

RLCC Summer Program Activities as of Jan. 1st 2022

Note changes from past 3 years highlighted in **Yellow**

Archery **Grades 7-12** **Group Size: 20** RLCC Staff Led *Location: rec. field camp and lodge side.*

II Corinthians 13:11 Finally, brothers, good-by. Aim for perfection, listen to my appeal, be of one mind, live in peace. And the God of love and peace will be with you. **Psalm 18:34** He trains my hands for battle; my arms can bend a bow of bronze. **Other Verses: Isaiah 49:1-2**

Archery Inflatable **Grades 2-12th Only** RLCC Staff or Faculty Led *Location: Anywhere*

II Corinthians 13:11 Finally, brothers, good-by. Aim for perfection, listen to my appeal, be of one mind, live in peace. And the God of love and peace will be with you. **Psalm 18:34** He trains my hands for battle; my arms can bend a bow of bronze.

Ax Throwing **NEW 2021** **Grades 7-12** **Group Size: 20** RLCC Staff Led *Location: rec. field camp and lodge side.*

II Corinthians 13:11 Finally, brothers, good-by. Aim for perfection, listen to my appeal, be of one mind, live in peace. And the God of love and peace will be with you. **Psalm 18:34** He trains my hands for battle; my arms can bend a bow of bronze. **Other Verses: Isaiah 49:1-2**

Blob **Grades 7-12 ONLY** RLCC Staff Led only *Location: Waterfront*

- Life Vests required.
- Will be available every day, but not necessarily the entire waterfront time.
- For safety reasons no one greater than 50 pounds of another person will be able to blob that person.
- No camper will be double blobbed. Double blobbing will only be used to launch a larger scaled faculty. Combined weight will not exceed 75 pounds greater than the person being blobbed.

Canoeing **Grades 5-12 as a class Grades 2-12th as recreation**
Group Size: 15 RLCC Staff training 2 faculty or RLCC Staff Led if available. *Location: Lake*

Ephesians 4: 11:16 It was he who gave some to be apostles, some to be prophets, some to be evangelists, and some to be pastors and teachers, to prepare God's people for works of service, so that the body of Christ may be built up until we all reach unity in the faith and in the

knowledge of the Son of God and become mature, attaining to the whole measure of the fullness of Christ.

Then we will no longer be infants, **tossed back and forth by the waves**, and **blown here and there by every wind** of teaching and by the cunning and craftiness of men in their deceitful scheming. Instead, speaking the truth in love, we will in all things grow up into him who is the Head, that is, Christ. From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work.

As a class

Campers are taught the basics on how to get into a canoe, how to steer, safety tips on the paddle and tip-overs. Once the campers are out on the water the 2 faculty keep them corralled like little ducks. The faculty assist and teach from their kayak. At an appropriate time gather all the canoes together in a group. Take this time to read scripture and talk about what it would have been like to have been the Disciples when Jesus gathered them together and asked them to leave their job and follow them. This is a great time to have good family time in sharing.

As recreation activity

The posted waterfront rules apply. **Kayaks will be available for Grades 7-12 to use at recreation.** A faculty member will be asked to assist in managing the canoes, kayaks and boats at this time.

Carpet Ball **Grades 1-12** **Group Size: 15** Faculty Led. *Location: 4 on camp side and 2 on lodge side.*

II Samuel 23:5 Is not my house right with God? Has he not made with me an everlasting covenant, **arranged and secured** in every part? Will he not bring to fruition my salvation and grant me my every desire?

Allow the kids to play for 30 minutes or so and then call them in to identify spiritual analogy to the game. Arrange a tournament that will last the week. Use this website to print out brackets to fit the size of your week. <http://www.printyourbrackets.com>

OFFICIAL CARPETBALL RULES

Standard Carpet Ball:

1. Choose a side and divide up the Pool balls, allowing five balls to each player.
2. Each side has a playing field of up to an arm's length away.
3. Each player arranges their five Pool balls in any order on the playing field. (They may be placed next to or behind one another.)
4. Flip a coin to see who goes first or lag to see who goes first. To lag each player roles their ball, the player closest to the holding pit without falling in goes first.
5. The winner of the coin flip begins by rolling the cue ball down the alley and aiming to knock his opponent's balls into their opponent's own holding pit.
6. The other player takes their turn.
7. As soon as one player knocks all of their opponent's balls into the competitor's holding pit, their opponent gets ONE final chance to CONSECUTIVELY knock the remaining balls into the pending winner's holding pit. If one shot is missed, the game is over. If the opponent is

successful, the game is tied and it's time to start over!

Dice Five Carpet Ball:

1. Dice Five is played by arranging the balls on each side's playing field (within arm's reach) in the shape of a number five on a dice.
2. Flip a coin or lag to see who goes first.
3. The winner of the coin flip or lag begins by rolling the cue ball down the alley and aiming to knock their opponent's balls into the opponent's holding pit.
4. The other player takes their turn.
5. As soon as one player knocks all of their opponent's balls into their holding pit, the opponent gets ONE final chance to CONSECUTIVELY knock the remaining balls into the pending winner's holding pit. If one shot is missed, the game is over. If the opponent is successful, the game is tied and it's time to start over!

Three Ball Challenge Carpet Ball:

1. Three Ball Challenge is played by arranging three Pool balls in any order on each side's playing field (within arm's reach).
2. Flip a coin or lag to see who goes first.
3. The winner of the coin flip or lag begins by rolling the cue ball down the alley and aiming to knock their opponent's balls into the opponent's holding pit.
4. The other player takes their turn.
5. If the cue ball flies off the table, the player who tossed it automatically loses.
6. If any one of the player's three balls passes the half way mark, he loses that ball.
7. The winner of the game is the first player to knock all of their opponent's balls into the holding pit.

