertain their children.

FUN FACT:

Is a popular recreation and physical education game that has been around for over 40 years.

FUN FACT:

Developed in Newgate Prison, London in the early 1800s. Prisoners who had their hands cut off for crimes of theft came up with a sport that used only the feet.

FUN FACT:

Swimming first became an Olympic event in 1896.

FUN FACT:

This game originated in 1896 the year after volleyball was invented.

FUN FACT:

Evan loves this game.

FUN FACT:

Most volleyball players jump about 300 times a match.

FUN FACT:

The Wiffle® ball was originally created from discarded perfume packaging. Broom stick handles were used to make the first Wiffle ball bats.

TECHNOLOGY

Technology:

FUN FACT:

The first computer virus was created in 1983.

FUN FACT:

Computer games can train your mind and actually help you in school.

FUN FACT:

This sound was accidentally discovered using the scratching technique when a DJ manually moves the record up and down on the needle warping the sound.

FUN FACT:

Two million podcasts are registered by Google.

FUN FACT:

The first VR game came out in 1983 and cost \$49,000.

FUN FACT:

Most web pages are built using more than one programming language.

Coding:

The process that professionals use to write code that instructs how a computer application or software program performs. Campers will learn Scratch and Bouncee a block based visual program that teaches campers to learn code.

Computer Games:

Computer games like Minecraft the Oregon Trail and many more are played in this activity. All computer activities are under the supervision of the computer counselor.

How to be a DJ:

Its music to my ears, Spin music, and blend different beats to make a masterpiece. Get an opportunity to mix and invent new sounds on our state of the art DJ equipment. Feel the rhythm and move to the sound of your own beat.

Podcasting:

Podcasting is a series of spoken words on digital audio files that a user can download to a personal device.

Virtual Reality:

VR is a computer generated simulation in which a person can interact within an artificial three-dimensional environment using electronic devices such as headsets or googles.

Website Design:

Using multiple digital techniques, campers will design their own original website. Campers will learn about hosting, designing and maintaining a website as well as the digital arts through the web.



SPECIALTY

Specialty:

Activities Room:

Campers can play checkers, Connect Four, Uno, make Friendship Bracelets, String Art or listen to music in this laid back fun room.

Camp Lounge:

The Camp W Lounge is place for campers to, watch TV while using wireless headphones, play Pop a Shot, Air Hockey, Ping Pong or Fusball. All of these fun and relaxing things can be done at the Camp W Lounge.

Camp Newspaper:

What's The Real Scoop at Camp W? The Camp W News is published by our newspaper crew. If you enjoy writing, editing, interviewing and/or creating puzzles then take part in this activity. Campers will write articles about weekly events and interview staff members. Everyone gets a printed copy right off the press.

Camp Yearbook:

Campers will spend 7 weeks collecting memories of the summer and then make those memories into a yearbook.

Cooking:

Are you hoping to be the next Junior Chef Master? Measure, read ingredients and combine all of it to make the most delicious treats. Your taste buds will start to water for this activity and the best part is you get to eat it after you are done. Yum!!!!

Game Room:

A place to go to hang with friends. This activity is filled with many different games that encourages socialization and friendly competition. We have, Xbox one, Playstation, Nitendo Switch and a Arcade game that features thirty-six different games .

Gardening:

Campers will have the opportunity to plant flowers all along the buildings at camp. Campers will care the flowers and water them.

Go Karts:

Campers can drive a Crazy Kart with a helmet of course, on our big figure eight course. Eight karts at a time are used by campers all going in the same direction. Flags are used to signal to campers when to go and when to slow down.

Kite Flying:

Campers will be able to fly a kite if the weather permits. This activity will only be offered during Choice periods and a limit of 6 campers will fly a kite at one time.

FUN FACT:

Evan's favorite board game is checkers.

FUN FACT:

Well this is just a FUN place to hang out.

FUN FACT:

If everyone recycled their newspapers, we would save 250 million trees each year.

FUN FACT:

High School yearbooks are the most popular yearbooks and kept the longest.

FUN FACT:

The twists in pretzels are meant to look like arms crossed in prayers.

FUN FACT:

Pac-Man was invented by the designer Toru Iwatani while he was eating pizza.

FUN FACT:

May 2 is world naked garden day.

FUN FACT:

Most karts have only rear wheel brakes and that's why spins are so common.

FUN FACT:

The largest kite in the world is called the Megabite.

FUN FACT:

Evan is often playing these games after campers leave for the day.

FUN FACT:

The LEGO name was created by using the first two letters of the Danish words "Leg" and "Godt," meaning "play well."

FUN FACT:

The earliest magicians were considered sorcerers, and they were believed to have supernatural powers.

FUN FACT:

Laser Tag originated from Nerf guns.

