



CAMP LONE STAR OUTDOOR EDUCATION

A Mission of Outreach and Renewal

Greetings from Camp Lone Star,

Thank you for your interest in having an Outdoor Education retreat. We are very excited to partner with you and your students as we discover God's creation together this year!

Enclosed in this packet are forms and information to help prepare for the event and to share with your students:

- **Exploration Activities** and **Recreation Activities**—Take a look at all the different programming options and see what fits your group's needs and desired outcomes.
- **Packing List**—Please make copies of this list for all students.
- **Sample Schedule**—This *sample* schedule gives you an idea of how a typical Outdoor Education session *could* run. This is in no way a locked-in-stone schedule. We will e-mail you a customized schedule based on your requests, length of stay, and other groups on camp.
- **Program Request Form**— Decide which of the Exploration & Recreation Activities you would like to have included as part of your program. Fill out and return the Program Request form *as soon as possible* so we can prepare and make arrangements for your visit.



Our goal is to partner with you to help create a retreat experience that meets the needs of you and your students. If you have any questions concerning this program or suggestions, please feel free to contact me by calling (979) 968-1657 or by e-mail at lomt@lomt.com.

In Christ Alone,

Camp Lone Star Staff

Camp Lone Star Class Descriptions

The courses listed below are our most frequently requested outdoor education classes. Other lessons are available, and we are willing to create a lesson for your group or adapt a lesson below to include other ideas. You may also consider an outdoor lesson pertaining to a specific education area such as history, math, etc. In each class that we teach, we try to end the lesson by connecting what they learned to the Bible.

CORE ACTIVITIES

The following activities will be included in your Outdoor Ed. schedule as core activities for all groups, unless otherwise directed.

- **Morning Devotions and Campfires**—Each morning after breakfast, Camp Lone Star staff will lead students in camp songs and prayer. At night, everyone will join around the campfire for more camp songs and a devotional message.
- **Trading Post**—Students (and adults!) have the opportunity to purchase food and drinks and relax and re-energize before the next activity.
- **Cookout**- Students will have the opportunity to participate in a campfire cook out.
- **Service Project**—Students will have the opportunity to serve the Lord at camp by participating in a service project at Camp Lone Star and learn to be stewards of the environment around them. The projects vary and *may* include campus clean-up, hauling wood, raking and clearing brush from trails, or beautification of campfire worship sites.

Exploration Activities

Please read through and indicate on the Program Request form the units in which you are interested. A one-night OE group typically completes four or five units, a two-night group usually completes seven or eight units, and a three-night group may fit in ten or eleven units. The size of the group may affect the length of the activity and scheduling may vary with each group.

ENVIRONMENTAL UNITS

- **Animal Study**—Students discuss common Texas animals-where they live, what they eat, what their tracks look like etc.-and try to find signs of animal life in nature. Other activities may include a visit to our nature center (which includes turtle and armadillo shells, snake skins, old wasp nests etc.), educational games about Texas animals, or plaster casting animal tracks. Let us know in advance if you would like to make plaster casts.
- **Aquatic Study**—Students use jars, seining nets, magnifying glasses, and spoons to gather and observe animal/plant life in and around our lake. Discussion will follow focusing on the unique attributes of an aquatic environment.
- **Astronomy**—Students use the unaided eye, binoculars, and a 12-inch lens telescope to observe the night sky. The session focuses primarily on observation of constellations and planets and discussion of common “star” questions (such as: Why do stars twinkle? What are shooting stars? Why do stars move? Where is the North Star? What/where is the Milky Way?).

- **Coke Bottle Rocketry**—Students learn the basics of aerodynamics and what components help to make a rocket fly. They then design and construct a rocket out of a 2-liter bottle. Each student needs to bring a roll of Duct Tape, 2-liter bottle and a smaller 20-ounce bottle to make their rocket (or they can work in pairs).
- **Environmental Issues**—Students take a walk around camp and note ways in which humans have affected or could affect the land (including soil erosion, pollution, etc.). Discussion and educational games follow on what they observed and what can be done about it in order to be good stewards of God’s creation.
- **Habitat Study**—Students discuss and play educational games on what makes up a habitat followed by observation of potential animal habitats.
- **Nature Hike**—Students hike through the woods, prairie, and river ecosystems on Camp Lone Star property and discuss the plants and animals living in each. Students may also fill out observation sheets on what they see, hear, smell, or feel during the hike, teaching them to be more astute observers of the world around them.
- **Night Hike**—Students are led through the woods and open land at night without flashlights, teaching them to use their other senses to gather information about the world around them. We also discuss and try to observe the many nocturnal animals living in the Camp Lone Star woods.
- **Owls**—Students will learn about the uniqueness of owls and those species that live in Texas and get a chance to inspect owl pellets to get a first-hand look at what the owls have eaten.
- **Tree/Plant Study**—Students discuss and observe common Camp Lone Star trees/plants. Other activities may include a visit to our nature center, educational games about Texas plants, or using charts to identify common trees at CLS.

