

Girl Scout Informational Packet



**Champions Retreat
775 Camp Road
Marble Falls, TX 78654 830.596.0933**

Welcome Girl Scout Leaders and Parents!

We are excited to have you join us at Champions Retreat for your Girl Scout Service Unit Retreat! You will find lots of great information in this packet to get you more acquainted with the site and the operations of the retreat weekend.

Please know that the schedule has been carefully planned ahead of time between the Service Unit organizer and the Champions Retreat staff. While we would love to allow both children and adults to participate in the activities, there is simply not enough time for us to allow parents to participate in all of the fun activities. If you and your child enjoyed the campout but didn't get to do everything you wanted, please consider bringing your whole family back for a Family Camp so that you can participate too!

Thank you for choosing Camp Champions as your campout destination and we hope you have a wonderful time.

General Rules

- Treat people, property and equipment with respect.
- Alcoholic beverages and pets are not allowed on camp property.
- Every guest on property needs a signed Visitor Agreement form.



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The Schedule

You will receive a final schedule from your troop leader or trip planner. It will have several troops of the same age together in a group for activities. The day will be packed with activities. Our experience has shown that by sticking to the schedule your girls will have the best opportunity to experience all of the great activities we have planned.

We ask that you please adhere to scheduled meal times. We have a great buffet line and the option to eat seconds, so it is important to be present at the start of the meal time.

Please note that our kitchen servers do not serve for the entire hour long meal time so it's important that you be there at the beginning of the meal time.

Activities

There are many different types of recreation here around property. All of our sports fields and courts have equipment nearby. In the event you cannot find the gear you want to play with, please let our staff know and we will track it down for you.

Activities we have to offer:

- Sand volleyball
- Basketball
- Flag football
- Soccer
- Tetherball
- Disc golf
- Ultimate Frisbee
- GaGa
- Pickleball



Water Activities:

Please make sure that you and your child are wearing a lifejacket when kayaking! Also, if you kayak, we ask that you return the kayaks to the rack where you got in. Please do not get out of your kayak in another location and abandon it on the shore.



We ask that all guests stay out of the lake and/or pool when it is not your scheduled swim time. There are scheduled swim times when lifeguards are present for

swimming. Please wait for them to be present before entering the water.

Description of Activities led by Champions Retreat Staff:

Climbing Activities

Climbing Wall & Zipline (Juniors) - We have a 45-foot climbing wall for the older girls to enjoy. It will be an awesome challenge for all! If you make it to the top, you can choose to take the zipline to the ground.

High Ropes (Juniors) - Similar to climbing a wall, participants will get to climb up and experience some cool elements such as a catwalk, a cargo net, and a bridge of dreams!

Pirate Ship Ropes Course (Cadettes, Seniors, Ambassadors) - Our newest adventure activity is a twenty element high ropes course along the banks of Lake LBJ. This ropes course allows many participants to be in the air at one time and experience multiple elements on the continuous course.

Screamin' Eagle (Cadettes, Seniors, Ambassadors) - This element is a lot of fun and gets the whole team involved in the experience! It is essentially a giant swing that requires a team to pull the participant up to a height of her choosing. Once the swinging participant is ready to fly she releases her tether and swings back and forth.

Small Climbing Wall (Daisies & Brownies) - This wall is perfect for the younger kids! It is not nearly as tall as the big guy, but it will still be plenty challenging for your Daisies and Brownies!

Water Activities

Kayaking (Brownies, Juniors, Cadettes, Seniors, Ambassadors) - We have one-person kayaks (Juniors and older) and tandem kayaks (Brownies) that are quite fun to paddle around on! Kids can explore the kayak cove with their life jackets on!

Lake Swim (All levels & parents) - There is plenty to do on Lake LBJ! We have a slide, a rope swing, and a legendary glob! You can also swim in the swim bay and play volleyball in the water.

