



CHALLENGE COURSE FRIDAYS, OUR INCENTIVE PROGRAMS & GOHealthier4Me

CHALLENGE COURSE FRIDAYS – Go4SportsSkills (individual incentive program):

Fridays are a whole different ball game (pun intended) at camp. This day is devoted to working with each camper, teaching them the importance of challenging themselves, setting goals, and measuring progress.

Progress is recognized in two ways: 1) The pride each camper experiences when accomplishing even the slightest improvement (recognized every minute of every day); 2) Ribbons are awarded for each Challenge Course sport rotation:

Sports Challenges: think of a fun carnival game that requires a sports skill like throwing. Campers are measured individually based upon form/technique and designed (age-modified) goals (i.e. speed, distance, number of targets hit).

- **Gold Ribbon:** A basic understanding of the skill is achieved. Note that this award could not have been earned that previous Monday, so there is definitive progress to be proud of.
- **Green Ribbon:** The equivalent of skill progress that matches an intermediate level.
- **Red Ribbon:** The equivalent of skill progress that matches an advanced level (not many reds awarded).
- **Blue Ribbon:** The equivalent of skill progress that matches an expert level (not many blues awarded)

Challenge Course Friday Incentives are not:

- 1) A test that our campers should be nervous about – on the contrary, these challenges are designed to be fun;
- 2) A basis for comparison with other campers, friends and fellow teammates. Campers are taught to have respect for and congratulate each other on their achievements no matter the skill level or ribbon color. REMEMBER ALL RIBBONS REPRESENT PROGRESS.

GO4ME PROGRAM (Individual incentive program)

Campers will also earn individual medals for contributing to overall team points. The credits earned toward these medals are based on the quality of their contributions (always giving 100 %) and their total contribution. Campers can earn an "All In" blue medal, a "Competitor" pink medal, or a "Player" green medal. Note that all Ponytails will receive a separate GirlStrong purple medal instead. ALL AWARDS AT GAME ON! ARE EARNED.

CHARACTER COUNTS: On Fridays, campers also have the chance to receive ribbons for Leadership, Sportsmanship, Special Achievement, Effort. and Courage for attitude an behavior that goes above and beyond. These ribbons are just as coveted (if not more) as any awards

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GAME ON! SPORTS CAMP 4 GIRLS



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GO4TEAM PROGRAM (team incentive program)

Teams work together throughout the camp season to earn points. Categories for which teams can earn points on a daily basis include:

- 1) Teamwork
- 2) Team Spirit
- 3) Team Sportsmanship
- 4) A win for the team
- 5) Efforts by the entire team to go above and beyond both on the court and off

The team that earns the most points at the end of the summer will be recognized at the Closing Ceremonies.

GOHEALTHIER4ME PROGRAM

Integrated fully into our camp programming, Healthier4Me will involve a weekly topic that ranges from believing in yourself, respecting others, and goal setting to making smart choices, solid bodies (body image), taking risk, giving feels good, and girls supporting girls. There will be a team, individual project, or video presentation associated with each topic.