LIFE SKILL UNITS

- **Archery**—Students are instructed in the proper and safe use of a bow, followed by a chance to practice their marksmanship.
- **Backpacking**—Students are instructed in basic aspects of backpacking including how to pack and fit a backpack, things to consider when hiking, and minimum impact camping. Students then practice packing and carrying the backpacks with an optional overnight tenting camping experience.
- **Canoeing**—Students are taught basic canoeing skills including parts of the canoe, paddling strokes and signals, and water safety. Students are then given a chance to practice in our lake. After this session you may choose to do an afternoon trip down the Colorado River if it has been prearranged.
- **Fire Building**—Students discuss fire safety, types of fires, and the components of a fire. Students are then put into groups and are given the opportunity to build their own campfire.
- **Orienteering**—Students are instructed in using a compass and reading a map. Students then complete various exercises and courses depending upon time and their skill level.
- **Tomahawks**—Students are instructed in the fundamentals of tomahawk throwing and have the opportunity to practice their skills at our Camp Lone Star tomahawk range.
- **Wilderness Survival**—Students are taught basic skills needed to survive in the outdoors including building shelters, finding water, signaling for help, and basic wilderness first aid. Students practice what they learn in controlled scenarios.

CHALLENGE COURSE

In small groups students are put through a series of warm-up exercises, initiatives, elements, and debriefing conversations to work on and develop the group goal. Some sample goals may be, but are not limited to: enhanced trust of others and self, team work and community building, improved communication skills, improved problem solving skills, increased self-confidence and/or self-esteem, spiritual growth, promote responsibility for others and self, and developing leadership and goal setting skills.

- **Trek Experience**—this option provides for a 2-4+ hour experience including warm-up exercises, group initiatives and low rope elements. We are intentional to debrief each experience in a way that helps your group accomplish the outcomes each leader is hoping for.
- **Venture Experience**— this option provides for a 4-6+ hour experience including warm-up exercises, group initiatives and low rope elements. We are intentional to debrief each experience in a way that helps your group accomplish the outcomes each leader is hoping for.

Recreational Activities

We want to make sure that you tailor your OE experience to meet the needs of your students. Feel free to look at the list below and ask about other possibilities to enhance your stay at camp.

- **Battle Bow (Archery Tag)** – Camp Lone Star’s newest activity combines dodgeball with archery. Participants are divided into two teams and compete in a dodgeball-style game armed with foam-tipped arrows and face masks.
- **Climbing Tower** – Groups can face the challenge of our climbing tower. This is an excellent opportunity for students to challenge themselves and grow mentally, physically and spiritually.
- **Disc Golf** – Enjoy God’s creation by throwing discs on a fun and exciting adventure of 9 or 18 holes.
- **Extra Class Time**—Teachers or other chaperones may use this time to lead an activity or unit not offered by Camp Lone Star.
- **Floor Hockey** – Enjoy a friendly class competition game at the Hangar.
- **Kickball**—This is always a great option for fun and laughter and friendly competition.
- **Rumble Ball (GaGa Ball)**- The instant classic game of combining dodgeball and four square.
- **Volleyball** – There are several variations to this game, some including Team Nukem, a variation where players are eliminated and the game is altered by catching the ball instead of hitting it, and a warm weather favorite -water balloon volleyball.
- **Slip n’ Slide**—Nothing beats the Camp Lone Star slip n’ slide. Slide your way down the hill into a catch-pool of water.
- **Soccer** – Whether it’s an organized recreational game or the Camp World Cup edition, it’s sure to be a great time.
- **Swimming**—Cool off from the Texas heat in our Junior Olympic-size pool

Outdoor Education Packing List

Please bring the following items with you for Outdoor Ed.