FUN FACT:

Building Models helps hand-eye coordination, and following instructions and reading specifications sharpens mental powers.

FUN FACT:

Evan likes to build rockets but isn't good at it.

FUN THOUGHT:

A great way for campers to practice driving.



Lawn Games:

Corn hole, bocce ball, tic tac toe, horse shoes, ladder toss, ring toss and potato sacks. Campers can play these games without breaking a sweat.

Lego Room:

A Lego Master Builder starts from the ground up. Use your imagination to build whatever you can dream of or choose to build from the many Lego kits like a pirate ship, robot, houses and more. We have basic Legos for beginners and complex lego kits for experienced lego users.

Magic:

Abracadabra...The words spoken by a magician. A Professional Magician will demonstrate to campers how to perform magic tricks. As your children master their tricks they will be sure to come home and trick you too. Campers will practice and then have an opportunity to perform for the entire camp.

Nerf Battlefield:

Campers will practice using Nerf guns targeting objects in a room. Campers will use several different types of Nerf equipment. Campers will then use the Nerf Battlefield outside that is constructed in a maze similar to Capture the Flag

Plastic Models:

Campers will create models from a variety of choices and with the assistance of our staff. The older the child, the more complex the model. It takes a visual artist to complete these models. Some models include Ferraris, Lamborghinis, helicopters and more. Throughout these two weeks they will gain experience and be able to move on to building more complicated models.

Rocketry/Woodworking:

3,2,1 Blast Off...From easy to complex, campers will learn to build and paint their own rocket. Sorry we will not be rocketing off to anywhere from Camp. In Woodworking you can create your own birdhouse, build a car and many more projects to choose from. Sand, build and paint your projects to bring home.

Remote Control Cars:

A remote control car is a powered miniature car or truck that is guided by a controller. The campers will have plenty of space to race them and maneuver them around on our special designed track. Half the group will be using the indoor remote control cars, while the other half of the group will be using the outdoor larger remote control cars.



PERFORMING Performing Artists

Camp Show:

This summer, Camp W will be presenting Annie. Every camper who signs up for the camp show will get a part. If you desire to perform on stage, then the camp show is your opportunity to shine. This is a 6-week commitment and campers must be present at camp during weeks 1-6.

Camp Show (Set crew/Stage crew):

Campers will design the set, props, costumes and all the artistic design for this year's camp Show. Campers who participate will not only design the look of the show, but be in charge of moving and setting the stage during the production. This is a 2 week commitment. Students do not have to be present from week 1 to participate.

Drama/Improv:

Do you like to act or perform skits without being in front of a huge audience? This activity will allow you to do just that with other campers under the direction of our drama specialist. Use props to improve and use your imagination to take you to places you have never gone before.

Hip Hop:

Learn some really fun dance moves with the music pumping and the energy level will constantly be rising. Techniques will be taught so campers can build on the moves each day. Campers will have an opportunity to perform their hip hop dance routine in front of the entire camp.

Lip Sync:

The Voice is looking for you...Want to pretend to be a singer. Love to imitate your favorite musician? This is the perfect activity to do just that. Perform any song you desire and if you want you can also perform your song during closing ceremonies

Music:

Singing, playing the keyboard or ukulele this is a chance to perform and get assistance from our music specialist

Newscasters:

Report the camp news, weather and sports just like a regular news reporter. Campers have the opportunity to interview all staff and campers during newscasters. Campers will gather their news reports during the week and then perform on Friday afternoon. Our Newscasters report can be viewed on our Camp W website.

Zumba:

Zumba is intended to make getting fit fun. It mixes aerobics with dancing. Campers will enjoy this activity on the camp stage.

FUN FACT:

Camp W has 6 weeks to produce a show. Not a lot of time but it always is a huge success.



FUN FACT:

Walt Disney World, Florida, has a record 1.2 million costumes in its theatrical wardrobes.

FUN FACT:

A world record for the longest conga dance line was set by 119,986 people in Miami in 1988.

FUN FACT:

The first Lip Sync Battle was a skit on the Late Show with Jimmy Fallon.

FUN FACT:

FUN FACT:

On February 21, 1930 the first news show ever aired on NBC.

FUN FACT:

Fine Arts:

FUN FACT:

FUN FACT:

FUN FACT:

Every movie you see at a theater, every TV show you watch, every YouTube video, every iPhone video, every video game, even every IMAX movie works on the very same basic principle as a flipbook.

FUN FACT:

The term ceramics refers to any clay that has been fired and transformed from fragile dirt-like material to a hard and permanent stone.

FUN FACT:

FUN FACT:

Cave men were the first artists of the human kind.

FUN FACT:

This activity is liked just as much by staff as the campers.

FUN FACT:

This activity is one of the hardest art activities to clean up after it is over.

