
SAMPLE SPORTS PROGRAM FOR YOUTH AGES 11-14

As used by Anapa Christian Camp June 19-30, 1999

PROGRAM DESCRIPTION AND OVERVIEW

This program was designed to provide a combination of structured team competition and group free choice for younger children. The authors of the program took into consideration the fact that this age group (11-14) is a challenge to motivate when it comes to an intense competition schedule (hence the ample free time), and that these children love fun group activities (thus the variety of unique team competitions each day). The camp (counsellors & campers) was split into four teams (16 groups = 4 on each team), with as much balance as possible (age, sex, number). Team competitions were held each morning (each team being involved in one 45-minute competition per morning). The remaining morning sports time and all afternoon sports periods were comprised of cabin group choice. In order to make the competition more interesting, groups were given unique team names (Noah's Animals, David's Sheep, Samson's Body-Builders and Daniel's Lions) and were awarded points based on cheering & participation as well as for 1st, 2nd, 3rd and 4th place. Team scores were kept throughout the week and prizes were awarded on the last evening (candy, fruit, ice cream, etc – with each team receiving something). Overall the program was a success.

Sports Schedule

There were normally 5 sports periods in a day. Two in the morning: at 1120-1210 and 1220-1310; two in the afternoon: at 1500-1600 and 1615-1715; and one in the evening: at 1815-1930. During the morning and afternoon periods there were crafts, music & drama options as well as sport choices. All options were chosen via a sign-up sheet filled in by the counsellor of each group (*see form 1: Sport Sign-up Sheet*). The team competitions were announced via poster, with locations of events listed as well (*see form 2: Competition Schedule*).

DAY ONE (SUNDAY)

Note: This was arrival day; therefore there was no sports program in the morning or afternoon.

1815-1930 – Opening Icebreakers

Note: In order to better familiarize the campers & counsellors with each other, several different large group icebreakers were played:

Autograph game – Everyone was given a piece of paper and a pencil and was told to gather as many different signatures as possible within a set time limit.

Birth month – The group was asked to get together with everyone who shares the same birth month as they.

Eye colour – The group was asked to get together with everyone who shares the same eye colour as they.

Hairstyle – The group was asked to get together with everyone who shares the hairstyle as they.

Skin colour – The group was asked to get together with everyone who shares the same skin colour as they.

DAY TWO (MONDAY)

Note: An exception was made for the first full day of the camp program. The crafts, drama and music programs were put on hold until the afternoon. This was done to allow all the campers to experience icebreakers and opening relays on the first day. The goal for this day was to help the cabin groups form relationships and the assist the counsellors in leading their campers in activities.

1120-1220 – Icebreakers with counsellors in their cabin groups

Note: Because most camps will not have more than a handful of sport instructors, this part of the program will need to be pre-taught to the counsellors so that they may lead without assistance. Each Sports Instructor was assigned to one or two cabin groups. Prepared with a list of activities and needed equipment, they helped the counsellors teach the following icebreakers from the CCI sports manual (terms in brackets indicate the type of icebreaker):

Toss-a-Name game (name-learning)
Booop (comfort-creating)
Finger Count (comfort-creating)
Mirror Image (comfort-creating)
Stand-Off (positive physical parameters)
Toe Fencing (positive physical parameters)
Suitcase (sharing)
Posi-Ball (sharing)

1220-1310 – "Soccer Dribble Relay" and "Bat Twist Relay"

Relay tips: All instructions must be given clearly before starting the relay and a sample run is a good visual explanation of what they are to do. Always remember that in a relay all teams should have the same number of people. If there is not an even number then have one of the teams with fewer people have someone repeat rather than take some away from the other teams. For these relays, the winning team was the one done first (shown by everyone sitting).

SOCCKER DRIBBLE RELAY

Type of Competition: Relay

Preparation for Event: The group was divided into four teams, with all four teams lined up (face to back) behind a line (long rope) at one end of the field. At the opposite end of the field (about 50 metres away) was the second line (rope). A soccer ball (or similar – all balls should be identical) is needed for each team.

Instructions Given: The object of this relay is to kick/dribble the soccer ball from one line to the other and back as quickly as possible. The ball must completely cross the distant line before you begin kicking it back. Try to pass the ball to next person on the line, not just kick it across. Once the first person has returned the ball, the second does the same. However, he may only leave his position when the ball has crossed over the starting line. You may only use your feet to contact the ball, hands are not allowed. Once the ball has been "handed off", the person completing the task goes to the end of the line and sits or kneels down while the rest of the team remains standing. When everyone is finished there will be a line of sitting team members.