100 Point Challenge:

1. Arrange the balls in the shape of a number five on a dice.
2. The game is played by seeing how many shots it takes for one player to knock all of the opponent's balls into the holding pit.

Scoring:

If you knock in the following number of balls in a single shot, your point total is as follows:

- 1 Ball = 1 Point
- 2 Balls = 4 Points
- 3 Balls = 6 Points
- 4 Balls = 8 Points
- 5 Balls = 10 Points

Once player number one has knocked all the balls in and their points are totaled, it is the turn of player number two. The game keeps playing until one player reaches 100 points.

Blocker Ball:

1. Blocker Ball is played by arranging the balls on each side's playing field (within arm's reach) in the shape of a number five on a dice.
2. Flip a coin or lag to see who goes first.
3. The winner of the coin flip or lag begins by rolling the cue ball down the alley and aiming to

knock their opponent's balls into the opponent's holding pit.

4. The other player takes their turn.

5. The challenger places the 8-ball on any part of the center line on the table. Players must play around the 8-ball or take a chance of losing. Once the 8-ball goes in either ball box, the game is over. The player who hits the 8-ball in loses.

Cornhole **Grades 4-12** **Group Size: 16** Faculty Led. *Location: 4 on camp side and 2 on lodge side.*

Simple Corn hole Rules

Getting Started

- Set up boxes 30 ft apart from center of hole to hole.
- To play the game you will need two teams.
- Teams can be made up of either one or two people each.
- For singles play (1 per team), opponents start and play from the same end.
- For doubles play (2 per team), teammates should line up next to opposite boxes and on opposite sides.
- Start with all bags (8) at one end.

How to Play

- Previous game winner or coin toss should determine which team throws the first bag.
- Alternate throws between teams until all bags are thrown.
- The foul line is made by the front of the boxes and all throws must be made from behind the foul line.
- If a player breaks the foul line or throws out of turn, the player will lose a turn.
- The team that scores the most points in a round, starts the throwing for the next round.
- If the round is tied the last team to win a round throws first.
- Any bag that touches the ground during a throw should be removed from the board and not counted.

Points

- 1 point for any bag thrown that is on the board but not touching the ground.
- 3 points for any bag in the hole
- Any bag that touches the ground during the throw or while hanging from the board does not count.

Tallying the Score

- For each throwing round, the team with the most points wins the round and subtracts the other team's points from theirs.
- The difference is added to the team's score that won the round.
- The first team to 21 wins.

Disc Golf **Grades 6-12** **Group Size: 15** RLCC Staff Led *Location: Lodge Rec Field*

Disc golf is played very similarly to “traditional Golf” the object being, competing each hole in the fewest number of throws. A golf disc is thrown from a tee area to the Disc Goal. As a player progress in their game, they must throw each consecutive shot from the spot where the previous throw has landed. The trees, shrubs, and terrain changes located in and around the course provide challenging obstacles for the disc golfer. Finally, the “putt” or throw must land in the basket and the hole is completed. There are three types of discs used in disc golf: a Driver (for Distance), a Mid-Range (Self-explanatory) and a Putter (for the short distances). Beginners can often just use a Driver, the rest are not necessary. Disc golf shares the same joys and frustrations of traditional golf, whether it’s sinking a long putt or hitting a tree halfway down the course.

Other Types of Games that can be played with Disc Golf Equipment:

Disc Horseshoes/Cornhole

1. Any Disc must be within one Disc width of the goal to be considered for points.
2. The closest Disc to the goal gets 1 point.
3. If you have two Discs closer than any of your opponents, you get 2 points.
4. Ringers or throwing Disc into the goal basket are worth 3 points each and must completely land inside the basket.
5. If you have the closest disc and a ringer on top of yours, they cancel and no points are scored.
6. If your opponent throws a ringer on top of yours, they cancel and no points are scored.
7. Leaners (disc resting on base or pole) are worth 1 point and are considered closer than any adjacent disc except for ringers.
8. Play to 40 points

Drop Out

This game is normally played with a large number of players, such as 10. All players play as a group and after each hole, the one player with the lowest (worst) score is dropped out of play. The last player in the game is declared the winner.

Best Shot

Players team up and the team will score the best score of their pair. You can use cards to match teams other techniques to create pairs of players.

Escape Room **Grades 7-12 Only** **Group Size: 10** RLCC Staff Led *Location: Gym classroom*

An Escape/Puzzle room is a room where you get “locked” in a room with various puzzles to solve. Only upon solving all the puzzles will the occupants of the room have the solution to “escape” the room. The goal is for the participants to escape within a set amount of time.

Fishing Grades 4-6 as a class Grades 7th-12th as an optional recreation activity for individuals Group Size: 15 RLCC Staff training 2 faculty or RLCC Staff Led if available. Location: Lake

The camp has 20 bamboo poles and all the supplies to run this program. The camp will provide bait. The camp also has about 6 regular rods and reels for the serious kids who would like to fish during recreation. Please see a Program staff member to set that up for you.

Matthew 4:18-20 As Jesus was walking beside the Sea of Galilee, he saw two brothers, Simon called Peter and his brother Andrew. They were casting a net into the lake, for they were fishermen. "Come, follow me," Jesus said, **"and I will make you fishers of men."** At once they left their nets and followed him.

Quick Lesson:

- How easy is it to fish with what you have?
- Could you feed your family with what you caught?
- Could a community depend upon you to feed them with your catch?
- If this was all you knew, and everyone depended upon you for it, could you give it up?

What would someone be able to give up to follow Jesus.

- Peter, Andrew, James & John gave up their career as fishermen
- They put their trust in Jesus to feed them, feed their family.
- They put their faith in Jesus to make sure the community would be fed.

