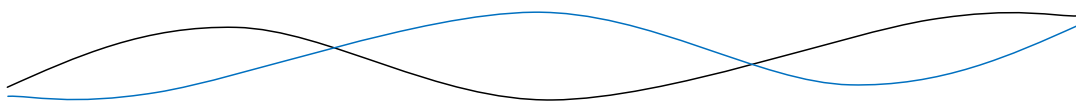
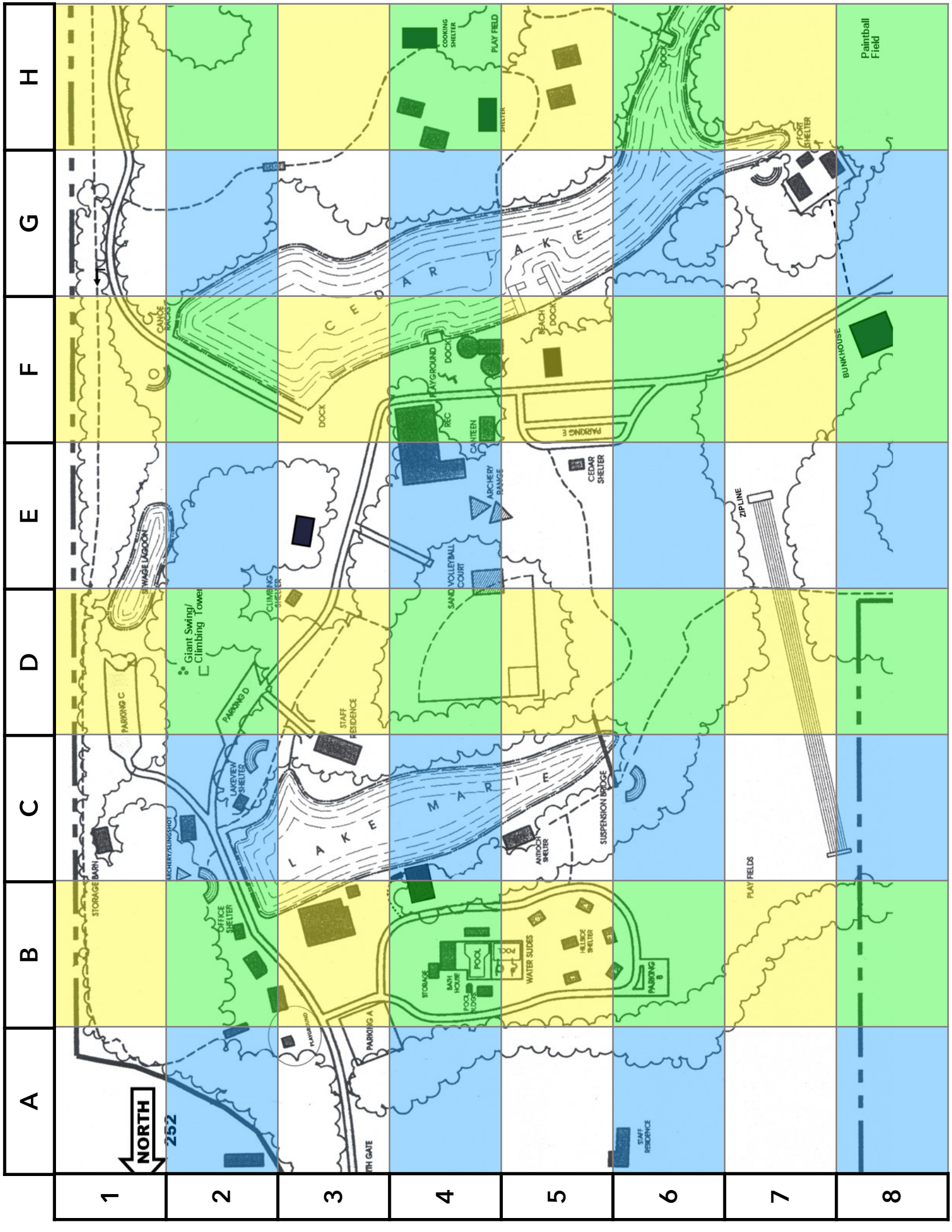