BAT TWIST RELAY

*Note: For a camper under 14 years old 4 turns of the bat is best and for older campers 7 turns is recommended. This activity is **meant** to produce harmless dizziness, and is of negligible risk. It is a lot of fun and everyone can join in.*

Type of Competition: Relay

Preparation for Event: The four teams were kept, with the teams lined up behind the lines. A baseball bat (or similar object) is needed for each team.

Instructions Given: At the whistle the first person in each line places their forehead on the bat, with the other end on the ground, and spins around slowly (X-number of times). The group behind him should keep counting out loud to make sure he does it the right number of times. Once the correct number of turns has been done, the participant drops the bat and runs to the opposite line and back. Once he has returned across the line, the second person begins spinning. The person completing the task goes to the end of the line and sits or kneels down while the rest of the team remains standing. When everyone is finished there will be a line of sitting team members.

1815-1930 – Individual Choice

Sport instructors were assigned to a variety of locations to supervise (trampoline, archery, baseball) and the campers were given the opportunity to visit and participate in any sport activity they chose.

DAY THREE (TUESDAY)

Note: Starting this day, and continuing throughout the session, two different teams competed at 1120, while the other two teams had activities according to their signed-up choices. At 1220 the two teams who competed did their signed-up activities and the other two teams came for the competition.

1120-1220 and 1220-1310 – "Basketball Relay" and "T-Shirt Relay"

BASKETBALL RELAY

Type of Competition: Relay

Preparation for Event: A basketball court (with one basket at each end) and several basketballs (or similar rubber balls – all should be alike) are needed. For each of the two baskets two shooting positions were marked. Divide each team into two and place each half team at one of the four shooting positions.

Instructions Given: Each team lines up behind the line and each person takes turns trying to make a basket. The players shoot the ball and rebound their own shot taking or throw the ball to their next player in line. When a basket is made the whole team shouts the number. When 10 baskets are reached the team should cheer as the winners. The first team on each court to score 10 baskets (points) will be the winner. After each basket has a winner, the winners will move to the same court to compete again and the non-winners will also compete at the other court.

T-SHIRT RELAY

Note: Several rounds of this can be played as the teams get better at the shirt exchange each time they do it.

Type of Competition: Relay

Preparation for Event: The two teams lined up (face to back) behind a line (long rope) at one end of the field, but this time the teams are split into two with one on one side of the field and half on the other. The second rope/line is 30-50 metres away. The T-shirt is placed on the first person on one side of each team to start.

Instructions Given: Each team will try to transfer the T-shirt from one team member to another at opposite ends of the field. When the whistle blows, the person wearing the T-shirt runs across the field and, upon reaching the other line, quickly takes off the shirt and gives it to the first person in the opposite line. Other team members may help put the shirt on. The person taking off the shirt goes to the back of the line and sits down while the person who now has the shirt on runs to the other side and the shirt is put on the next team member. This continues until all the team members have had the shirt on.

1500-1600 and 1615-1715 – Sign-up/Free Choice

Note: Starting this day, and continuing throughout the session, sport instructors would be present at a variety of sport stations to provide supervision and/or instruction. Groups were encouraged to choose a variety of different activities and not choose the same thing over and over again.

1815-1930 – Individual Choice

Sport instructors were assigned to a variety of locations to supervise (trampoline, archery, baseball) and the campers were given the opportunity to visit and participate in any sport activity they chose.

DAY FOUR (WEDNESDAY)

1120-1220 and 1220-1310 – "Pioneerball" & "Obstacle Course"

PIONEER VOLLEYBALL

Type of Competition: Team Competition (everyone participates in turn)

Preparation for Event: A volleyball court and volleyball are all that is needed.

Instructions Given: The standard rules of Pioneerball will be used. However, in order to give everyone an opportunity to play, each time a new server is required on a team, the previous server steps off the field (instead of moving to the centre rear position) and a new person take their place. The game will be played to 15 points (or a set time limit).

OBSTACLE COURSE

Type of Competition: Relay

Preparation for Event: Outline a simple, yet interesting obstacle course in a small area. Use trees, benches, tables, sports equipment or whatever is already in the area as obstacles.

