



Camp Tel Noar 2010 Electives



➔ Electives in **BOLD** are new to the 2010 Elective Program ◀

LAND SPORTS

ADVENTURE GAMES: (Olim/Olot ONLY)	A variety of cooperative and collaborative adventure games using our teambuilding ropes course where everyone is included, moving, and having fun.
ARCHERY Level I:	Learn the techniques of archery with instruction for beginners. Participate in the CTN archery ladder program and earn recognition for your marksmanship.
ARCHERY Level II:	Moving up to the next level...challenges your skills with more complex targets and challenges by your instructor.
BICYCLING (Bogrim/Bogrot ONLY)	Travel the roads around Sunset Lake and explore the Hampstead area. (may include a day or overnight trip). Bring your own bike and helmet. Bogrim and Bogrot signed up for this elective must wear helmets and other safety gear. Parent/guardian permission is required.
EUROHANDBALL:	This fast-paced sport, also known as Olympic handball, is a team sport in which two teams of seven players each pass and bounce a ball to throw it into the goal of the opposing team.
FITNESS, RUNNING & SPORTS CONDITIONING: (Tsofim/Tsofot and Bogrim/Bogrot ONLY)	Structured conditioning program for running, individual workouts, and exercises. Appropriate shoes are necessary for the running portion of this elective! Weight training will be an integral part of this elective. Parent/guardian permission is required.
FLAG FOOTBALL: (Bogrim/Bogrot ONLY)	It's fast! It's colorful! It's Flag Football...learn and practice the strategic game in a non-contact environment.
INSTRUCTIONAL BASKETBALL:	Learn the fundamentals of basketball including passing, shooting, and ball handling skills; and practice your game during scrimmages.
INTRAMURAL BASKETBALL:	Take the next step - learn more basketball strategy, design the sets, run the plays and compete as intramural teams.
NEWCOMB: (Olim/Olot only)	Newcomb played on a volleyball court with similar rules. Guess what? You get to catch the ball! Practice, play, and improve your teamwork. A great introduction to volleyball!
QUIDDITCH: (Tsofim/Tsofot and Bogrim/Bogrot ONLY)	This "Harry Potter" inspired sport was brought to camp in 2009. Muggle Quidditch was a huge hit! Over 200 colleges now play this sport competitively. Join us and learn the strategy of finding the golden snitch.
SOCCER: (min. 14 campers)	Experience the fun, and sharpen your techniques and skills through trapping, passing, shooting, and dribbling drills and games.
SOFTBALL: (min. 16 campers)	Softball clinic teaches batting, throwing, fielding, and scrimmage time for those new to the sport and those looking to improve.
STREET HOCKEY:	Come out and play hockey on our street hockey court. This team sport is fast-paced and fun!
INSTRUCTIONAL TENNIS:	Skills for all levels of tennis - beginner to advanced - and time to play, too. Bring your own racquet! Tennis is automatically scheduled for olim/olot and tsofim/tsofot.
RECREATIONAL TENNIS:	Allows experienced players to play for the "love" of the game. If tennis is your hobby, then this supervised recreational play is a great way to build your interest and skills. Bring your own racquet!
ULTIMATE FRISBEE AND FRISBEE GOLF	Ultimate Frisbee combines elements of soccer, football, and basketball in a fast-paced game. This summer we're pairing it with Frisbee Golf to combine both fitness and frisbee skills in one elective.
VOLLEYBALL: (min. 12 campers)	Get ready for the volleyball season! Learn to bump, set, and spike through instruction, practice, and play that promotes development teamwork.
YOGA & PILATES/AEROBICS: (Bogrim/Bogrot Only)	Yoga combines postures, breath control and relaxation for overall body enrichment. Pilates is a method of exercise designed to strengthen the core of the body to deepen the understanding of muscular and mental balance.