FlingGolf **NEW 2020** Grades 3-12 Group Size: 16 RLCC Staff Led Location: Campside Dry-Dam, Lodgeside Rec-field, small groups to Golf Course. Can take groups of 4-5 campers to the Golf Course with one faculty per group, needs to be set up with Ben ahead of time.

FlingGolf is a fun sport that requires only one FlingStick, no golf bag to tote around and can be played at a much faster pace than regular golf. You start on the Teeing Ground and throw your golf ball down the fairway in a lacrosse or baseball style motion. You continue throwing the golf ball from each spot that your ball rests until you have made it to the green. Once on the green, you can use the FlingStick as a putter with a Hockey style motion. FlingGolf uses the same style of scoring as regular golf, so just add up the total flings that it takes you to get the golf ball into the hole.

Rules of FlingGolf:

SCORING: Count your flings from the tee to hole.

TEE SHOTS: Take several steps back and fling the ball before you reach the tee marker.

FURTHER SHOTS: Mark your ball where it lies, then take up to five steps back along the line your ball traveled, and release the ball before you reach your mark.

ON THE GREEN: From where the ball lies on the green, push or roll it towards the hole with either the FlingStick's putting notch or the channel.

PENALTIES: If your ball lands in a sand bunker or a water hazard, or goes out of bounds or is lost, take a one-stroke penalty. Then: Sand bunker – Remove the ball from the bunker and retreat up to 5 paces from the bunker along the line your ball traveled. Release the ball before reaching the bunker. Water Hazards, out-of-bounds, or lost ball – Release the ball from a point on the line, up to 5 paces back, that the ball went into the hazard or out of bounds.

Foot Golf **Grades 3-12** **Group Size: up to 50** RLCC Staff Led *Location: Campside Dry-Dam, Lodgeside Rec-field*

Foot Golf is played just like regular golf, the difference being instead of using golf clubs you use one soccer ball. Every "Kick" is equal to one stroke.

Rules of Foot Golf:

1. You must use a regular soccer ball to play the game.
2. Make sure that when you kick the ball, your kick does not interfere with other players.
3. The Ball must be played in a single movement. Your foot should be set separate from the ball, clearly behind, before the kick.
4. Wait to play until the ball has completely come to rest.
5. Kick off the ball from the tee.
6. Play the ball where it lies even if in the rough.
7. The Player the farthest from the hole is the first to kick the ball.
8. If the ball lands in a water hazard, or is impossible to kick in its current position, retrieve or replace it within two steps from the closest land point from where the ball became irretrievable, receiving one penalty point, or you can place the ball at the position of the previous kick and receive one penalty point.
9. Have Fun!

Ga Ga Ball **Grades 2-12** Faculty Led *(One court on camp side and one court on lodge side.)*

What is Gaga (Israeli Dodgeball)?

Gaga is an exciting version of dodgeball that requires players to hit the ball with their hand or fist (rather than catching & throwing) below the waist of other players. Although you can play anywhere, the official version requires a "pit" in for containing game play, as well as allowing wall shots.

Official Rules of Gaga (Israeli Dodgeball)

1. Designate one non-player as the referee. The referee is the sole authority during play and is responsible for settling disputes and ensuring fair play.
2. The referee begins play only after all players are standing in the gaga court and have indicated that they are ready to start the game.
3. One player tosses the ball up in the air. Players yell "ga" on the first bounce and "ga" again on the second bounce, and the ball is then in play.
4. Players hit the ball with their hands only, and may not carry or throw the ball - it must be punched with open hand or fist.
5. Anytime the ball hits a wall, it then can be caught by another player and they begin to punch the ball along the ground.
6. Any player who is touched by the ball either directly or by a rebound off the wall is "out" and must step out of the circle.
7. If the ball contacts a player or a player's clothing below the waist, that player is eliminated. If the the ball contacts the player above the waist, the player is still in.
8. If the ball goes out of the gaga court, the last player to touch the ball is eliminated.
9. If a player catches the ball before it bounces, the player who had the last contact with the ball is eliminated.
10. Once the player hits the ball, he or she must wait until the ball touches someone else before hitting it again (no double touches).
11. If there are only two players remaining, a player may hit the ball up to 3 times in a row. The ball is "rejuvenated" by contact with the wall, and the hit count resets.
12. Some Ga-Ga games are designed to be team efforts, although the sport is traditionally a one-against-all competition. Teaming, or intentional passing of the ball to other players, is allowed only at the discretion of the referee and must be specified in advance of play.

There are plenty of variations available, and like 4-square, you can certainly make your own house rules!

Golfing **Grades 7-12** **Group Size: 4-5 campers plus one adult instructor** RLCC

Staff training 1 faculty to lead a group of campers. Talk to Program Director for details

Location: Golf Course or practicing in Rec Field

Philippians 4:8-9 Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. **Whatever you have learned or received or heard from me, or seen in me—put it into practice.** And the God of peace will be with you.

Quick Lesson: If a golf pro would work with an amateur golfer for 30 minutes, there would be noticeable changes to the golfer's stroke. Remind the campers that God is the Pro and in the hands of the master improvements will be made. Never turn God's teachings down.

This an activity to teach proper stroke and ethics of golf. After spending time on the driving range, 7-12 Graders can potentially have an option to hit a round of Golf at Round Lake Golf Course. This needs to be pre-arranged 2 weeks in advance.

The camp has all the clubs and balls needed.

General Rules of Golf

Golf is about fun. It's also about honor and sportsmanship. It's also about the challenge to do your best, whether it be on a single shot, a hole or a round. Meeting that challenge brings the self-satisfaction, which breeds the fun. Meeting that challenge within the rules is what makes the game so fascinating. Attaining a goal by violating the rules doesn't satisfy anybody.

