



# Community Connections

cc. teen camps 2010

for youth entering grades 5-12



saco-river  
rock-climb long-trail  
farm-fresh huck-finn  
backpacking high-ropes  
folk-furniture  
fun mountain-biking dirt-divas  
kayak steeps  
tennis  
adventure canoeing  
friendship deeps

cc. teen camps welcome all young people from central Vermont  
(specific ages/grades listed for each camp)

Schedule is subject to change.

Community Connections' goal is to make every effort to reduce or eliminate barriers to participation by all community members. Sliding scale, volunteering, and other options are available for students who would like to participate but cannot due to financial constraints. Please call for more information.

Call Community Connections 223-3456 for information.  
[www.communityconnections.us](http://www.communityconnections.us)

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## Backpack the Long Trail

June 19-July 3 (14 days)

10<sup>th</sup>-12<sup>th</sup> grade

Come explore the oldest footpath in America and travel along the backbone of the Green Mountains. Together we will journey into the wild and hike 4



to 10 miles a day over rugged alpine peaks, through Vermont's majestic hardwood forests and along its mountain streams. Hiking will begin near Killington and will follow the Long Trail north, passing into the Green Mountain National Forest and the Breadloaf Wilderness. Participants will immediately take an active role in life on the trail, learning camp craft, wilderness travel, leave no trace, leadership, wilderness ethics, wilderness first aid and much more!

Instructors: Dave Bennett & Anne Watson

Fee: \$450 resident; \$540 non-resident

## Kayaking

June 21-25

7<sup>th</sup> grade & up

Kayak on a local lake or river each day this week. We'll provide the boats and you'll learn all the skills to be confident in a boat. Enjoy the best waterways in the area.



This week will include an overnight campout on Thursday night.

Location: Montpelier High School

Instructors: Bill Merrylees & Drew McNaughton

Fee: \$200 resident; \$240 non-resident

## Kayaking

June 28-July 2

5<sup>th</sup> grade & up

Same as above.

Fee: \$200 resident; \$240 nonresident

## Vermont Folk Furniture

June 28-July 2

7<sup>th</sup> grade & up

Learn some basic woodworking skills including safety and use of a number of power tools. Choose to make items including a small cupboard, a farm bench and/or a wooden toolbox.

Meets at Montpelier High School

Instructor: Paul Dayton

Fee: \$200 resident; \$240 non-resident

## Dirt Divas: Girls' Mountain Biking

June 28-July 2

6<sup>th</sup> – 8<sup>th</sup> grade girls

You'll learn everything you need to know to mountain bike and get to hang out with an awesome crew of girls. Gain new confidence, new friends, and an "I can do it!" outlook. No experience needed! No bike needed! This course is run by Girls Move Mountains, a Community Connections partner organization.



Location: U-32

Fee: Income-based sliding scale (No one will be turned away!) Contact Nadine Budbill at 229-2976 or nadine@girlsmovemountains.org for info or to sign up.

## High Ropes Adventure

June 28-July 2

7<sup>th</sup> – 9<sup>th</sup> grade

This week will involve team building activities, group initiatives, and both low and high rope challenges. You'll get a chance to experience both individual and partner challenges on the low and high ropes course, also daily opportunities to work on climbing technique indoors and on outdoor climbing elements. High flying excitement!

Location: U-32

Instructors: Steve Towne & Rachel Collier

Fee: \$150 resident; \$180 non-resident

## Learn to Mountain Bike

July 6-9 (Tuesday-Friday)

5<sup>th</sup> grade & up

Enjoy some great dirt riding and learn some tips to make your riding easier, safer & more fun. We'll ride on dirt roads, double track and single track trails. Be prepared for 4 hours of riding time daily at a comfortable pace. Take your riding to the next level! Quality mountain bikes available to borrow. Contact us to learn more.

Location: U-32

Instructors: Bill Merrylees & Paul Dayton

Fee: \$175 resident; \$210 non-resident

## Huck Finn Camp

July 6-9 (Tuesday-Friday)

7<sup>th</sup>-10<sup>th</sup> grade

Have you ever fantasized about meandering down the mighty Mississippi River with Huck Finn? Spend time with us bringing this classic tale to life. We'll investigate buoyancy and density, design and build life-size rafts, and culminate with a day of fun on the water testing them out!