Instructions Given: Each team starts standing behind a line. At the whistle, the first person in each line begins running the course (demonstrate the course by running an example). Sample: over the chair, around the table twice, around the tree, through the little house, under the table and to the finish line. Once the first person has completed the course, the next team member begins the race. All team members run the course (make sure there are equal numbers) and the first team finished with all their members sitting is the winner.

Note: counsellors should not play this game but only watch and cheer.

1500-1600 and 1615-1715 – Sign-up/Free Choice

1815-1930 – Individual Choice

Sport instructors were assigned to a variety of locations to supervise (trampoline, archery, baseball) and the campers were given the opportunity to visit and participate in any sport activity they chose.

DAY FIVE (THURSDAY)

1120-1220 and 1220-1310 – "Gold Hunt"

Type of Competition: Scavenger Hunt (timed)

Preparation for Event: Paint rocks yellow (or another colour such as red), with some rocks being small and others quite large. Approximately 50 larger stones and 150 small ones should be adequate. Scatter them around the campgrounds, some out in the open and some hidden in shadows and cracks. The starting and ending point for the game was a large table where the gold can be brought, sorted and counted.

Instructions Given: Your teams will compete to see which can gather the most "gold" in the allotted time (30 minutes). The gold (painted stones) is scattered throughout the camp, some of it is large and some is small. Some of the gold will be easy to find, while others will be hidden. The large stones are worth one point each, and the small stones are worth two pints each. When you find some gold, bring it back here (point out each team's area) for counting. When 30 minutes is up the whistle will be blown and all gold collecting must stop. The winning team will be the one with the most points.

1500-1600 and 1615-1715 – Sign-up/Free Choice

1815-1930 – "Colourful Soccer"

Type of Game: All-camp (Counsellors vs. Campers)

Preparation for Event: Brief the counsellors several days in advance about the game. The purpose of this game is to show the campers the "fun side" of the staff. Counsellors will dress up in wild and crazy costumes and play (seemingly) with no rules. While technically the counsellors will be permitted to break the normal rules of soccer, they will have the underlying goal of *losing the game*. It is important that the counsellors' successes do not frustrate the campers, but rather that they understand that the counsellors are being silly. One sport instructor or another staff member should be assigned to help organize the campers' team. As well, a referee is needed to "supervise" the game, and he should regularly seem helpless to control the situation. Having a humorous announcer or commentator to "call" the game also adds to the fun of the event.

Instructions Given: This will be a soccer game like no other. Any campers who wish to compete against the counsellors may (gather the participants at the edge of the field and be prepared to rotate them into the play, so that everyone gets an equal opportunity to play). Regular rules will apply, but the counsellors will be allowed to cheat (this will likely be responded to with cries of the game being unfair, but that will soon be forgotten when the counsellors appear – at that moment – and they appear so ridiculous).

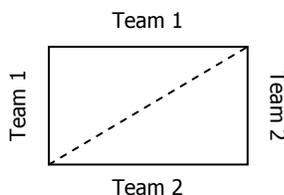
Note: The counsellors will have to be monitored during the play. It will be natural for the counsellors to get carried away somewhat. Remind them from time to time that the event is for the fun of the kids.

DAY SIX (FRIDAY)

1120-1220 and 1220-1310 – "Ping Pong Blow" and "Frisbee Toss"

PING-PONG BLOW

Type of Competition: Team Competition (everyone participates at the same time)



Preparation for Event: A ping-pong table or other large table (perhaps two placed side to side) and a ping-pong ball are needed for this event. The teams sit around the table, on opposite corners of the table (see diagram).

Instructions Given: This event is a competition to see which team can score the most "goals" by *blowing* the ping-pong ball across the other teams' edge of the table. No one is allowed to touch the table – only blow the ball. Each team tries to blow the ball across the table. If the ball goes off the table on the other teams territory, you score one point. The team with the

most points at the end of the time limit wins.

FRISBEE TOSS

Type of Competition: Relay

Preparation for Event: Set up two car tires on benches, with a throwing line (a rope or similar markers) about 4-5 metres away. The tires may have to be held up by staff.

Instructions Given: This is a relay competition, with each person getting one or more chances to throw Frisbees at a target. Each team receives six Frisbees to start. At the whistle, the first person in line throws a Frisbee, trying to get it through the tire. After the throw, the first person runs to the back of the line, and the second person throws the next Frisbee. This continues until 15 Frisbees have travelled through the target. The first team to 15 wins the game.