- Bible
- Swim suit (if pool and/or slip n' slide is scheduled)
- Clothing for each day (Please be prepared for all types of weather.)
- Jacket or Sweatshirt
- Rain gear
- Closed toe shoes
- Sleeping Bag
- Pillow
- Towel
- Toiletries (soap, toothbrush, etc.)
- Flashlight
- Water Bottle or container
- Bug Spray
- Pen or Pencils
- Money for Trading Post. Food and drinks range between \$.75-1.25. Camp Lone Star apparel is available for purchase as well (items range between \$10-35).

If participating in Coke Bottle Rocketry:

- 2-liter coke bottles and 20-ounce bottles. Please bring at least one of each bottle per student and a roll of Duct Tape per student. Teachers and chaperones are welcome to participate too!

Please put your name on all of your belongings. Cell phones, iPods, and other electronics should be left at home. No weapons of any kind are allowed on camp grounds. Camp Lone Star is not responsible for lost or stolen articles.

CAMP LONE STAR OUTDOOR EDUCATION 1 NIGHT SCHEDULE

School, City (# students, # adults)

Housing:

Day 1

10:00 Arrive
10:15 Orientation/Morning Activity
11:45 Lunch Orientation
12:00 Lunch
1:00 Service Project
2:15 **Exploration /Recreational Unit #1**
3:30 Trading Post
4:15 **Exploration /Recreational Unit #2**
5:30 Supper
6:15 **Launch Rockets/Games**
7:30 Trading Post
8:00 Campfire/Devos
8:30 Daily Reflections

Day 2

8:00 Breakfast
8:30 Devos
9:00 **Exploration /Recreational Unit #3**
10:15 **Exploration /Recreational Unit #4**
11:30 Pack Up/Clean Up
12:00 Lunch
1:00 Depart

SAMPLE

CAMP LONE STAR OUTDOOR EDUCATION 2 NIGHT SCHEDULE

School, City (# students, # adults)

Housing:

Day 1

10:00 Arrive
10:15 Orientation/Morning Activity
11:45 Lunch Orientation
12:00 Lunch
1:00 **Exploration/Recreational Unit #1**
2:15 **Exploration/Recreational Unit #2**
3:30 Trading Post
4:15 **Exploration/Recreational Unit #3**
5:30 Supper
6:15 **Games**
7:15 Trading Post
8:00 Campfire/Devos
8:30 Daily Reflections

Day 2

8:00 Breakfast
8:30 Devos
9:00 **Exploration/Recreational Unit #4**
10:15 **Exploration/Recreational Unit #5**
11:30 Cookout Prep
12:00 Cookout
1:00 Service Project
2:15 **Exploration/Recreational Unit #6**
3:30 Trading Post
4:15 **Exploration/Recreational Unit #7**
5:30 Supper
6:15 **Launch Rockets/Games**
7:30 Trading Post
8:00 Campfire/Devos
8:30 Daily Reflections

Day 3

8:00 Breakfast
8:30 Devos
9:00 **Exploration/Recreational Unit #8**
10:15 **Exploration/Recreational Unit #9**
11:30 Clean Up/Pack Up
12:00 Lunch
1:00 Depart

SAMPLE

CAMP LONE STAR OUTDOOR EDUCATION 3 NIGHT SCHEDULE

School, City (# students, # adults)

Housing:

Day 1

10:00 Arrive
10:15 Orientation/Morning Activity
11:45 Lunch Orientation
12:00 Lunch
1:00 **Exploration/Recreational Unit #1**
2:15 **Exploration/Recreational Unit #2**
3:30 Trading Post
4:15 **Exploration/Recreational Unit #3**
5:30 Supper
6:15 **Games**
7:15 Trading Post
8:00 Campfire/Devos
8:30 Daily Reflections

Day 2

8:00 Breakfast
8:30 Devos
9:00 **Exploration/Recreational Unit #4**
10:15 **Exploration/Recreational Unit #5**
11:30 Cookout Prep
12:00 Cookout
1:00 Service Project
2:15 **Group Initiatives**
3:30 Trading Post
4:15 **Group Initiatives**
5:30 Supper
6:15 **Launch Rockets/Games**
7:30 Trading Post
8:00 Campfire/Devos
8:30 Daily Reflections