ARTS & CRAFTS

CARTOONING:	Express yourself through art and words. Learn the basic skills of cartooning, beginning with writing and drawing in pencil, ending with finished inked projects.
CERAMICS:	Create beautiful pottery using various techniques including slab work, coiling, pinching, and advance to "wheel work". Instruction in hand building, wheel throwing, and sculpture. A minimal fee may be charged to canteen.
COPPER ENAMELING & MOSAICS:	Discover the process of enameling on copper to create beautiful jewelry and artful objects. Glaze and fire your projects for lasting beauty. Practice the ancient art of mosaic as we create trivets, mirrors, picture frames, stepping-stones, and small boxes for treasures. A minimal fee may be charged to canteen.
CREATIVE ACCESSORIES & FABRIC FUN:	Create your own pillows, stuffed animals, wearable art or small quilts. A minimal fee may be charged to canteen. NOTE: Please bring to camp 2 new or gently used 100% cotton, white tee shirts for this elective.
DRAWING, PAINTING & SKETCHING:	Explore drawing and painting in a variety of art media including charcoal, water colors, and more. The CTN outdoors will become your studio to create life drawing, and painting landscapes.
DUCT TAPE ART:	Duct tape is an art in and of itself. Sign up for this elective and learn how to make everything from duct tape wallets to bags to hats and many other creative things.
JEWELRY MAKING & BEADS:	Create necklaces, bracelets, earrings, barrettes, and sun catchers as we design unique jewelry using beads, wire, and copper enameling. Wear your elegant creations home!
KNITTING:	No experience necessary! Learn techniques that will enable you to create scarves, small blankets, and pocketbooks, successfully.
LEATHER CRAFTS:	Discover the art of leather craft by making bracelets, belts, wall-hangings and more! Learn about decorating techniques, using stamps, carving, burning, and dyeing with your own leather craft projects.
MODEL ROCKETRY:	"Do we have a go?...YES!...CTN campers prepare to lift off...!" Campers will build and design their own rockets for launching from CTN's very own launch pad. A minimal fee may be charged to canteen.
PAPIER MACHE:	Did you ever wonder how to make sculptures out of paper or paper scraps? Here it is! Learn how to use all forms of paper to make shapes and sculptures, let them dry, and then paint them.
SCRAPBOOKING:	Create your own scrapbook with camp memories, pictures, and lots of ideas. We'll provide scrapbooks, templates, stamps, and stickers to personalize your memories. You bring the photos and other memorabilia (or we'll provide). A minimal fee may be charged to canteen.
WORKING WITH WOOD:	Complete your own projects working with wood! Work with hand tools and other art media to create one-of-a-kind masterpieces.

THE GREAT OUTDOORS

ANIMAL CARE:	Learn how to take responsibility for the CTN bunnies, chicks, and other animals in a loving and caring way. Discover how animals can change your lives.
FISHING: (max. 12 campers)	Learn how to put bait on a hook, cast your reel, and pull in your catch. Take a peaceful row to the middle of the lake or stay on shore at the small pond – either way; you're sure to have a BIG CATCH!
CAMPING BASICS: (Olim/Olot only)	What makes a good campsite? What else is there to eat besides Mac n' Cheese? What do you do when there's thunder and lightning and there's nowhere to go? How do you use a map and a compass? Learn all these skills and more!
WILDERNESS SURVIVAL AND FIRST AID (Tzofim/Tzofot and Bogrim/Bogrot Only)	Man v. Wild meets Hampstead NH! Campers will learn practical skills on everything from how to deal with hypothermia to setting up a makeshift shelter to how to deal with broken bones and much more!
OUTDOOR COOKING:	Learn how to make delicious food over an open fire. Learn recipes that you can use while camping.

TRADITIONS

JEWISH ARTS FESTIVAL
(Full Season
Bogrim/Bogrot ONLY)

This elective should **NOT** be included as one of your pre-camp choices. Auditions will take place during the first week of camp, and only full season Bogrim/Bogrot are eligible to participate. This elective will be included in your schedule once the JAF troupe is selected.