1500-1600 and 1615-1715 – Sign-up/Free Choice

1815-1930 – "Green Heel" game

Type of Game: All-camp Scavenger Hunt

Preparation for Event: Several people (8-12) need to be pre-chosen as the people with green heels. These should be a variety of staff and campers. Before the game mark one of their heels with a green marker. They should then wear their shoes or sandals as normal. During the game the "green heel people" can be at their workstations or participating in the game.

Instructions Given: Scattered throughout our camp are a number of people with...*green heels!* Your goal is to try and find these mysterious people, earning points for your team. You can find them alone or in groups. Bring the green heel-ed people back to flagpole to receive your points.

DAY SEVEN (SATURDAY)

1120-1220 and 1220-1310 – Foxtail Toss and Steal the Bacon

FOXTAIL TOSS

Type of Competition: Team Competition

Preparation for Event: A large open area is needed, divided into two "boxes". Use as many Foxtails as you have, with soft rubber or plastic balls being an alternative. When the teams arrive for the event, place one team inside each "box" and give half of the Foxtails to each team (after the instructions are given). As many referees as possible are needed to supervise play.

Note: Invariably it will happen that Foxtails will be thrown after the whistle and that campers will "take matters into their own hands" and throw back what they deem to be illegal throws. It is important to deal with this from the outset and state clearly that the referees will be watching and will record the score fairly – encourage everyone to raise their hands at the whistle and keep them in the air while the referees count.

Instructions Given: This is a competition to see which team can throw the most Foxtails into the other team's territory. When the whistle blows, you start throwing Foxtails into the other team's "box". When the whistle blows for the second time, raise your hands and all throwing stops (teams will be penalized with a loss of points if they throw after the whistle). The team with the most Foxtails in the other team's box gets the most points. Several rounds will be played with the winning team being the one with the highest total score.

STEAL THE BACON

Type of Competition: Team Competition

Preparation for Event: A megaphone is very helpful for this game. An inner tube or similar soft, pliable object is needed (an earthball bladder works too). Any open area will work, with two long ropes (or similar markers) about 10 metres apart needed to separate the teams. When the teams arrive, line them up on opposite sides of the field and number off each person on each side. Number the teams with one beginning at one end of the field, and for the other team start numbering at the opposite end (so that each number 1 is at extreme distances from each other, not facing each other). It is important that similar age/size players are opposite each other. Counsellors may play this game, if there are equal number and size/strength on each team. In the middle of the field place the inner tube.

Instructions Given: Each team will compete to try and carry the "bacon" across their own line. To determine who will carry the bacon, one, two, or three numbers will be called out. At the whistle, each person who had their number called runs out to grab the inner tube and tries to carry it back across their own line. For each successful "bacon capture" (tube completely across the line, with only the called numbers assisting), a team is awarded one point.

Note: Keep track of which numbers have been called to ensure that each person is called at least once.

1500-1600 and 1615-1715 – Sign-up/Free Choice

1815-1930 – Individual Choice

Sport instructors were assigned to a variety of locations to supervise (trampoline, archery, baseball) and the campers were given the opportunity to visit and participate in any sport activity they chose.

DAY EIGHT (SUNDAY)

Note: This was Parents Day, so there was a different camp schedule. In place of the regular sport activities, we had a special camper/parents games time in the afternoon, followed by swimming and a camper talent show. In the evening there was an all-camp game for the campers & counsellors.

1415 – "Big Pants Game"

Type of Game: Team Competition

Preparation for Event: Two pairs of large "pants" were created by sewing together two large rice sacks and fashioning them into wearable pants. Several hundred small balls or similar small objects were scattered across the field. Parents & campers are divided into two teams, with a mother chosen to wear the big pants on one team, and a father was chosen to wear the pants on the other team.

Instructions Given: At the whistle each team will try to "fill" the pants by picking up balls and placing them in the pants of your team leader (either "mama" or "papa"). When the second whistle blows stop gathering balls and we will count the balls to see which team gathered the most.

1430 – "Water Balloon Volleyball"

Type of Game: Team Competition

Preparation for Event: Volleyball net and lots of water balloons are all that's needed.

Instructions Given: Rules will be as in Pioneerball. One team will be chosen to "serve" (toss the water balloon from centre court). Towels & T-shirts may be used to help catch & throw the balloons. The game continues (without score) until we run out of water balloons.