FUN FACT:

FUN FACT:

FUN FACT:

Earliest use of masks was for rituals and ceremonies, and the oldest found mask is from 7000 BC.

Camp Lamps:

Our campers will illuminate the nights with all the decorative lanterns they create. Campers will make paper lanterns, mosaic lamps, and stained glass luminaries.

Canvas Painting:

Create your own masterpiece! Follow along and learn how to paint on canvases, and have beautiful creations to decorate your home.

Cartooning/Flip Art:

Learn the art of cartooning and have fun bringing your very own characters to life. You will be taught the techniques to design your own comic book and create your own super hero! Develop your own comic strip or story board. We will even create simple flip books.

Ceramics:

Get your hands dirty playing with different types of clay? Create pottery, using slab, coil and pinch pot techniques. Campers will create multiple projects including but not limited to animal sculptures, figures, vases, cups and more.

Comic Book Design:

Create your own superhero or villain and make your own comic! Learn how to create a story around your characters and complete your first edition comic book.

Drawing:

For the artist who wants to perfect their drawing skills, this class is a review of the drawing foundations. We will practice with charcoal, work quickly, and get messy! We will study shape and volume, value and line, perspective, and texture. The student will build their confidence in rendering what their eye sees, executing the basic composition, and developing their own personal style.

Edible Art:

Campers have the opportunity to make art projects with food. They then can keep it or eat it.

Everything Glitter:

Campers use glue and so many different types of glitter to decorate posters, signs, and stick houses.

Friendship Bracelets:

Learn different types of intricate designs and patterns to make gorgeous bracelets for yourself and friends.

Jewelry & Bead Making:

Learn how to make your own beads and then design your own necklaces, bracelets, and earrings. Wear your own or make them for your friends.

Mask Making:

Get creative while we create amazing masks using a variety of sculptural approaches. We will create molds and make eye catching theatrical masks. Maybe it could even be used in our Haunted House...

Mobiles & Wall Hangings:

Design and weave a tapestry, make your own dream catcher, relax to the sounds of your very own wind chime.

Painting:

Create paintings inspired by the masters! We will explore many different techniques such as splatter painting, impressionism, abstract painting, portraits, landscapes and much more. Create your own canvas painting.

Paper Mache:

Create amazing sculptures using paper Mache. It is sure to relax you with that goopy feeling. As you place your hands into the paper mache feel all your worries slip away.

Plaster Creations:

Make plaster masks, wall hangings, and artistic bowls. Paint decorate, and personalize them.

Printmaking:

Campers will learn three different types of printmaking (bubble prints, block point and collagraph) while creating their own designs, greeting card and posters.

Puppetmaking:

From a simple finger puppet to an intricate marionette, use your imagination and you can make it. Hand puppets, pop-ups, marionettes, shadow puppets and theaters.

Sand Paint:

Create mandalas, room signs, or gifts for mom or dad with inspiration a and a squeeze bottle

Scrapbook:

Memories are always fun to look back on. Make beautiful scrapbook pages to share your memories with friends and family. Collage, cut, glue, stamp and accessorize your very own handmade scrapbook.

Slime, Slime ALL THE TIME:

Have you ever made cloud slime? Campers will make "Fuzzy Volcano" slime, "Cobweb" slime. "Bubble Tea" & "Poka-dot" slime. Be prepared to get messy!!!!

Spa Class:

Bath bombs, soap, lip balm, sugar scrub, and more! We will make all of these spa delights in this class.

Sparkle & Shine:

Glitter and shimmer everything we make in this class will be dazzling! Sparkle Specs, shimmer slime, lava lamps, twinkle tattoos, and decorative signs.

Special Effects Make-Up:

Zombies, animals, pirate scars, old age, ghosts, movie stars ... you will be amazed at your complete transformation. Campers will learn how to create classic effects with professional face paint for sensitive skin, water based and non-toxic.

Toy Making:

For the camper who is always saying, "I can make that", here is the class where they can. The camper will be able to personalize each project to make it their own unique piece that they will always want to play with!

FUN FACT:

Tapestries were displayed on walls of castles for insulation during winter as well as for decoration.

FUN FACT:

It was the Greek philosopher Plato who discovered that you can mix two different paint colors together to produce a third color.

FUN FACT:

Literal meaning of Papier Mache is Chewed Paper.

FUN FACT:

FUN FACT:

Printmaking arose in the 7th century.

FUN FACT:

The size of puppets continues to shrink since its inception.

FUN FACT:

Sandpainting is part of a religion and healing in many countries.

FUN FACT:

According to scrapbooking history, people wanted a way to preserve "scraps" that were important to them.

FUN FACT:

Germany has a law that children can not use slime.

FUN FACT:

FUN FACT:

FUN FACT:

Special effects make up requires campers to get messy.

FUN FACT: