

2010 SKILL SELECTION SHEET

Camper Name _____

Age: _____

Session Beginning

June 13 ----->	Circle Session:	A 7-Day	A 13-Day	AB1 27-Day
June 27 ----->	Circle Session:	B1 7-Day	B1 13-Day	B 27-Day
July 11 ----->	Circle Session:	B2 7-Day	B2 13-Day	B2C 27-Day
July 25 ----->	Circle Session:	C 7-Day	C 13-Day	

*AB1, B, and B2C campers will receive another skill form during the last week of their first Hollymont session.

Choose 10 skills in order of preference -1st choice, 2nd choice, 3rd choice, etc.

If you have pre-registered for paid skills, don't forget to mark them among your top six choices.

- _____ Aerobics **for girls ages 10 - 15**
- _____ Arts & Crafts (Additional Cost: \$20 for 7 day session, \$40 for 13 day session)
- _____ Archery
- _____ Athletic Conditioning **for girls ages 12 - 15**
- _____ Babysitting **American Red Cross class for girls ages 11-15** (Additional Cost: \$60)
- _____ Basketball
- _____ Cheerleading
- _____ Choir
- _____ Cooking (Additional Cost: \$20 for 7 day session, \$40 for 13 day session)
- _____ Creative Writing
- _____ Dance
- _____ Digital Photography (Additional Cost: \$20 for 7 day session, \$40 for 13 day session) **Camp provides the digital camera.**
- _____ Drama
- _____ Gardening
- _____ Golf
- _____ Guitar **(Please bring your own guitar.)**
- _____ Gymnastics
- _____ Horseback Riding **(\$85 - 7 day session, \$170 - 13 day session, and \$340 - 27 day session)**
 - # of summers riding at Hollymont _____
 - # of years riding outside of Hollymont _____
- Experience: _____ Beginner (never ridden or very young)
 - _____ Walk
 - _____ Trot
 - _____ Canter
- Additional Riding Information: _____
- _____ Land Sports (Group Games)
- _____ LIFE - Living in Faith Everyday **for girls ages 13 - 15 (bring Bible)**
- _____ M & M - Modeling & Manners
- _____ Outdoor Living
- _____ Sewing (Additional Cost: \$20 for 7 day session, \$40 for 13 day session)
- _____ Sign Language
- _____ Soccer
- _____ Softball **Please circle your level of proficiency**
- _____ Swimming ----->

Beginner	Intermediate	Advanced
----------	--------------	----------
- _____ Tennis ----->

Beginner	Intermediate	Advanced
----------	--------------	----------
- _____ Volleyball
- _____ Water Aerobics - **must be 4'6" tall**
- _____ Yoga & Pilates **for girls ages 11 - 15 (taught Sessions B2 and C only)**

READ INFORMATION ON BACK-----> SIGNATURE REQUIRED----->

PARENT AUTHORIZATION: I give permission for my daughter to participate in all Hollymont skills and skill related activities (hikes, overnight campouts, and out-of-camp trips included). I understand that there is a certain degree of risk and possible injury by reason of any activity, and I release Camp Hollymont of any liability.

Signed: _____

Date: _____

Skill Schedules and Notes:

- 1. Descriptions of the skills and detailed session skill schedules may be downloaded from the website.**
2. On full skill days, campers attend 6 skills except when pre-empted for trips.
3. Campers and parents need to choose skills together. **Choose 10 skills in order of preference - 1st choice, 2nd choice, 3rd choice, etc.** We try to place campers in their top six choices.
4. If you have pre-registered and **paid for a skill** (horseback riding, arts & crafts, sewing, cooking, ARC babysitting, or digital photography) and you **list the skill as a 7th -10th choice, then we will assume that you want to be placed in your top six choices and we will not place you in the paid skill unless one of your top six choices is not available.** (Prior to the end of the camp session a credit will be issued.)
5. Campers who wish to change their skills may do so on Skill Change Morning. The skill coordinator will be in Dove's Den **before breakfast** on the first Wednesday. New schedules will be issued after morning watch.
6. Skill selection sheets should be mailed to our office in May.
7. Skill placement is usually not completed until Sunday evening (check-in). On Monday morning, skill schedules are given to the campers and class roles are given to the counselors teaching the skills. **Hollymont reserves the right to delete any skill if an insufficient number of campers request the skill or if we do not have a staff person available to teach the skill.**
8. To allow the maximum number of campers to participate in skills that are limited in class size, we give preference to 13-day campers in the following skills: arts & crafts, cooking, sewing, and digital photography.
9. If you are attending camp for four or more weeks, a second skill sheet will be completed at the end of the first 13-day session. At that time campers may request to take another class in arts & crafts, cooking, sewing, and photography. However, incoming 13-day session campers will have first preference. Campers who get into a paid skill will be billed for the additional session.
10. There is a great deal of activity at camp for a young first year camper to absorb and there are only five skill days in a 7-day session.