SUMMER CAMP

# ACTIVITY GUIDE





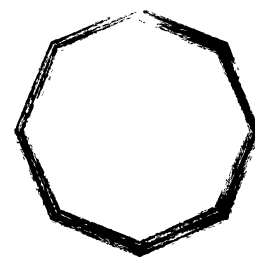
Activity	Notes	Map
9 Square in the Air	Instructions included on a later page. Two different locations, go to the one nearest you.	<b>B2 &amp; E6</b>
Archery <b>**Led by Allendale Staff</b>	Test your skills with compound bows. Two different locations, your schedule will tell you Hillside or Cedar.	<b>Hillside - C2 Cedar - E5</b>
Basketball	Two different locations. Located in the Ark or on the Hillside court, north of the pool.	<b>Hillside - B4 Ark - F4</b>
Breakout Box	Campers work collaboratively to solve a series of critical thinking puzzles in order to open a locked box. Pick up and return your box at the office.	<b>B2</b>
Canoes <b>**Led by Allendale Staff</b>	These are located at Cedar Lake. Be sure to wear a life jacket. And return all canoes, paddles, and life jackets where they belong when done. 5th grade and older.	<b>F1</b>
Carpet Ball	There are many tables to choose from inside the Ark as well as near the Hillside Canteen. Find one that is open and enjoy this classic camp game. Instructions included in a later page.	<b>Hillside - B4 Ark - F4</b>
Climbing Bouldering Shelter	Located next to the Climbing Tower. The challenge is to make it all the way around the shelter without touching the ground - climbing horizontally.	<b>D3</b>
Climbing Tower <b>**Led by Allendale Staff</b>	This is a challenge course activity that <b>REQUIRES</b> closed-toe shoes. Follow instructions from the Facilitator. Near Lakeview Lodge. Limited to 5th grade and older.	<b>D2</b>
Corcls <b>**Led by Allendale Staff</b>	Located at Lake Marie, these round boats are a lot of fun. Wear a lifejacket and obey the lifeguard on duty. Limited to 6th grade and younger.	<b>B3</b>
CrossNet	Where four square meets volleyball. Instructions included in a later page.	<b>A2</b>
Disc Golf	Disc Golf bags are located at the Hillside Rec Station or Cedar Rec Station. Maps are in the disc golf bags. Feel free to start at any hole.	<b>Hillside - B3 Cedar - F4</b>
Dodgeball	Check out and return supplies from the Hillside Rec Station or Cedar Rec Station. Games can be played in any open, unused field.	<b>Hillside - B3 Cedar - F4</b>
Dodgebee	A version of dodgeball, but instead of using a ball, you use a dodgedbee disc. Check out and return supplies from the Hillside Rec Station or Cedar Rec Station. Games can be played in any open, unused field.	<b>Hillside - B3 Cedar - F4</b>
Fishing <b>**Led by Allendale Staff</b>	You will be assigned Hillside or Cedar. Allendale staff will help you put bait on the poles and catch fish.	<b>Hillside - B3 Cedar - F3</b>
Flag Football	Check out and return supplies from the Hillside Rec Station or Cedar Rec Station. Games can be played in any open, unused field.	<b>Hillside - B3 Cedar - F4</b>