THE BALL "The Game of Golf consists in playing a ball from the teeing ground into the hole by a stroke or successive strokes in accordance with the rules." That's pretty easy, however, playing a ball means playing one ball. You're not supposed to substitute another during the play of a hole. If you have any questions you can't answer during that hole, play a second ball, scoring that one as well, until you can come into the clubhouse and ask the correct ruling on that hole.

THE STROKE A stroke is a forward movement of the club made with the intention of striking the ball. Intention is the key word here. If you voluntarily stop your forward stroke halfway down, it's not a stroke, because your intention died. If you go through with the swing it's a stroke, even if you miss the ball. There is no penalty if a ball falls or is nudged off a tee before the forward stroke begins. Also you can't push, scrape or "spoon" the ball. There has to be a back swing, no matter how short, and a forward swing.

THE HONOR A player who had the lowest score on the previous hole has the "honor" and is entitled to play first on the next tee. The rules say this has to happen, but if this player stops to tie a shoestring or otherwise dawdles, somebody else should step up and hit it. It simply saves time and nobody cares. That's if you're not in a tournament, of course.

HAZARDS Hazards are just that. They can be hazardous to your score. They also may swallow your golf ball. There are technically two and actually three kinds of hazards. Following is the list and how to deal with them.

WATER HAZARDS Any body of water or ditch (even if there is no water in it) marked by yellow lines or stakes. Everything within those boundaries is the hazard. A water hazard also includes a *lateral water hazard*, which is marked by red lines or stakes. This can get a little confusing, but hang in there. A water hazard is a lake, pond, river, stream or whatever that lies in your path to the green. You have to hit your ball over it. If you don't do that, god forbid, and your ball drowns, you must drop a ball keeping that point between the hole and where you drop the ball. You can drop as far back as you want, providing you follow that provision, and, unfortunately, you have to add a penalty stroke to your score. If your ball ends up within the confines of a hazard but not in the water and you can play it, make sure you don't ground you club, which means letting it rest on the surface. That's a no-no and costs you a penalty stroke. Touching the grass but not the ground is okay.

BUNKER - As you already know, this is the sand trap. You don't have to drop out of it and take a penalty, but you have to play out of it. The basic rule here is that, as in a water hazard, you can't touch the sand with your club before you make the stroke.

OUT OF BOUNDS Out of bounds areas are usually defined by white stakes, sometimes by a line on the ground and sometimes by a fence or wall. The entire ball must lie out of bounds. If any part of it is in bounds, you can play it if possible. The player is the sole judge of whether it is out of bounds. Remember, that this is a game of honor. You cannot, however, remove the stakes, dismantle the fence or remove the wall even if it interferes with your swing. You can stand out of bounds to play a ball that is in bounds. If your ball goes out of bounds, you must count the stroke and replay the shot, adding a penalty stroke. This is called the stroke and distance penalty. You count the stroke, you lose the distance and add another stroke. In other words, go back to where you hit the original shot and do it again. In the case of a drive, you're now hitting your third shot from the tee. Obviously this can be damaging to you score, not to mention your financial health if you have a little wager going.

LOST BALL If you hit your ball into rough, bushes, trees or other trash and aren't sure where it is, you have no more than five minutes to look for it. If you can't find it within that time, the ball is lost and you have to replay. The rule is the same as for a shot out of bounds, count the stroke, return to the original spot, add a penalty strike and hit it again.

PROVISIONAL BALL If you think your ball may be lost or out of bounds, you're allowed to hit a provisional ball to save you the time and effort of trekking back to hit another. If your first ball is indeed out of bounds or can't be found, play the provisional. If your first ball is found and in play, put the provisional back in your pocket. When you hit a provisional ball, you're supposed to announce, "I'm going to hit a provisional ball." If you're in a tournament and you don't do it that way, the provisional ball becomes the one in play even if you find your first ball.

UNPLAYABLE LIE Sad to say, we all sometimes hit balls into places where we can't play them, usually lodged against a tree or under a pine or imbedded in a bush. When this happens to you, you have three options: (remember the player becomes the sole judge of whether a ball is unplayable)

1. You can drop within two club-lengths of the spot where the ball lay, not closer to the hole, which is the most commonly used and best option if you can get adequate relief from your predicament:
2. You can proceed under the same rule as for a ball that is lost or out of bounds, returning to the original spot and replaying:
3. You can drop as far back as you want from the point where your ball lay, keeping that point between you and the hole.

In each case you count the stroke that got you in all this trouble and add a penalty stroke.

ON THE PUTTING GREEN There are a few special rules here that you should know. You can repair ball marks or old plugs on the putting surface, but you can't tamp down spike marks. You can't stand astride the line of the putt when you make a stroke, as in croquet. Watch out for other balls on the putting green. If your ball is on the green and strikes another ball on the green, you incur a two-stroke penalty in stroke play. If it's your ball that is hit, by the way, you replace it without penalty. In any event, it's always a good idea for everybody to mark her ball when it is on the green. If your ball is on the green and it strikes the flagstick in the hole you are penalized two strokes in stroke play. If your ball is off the green and you hit onto the green and any of the above happens, you will not be penalized.

CART PATHS We have many cart paths on the course. If your ball lands on the cart path, you may remove it one club length, no closer to the hole. You will not receive a stroke penalty for this terrible injustice.

Group Initiatives **Grades 7-12** RLCC Staff Led only

Location: Multiple Locations.

- RLCC Staff will be training in many low Initiative elements for you to use.
- Be creative in the use of group initiative. Might not even be something you do with every camper, but can be available for groups who need a little team building.
- Be creative or talk to the Program Director on ways to implement these activities.

Guitar Lessons **Grades 7-12** **Group Size: 6-12** RLCC Staff (if that summer we have a program staff that play guitar) or Faculty Led *Location: lodge gym*

The Camp has 6 acoustic guitars for this program. If the RLCC Staff has a member on staff for the summer to do this there will be an official class. If not the deans are welcome to use the guitars to allow faculty to use as a tool to inspire new guitar players.