Pool Swim & Spin Cycle (All levels & parents) - We have a beautiful Junior Olympic size swimming pool in the middle of the camp. It ranges from beach entry to ten feet deep and has two slides, a tanning ledge, basketball nets, and all kinds of awesome toys to play with! The Spin Cycle is our newest water feature which is a dual vortex

pool. It pushes swimmers in a fast loop like a whirlpool. *Pool and spin cycle limit is 200 guests at one time.*

Description of Activities led by Champions Retreat Staff:

Other Activities

Archery (Brownies, Juniors, Cadettes/Seniors/Ambassadors*) - The girls will learn how to safely fire a bow and the proper technique of shooting. They will get plenty of time to shoot as well! *Cadettes/Seniors/Ambassadors may not have this option based on the size of your service unit. They do have the option of choosing BB Guns instead.

BB Guns (Cadettes/Seniors/Ambassadors)- Girls will be shown how to safely fire a BB Gun and the proper technique of shooting. They will have plenty of time to shoot and try to get a bullseye!

Fishing (All levels) - The girls will learn how to bait their own fishhook, how to correctly hold a fish and how to safely remove it from the hook. Hopefully, we will catch several different types of fish living in Lake LBJ! We practice catch and release at Camp Champions.

Group Games/Relays (All levels) - An instructor will lead the kids through fun, interactive games and relay races best suited for their age group.

Nature Walk (All levels) - A staff member will lead you down the trails and show you some cool things in nature! You might get to taste some plants, learn more about flowers, check out some bugs, and meet our farm animals. Remember this is a great activity to earn some badges during!

Reptile Visit (All levels) - We have several turtles, snakes, and lizards to share with the kids. It can be as fun or educational as you want it to be!

Sports (All levels) – Our Champions Retreat facilitator will lead the girls in a sport of their choosing. A few options are disc golf, pickleball, basketball, soccer, and kickball.

Teambuilding (Juniors, Cadettes, Seniors, and Ambassadors) - Girl Scouts will be given a series of problems or tasks that they must solve as a group. Often the only way to complete the task is by using every member of the team. Each team is unique as to what strengths they possess and what areas they need to work on, so the facilitator sets the goals and situations for each individual team to ensure a challenge with success.



Severe Weather

On Girl Scout weekends, in the event it is raining without lightning, we will continue doing activities as scheduled. We have both a lightning meter and a storm meter, both of which are closely watched when storms move through. Swimming and climbing are the big ones that are affected by bad weather. There is unfortunately not much we can do about the weather and its effect on the schedule. We appreciate your understanding in our efforts to keep you safe!

If an activity has to be canceled due to severe weather, please be prepared to do your own activity facilitation. We suggest that each troop brings a “Plan B” activity if bad weather is forecasted. It will be up to the trip planner and troop leaders to decide where they would like to go during a storm. Olympia, Parthenon, Town Hall, Fillin’ Station and cabins are good places to go to weather the storm.

Stormy Day Ideas (Please provide your own supplies):

- Board games
- Swaps
- Storytelling in the cabin
- Card games in the cabin
- Arts and crafts
- Sports or games under Olympia or Parthenon
- Four square

Champions Retreat can help you with:

- Movie in Town Hall (capacity of 200) – we can provide a projector and dvd player
- Parachute- Champions Retreat has one parachute that we can loan out



Fun Camp Games for Bad Weather

Amoeba Tag

Two people are it. They hold hands and chase people. Any person they catch join the chain by linking hands. When another person is caught they can stay together or split

2 and 2, but they must split even numbers and can link together at will. The game is played until nobody is left.

Finger Fencing

In its simplest form two players stand facing each other and clasp their right hands together as if about to arm wrestle. Then on a given command each player extends his index finger (his "lance") and battle commences. The objective is to jab your opponent before he jabs you. At no point may the players' hands lose contact with each other.

Fun Camp Games for Bad Weather (cont.)

Biggest Fan Rock, Paper, Scissors

Everyone will pick a partner and play rock, paper, scissors. The losing partner goes behind the winning partner and cheers them on for their next match (go Sarah! etc.). The winners continue to build their fan club as they play. This will go on until there are two people competing against each other with large fan clubs supporting them!

Person to Person

In this game, everyone has a partner, and the leader calls out 2 body parts. The partners then have those body parts touch. For example, nose to knee. So one partner's knee would touch the other partner's nose. You can play where the last group to complete the task is out.

Grandma's Underpants

Have the group sit in a circle. One person is "it" and stands in the middle of the circle. The people on the outside of the circle ask the "it" questions. The only thing the "it" can say is "My grandma's underpants". The object is to try to make the "it" laugh. When someone makes the "it" laugh, they become "it".

Human Knot

This is good for 6 to 10 people. Be sure people move slowly so as not to hurt one another!! Have everyone stand shoulder to shoulder in a circle. Everybody puts in their right hand and grabs the hand of someone else (don't grab the hands of those standing right next to you). Maintain that hand grip throughout the exercise. Now put in the left hands and grab someone else's left hand (again, not the people next to you and not the same person whose right hand you already have). Maintain this hand grip throughout the exercise and now try to untangle without letting go!

Parachute Ideas

Colors- Everybody should be holding on to one color of the parachute. Lift the parachute up and down while the leader calls a color. If your hands are on that color,

you need to run under the parachute to the same color somewhere else on the parachute.

Scoring Game- Everybody stands holding on to the parachute. Divide the parachute in half and one team plays against the other. The goal is to score points by flinging the ball off the opposite team's side of the parachute.

Tent- Everybody stands holding on to the parachute. Bend your knees, count to 3, lift the parachute up above your head, take a step forward, pull the parachute down be-

Facilities

Cabins:

Our cabins have seen many a fun summer and have helped create memories that will last a lifetime. Your stay will hopefully be no exception! We pride ourselves on taking care of these rustic beauties and we need your help. We kindly ask that you do not store food in your cabins during your stay. Leaving food in the cabins invites unwanted pests such as roaches and we certainly do not want that. Champions Retreat respectfully asks that you package your food and candy together and leave it in Town Hall, Fillin' Station, or your car. We will have several plastic tubs for you to use if needed. Please come see the Retreat Manager if you need assistance with this.

Our cabins do not have heat or air conditioning. Make sure you pack appropriate bedding for the forecasted weather.

Please do not let your kids write in the cabins or anywhere else on property.



Window Flaps:

It takes two people to raise and lower the window flaps. One person needs to be on the outside of the cabin holding the flap up while the other person is inside tying it off. If the flaps are allowed to slam shut rather than being slowly lowered they can break.

We ask that the window flaps are either all the way open or all the way closed. If they are partly raised it is easy for someone to walk into them and injure themselves.

If it starts to rain and the flaps are all the way open, you will want to lower them so that water doesn't funnel onto the top bunks.

If you close the flaps at night, it is a good idea to turn the "locks" on the outside to prevent them from banging in the wind. You'll sleep better!

Circle drives and your vehicles:

The circle drives on camp are intended only for dropping off luggage. Once you drop off luggage we ask that you park in the lot. It is important to keep the circle drives clear as they are also access points for emergency vehicles.

Please do not attempt to drive your vehicle to your cabin area. We understand that some people will have to carry their luggage a moderate distance, however, vehicles in cabin areas are a terrible hazard and are strictly prohibited. We also do not want your vehicle to end up in a septic tank; they are not meant to be driven over. We take a great deal of pride in our property and the damage caused by vehicles can be significant.

Bathrooms:

Because we primarily serve children, we are regulated by the Texas Department of Health on how hot our water can be in bathrooms. Because of this, in order to have a hot shower, we recommend not turning on any cold water. In an attempt to make your showers warmer, we have turned off the hot water to many of the sinks.

Our bathrooms also have environmentally friendly low flow water pressure systems. Please make sure the toilet paper goes into the water and that you hold the handle down for 3 seconds. If you happen to hear a running toilet, please help us out by jiggling the handle so that the water does not continue to run and our septic fields do not flood.

Maintenance:

We want you to enjoy your stay here, and so we want our facilities to work properly for you. If anything needs attention maintenance wise, please do not hesitate to let a staff member know and we will address it as soon as possible!



Packing List

Note: It is often cooler here than in town (Austin). Please watch the weather forecast and pack both clothing and sleeping gear accordingly.