Meets at U-32

Instructor: Leigh Garrity

Fee: \$175 resident; \$210 non-resident

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## Maine Canoeing and Backpacking

July 12-18 (7 days)

8<sup>th</sup> -10<sup>th</sup> grade

We'll hike the seldom-traveled Wild River Wilderness within the White Mountain National Forest. This area is home to alpine peaks and lush valleys protected under the wilderness act of 1960. Moose and the elusive pine marten are some of the animals you can expect to see here. After 4 days of backpacking we will shuttle to Lake Umbagog in Maine where we will spend the next three days traveling by canoe to remote campsites. On the water we will master our paddling and rescue skills, observe eagles and falcons and still find time for a good swim.

Instructor: Dave Bennett

Fee: \$275 resident; \$330 non-resident

## Learn to Rock Climb

July 19-23

8<sup>th</sup> grade & up

This introduction to climbing course will be a great way to get into one of the most exciting sports out there! Accessing a variety of climbing areas (indoor and outdoor, bouldering, etc), we will focus on safety, technique, teamwork and both individual and group goals. All essential gear and plenty of excitement provided!

Location: Montpelier High School

Instructors: Dave Bennett & Drew McNaughton

Fee: \$250 resident; \$300 non-resident



## Advanced Mountain Biking

July 26-30

8<sup>th</sup> grade & up

Gear up for an exciting week of trail riding throughout the state. Locations include Stowe, East Montpelier, Waterbury and Kingdom Trails in East Burke. We'll hone our bike maintenance skills while ripping some of the best riding New England has to offer. Our last two days will include an overnight at Kingdom Trails, camping at the center of it all! We will ride 4 to 6 hours each day. Helmets required. Quality mountain bikes available to borrow if needed.

Location: Montpelier High School

Instructors: Dave Bennett & Drew McNaughton

Fee: \$200 resident; \$240 non-resident

## High Ropes Adventure

July 26-30

7<sup>th</sup> - 9<sup>th</sup> grade

Same as above

Fee: \$150 resident; \$180 non-resident

## U-32 Tennis Camp

July 26-30 5<sup>th</sup>-8<sup>th</sup> grade

Comprehensive tennis instruction, organized play and games, arts & crafts and field games. Learn the basics for fun & competition or take your game up a notch.

Instructor: Paul Dayton

Fee: \$200 resident; \$240 non-resident

## Saco River Canoeing

July 26-30 (Tuesday-Friday)

7<sup>th</sup>-10<sup>th</sup> grade

Come for a summer adventure on the river! Learn how to tent camp and canoe at U-32 on Tuesday, then spend 3 days and 2 nights on the crystal clear Saco River in Maine. The water is very flat and flows slowly. There are many beautiful places to stop and swim or even cast a line!

Location: U-32

Instructors: JB Hilferty & Leigh Garrity

Fee: \$250 resident; \$300 non-resident

## Beginning Backpacking

August 1-5 (Sunday-Thursday)

7<sup>th</sup> - 9<sup>th</sup> grade

Step outside and step into the Pemigewasset in NH, one of the most beautiful protected wilderness areas in the United States. Together we will unlock the mysteries of the natural world while learning to live and travel with only what you can carry on your back. We will travel 4-8 miles a day through diverse forests and over remote peaks. You will learn how to pack your pack, camp craft, wilderness travel, leave no trace camping skills, leadership and have a lot of fun!

Instructor: Dave Bennett

Fee: \$200 resident; \$240 non-resident

## Farm Fresh Camp

August 2-6

7<sup>th</sup> grade & up

Join us for a week of visiting and learning about a number of different farms. We will take part in hands-on work projects at the farm and then create a lunch, utilizing food from the "farm of the day." Time may also be spent at the U-32 and/or MHS gardens and greenhouses. Bring energy and your work gloves.

Location: U-32

Instructors: Paul Dayton & Leigh Garrity.