1530 – "Crazy Talent Show"

Type of Game: Individual Performance

Preparation for Event: The purpose of the talent show is to allow campers to display their "hidden talents" and perform such tricks as touching your nose with your tongue and so on. The emphasis will be on doing things that others likely cannot do. Two days prior to the event campers should about the event so that they can approach their counsellor to volunteer. The day before the event the list of performers will be assembled (counsellors should inform the sports leader of the volunteers. Set aside 30-45 minutes for the performances (each should take less than a minute).

2030 – "Animal Candy Hunt"

Type of Game: Cabin Group Competition

Preparation for Event: This game will be played over much or all of the camp territory. Several hundred pieces of wrapped candies will be needed and distributed across the campgrounds prior to the game. When the groups arrive for the game, assign them a different animal name – they will have to communicate using the sound that animal makes during the game.

Instructions Given: The goal of this game will be to hunt for candy. It sounds simple, but there are three important rules: 1. You must hunt for candy as a group, 2. When you find a piece of candy you must make the sound of your animal and all gather around, and 3. Only your counsellor may pick up the candy. The game ends when the second whistle blows or when all the candy has been found!

DAY NINE (MONDAY)

1120-1220 and 1220-1310 – "Numbers Hunt"

Type of Competition: Relay

Pre-Event Announcement: Every counsellor must bring a piece of paper and pen.

Preparation for Event: Prepare hundred pieces of paper with a different coloured number put on each (use four or five different colours). Create a legend to keep track of which numbers were of which colours. Put the numbers put up throughout the camp on trees, posts & buildings. Place some in obvious places, but most in hidden yet accessible locales.

Instructions Given: 100 coloured numbers have been hidden around the camp. Your team's task is to find them. Each of you will work in cabin groups, with the counsellor being the one who will be recording the numbers found. After about 30 minutes the whistle will blow and everyone must return to the starting point. Scores will then added up and the winning team announced later in the evening.

1500-1600 and 1615-1715 – Sign-up/Free Choice

1815-1930 – Individual Choice

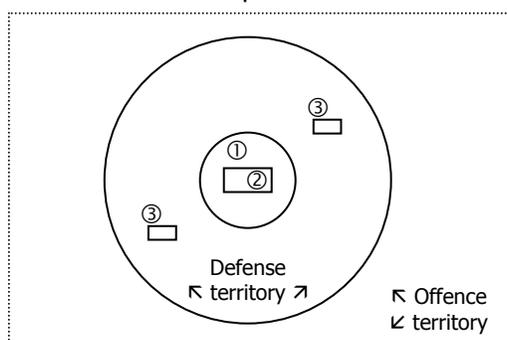
Sport instructors were assigned to a variety of locations to supervise (trampoline, archery, baseball) and the campers were given the opportunity to visit and participate in any sport activity they chose.

DAY TEN (TUESDAY)

1120-1220 and 1220-1310 – "Deliver the Package"

Type of Competition: Team Competition (with each team taking turns on offence and defence)

Preparation for Event: A large field is required, with a large circle marked around the field, with a 3-metre circle in the centre. A large box is needed in the small circle and two smaller boxes are needed in opposite halves of the larger circle (see diagram). As well, several hundred small balls or other objects are needed. Station all the balls in the Offence territory. Best is to have a sport instructor or other staff member handing them out to the campers.



① "Free" area for the Offence (once inside, Offensive players cannot be captured).

② Target box for the Offence (every ball inside this box is worth two points for the Offence at the end of the game).

③ Boxes for the Defence (for captured balls)

Instructions Given: Each team will have a chance to try and deliver the balls and a chance to try and stop the other team from delivering them. The team that is on the offence (trying to deliver the balls) starts outside of the large circle. At the whistle, they take one or two balls and try to transport them safely into the centre

(smaller) circle. If they manage to get there untagged they deposit the balls into the large box in the centre. The team on the Defence may only move between the two circles. They must try to tag any player from the other team who is transporting balls through their territory. If they tag a player while in the Defensive territory, the player tagged must drop the ball(s) and return to the outside of the circle. The Defensive players may then pick up any dropped balls and place them in their smaller boxes. When the whistle blows to end the half, the boxes will be retrieved and points given to the two teams. The Offence receives 2 points for every ball inside the large box, and the Defence receives 1 point for every ball inside one of their 2 smaller boxes. No points are given for balls on the ground after the whistle blows. After the first game, the teams switch sides, and the game is played again. The total score at the end of two games reveals the winner.