Sleeping Equipment

Sleeping bag or sheets and blanket
Pillow

Personal Hygiene

Soap
Shampoo and conditioner
Toothbrush and toothpaste
Hairbrush
Towels and washcloth
Feminine Products

Clothing

Comfortable clothes appropriate for the weather
Socks & underwear
Swimsuit
Tennis/hiking shoes
Shower and/or water shoes

Please remember that cotton t-shirts are not allowed in the swimming pool.

Other Important Stuff

Water bottle
Sunscreen
Insect Repellent
Flashlight
Rain jacket/Umbrella
Camera
Book

Medical Information for Weekend Guests at Camp Champions

Champions Retreat at Camp Champions does not have medical personnel on staff. Many of our staff are First Aid and CPR trained and are equipped to handle small incidents that may occur. Should you have a more severe medical emergency, please take the following steps.

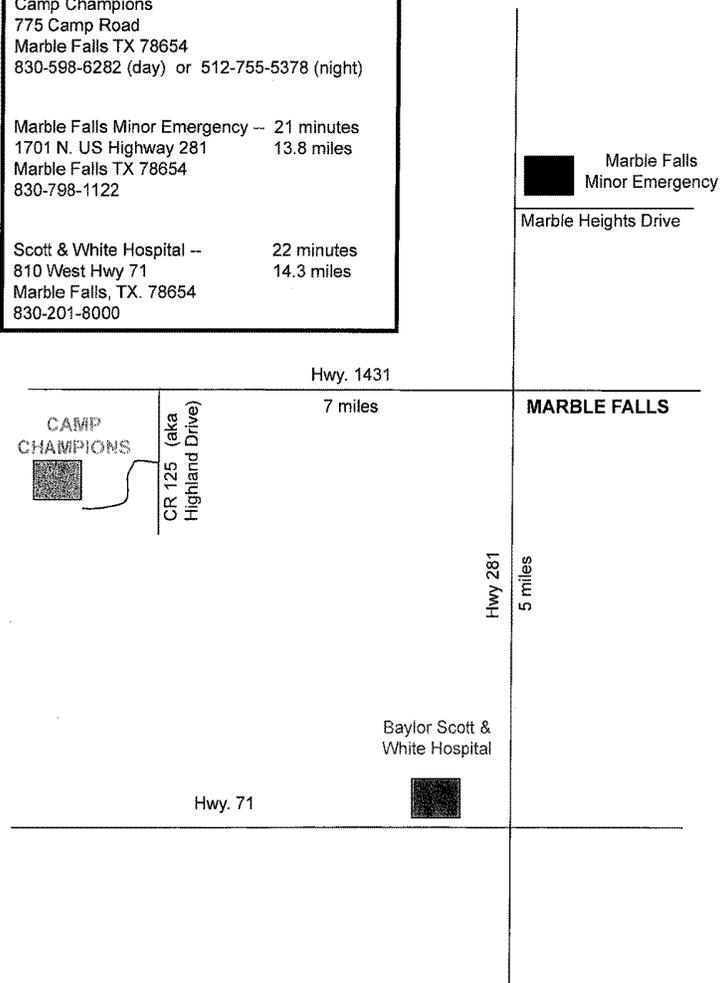
1. If this is a dire emergency dial 911 before you do anything. There is an ambulance station in Granite Shoals (less than 3 miles away), so we generally have quick response time from EMS.
2. Notify the Champions Retreat Director on Duty. Contact the campout leader (not your troop leader) and they will be able to reach the Champions Retreat Director on Duty.
3. After first aid is administered, the staff member and child's guardian can determine if the person needs more advanced medical care. If so, the group leaders/chaperones will be responsible for transporting the person to either the Emergency Room or Minor ER.

DIRECTIONS TO MINOR EMERGENCY AND HOSPITAL

Camp Champions
775 Camp Road
Marble Falls TX 78654
830-598-6282 (day) or 512-755-5378 (night)

Marble Falls Minor Emergency -- 21 minutes
1701 N. US Highway 281 13.8 miles
Marble Falls TX 78654
830-798-1122

Scott & White Hospital -- 22 minutes
810 West Hwy 71 14.3 miles
Marble Falls, TX. 78654
830-201-8000



VISITOR AGREEMENT

To Visitors of Camp Champions:

This document must be signed by all adult (eighteen years and older) visitors to Camp Champions and by a parent or guardian of visitors who are minors or wards. By this agreement, certain legal rights are surrendered in the event of an injury or other loss to the visitor. Adult visitors and Parents or Guardians (together, referred to as "Parents") of minor visitors and wards (together, referred to as "minors") sign to reflect their agreement, for themselves and for their minor child or ward, if any, to all the terms of this document.

