

SUMMER CAMP

# ACTIVITY GUIDE



A

B

C

D

E

F

G

1

S 150 W

S 150 W

S 150 W

S 150 W

S Allendale Dr



Maintenance Shop

S Allendale Dr

Parking

Bunk House

Parking

Fort

Fort



Bath House

MASH

Parking

Cedar Lodge



Cedar Chapel Ark



Large Activity Field

S Allendale Dr

Bouldering Cave

Tower & Swing

Parking

Lakeview Lodge

Dining Hall

Provision Lodge

Shelter

6

5

4

3

2

1

Parking

Basketball Court

Parking

Office



Cedar Lake

Lake Marie

Tree House Campsite

2

3

4

5

6

7

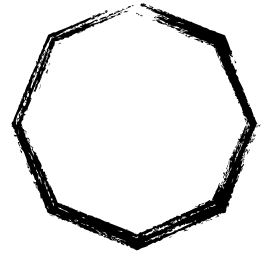
Activity	Notes	Map
9 Square in the Air	Instructions included on a later page. Two different locations, go to the one nearest you.	<b>G7 &amp; C4</b>
Archery***Led by Allendale Staff	Test your skills with compound bows. Two different locations, your schedule will tell you Hillside or Cedar.	<b>Hillside - F7 Cedar - D5</b>
Ark Games	Go to the Ark to play basketball, ping pong, or carpet ball. Instructions for carpet ball included in later page.	<b>C6</b>
Breakout Box	Campers work collaboratively to solve a series of critical thinking puzzles in order to open a locked box. Pick up your box at the office.	<b>F6</b>
Canoes***Led by Allendale Staff	Located at Cedar Lake, 2-3 people per boat. Wear a lifejacket and obey the lifeguard on duty. Limited to 5th grade and older.	<b>B7</b>
Climbing Bouldering Cave	This bouldering "cave" is located near the Climbing Tower. The challenge is to make it all the way around the shelter without touching the ground - climbing horizontally.	<b>D6-7</b>
Climbing Tower ***Led by Allendale Staff	This is a challenge course activity that REQUIRES closed-toe shoes. Follow instructions from the Facilitator. Near Lakeview Lodge.	<b>D7</b>
Corcls***Led by Allendale Staff	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>F6</b>
Crafts	Check out a supply tub at the Hillside or Cedar Rec stations. Find a spot for your group and craft! Please return supplies to the Rec Station you grabbed from.	<b>Hillside - G6 Cedar - C6</b>
Cross Net	Where four square meets volleyball. Instructions included in a later page.	<b>G7</b>
Disc Golf	Disc Golf bags may be checked out of Hillside or Cedar Rec stations. Maps are in the disc golf bags. Feel free to start at any hole. Please return bags to the Rec station you grabbed from.	<b>Hillside - G6 Cedar - C6</b>
Dodgeball	Check out supplies at the Hillside or Cedar Rec Stations. Games can be played in any open, unused field. Please return supplies to the Rec Station you grabbed from.	<b>Hillside - G6 Cedar - C6</b>
Fishing***Led by Allendale Staff	See who can get the biggest catch! Two different locations, your schedule will tell you Hillside or Cedar. Follow instructions from the Facilitator.	<b>Hillside - F6 Cedar - B6</b>
Flag Football	Check out supplies at the Hillside or Cedar Rec Stations. Games can be played in any open, unused field. Please return supplies to the Rec Station you grabbed from.	<b>Hillside - G6 Cedar - C6</b>
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.	<b>G4</b>