Activity	Notes	Map
Foot Golf	Use your fancy footwork and kick soccer balls into the 6-hole course out by the zipline catch field. Find and return balls to the tub at the starting point.	B6
GaGa Ball	Instructions included on a later page. Two different locations, go to the one nearest you.	B2 & F4
Giant Jenga	Just like classic Jenga, but now the blocks are giant! Check out and return to the Hillside Rec Station.	Hillside - B3
Giant Swing ***Led by Allendale Staff	This is a challenge course activity that REQUIRES closed-toe shoes. Follow instructions from the Facilitator. Near Lakeview Lodge. Limited to 7th grade and older.	D2
Human Foosball	Located across from Cedar Lodge. Plays just like the foosball table game, only with people.	E5
Kayaks ***Led by Allendale Staff	Kayaks are located at Cedar Lake. Wear a life jacket and obey lifeguard. Please help return all items to their original locations when finished. 5th grade and older.	F4
Kickball	Located in the big field. Ball will be in the activity tub at the ball field.	D5
Lake Swim & the Blob	You can swim in the swimming area, enjoy our inflatable water slide, or fly off the Blob! Please listen and obey the lifeguards.	G5
Low Ropes Course ***Led by Allendale Staff	This is a challenge course activity that REQUIRES closed-toe shoes. Follow instructions from the Facilitator. Meet staff at Cedar Shelter. 9th Grade and older.	E5
Nature Hike	A great fun time...and some learning too. Pick up map and guide at the Nature Center near the front of camp.	A2
Parachute Games	Check out and return to the Hillside Rec Station. Limited to Grades 1-4.	B3
Pedal Karts	These carts will test you mentally and physically as you race around the Allendale Speedway. You will be assigned either Cedar or Hillside.	Hillside - B4 Cedar - E6
Ping Pong	In the Ark, pick a table and play!	F4
Playground	Enjoy good ol' fashioned fun. Choose the location nearest you.	Hillside - A3 Cedar - F4
Pontoon Boat Ride ***Led by Allendale Staff	Take a leisurely tour of Cedar Lake on a pontoon boat. Departs from the lake. 1st-6th grades only.	F5
Pool Swim & Water Slides	Take a refreshing dip in the pool; jump off the diving board; or slide down one of two slides!	B4-5
Rope Games	Your team will receive a tub with a tug-of-war rope and jump ropes. Check out and return to the Hillside Rec Station.	B3

Activity	Notes	Map
<b>Scooters</b>	Scooters are located next to the recreation shed. Please use Hillside basketball court for cruising. Limited to Grades 1-4.	<b>B4</b>
<b>Soccer</b>	Located in the field space in front of the zipline tower. Soccer balls will be in the activity tub at the field.	<b>F7</b>
<b>Tetherball &amp; 4 Square</b>	Located in several locations around camp. Find a location nearest you.	<b>B3, B5, F4, G7</b>
<b>Ultimate Frisbee</b>	Frisbees are located in the activity tub at the soccer field and at the large activity field.	<b>F7 &amp; D5</b>
<b>Vest Tag</b>	Check out and return supplies from the Hillside Rec Station or Cedar Rec Station. Games can be played in any open, unused field.	<b>Hillside - B3 Cedar - F4</b>
<b>Volleyball</b>	Located in the main ball field. Volleyball should be on the sand court.	<b>E4</b>
<b>Wiffle Ball</b>	Includes bats, balls, throw down bases. Set up anywhere or play on ball diamond. Equipment is in the activity tub at the ball field.	<b>D5</b>
<b>Zipline</b>	This is a challenge course activity that <b>REQUIRES</b> closed-toe shoes. Follow instructions from the Facilitator. Limited to 7th grade and older.	<b>E7</b>

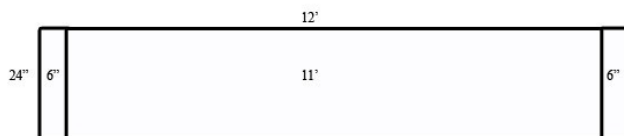
## GAGA BALL

Gaga Ball is a form of Dodgeball that's normally played in an Octagon 'Pit' or arena. The game's roots are believed to have originated in Israel. The word 'Ga' means Hit, so Ga-Ga means 'Hit-Hit'. There are several variations to certain details on exactly how the game is played, but we find these rules the most common, fair, and competitive:



- Any number of people can play. To start, everyone in the pit must be touching the wall. Someone tosses the ball in the center of the pit, and it must bounce twice on the ground. As it bounces, everyone says "Ga" for each bounce. After the second bounce ("Ga-Ga"), the ball is live.
- Hit the ball with an open hand or a fist and try to hit it into another player's leg at the knee or below. If the ball hits or touches anyone from the knee or below, that player is out and must exit the pit.
- Anytime the ball goes out of the pit, the last person that the ball touched is out.
- You can only hit the ball one time until it either touches another player or the wall, then you are able to hit it again. You can dribble the ball against the wall only to position it if necessary, and, you can move around anywhere inside the pit during the game.
- The game ends when the last 2 people battle it out to the end, or, to speed up the end of the game, the last 2 players can be given a certain time to finish, such as 10-30 seconds to win, and at that point, a tie is called. Once the game is over, everyone else re-enters the pit to start a new game.
- You can add variations to the game such as playing with more than one ball, play in teams, expand the 'hit' area to be above the knee, allow the 'out' people on the outside of the pit to hit the ball and get people out, and any other variation you can come up with!

# CARPETBALL



Each player arranges their balls within arms reach of their end. The cue ball is then rolled in an attempt to knock the other players balls into the tray.

Once the first player has knocked all of player two's balls into the tray player two has one more role to try to knock the remaining balls of player one into the tray (this is known as the mercy roll).

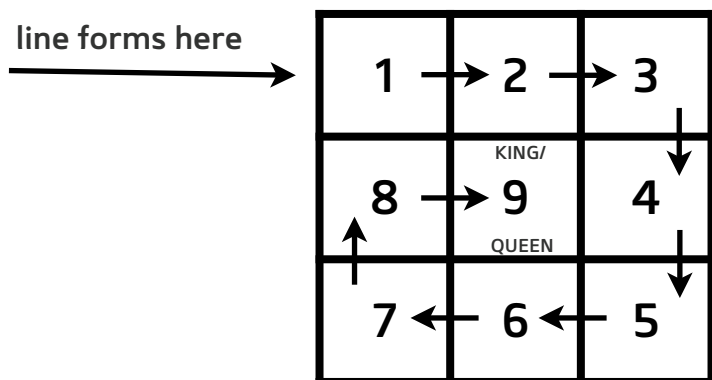
If the player two is successful, then one less ball is placed on the each end and the game repeated.

The cycle is repeated until a winner is determined.

# 9 SQUARE IN THE AIR

Goal: Be the "King" of the game for as long as you can.

1. The "king" serves the ball from the center square to any other square they choose by hitting the ball up and out of the top of the center game square.
2. Players must return the ball to another player's square.
3. If a player fails to return the ball to another player's square, that player is out.
4. A double hit results in elimination.
5. During game play, players are not allowed to touch the game structure. Touching the game structure results in elimination.
6. When a player is out, they leave their square and move to the end of the line. The other players advance to fill the square of the player who just got out.



# NUKEM

Get 10 or more players and divide into two teams on the volleyball court

To start the game, one player throws the ball over the net to the other team. A player on the other side tries to catch the ball and not let it hit the ground. Once the ball is caught, the player that caught it can't move their feet until they have thrown the ball to a teammate or over the net.

Only three players may handle the ball on each side, each time. No player may touch or reach over the net.

If the ball lands on your side without anyone catches it, the player that touches the ball, or is the closest to it when it lands, is out.

Game play goes until all players on one side of the court are out.

In order to get a teammate back into the game, someone on your team must catch the ball with one hand. Only one player returns to the game per catch.

# CROSS NET

Where four square meets volleyball.

Players form teams of two and occupy squares 1-4, and form a line (like 9 square). A player from the 4th square serves diagonally to the 2nd square. The team in the 2nd square can return the ball with up to three hits in any square and the rally begins. When the ball lands in a team's square they are eliminated to the back of the line and the team in the 4th square scores a point.

Game to 11, win by 2

Other Rules:

- Players who are in a higher position square do not rotate with the rest of the players.
- Players are only allowed one hit per return.
- The ball must land in your square first before returning it to another square.
- You cannot hit the net on a serve.
- If the ball bounces into any square other than the second square, you lose that rally and have to return to the number one square.
- Hitting the ball around the net is totally acceptable, but it must bounce in the opponent's square for its account.
- If it hits the side of the net after bouncing in the square, the rally goes to the hitter.
- You are allowed to pass your hand beyond the net, but the contact must have been made within your own playing space.