Human Foosball **Grades 7-12** **Group Size: 15** RLCC Staff/Faculty Led *Location: Rec Field Lodge Side*

Game Procedures

- The game is just like table top foosball but with real people.
- We will position players at the appropriate places in the game area. Players will face the opposite team's goal (as an alternative
- Players need to get in position and hold onto the PVC pole with both hands all the time.
- The game starts by rolling the ball into play from the mid-court starting area.
- Play continues until a penalty occurs, the ball is out of reach or out of bounds, or a goal is missed, or is scored. Follow restart procedures to continue playing.
- Players must move together from side to side. However, no player is permitted to move forward or backward on the court in a marked movement zone.
- Players and Goalies can't use their hands. If they let go of the foosball pole and touch the ball with their arms or hands, it will be a penalty and that player will receive a red card and will be ejected from the game.
- Soccer ball must remain below the foosball pole at all times.
- When a penalty occurs, the ball should be placed at the feet of one of the forwards of the non offending team.
- The game is started by rolling the ball from the starting area
- The time will start at this point
- When a goal is scored, the game is restarted by rolling the ball from the starting area
- When the ball rolls out of bounds, the ball should be returned to the place it left the court and rolled toward the non-offending team

- If the ball cannot be reached in the playing area, the ball should be rolled from the starting area.
- If a goal shot is missed, the game is restarted by rolling the ball from the starting area
- The game is over when the time expires.
- The game officials will tally will provide the final score and the point.

Laser Tag **Grades 7-12 Grades** **Group Size: 24** RLCC Staff Led Only

Location: Anywhere day or night

I Corinthians 9:25-27 Everyone who **competes in the games** goes into strict training. They do it to get a crown that will not last; but we do it to get a crown that will last forever. Therefore I do not run like a man running aimlessly; I do not fight like a man beating the air. No, I beat my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.

RLCC Staff will oversee this activity due to the expense of this program. Each marker costs about \$500.

Total Elimination · Although not widely used in tournaments, total elimination is one of the more common types of games in paintball. It has the basic rule of one hit needed to eliminate someone. The objective of this game is to eliminate all of the players on the opposing team. Many games are based off of total elimination, and have the same rules. Some popular forms of Total Elimination include Center Flag and Capture the Flag - both used often in tournament format games.

Center Flag · Center flag, like stated previously, is a form of Total Elimination. There are two objectives to choose from when playing Center Flag. Your team may choose to eliminate all of the players on the other team for the victory (Total Elimination) or capture the objective (a flag in the center of the field) and bring it to a certain location. The target location for the flag is usually the back wall or border of the opposing team. There are also a few special rules for Center Flag. Once a player gets shot the flag should be returned to its original position. This rule can be altered so that if the flag carrier is tagged, then the flag must be dropped on the ground and the player must leave the field, or the player must stand still with the flag hanging off his hand, and not fire at any other player. Once the flag is grabbed from the players hand, they may leave the field. Different variations apply to different leagues. Center Flag is commonly used for 3-man or 5-man formats.

Capture the Flag · Capture the Flag is very similar to Center Flag. Capture the Flag is commonly played when there are larger teams (over five people per team). The rules of Capture the Flag are very similar, as are the objectives. A team may choose to completely eliminate the opposing team to win, or may grab a flag on the opposite teams back border, and bring it back to their border to win. If the flag carrier gets shot, the flag should be returned to its original position. This rule can vary as it does in Center Flag. Capture the Flag is commonly used in 10-man tournament formats.

Many other Scenarios that Paint Ball uses

Legos and Blocks **Grades 1-6** **Grades** **Group Size: 15-18** Faculty monitored. *Location: Enclosed Shelter*

I Corinthians 3:9-11 For we are God's fellow workers; you are God's field, God's building. By the grace God has given me, **I laid a foundation as an expert builder**, and someone else is building on it. But each one should **be careful how he builds**. 11For no one can lay any foundation other than the one already laid, which is Jesus Christ.

This area has an 8 foot lego table, and an 8 foot building blocks table.

Just a little story about the building blocks from Lance Powers:. *“Several years ago Dan Gault (great camp lover and storyteller) gave me some old wood trim to pass out at family campout to be burned. Being a woodworker, I could not bring myself to burn them. I was sure that I could make something out of them. For two years Dan gave me a hard time for keeping that trim. The year Dan passed away was the year we were planning the new summer program activities. As I was walking through a toy store looking for supplies I ran into one of those block stacking games. The Blocks looked just like the trim Dan gave me. I spent a few hours cutting them to shape and created the Building Block Table. I think Dan would love it.”*

Molkky **Grades 4-12** **Group Size: Suggested 4-6** Faculty Led.

Molkky Rules

The object is to be the first to score over **50 points** without going over.

The players use a wooden pin (called a Molkky) to try and knock over numbered wooden pins (skittles). Points are rewarded based on the numbers on the different pins, which are marked 1 to 12. Pins are initially placed in a tight group in an upright position about 10 feet away from the throwing area.

Order of Pins:

1st Row: #1, #2

2nd Row: #3, #10, #4

3rd Row: #5, #11, #12, #6

4th Row: #7, #9, #8

Points

If the thrower knocks over ONE pin, the player receives the number of points marked on that pin. (e.g. #1- #12) If the player knocks 2 or more pins, the score equals the amount of pins knocked over. (e.g. 3 pins score 3 points) A pin does not count if it is leaning on the Molkky or one of the numbered pins (they have to be parallel to the ground to count). After each throw, the pins are lifted up again in the exact location where they landed. The first one to reach exactly 50 points wins the game. Scoring more than 50 will be penalized by setting the player's score back to 25 points. A player will be eliminated from the game if they miss all of the target pins in a row.

