

Track Time Selection

Name: _____

Gender: _____

Grade Completed: _____

Special Considerations/Medical Notes: _____

CHECK 6 ACTIVITIES IN WHICH YOU WOULD LIKE TO PARTICIPATE.

Creative Arts

Topics include the areas of music, art, stage and media. Those listed as performance tracks will be on stage at some point during the Track Time Showcase.

Performance:

- Creative Movement** - Participants will learn a creative movement set to a contemporary Christian song and be provided resources for how to start creative movement ministry at home.
- Drama** - Participants will learn the basics of drama, improvisation, mime, etc. Students will rehearse a drama to be performed in closing celebration and be provided with resources for how to begin a drama ministry at home.
- Percussion** - Students will learn how to read rhythm charts and will practice patterns and rhythm. Using trash cans, buckets, and other "found" percussion instruments, students will perform a "Stomp" style piece during closing celebration. Beginners and experienced drummers are welcome.

Non-Performance:

- Crafts** - Students will work on a specific craft project throughout the week, such as bead bracelets, t-shirt art, tile mosaics, paper making, candle making, etc. **A supplies fee of \$5 will be charged.**
- Creative Painting** - Students will use the medium of painting to express themselves creatively. They will paint on canvas. Paintings will be sold at the end of the week for missions.
- Guitar** - This class is strictly for beginners and is not a performance track! If you know more than three chords, you are not a beginner. Students will learn strum patterns and basic chords.

Specialty

These tracks are specific to Shalimar Retreat Center.

- Beach** – This track will include one day of skimboarding, one day of sand sculpting, and one day of beach volleyball.
- Snorkeling/Sea Kayaking** – This track will teach basic skills and equipment use for snorkeling and provide two days of snorkeling experience and one day of kayaking at a local beach. **Campers will be required to pay \$35 to participate in this track.** Campers taking this track must have a one-piece bathing suit and know how to swim.
- Water Sports** – Campers will play wild and crazy games in the pool. Campers taking this track must have a one-piece bathing suit and know how to swim.

TURN OVER FOR MORE SELECTIONS

Discipleship/Classroom

These tracks are designed to assist in disciplining campers in their Christian walk and helping them live a balanced, healthy lifestyle.

- Apologetics** - This track will provide students with proof of and a defense for Christianity.
- Christian Leadership** – This track will look at key leadership characteristics and the role of the servant leader in today's world.
- For Girls Only** – This track will teach Biblical principles for living a godly life, help to build a healthy self esteem and self image, provide proper perspective and knowledge about health and the body and discover biblical dating principles.
- How to Grow in Your Faith** – This track will provide an opportunity for students to get to know God on a deeper level by strengthening their discipleship through such disciplines as worship, solitude, prayer, fasting, service, study and more.
- Lifestyle Evangelism** – Students will discover how to live their lives in such a way to lead others to Christ.
- Missions** – This track is designed to educate campers about missions and mission opportunities as well as provide hands-on ministry in the local community.
- Spiritual Gifts** – This track is designed for campers to learn about spiritual gifts and discover their individual gifts by completing a spiritual gifts survey.
- The Man Track** – This track will explore what it means to be a godly man, how to be involved in healthy relationships with the opposite sex and within the family, and life skills such as independence, decision making, integrity, team player and excellence.

Active

These tracks are recreation/sports based.

- Active Traditional Sports** - Students will be on a rotation of volleyball, basketball, and soccer. One sport per day.
- Active Non-traditional** - Students will be on a rotation of gagaball, frisbee games, and slingshot paintball. One activity per day.
- Battleball** – Students will learn and play several variations of Battleball (Dodgeball).
- Outdoor Games** – Students will play gagaball, spikeball and other outdoor games such as kickball, etc. One activity per day.
- Table Games** - Students will have the opportunity to play a variety of fun board and card games including checkers, dominoes, UNO, Monopoly and many others.