



# School Break Camp Mount Hermon

Saturday - May 7, 2011  
7:30AM- 5:30PM



## Team Building / High Ropes Adventure Day

Children of Military Parents - Active or Reserve • Ages 11-14 • \$15 for charter bus and provided lunch

### Mount Hermon Teambuilding Workshop

The Mount Hermon Adventure team building program begins with a series of trust and community building challenges, called "initiatives". These initiatives help to enhance communication, trust, understanding and planning to create a foundation for greater group support.

#### Adventure Day Itinerary

- 7:30AM - youth arrive/sign in at Moffett Field Chapel
- 8:00AM - board bus to Mount Hermon Camp  
*(near Felton in Santa Cruz Mts.)*
- 8:50AM - arrive at Mount Hermon Adventure Camp
- 9:00AM - **Introduction/Orientation**  
**Begin Team Building activities**
- 11:30AM - lunch
- 12:00PM - **High Ropes Activities**
- 1:30PM - board bus for return to Moffett Field
- 2:45PM - arrive at Moffett Field Chapel
- 3:00PM - **"Debriefing" and "Reconnecting" activities**
  - small group interaction on day activities and challenges
  - "Connecting" discussion of military family experiences/challenges
  - wrap-up and evaluation
- 4:30PM - pizza, chips, fruit and soda served
- 5:30PM - clean up *(youth picked up, must be signed out by parents)*

After a series of initiatives are completed, the group will be able to experience Mount Hermon's "high elements." High element participants are outfitted with harnesses, helmets and other appropriate safety equipment, and are encouraged to challenge themselves emotionally and physically at a height. Some of the high adventure options include tree climbing, indoor and outdoor climbing walls or towers, rappelling, and dynamic elements such as our zip lines, trapeze leap, giant's ladder, vertical playpen, flying squirrel, two line traverse, beam walk, and multi-line traverse.

#### Overview

The Mount Hermon Adventure School Break Camp event is designed to develop confidence and competence building in participating Army Reserve youth; provide an opportunity to develop a connection between other AR youth; to develop trust, communication, mutual support and problem solving skills, including a military awareness component through activities related to the youths' military family experiences.

#### Lead Facilitator

Timothy Homp, CYSS - School Support Specialist, AR 63<sup>rd</sup> RSC

#### Co-Facilitators

Chaplain Fred Tittle, Moffett Community, Susie Welch, FRG/Parent Leader AR-63<sup>rd</sup>, Camara Rajabari, CYSS - Com. Outreach Specialist, AR-63<sup>rd</sup> RSC

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