Parachute Games Grades 1-6 and Grades 7-12 for (extreme parachuting) Faculty or Staff Led

The camp owns a 30 foot multicolored parachute (the official one for games).

Suggested Play Parachute Games

MUSHROOM - Everyone lowers the chute and then on the count of three raise their arms high once the chute is quite high - everyone takes 3-4 giant steps toward the center and pulls the chute behind them and sit down with their bottoms on the edge of the chute.

Canopy of God's Love: What did it feel like be be under the canopy? It feels good to be under God's Canopy of Love.

THE OCEAN - Try to let everyone who wants to have a turn 'in the ocean'. Everyone is standing and one or two children (shoes off) go toward the center and lie down - then all make waves - it's a neat sensation.

Peter Walking on Water: With the parachute on the ground children make ripples while a student walks around on the chute. The ripples grow larger and disorienting and eventually the student has more difficulty standing. Finally the student realizes that she is sinking and might even sit down.

W A V E - Where one person puts hands up and person next to her follows action. (like the wave at a baseball game)

MERRY GO ROUND - Turn the body so that the chute is held with only one hand, walk, hop, jump, skip around holding the chute. It looks like a merry-go-round. It is also neat to let one lie in the middle and go for a ride - when everyone is holding with one arm and facing the same direction and walking.

RUNNING BY NUMBERS - If the chute is a large one...the kids love to run underneath and switch places with others - could number them 1 through 5 around the circle- and then call out a number. (Lots of screams for this one.)

BOUNCING BALLS - The canopy is held taut at chest height with 2 or 3 foam footballs on the surface. 3 or 4 children underneath the canopy have to try to knock the balls off while those around the canopy try to keep them on.

POISON SNAKE - Place four to six pieces of yarn or rope on the chute. By shaking the chute, try to make them hit the players on the other side. Keep track of who gets bitten.

POPCORN - Place a number of small plastic balls, beanbags, or small stuffed animals on the chute. Shake the chute to make them rise like popcorn.

PARACHUTE RUN - Have the children take turns running on the parachute as it lies on the ground, while the other children make waves. See how long the children can maneuver on the waves before falling down. The length of turns can be determined by songs that the children choose to sing (i.e. everyone's turn lasts the length of one song).

PARACHUTE TAG - Lift the parachute high overhead. Call one child's name and have her run (skip, hop, twirl or crawl) to the other side before the parachute comes down and tags her.

ONE HAND RUN - Have each child hold the parachute with one hand, extending the opposite arm out for balance. Run around in one direction, then change and run around in the other direction. A variation would be to use music as the cue for changing direction (i.e. direction can be changed every time the music stops).

CHUTE LIFT - Ask the children to lift the parachute high over their heads and down again. Talk about the soft sounds and breezes that are created. Move the parachute faster and notice the different effects.

BIG TURTLE - Have the children get on their hands and knees under a large "turtle shell" and try to make the turtle move in one direction. As a cooperative game, children have to work together to get the turtle to move. Variation: Have the turtle go over a hill or bench or through an obstacle course without losing the shell.

ROLLERBALL - Everyone holds the chute taut. Place a large ball near the edge. Try to make the ball roll around the edge of the chute. To do this someone starts the ball rolling. As it comes towards you, you lower the edge you are holding, and as it goes past you raise your edge. When all the players do this in synchronization it creates a wave going round the edge, pushing the ball round in front of it in a smooth, steady circle. It cannot be done without concentration and co-operation! However, it is very rewarding for the group to eventually achieve a smooth, continuous motion. Once you've done this try speeding up - or change direction.

Pedal Carts **Grades 1-6 as an activity anytime** Group Size: 12-24. (4 carts always rotating riders) This will be RLCC Staff lead or can be lead by an adult volunteer
Location: to be announced

These are go carts with no motors. All pedal power. We plan to have a course set up and run timed rounds and keep rotating the kids. We will know after the first camp session how this will work. Faculty assistance will be important for this activity.

Pontoon Boat Rides **Grades 1-12** **Group Size: 12-15** RLCC Staff training one faculty or RLCC Staff Led.

Grades 1-4 has a scheduled time to take a ride on the Pontoon boat.

Grades 5-6 can schedule rides or be creative in using the boat for family time and classes. There is nothing cooler than having class out on the boat. If the faculty is careful and responsible, allow all the kids to take a spin at the wheel. This is also a great time for the captain of the boat to share stories and testimony.

Grades 7-12 can schedule for a ride, class or family group, and now a **swim party**. The swim party requires a RLCC Lifeguard on the boat. The campers will be required to wear lifejackets for this activity. Suggest a short lesson from the boat after swimming. **Psalm 69:13-15**.

Pottery **Grades 7-12 Only** **Group Size: 15** RLCC Staff Led. *Location: Shelter #2 on Camp Side and Shelter behind boys wing at the Lodge.*

Isaiah 64:8 Yet, O LORD, you are our Father. We are the clay, you are the potter; we are all the work of your hand.

Romans 9:19-21 One of you will say to me: "Then why does God still blame us? For who resists his will?" But who are you, O man, to talk back to God? "Shall what is formed say to him who formed it, 'Why did you make me like this?' " Does not the potter have the right to make out of the same lump of clay some pottery for noble purposes and some for common use?

Isaiah 64:8 Yet, O LORD, you are our Father. We are the clay, you are the potter; we are all the work of your hand.