Activity	Notes	Map
<b>GaGa Ball</b>	Instructions included on a later page. Two different locations, go to the one nearest you.	<b>G7 &amp; C5</b>
<b>Games</b>	Check out a card game or board game from the supply tub at the Hillside or Cedar Rec stations. Find a spot for your group and play! Please return the game to the Rec Station you grabbed from.	<b>Hillside - G6 Cedar - C6</b>
<b>Giant Swing**Led by Allendale Staff</b>	This is a challenge course activity that <b>REQUIRES</b> closed-toe shoes. Follow instructions from the Facilitator. Behind the Climbing Tower. Limited to 5th grade and older.	<b>E7</b>
<b>Human Foosball</b>	Located across from Cedar Lodge. Plays just like the foosball table game, only with people.	<b>C5</b>
<b>Kayaks**Led by Allendale Staff</b>	Located at Cedar Lake, 1 person per boat. Wear a lifejacket and obey the lifeguard on duty. Limited to 5th grade and older.	<b>B6</b>
<b>Kickball</b>	Located at the big activity field in the. Middle of camp. Ball will be in the activity tub at the ball field.	<b>D5</b>
<b>Lake Swim &amp; the Blob **Led by Allendale Staff</b>	You can swim in the swimming area, enjoy our inflatable water slide, or fly off the Blob! Please listen and obey the lifeguards.	<b>A4</b>
<b>Lawn Games</b> Giant Jenga, Giant Connect 4, Movement Dice, Cornhole	Check out supplies at the Hillside or Cedar Rec Stations. Games can be played in any open, unused field. Please return supplies to the Rec Station you grabbed from.	<b>Hillside - G6 Cedar - C6</b>
<b>Nature Hike</b>	Pick up a trail map at the Hillside or Cedar Rec Stations, also included on a later page. Enjoy time in God's creation.	<b>Hillside - G6 Cedar - C6</b>
<b>Parachute Games</b>	Check out and return to the Hillside Rec Station. Limited to Grades 1-4.	<b>G6</b>
<b>Pedal Karts</b>	These carts will test you mentally and physically as you race around the Allendale Speedway.	<b>C4</b>
<b>Playground</b>	Enjoy good ol' fashioned fun. Choose the location nearest you.	<b>Hillside - G6 Cedar - B6</b>
<b>Pontoon Boat Ride **Led by Allendale Staff</b>	Take a leisurely tour of Cedar Lake on a pontoon boat and feed the fish! 1st-6th grades only. Departs from lake dock.	<b>A5</b>
<b>Pool Swim &amp; Water Slides **Led by Allendale Staff</b>	Take a refreshing dip in the pool; jump off the diving board; or slide down one of two slides!	<b>F5</b>
<b>Scooters</b>	Scooters are located next to the recreation shed. Please use Hillside basketball court for cruising. Add an extra challenge and use flags to play tag.	<b>G5</b>

Activity	Notes	Map
Soccer	Located in the field space in front of the zipline tower. Soccer balls will be in the activity tub at the field.	C3
Tug of War	Check out and return supply tub at the Hillside Rec Station. Play in any open, unused field.	G6
Ultimate Frisbee	Frisbees are located in the activity tub at the field in front of the zipline tower.	C3
Vest Tag	Check out and return supply tub at the Hillside or Cedar Rec Station. Play in any open, unused field.	Hillside - G6 Cedar - C6
Volleyball	Located in the main ball field. Volleyball should be on the sand court.	D5
Wiffle Ball	Includes bats, balls, throw down bases. Set up anywhere or play on ball diamond. Equipment is in the activity tub at the ball field.	D5
Zipline <b>**Led by Allendale Staff</b>	This is a challenge course activity that <b>REQUIRES</b> closed-toe shoes. Follow instructions from the Facilitator. Limited to 3rd grade and older. (<250lbs)	D3

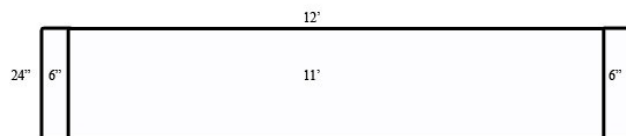
# GAGA BALL

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).

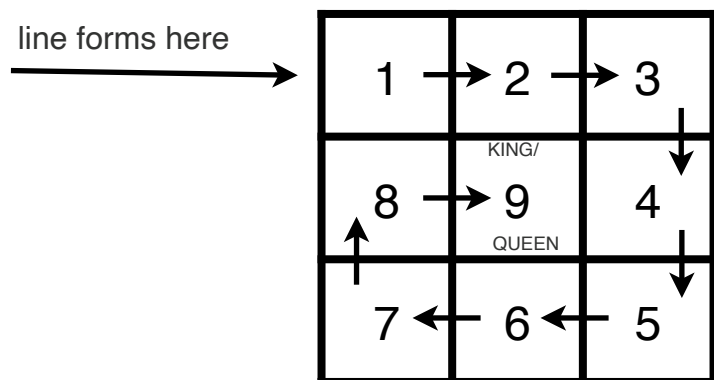
If the player two is successful, then one less ball is placed on the each end and the game repeated.

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 catching it, the player that touches the ball, or is 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 in 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 1-3, 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 turn.
- 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.

# TRAIL MAP

\*NOT TO SCALE

- Trail Legend**
- Allendale Trail .....
  - Prayer Walk/Nature Hike .....
  - Access Road .....
  - Access Trails .....