ZICHRONOT (yearbook)
(Bogrim/Bogrot ONLY)

ZICHRONOT 2010 is for those who want to learn what it takes to publish our CTN Yearbook including mechanics, layout, photography, theme, word-processing, proofreading, design, and publication.

VISUAL & PERFORMING ARTS

A CAPELLA SINGING:
(Tsofim/Tsofot and
Bogrim/Bogrot ONLY)

Learn to perform group vocal music without instrumental accompaniment. This elective will teach you how to use your voice to sing lead melodies, rhythmic bass lines, and choral accompaniment

ADVANCED
PHOTOGRAPHY:
(max. 8 campers per class)

Expand your skill set to include more complex photographic techniques: composition, portraiture, portfolio development, and more. Prior experience in darkroom photography is required. A minimal fee will be charged to canteen.

PHOTOGRAPHY:
(max. 8 campers per class)

Open to all age groups. Learn basic 35mm photography in our darkroom. Instruction includes how to take black and white photos, develop negatives and print your pictures. Send home picture postcards! A minimal fee will be charged to canteen.

DANCE:

Put pizzazz in your feet! It's your CTN opportunity to learn modern dance, jazz, hip-hop, and funk steps and routines and perform for the camp!

DRAMA WORKSHOP &
IMPROV:

Drama games, "improvisation", stage presence, voice projection, delivery, and audition techniques are just some skills and fun exercises waiting for your participation. For any camper who wants to improve and practice their dramatic presence.

DRAMA-MUSICAL:
(performance)

CTN's Sunset Playhouse will present theater productions at the end of each session. Olim/Olot, and Tsofim/Tsofot audition, rehearse, and present age appropriate *plays each session*. Taam campers may participate in rehearsals but will not be present for performances. All campers who audition will participate in their group's play. **Only** Bogrim/Bogrot audition, rehearse, and perform a special *season long musical* production.

JAM BAND:
(Tsofim/Tsofot and
Bogrim/Bogrot ONLY)

Bring your instrument to camp and learn the theory of playing with other musicians.

**MAKEUP & COSTUME
WORKSHOP:**
(Tsofim/Tsofot and
Bogrim/Bogrot ONLY)

Learn about proper stage makeup techniques and how to make and select costumes for theater productions. We will use real stage makeup kits, as well as work on selecting and making costumes for CTN's Playhouse productions. A minimal fee may be charged to canteen.

STAGE CRAFT & SET
DESIGN:

Build the sets, paint the flats, costume the actors, and make them up!. A great way to be involved with our CTN theater program. Learn about play production and backstage management.

WATER SPORTS

CANOEING AND
KAYAKING:
(max. 12 campers per class)

Learn safety, strokes, and maneuvers on Sunset Lake for some serious freshwater fun. Choose your favorite vessel alone or with a buddy. Note: Every bunk is scheduled for canoeing once or twice a week.

SAILING:
(max. 12 campers per class)

Learn the skills of sailing and enjoy the experience on beautiful Sunset Lake. Sunfish, Aquafinns, and Phantom sailboats comprise the CTN fleet, and instruction is taught by our US Sailing certified staff. **MUST HAVE PASSED RED CROSS LEVEL 3 SWIM TEST.**

WATERSKIING &
WAKEBOARDING:
(max. 6 campers per class)

Pull up the slack...Hit it! Skim across Sunset Lake on skis or a wakeboard as you learn proper skiing techniques from our qualified staff. **MUST HAVE PASSED RED CROSS LEVEL 3 SWIM TEST. PARENT MUST SIGN PERMISSION FORM.**

WINDSURFING:
(max. 6 campers per class)

Imagine you, the wind, and Sunset Lake nothing between you but a sail and a board. The challenge is to catch the wind, balance, and enjoy the lake. Learn the skills of windsurfing and enjoy the thrill. **MUST HAVE PASSED RED CROSS LEVEL 3 SWIM TEST.**

REMEMBER, ELECTIVES ARE SCHEDULED ON A FIRST COME, FIRST SERVED BASIS!