2 Corinthians 4:7 But we have this treasure in jars of clay to show that this all-surpassing power is from God and not from us

Quick Lesson:

- When the potter works the clay: This is when we introduce that clay needs to be just right before it can be worked. As hard or soft as we are sometimes, we needed to be in the right spirit for God to work with us.
- When the potter centers the clay: The importance of centering our lives on Christ is emphasized and illustrated.
- When the center hole is pushed in: The emphasis is made on Christ working in us. Once we are centered and we allow Christ to pierce our hearts the work begins.
- When the clay is pulled out: This is the first time that the pressure is not even. It is a stretching out. We are not taken out of the comfort zone and we begin to take shape.
- When the clay is pulled up: We begin to look like what is in the mind of the master potter. God should be the master potter and if he is not the one in control of our lives, we will not look good be looking good at this point.
- When the clay takes final shape: This is when we know if we are in the right hands.
- When the pot fails to take shape: God can fix anyone. No matter how bad we look.
- As a camper (potter) in training under the Master potter (God): We now take responsibility in showing Christ through our teaching.

Rock Wall **Grades 7-12** **Group Size: 15-30** RLCC Staff Led *Location: lodge gym*

Trust in God

Challenge a climber to climb with a blindfold on. Make sure it is someone who has already climbed so they feel comfortable with the climb. For safety reasons it might be a good idea to ask them to remove the blindfold for the descent so they can see obstacles on the way down.

Trust in others

Work together- tie two people together with break away ribbon and ask them to stay within reach of each other. They may not be able to help each other, but each one's progress or lack of will affect each other.

Overcome your fears

Have each climber pick out the point they were afraid the most. Have them relate that fear to their everyday life. Compare the fear and conclude what it will take to overcome.

Do not give up

This is the challenge to go again but further. This is where the different color route will come in handy.

Twister

Use a spin dial from the game Twister and have them follow the rocks (right hand red). Discuss the Purpose driven life, life takes you many different directions.

A Rockin' Life

Obviously, no climb would be possible without the rock itself. It's the pathway, and it's like our life itself — full of bumps, cracks and often an overhang or two.

But the Bible also tells us Jesus is our life. Scripture even calls Him "*my rock and my salvation*" (Psalm 62:2) and "*a stumbling stone*" (Romans 9:32-33). As long as you're anchored into Jesus, you can climb with confidence and security.

But not all rock is equal. Some rocks may move or spin as you reach for them. A treacherous situation for sure. You can choose to spend your life climbing up faces such as money, power or popularity, but those things are like loose rocks. They'll only crumble in your hands.

Any climber will tell you that he prefers granite. It's strong, solid rock that won't give way. You can be sure that even the smallest hold will support your entire weight. As you gaze up at the climb of *your* life, remember that your most important decision is to make sure that you've got a solid hold on the trustworthy granite of Jesus Christ.

Belay On!

Just as we can trust in God the Son as our sure foundation, we can also trust in God the Father as our belayer. A belayer is the person responsible for holding the rope as the climber heads up the rock. His main job is to prevent a disaster, making sure that if the climber slips, the fall will be controlled and short. Notice that the belayer doesn't *prevent* the fall; he only *stops* it. No matter how much balance and strength a climber possesses, there will come a time when he or she will slip and fall (see Isaiah 40:30-31). At those times we find ourselves tumbling, it's great to know that God won't let us go.

The second responsibility of a belayer is to provide encouragement during the climb. In Isaiah 41:13, we're told, "*For I am the Lord your God, who takes hold of your right hand and says to*

you, 'Do not fear; I will help you.'” I often say the same words to my son when I’m belaying him. It’s reassuring for him to hear me say, “Don’t be afraid! I’m here.”

Finally, the belayer helps to guide the climber up the designated route. A climber is much too close to the rock to see the big picture and must rely on a well-trained eye to keep him on course. In fact, the best belayers are those who have already climbed the route; they know how to make it to the top. That’s the beauty of Jesus! He’s experienced life here on earth. He’s “been there, done that,” and He tells us, *“I will instruct you and teach you in the way which you should go”* (Psalm 32:8). I love that! God is the ultimate belayer, keeping His eye on us at all times, letting us know where there are solid holds and where there is danger.

Tools of the Trade

Fortunately, God the belayer doesn’t leave us without encouragement or tools. When you are about to make a bold move you might ask the belayer to give a little tension. In a spiritual sense, you are praying to the Heavenly Belayer. Prayer is the rope that joins us to God. One heartfelt plea for help, and He sends back a corresponding tug of reassurance to let us know He won’t leave us alone. And for those times when He seems far away, God puts other people in our lives to remind us of His words and His love. On a rock face, lead climbers use a special spring-loaded protection device that helps to anchor the rope. Appropriately, it’s called a “friend.” It’s always close and visible to the climber, and it gives support right there along the climb.

Peak Performance

Obviously, the goal in rock climbing is reaching the top. For me, there are few exhilarations greater than the sense of accomplishment that comes when my fingertips curl over the upper lip of a climb. The Bible doesn’t tell us if the apostle Paul ever rock climbed, but he sure did present the goal of the Christian life in rock climbing terms: *“But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus”* (Philippians 3:13-14).

Our most important goal in life is spiritual life — eternal life. Our ultimate priority is to be anchored into Jesus and to be bringing others along on the climb. Until that day when we’re all united with our Rock and Master Belayer on top of that eternal peak, climb on!

Scripture Readings:

I can do all things through Christ who strengthens me.” Philippians 4:13

Life Rocks: Psalm 62:1-8; Isaiah 26:1-7; Deuteronomy 32:1-4; Psalm 61:1-5; 1 Peter 2:4-12; Matthew 7:24-28; Psalm 40:1-5

On Belay: Isaiah 40:25-31; Psalm 73:23-28; Joshua 1:5-9; Psalm 145:14-21; Hebrews 10:19-25; Isaiah 30:15-21; Psalm 32:7-11

Our Lifeline: Romans 8:22-27; Psalm 34:15-22; James 5:13-18; Philippians 4:4-9; Psalm 18:1-6; 2 Chronicles 7:14-15; 1 John 5:6-15

Strive for the Summit: 1 Peter 1:13-23; Philippians 3:7-14; Hebrews 12:1-4, 11-13; Philippians 1:3-11, 21; 2 Peter 1: 3-11; 2 Thessalonians 2:13-3:5; 1 Peter 5:6-11

Take time to reflect.