1500-1600 and 1615-1715 – Sign-up/Free Choice

1815-1930 – "Game Rotation"

Type of Game: Small Group Games

Preparation for Event: This was an activity designed to provide a variety of games for the campers – some old and some new. Six staff members were chosen to lead games. Each game was to be playable with 12-20 people and was to last for approximately 8 minutes. Some of the games played were as follows:

1. Dragon's Jewels
2. Blind Volleyball
3. Group Juggle
4. Line Dodgeball
5. Cat & Mouse

The cabin groups were combined into groups of two or three, creating larger groups of 12-20 people. Each group was given a number (from 1-6). One staff member was assigned to lead the group to ensure that they stayed and played together. At the starting whistle each group went to their starting stations (1 to 1, 2 to 2, and so on) and played the first game. At the next whistle, group 1 moved to station 2, and so on. At the end of 50 minutes all the games were finished.

DAY ELEVEN (WEDNESDAY)

1120-1220 – "All-Camp Relay"

Type of Competition: Relay (12 campers and 3 counsellors from each team participate)

Preparation for Event: This event requires a good deal of advance planning and numerous announcements. Each team will need a list of the events and a detailed explanation of each event. Each team will transfer a baton from station to station with the goal of being the first team to complete the relay. Judges will be needed at each station to help explain and supervise.

STATION 1 – Foot Race (1 camper from each team)

From the starting line each runner lines up while holding his or her team's baton. At the whistle, each person races to the finish line where a team member waits at Station 2.

STATION 2 – Chariot Race (4 campers from each team)

The baton is handed off to the chariot "rider" who then hops onto his "chariot" – three team members holding hands to form a seat. The chariot then runs a distance to Station 3 where another team member waits.

STATION 3 – Frisbee Toss (1 camper from each team)

The baton is handed off to another team member who then tries to toss three Frisbees through the tire. After successful completion, the baton is run to the team member waiting at Station 4.

STATION 4 – Ping-Pong Blow (1 camper from each team)

At the volleyball court the team member takes the baton and holds it while blowing a ping-pong ball from one end of the court to the other while on their hands and knees. At the other end the baton is handed off to the next team member.

STATION 5 – Sour Swallow (1 camper from each team)

The team member carries the baton from the volleyball court to the table at Station 5 where he or she will have to eat & completely swallow a half lemon. Once the lemon is completely consumed, the baton is run to the beach path and the teammate waiting at Station 6.

STATION 6 – Egg Carry (1 camper from each team)

Once the baton is received, the camper picks up a spoon with an egg on it and carries it to the beach. If the egg drops, it must be picked up and placed back on the spoon and carried again. Once at the beach, the baton is handed off to their team-mates.

STATION 7 – Water Run (3 campers & 3 counsellors)

After receiving the baton, the 6 team members join hands to form a chain and run out into the water. Their hands must be held at all times – they may only run as a complete group. The group must run out into the water and around the lifeguard standing as a marker and back to the beach. The first team that returns their baton to the beach wins.

Instructions Given: Each team must select their participants and submit a list of names 24 hours before the event. At the start of the event all the participants must go to their stations and all the non-participants (spectators) must go to the field to watch. At the whistle the race at Station 1 will begin, and from there on the relay will continue without any further announcements. The batons must be carried at all times – if dropped, you must stop and pick it up. Judges will watch to ensure that all is done fairly. Points will be awarded for 1st through 4th place.

1220-1310 - Sign-up/Free Choice

1500-1600 and 1615-1715 – Sign-up/Free Choice

1830-1945 – "Kopeck Karnival"

Note: This is a celebratory closing event in which the campers are free to roam about a "carnival", earning & spending camp "money" just for fun. The money can be coins such as 1-kopeck pieces, pieces of special paper, balls, marked stones, or whatever. All the staff will be needed to help make this event a success.

Type of Game: Free-for-all!