We do not recommend first time or 7-day session campers ages 6-8 take any optional trips.

If this is your camper's first year and she is 9 or 10 years of age, we recommend that she take no more than one optional trip.

Skill Information

Campers receive their skill schedule after morning watch on Monday morning. The six skills listed on the schedule remain the same for the entire session unless changes are made on Skill Change Day (Wednesday).

May I select Arts & Crafts, Babysitting, Cooking, Digital Photography, Sewing, or Horseback Riding if I did not pre-register when I mailed in my application?

Yes, but class sizes are limited to maintain quality instruction. Therefore, it is possible that a waiting list has already formed. If so, you will be placed on the waiting list. **Added note: If you are signing up late for these skills, please indicate this on both the “charges & options” and the “skills selection” sheets.**

We reserve a limited number of spaces in the paid skills for one week campers. Once those spaces are filled, we will begin a waiting list.

What if I need to change a skill after the first day?

Campers who wish to change a skill may do so on Skill Change Morning. The skill coordinator will be in Dove's Den **before breakfast** on the first Wednesday. New schedules will be issued after morning watch.

Campers may not add or drop paid skills (arts & crafts, babysitting, cooking, digital photography, sewing, or horseback riding) on skill change day.

*****Specific Skill Information*****

Aerobics... This is a skill **for campers ages 10-15**. Ready to get in shape, girls? The aerobics class at Hollymont provides rhythmic exercise with stretching and strength training routines. The goal of this skill is to improve the all around fitness level and is performed to music and workout videos.

Arts and Crafts... This is a very popular skill and one that's fun for all ages! Campers get to exercise their creativity as they work to complete 2-4 art projects using a variety of media and methods. Activities will vary from session to session and may include clay, jewelry, and fine art projects.

Archery... Campers will learn the proper ways to effectively and safely shoot a bow and arrow. They will learn to hit a stationery target.

Athletic Conditioning... This skill is designed **for campers ages 12-15** who are very serious about maintaining or improving their overall fitness level. Activities will include running, agility and sprint drills, aerobics, etc.

Babysitting... This is a skill **for campers ages 11-15**. Girls learn how to care for children on behalf of their parents and how to care for them in emergency situations. This skill is certified by the American Red Cross. **The content of this skill requires campers to devote two skill periods to learning the materials.** *(You will only have a total of 5 skill activities.)*

Basketball... This skill is held indoors in our state-of-the art gymnasium. Campers will learn rules, regulations, positions, plays, how to properly dribble, pass and shoot a basketball. This is such a fun sport and it's a great opportunity to build on team sportsmanship.

Cheerleading... Two, four, six, eight... Learn new routines, chants, and cheers so you can help your favorite team gain a victory!

Choir... If you like to sing, join our Hollymont choir! Your group will have the opportunity to sing in chapel, the skill show, etc...

Cooking... Girls get hands on experience in the fine art of cooking. We try to cook a variety of items - casseroles, salads, desserts, etc. We discuss the importance of cleanliness during food preparation, good nutrition, kitchen safety, etc...

Creative Writing... Express yourself! Learn the power of the written word. Campers will learn several approaches to writing to come up with original and unique pieces of work. (Participants must know how to read and write.)

Dance... We teach contemporary dance. Occasionally, we will have enough interest to study a specialized dance topic (tap, jazz, ballet, and ballroom dancing).

Digital Photography and Editing... Campers will use digital cameras provided in class to complete digital photography assignments. Campers will learn picture-taking techniques, computer photo printing, and complete a photograph display project.

Drama... Campers will learn how to perform on stage. They will create their own scenarios and ideas to form plays. Campers in this skill enjoy performing in front of the entire camp in the skill show, talent show, etc.

Gardening... The Hollymont-Asheville School campus has lovely flower gardens, landscaping, and (if you know where to look) a vegetable garden. Campers will have the opportunity to tend to these.....planting, weeding, watering, etc.