In consideration of the opportunity to visit Camp Champions and have access to its grounds, buildings, facilities, services and/or activities, I, the undersigned adult visitor and/or parent or guardian of a visitor who is a minor or ward hereby acknowledge and agree as follows:

Activities and Risks

Visitors, depending on the nature of their visit, may be involved in a variety of activities, including, but not limited to, swimming, boating, hiking, horseback riding, a climbing wall and a high ropes course. The environment of Camp Champions, including its rugged terrain, waterfront, and natural and man-made structures can cause harm. In addition, the particular event which may be the purpose of the visit to Camp Champions (including an Outdoor School or a Retreat) may present certain additional hazards and risks, including vehicle travel over the Camp premises, the use of certain Camp facilities and equipment and the services of Camp Champions staff, all of which include the possibility of harm or loss to a visitor.

For visitors who may be engaged in equine (horse) activities, Camp Champions is obligated by Texas Law to provide the following: "WARNING: Under Texas Law (Chapter 87, Texas Civil Practice and Remedies Code) an equine professional is not liable for an injury to or death of a participant in equine activities resulting from the inherent risks of equine activities."

The risks of a visit to Camp Champions, whatever the activities, and whether or not supervised, can cause loss or damage to property, personal injury and, in extraordinary cases, even death. These risks are inherent in a visit to Camp Champions, and without them the visit would lose its appeal, value and purpose. Visitors are at Camp Champions at their own risk, and, except for its gross negligence and intentionally wrongful conduct, Camp Champions is not responsible for any loss which a visitor may suffer while at Camp Champions.

Assumption of Risks, Release and Indemnity

For myself and, if my minor child or ward is a visitor, on behalf of that minor or ward, I agree as follows:

- 1) I acknowledge and assume all risks of my, or the minor's, visit to Camp Champions, whatever the nature of those risks may be, inherent or not and whether or not described above. If a minor child or ward of mine is the visitor, I have discussed the risks with him or her, and he or she understands and accepts them.
- 2) I release Camp Champions, its owners, officers, directors, staff and contractors ("Released Parties") from, and agree not to sue them for, any claim which I or the minor may have for injury, death or other loss incurred during or in any way related to my or the minor's visit to Camp Champions;
- 3) I agree to indemnify (that is, to defend and protect, including by paying liabilities, costs and attorney's fees) Released Parties from any and all claims which I, the minor, a member of my or the minor's family, another visitor or any other person, may have for any injury, death or other loss incurred by or caused by me or the minor, related in any way to my or the minor's visit to Camp Champions. This acknowledgment and assumption of risks and agreements of release and indemnity include losses and claims arising in whole or part from the negligence, but not the gross negligence or intentionally wrongful conduct, of a Released Party.

Other

I sign this agreement for myself and, to the maximum extent allowed by law, on behalf of any minor child or ward of mine who is a visitor. Any dispute which I or the minor or ward may have with Camp Champions or another Released Party will be submitted to mediation, if not otherwise resolved; and any mediation or suit shall occur exclusively in Burnet County, Texas, and be governed by the substantive laws (but not the laws which might apply those of another jurisdiction) of the State of Texas. If any part of this Agreement is deemed unenforceable by a Court or other appropriate authority, the remainder of the agreement shall remain in force and effect.

Camp Champions is hereby authorized to use, without compensation, photographic, including video, images of me, or the child or ward for promotional or other purposes.

Please print the full name of EACH person attending (adults and minors), with the appropriate signature next to their printed name.

<u>PRINTED NAME of Each Visitor</u>	<u>Parent/Guardian or Adult Visitor SIGNATURE</u>	<u>Date</u>
1.		
2.		
3.		
4.		