Preparation for Event: This event requires extensive preparation. The carnival will require both money-earning stations and money-spending stations. You can also have stations where items are available for sale, such as juice & craft items. You will only be able to have as many stations as you have staff. Following are some example stations:

MONEY-EARNING STATIONS

Station Name	Staff Needed	Task needed to complete in order to earn money
Michael Jordan Hoop Toss	1	Stand behind line, 1 metre away is a pail, 6 balls are given to toss, 2 must go in pail
Sing a Song	1	From a selection of songs (chosen at random by staff member), one verse must be sung
Cosmodrome	1	Stand behind line, 2 metres away is a tire, 5 Frisbees are given to toss, 2 must land inside tire
Ring Toss	1	Stand behind line, 1 metre away are rows of pylons, 3 rings are given to toss, one must rest on pylon
Drop pen into bottle	1	A pen on a string is tied to the participant's waist so that it hangs between their legs and within 30 seconds they must lower the pen through a pop bottle opening
Wayne Gretzky Shoot-Out	1	Stand behind line, 4 metres away is a hockey net, 3 shots are permitted, 2 must go in the net

Quote-a-Verse	1	From a selection of memory verses (chosen at random by staff member), one verse must be correctly quoted
Robin Hood Contest	1	Three arrows may be shot at a target, each colour is worth different amounts of money if hit
Assemble the Puzzle	1	Within 30 seconds a simple puzzle must be assembled
Water Transport	1	A plastic mug of water is placed on head; participant must walk 1 metre without the mug falling off (no hands!)

MONEY-SPENDING (FUN) STATIONS

Station Name	Staff Needed	For payment (varies) participant gets to...
"Shoot the Clown"	2	...Shoot the clown with a ping-pong gun (3 shots)
"Back Breaker"	3	...Ride for 20 seconds on the spinal board (stretcher)
"Papa Bombing"	2	...Toss 1 water balloon at Papa (who is tied to a chair)
"Count the Candies"	1	...Guess of how many candies are in the jar (the one who guesses the closest wins the candies later in the evening)
"Fill the Clown's Mouth"	2	...Shoot the water pistol at clown's mouth (20 seconds)
"Horseback Riding"	3	...Ride for 15 seconds on a bucking bronco (counsellor)
"MC for a Minute"	1	...Use the sound system for 30 seconds
"Knock Mama's Hat Off"	2	...Throw 3 wet sponges at Mama's head to knock the Frisbee off her head (Mama is tied to a chair)
"Stamps"	1	...Receive three hand or face "stamps" (coloured markers)

PURCHASE STATIONS

Station Name	Staff Needed	For payment (varies) participant receives...
"Karnival Juice"	1	...One glass of juice
"Karnival Candy"	1	...One piece of candy
Craft Patterns	1	...One craft pattern

Instructions Given: Each of you will be given three pieces of "Karnival money" to start your visit to our carnival. There are three different kinds of stations at our carnival: stations where can spend your money on fun things, stations where can spend your money on things to eat and take home, and stations where you can perform tasks to earn more "money". You are free to go wherever you wish and spend your time at the karnival as you like. Enjoy your time!

FORM 1: SPORT SIGN-UP SHEET

Activity/Time	1120-1210		1220-1310		1500-1600		1615-1715		# of Groups
Archery									2
Baseball									2
Basketball									2
Canoes									3
Crafts									2
Drama									1
Football									2
Kayaks									2
Music									1
Pickleball									1
Swimming									Any
Trampoline									2
Volleyball									2

FORM 2: COMPETITION SCHEDULE

Monday

1220 All teams Relays (field)

Tuesday

1120 Team 1 vs. Team 2 Basketball Relay and T-Shirt Relay (basketball court)

1220 Team 3 vs. Team 4 Basketball Relay and T-Shirt Relay (basketball court)

Wednesday

1120 Team 2 vs. Team 3 Pioneerball & Obstacle Course (volleyball court)

1220 Team 1 vs. Team 4 Pioneerball & Obstacle Course (volleyball court)

Thursday

1120 Team 2 vs. Team 4 Gold Hunt (gazebo)

1220 Team 1 vs. Team 3 Gold Hunt (gazebo)

Friday

1120 Team 1 vs. Team 2 Ping Pong Blow & Frisbee Toss (gazebo)

1220 Team 3 vs. Team 4 Ping Pong Blow & Frisbee Toss (gazebo)

Saturday

1120 Team 2 vs. Team 4 Foxtail Toss & Steal the Bacon (field)

1220 Team 1 vs. Team 3 Foxtail Toss & Steal the Bacon (field)

Monday

1120 Team 1 vs. Team 4 Numbers Hunt (flagpole)

1220 Team 2 vs. Team 3 Numbers Hunt (flagpole)

Tuesday

1120 Team 1 vs. Team 2 Deliver the Package (field)

1220 Team 3 vs. Team 4 Deliver the Package (field)

Wednesday

1120 All teams All-Camp Relay (flagpole)

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