Fee: \$150 resident; \$180 non-resident

## Steeps & Deeps

August 9-13 7<sup>th</sup> grade & up

Explore various hikes around the state with adventures to some secret and not-so-secret swimming holes. Plan on hiking 3-4 hours per day, with afternoon swimming time.

Location: Montpelier High School

Instructor: Drew McNaughton

Fee: \$150 resident; \$180 non-resident

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## How to Register

Many camp sessions fill quickly, so please register early. Sign-up deadline is June 1.

1. Fill out the sign-up form below.
  2. Send in the sign-up form and a 2010-2011 registration (medical) form (or contact us to see if your 2009-2010 info is current at 223-3456) with a \$25 fee per child to: Community Connections, 73 Main Street, #33, Montpelier, VT 05602  
You can download a registration form at: [www.communityconnections.us](http://www.communityconnections.us) or call and we'll send you one.
  3. Upon receipt of your sign-up form and fee, you will receive a confirmation in the mail, or be placed on a waiting list if full. After June 1 deadline, please call about space availability at 223-3456. Schedule is subject to change.
  4. For students enrolling in Long Trail Backpack, Beginning Backpack, and Maine Canoe & Backpack: Since participants will be in the wilderness for days at a time, we need more complete medical information. We require a medical exam form signed by your physician within the last 12 months, plus a confidential health questionnaire signed by parent/guardian. These forms need to be received 2 weeks prior to the beginning of camp. For physical exam you may use your physician's form or a template that we provide. The Physical Exam Form, Confidential Health Questionnaire, Itinerary and "To Bring" List are available on our website, or contact us and we will mail them to you.
- \*Please sign-up by deadline, as all camps are subject to cancellation based on sign-up numbers.

## Community Connections Summer Camp Sign-up Form

Youth #1's name \_\_\_\_\_ incoming grade \_\_\_ school \_\_\_\_\_  
 Youth #2's name \_\_\_\_\_ incoming grade \_\_\_ school \_\_\_\_\_  
 Youth #3's name \_\_\_\_\_ incoming grade \_\_\_ school \_\_\_\_\_

Parent/Guardian's Name \_\_\_\_\_

Address \_\_\_\_\_

Town \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ (day)

Phone \_\_\_\_\_ (evening)

email \_\_\_\_\_

Registration fee enclosed\* \_\_\_\_\_

\*(call us if you want to discuss fees)

### Payment Schedule

A \$25 non-refundable registration fee (applied to total cost) is due at the time of sign-up. One half of total summer cost is due by May 15, and the balance is due by June 16. Space is limited, therefore your spot will not be held without payment by dates specified, (unless other payment arrangements have been made in advance). No refunds after June 1.

\*Resident / Non-resident Fees: Due to financial needs, we have put into place a higher fee for participants residing outside of the Montpelier and Washington Central School Districts (Berlin, Calais, East Montpelier, Middlesex, Montpelier and Worcester). The reasons for this are twofold. First, the population we serve under the terms of our grant are students of these two school districts. Second, the local schools support our activities with in-kind contributions of staff time and facility use, the cost of which are absorbed by local taxpayers. The non-resident fee reflects an additional 20%.



#1 #2 #3

#1	#2	#3	
			Backpack the Long Trail, June 19-July 3
			Kayaking, June 21-25
			Kayaking, June 28-July 2
			Vermont Folk Furniture, June 28-July 2
			Dirt Divas, June 28-July 2 Sign-up for Dirt Divas is handled directly by them. *Call 229-2976 to be sent the sign-up form.
			High Ropes Adventure, June 28-July 2
			Learn to Mountain Bike July 6-9
			Huck Finn Camp & Raft-Building, July 6-9
			Maine Canoeing & Backpacking, July 12-18
			Learn to Rock-Climb July 19-23
			Advanced Mountain Biking, July 26-30
			High Ropes Adventure, July 26-30
			U-32 Tennis, July 26-30
			Saco River Canoeing, July 26-30
			Beginning Backpacking, August 1-5
			Farm Fresh Camp, August 2-6
			Steeps & Deeps, August 9-13