Day 3

8:00 Breakfast
8:30 Devos
9:00 **Low Ropes**
10:15 **Low Ropes**
11:30 Cookout Prep
12:00 Cookout
1:00 **High Ropes**
2:15 **High Ropes**
3:30 Trading Post
4:15 **High Ropes**
5:30 Supper
6:15 **Large Group Game**
7:30 Trading Post
8:00 Campfire/Devos
8:30 Daily Reflections

Day 4

8:00 Breakfast
8:30 Devos
9:00 **Exploration/Recreational Unit #6**
10:15 **Exploration/Recreational Unit #7**
11:30 Clean Up/Pack Up
12:00 Lunch
1:00 Depart

SAMPLE

CLS Outdoor Education Program Requests

School _____ City _____

Contact Name _____ Contact E-mail: _____

Contact Phone _____ OE Dates _____

Grade(s) bringing to OE _____ Arrival Time: _____ Departure: _____

Number Attending: Boys _____ Girls _____ Adult Females _____ Adult Males _____

Please select and **rank** a total of twelve (12) preferred activities **between** the Exploration, Recreational, and Challenge Course Activities, **(with 1 being highest priority)**. Please remember that weather and Camp Lone Star staffing may affect availability.

Exploration Activities

- | | | |
|--|---|---|
| <input type="checkbox"/> Animal Study | <input type="checkbox"/> Coke Bottle Rocketry | <input type="checkbox"/> Owls (Additional Fees) |
| <input type="checkbox"/> Archery | <input type="checkbox"/> Environmental Issues | <input type="checkbox"/> Tomahawks |
| <input type="checkbox"/> Aquatic Study | <input type="checkbox"/> Fire Building | <input type="checkbox"/> Tree/Plant Study |
| <input type="checkbox"/> Astronomy | <input type="checkbox"/> Habitat Study | <input type="checkbox"/> Wilderness Survival |
| <input type="checkbox"/> Backpacking | <input type="checkbox"/> Nature Hike | |
| <input type="checkbox"/> Canoeing | <input type="checkbox"/> Orienteering | |

Recreational Activities

- | | |
|---|---|
| <input type="checkbox"/> Battle-Bow (Archery Tag) | <input type="checkbox"/> Soccer |
| <input type="checkbox"/> Climbing Tower (Minimum Age: 12) | <input type="checkbox"/> Volleyball |
| <input type="checkbox"/> Disc Golf | <input type="checkbox"/> Swimming |
| <input type="checkbox"/> Kickball | <input type="checkbox"/> Slip n' Slide |
| <input type="checkbox"/> Floor Hockey | <input type="checkbox"/> I would like to teach my own unit or activity for _____ minutes. |
| <input type="checkbox"/> Rumble Ball | |

Challenge Course (if interested in Challenge Course, please complete next sheet)

- 2-4+ hour experience including Group Initiatives and Low Ropes
 4-6+ hour experience including Group Initiatives, Low Ropes, and High Ropes

Meals

Camp Lone Star will provide a campfire cookout for a lunch during your stay. All other meals will be served in the Retreat Center Dining Hall.

Please indicate any dietary needs or restrictions:

Please email or mail this form to
Camp Lone Star OE, 2016 Camp Lone Star Rd. La Grange, TX 78945

CLS Challenge Course Information

School _____ City _____

Contact Name _____ Contact E-mail: _____

Contact Phone _____ Dates of Event _____

Age(s) bringing _____ Arrival Time: _____ Departure: _____

Number Attending: Boys _____ Girls _____ Adult Females _____ Adult Males _____

___ Trek Experience | 2-4+ hour experience including Group Initiatives and Low Ropes

___ Venture Experience | 4-6+ hour experience including Group Initiatives, Low Ropes, and High Ropes

*Leading Challenge Course is a progression to accomplish specific outcomes. Since we cannot fully predict how a group will progress, we do not guarantee which elements we get to, but will work toward accomplishing the desired outcomes.

Team Breakdown

What is the total number of participants in Challenge Course?

How long has the team been together?

What are the goals or outcomes you, as the leader, are hoping for?

Any other information we should be aware of as facilitators?

Please email or mail this form to
Camp Lone Star OE, 2016 Camp Lone Star Rd. La Grange, TX 78945