Golf... Campers will become familiar with golf equipment and learn golf etiquette and basic techniques - putting and driving. Hollymont provides equipment for golf.

Guitar... Campers will use praise and worship choruses to learn basic chords and strumming patterns. You will get a chance to play in the skill show. You must bring your own acoustic guitar (and extra strings and a pick wouldn't hurt).

Gymnastics... After understanding the importance of stretching and safety, we focus primarily on tumbling and floor exercises.

Horseback Riding... We teach English style of riding. You will need long pants (riding pants, jeans, or slacks). We recommend bringing a horseback riding helmet and shoes with heels and a smooth-surfaced soles. We do have riding helmets that you can borrow but to resolve health and safety concerns, we strongly encourage that you bring your own. (Bike helmets must have manufacturer's dual use certification if used for horseback riding.)

Land Sports (Group Games)... Let's bring back recess! Campers have the opportunity to play a variety of games over the course of the session. Games include jump rope, Frisbee, tag, hopscotch, four square, badminton, dodgeball, etc. Every day is different!

LIFE (Living in Faith Everyday)... This is an extra opportunity for girls ages 13-15 to talk with peers and camp counselors about the real life issues that concern you. Learn how to apply Biblical truths to your life 365 days a year. HOPE INSTILLING... SOUL ENCOURAGING... LIFE CHANGING **Bring your Bible.**

Modeling and Manners... This is your chance to learn how to present yourself with grace. Modeling helps improve the way you walk, stand, etc. Manners encourages poise and politeness (table manners, phone manners, tea party etiquette, etc.).

Outdoor Living... We have a lovely campus and this is your opportunity to enjoy it. We'll take walks, hike through the woods, set up a tent, learn to build a fire, and learn about plants and animals living in our own backyard. We will also cover first aid procedures for animal bites, bee stings, sunburns, heat exhaustion, hypothermia, etc.

Sewing... We like to give campers the opportunity to develop their "hand-sewing" skills. We select projects that will allow campers to learn both practical (sew on a button, hem a pair of pants, etc.) and pretty (embroidery, cross-stitching, etc.) sewing techniques. Sewing project examples: Ribbon belts, hats, purses, etc.

Sign Language... Our most popular activity in Sign Language is the sign interpretation of contemporary music. You will also work on finger spelling and learn basic signs and phrases.

Soccer... Campers will learn the rules of the game and how to be a team player. They will drill and learn to kick, pass, dribble, and SCORE!!!

Softball... All the fun will start when this skill gets underway as campers will learn how to bat, pitch, run the bases and more... They will learn about the field, equipment, positions, rules, game play, etc.

Swimming... Our goal is to teach campers to swim or improve their swimming techniques. If you don't sign up for swimming, will you get to swim? If you want to swim everyday, we suggest you sign up for swimming or water aerobics skills. Night and hall activities *may* include pool time.

Tennis... Game, Set, Match! Singles, doubles, keeping score, forehands, backhands, and much, much more! Serves, volleys, and overheads too - in this fun skill, there's much to do!

Volleyball... Campers will learn the basic principles of the game. Serve, pass, set, attack – this is a great skill and you'll want to come back!

Water Aerobics... Pool time with a purpose! Campers must be 4'6" tall in order to stand at 4 foot pool depth with chin out of the water.

Yoga & Pilates... Offered B2 and C sessions only. This skill is designed for girls ages 11-15. Campers will learn basic yoga poses and pilates exercises. Both disciplines focus on strength and flexibility and promote a healthy, fit lifestyle.

2010 Summer Skill Schedules

13 Day Session Skill Schedule

Mon	Tue	Wed	Thurs	Fri	Sat
FULL SKILL DAY	FULL SKILL DAY	FULL SKILL DAY	FULL SKILL DAY	FULL SKILL DAY	morning hall activity, afternoon pic-a-skill activities
FULL SKILL DAY	FULL SKILL DAY	FULL SKILL DAY	Horse show / Afternoon wrap-up	CLOSING DAY	

7 Day Session Skill Schedule

Mon	Tue	Wed	Thurs	Fri	Sat
FULL SKILL DAY	FULL SKILL DAY	FULL SKILL DAY	FULL SKILL DAY	FULL SKILL DAY	Closing day, depart between 9:30 a.m. and 11:00 a.m.

27 Day Session = Two 13-Day Skill Schedules