- What did you learn about yourself?

- What did you learn about someone in your group?
- Did you at any time want to quit? What kept you going?
- Did you pray about the climb anytime before, during or after the climb?
- Think of the most difficult section of the wall and relate it to a difficult time, issue or circumstance in your life.
- What does the following phrase mean to you? **Climb to the Cross!**

Sling Shot **Grades 1-6** **Group Size: 15** RLCC Staff training 2 faculty or RLCC Staff Led if available. *Location: In the woods below Lance's house on camp side*

I Samuel 17:40-47 Then he took his staff in his hand, chose five smooth stones from the stream, put them in the pouch of his shepherd's bag and, **with his sling in his hand**, approached the Philistine. Meanwhile, the Philistine, with his shield bearer in front of him, kept coming closer to David. He looked David over and saw that he was only a boy, ruddy and handsome, and he despised him. He said to David, "Am I a dog that you come at me with sticks?" And the Philistine cursed David by his gods. "Come here," he said, "and I'll give your flesh to the birds of the air and the beasts of the field!" David said to the Philistine, "You come against me with sword and spear and javelin, but I come against you in the name of the LORD Almighty, the God of the armies of Israel, whom you have defied. This day the LORD will hand you over to me, and I'll strike you down and cut off your head. Today I will give the carcasses of the Philistine army to the birds of the air and the beasts of the earth, and the whole world will know that there is a God in Israel. All those gathered here will know that it is not by sword or spear that the LORD saves; for the battle is the LORD's, and he will give all of you into our hands."

Goggles Required by all shooters

Stance

Stand at a right angle to the target with weight on both feet spaced comfortably apart.

Gripping:

- A consistent wrist position must be kept shot after shot for accurate tournament shooting.
- Always shoot with a relaxed grip as a tight grip can cause the 'U' frame to work off the handle.
- Twist your wrist slightly so that the centre of the slingshot lines up with your arm.
- Do not bend your wrist as this puts extra strain on the lower power bands and when the pellet is released you will have a tendency to twist the slingshot causing a miss.

Drawing:

- Extend left (or right if left handed) arm directly towards the target whilst straightening your sling arm out.
- Hold slingshot with handle horizontal and pull pouch back smoothly taking a deep breath. Practice this to try and develop a smooth rhythm.

Anchoring

Always keep the pouch in the same position in relation to the aiming eye. Anchor drawing hand with the joint of your thumb and fingers sunk into the hollow of your cheek.

Aiming

Using the anchor method the top prong of the slingshot should be brought approximately onto the target. Vary the position with each shot until you are hitting the target.

Releasing

Gently let the pouch slip between your finger and thumb without jerking.

Follow Through

Hold your position momentarily without swinging your sling hand.

Quick Lesson: David did not get lucky that day. He was a skilled marksman in order to protect his flock. Armies would soon follow David because they could see this. Work hard to be seen as a skilled marksman with God's Word and men will follow.

Slip and Slide Grades 5-6 ONLY RLCC Staff Led only

Location: Cross Hill

- To keep the hill looking nice and not a muddy mess, the camp staff will set up and take down this slide.
- RLCC Program staff will run and manage this for you to minimize any injuries that can occur on a slip and slide.
- NOT a good afternoon activity. Best used as an evening activity in rotation with other activities.

Teatherball Grades 1-12 Group Size: 16 Faculty Led. Location: 2 on camp side and 2 on lodge side.

Tetherball Rules

The **tetherball** playing area consists of a circle, 20 feet in diameter, divided into two playing areas. One player begins by tossing the tetherball into the air and hitting the ball in any direction he chooses. The opposing player cannot hit the tether ball until it passed on its second swing around the pole. Each player's goal is to wind the rope completely around the tetherball pole in the direction of his play. The player who wins four out of seven games wins.

FOULS: (tetherball goes to opponent.)

- Striking the ball with any part of the body other than the hands or the forearms.
- Holding or catching the ball during play.
- Touching the tether ball pole with any part of the body during play.
- Playing outside their designated playing area.

In most cases, with the most common rules, the server has the advantage because they have the potential to angle the ball to where the opponent cannot hit the ball on the initial serve. To create a disadvantage for the server some people require the server to wait until either the opponent strikes the ball or the ball has wrapped four times before they can strike the ball again.

This gives the opponent a better advantage because they get the first chance at unrestricted control of the ball.

Towbogganing behind Jet Ski **Grades 3-6th** RLCC Staff Led only

Location: Waterfront

Goal: To give every camper opportunity to get 1 ride on the tube in one week.

- Faculty must assist in the loading and off loading of campers.
- Coordinate with the Program Director on ideal use of this program for your week.
- Not to be used every day at open waterfront recreation. 2 to 3 days is plenty for the average week.
- We can take an average of 5-7 campers per ride, depends on age and size of campers

Tubing behind Jet Ski **Grades 7-12** RLCC Staff Led only

Location: Waterfront

Goal: To give every camper opportunity to get 2 rides on the tube in one week.

- Faculty must assist in the loading and off loading of campers.
- Coordinate with the Program Director on ideal use of this program for your week.
- Not to be used everyday at open waterfront recreation. 2 to 3 days is plenty for the average week.
- Can be scheduled daily with family groups on off waterfront times.
- During waterfront times it is recommended to use a signup sheet and then announce the names of the next 6 riders at a time so that they do not have to wait in line. This allows campers to swim while waiting for their turn.