

# AQUATICS

## PATROL / TROOP / CREW ACTIVITIES

### **AQUATIC CRAZE (Main Waterfront)**

Enjoy the inflatables (trampolines, climbing iceberg, etc.) at Main Waterfront and find out what all the buzz is about.

### **ASSAULT BOATS (Main Waterfront)**

A Hidden Valley staple! Can you keep your rowboat afloat longer than your opponent? Guaranteed laughter and fun to be had!

### **CANOE TRIP**

Row, row, row your canoe, gently down sunset-ty...merrily merrily merrily merrily this tour feels like a dream. Take your Troop on a lake tour and enjoy all its beauty.

### **KAYAK SOCCER**

A Scout is clean, but this activity will make you feel like the Kayak version of (Lionel) Messi. Utilize your balance, speed, and creativity to stay afloat as your team moves together with one goal in sight...the soccer goal, of course!

### **CANOE RACE (Sunset Waterfront)**

Racers start your paddles! Who in your patrol can paddle out to the island in the middle of Sunset Lake and back the fastest? There's only one way to find out.

### **WATER BASKETBALL (Chase Waterfront)**

Steph Curry's got ice in his veins when he shoots from three, but you'll have the refreshing feeling of the Chase waterfront. Your patrol can dribble and shoot your way to the top in this classic twist to the sport that'll make team building a slam dunk.

### **WATER JOUSTING (Main Waterfront)**

Buddy pairs demonstrate their strength & balance to see who can stay standing on their joust pad without getting knocked down!

### **WATERMELON SCRAMBLE (Cgase or Main Waterfront)**

Two teams...two sides...one watermelon! Face off in an activity that combines the thrills and teamwork of football and rugby with the refreshing feeling of water...and of course watermelon.

### **WALK ON WATER (Main Waterfront)**

One small step for scout, one giant leap for your troop. See if you can balance your way to the center of Lake Eileen through this challenge that'll put your balance and athleticism to the test.

### **SNORKEL EXPLORATION (Sunset Waterfront)**

Explore the depths and aquatic wildlife of Sunset Lake!

### **OPEN SWIM (All Waterfronts – At Times Listed)**

No advanced signup required. Take a refreshing dip as you spend the time relaxing and having fun with members of your patrol and other scouts! Make sure to bring a buddy!!

# ECOLOGY

## PATROL / TROOP / CREW ACTIVITIES

### **GSR EXPLORATION**

Want to go to the summit of Mount Shannon and enjoy a 'bird's eye view' of Hidden Valley? Or walk around the Swamp and explore its unique plants and animals? Maybe follow the shoreline loop of Lake Eileen? Perhaps even take an extended hike to the Mack Ridge and back while learning about the beautiful wilderness. You can do any of these with your troop and a staff member with **Plan Your Own Hike!** It's the fun of all the classic Ecology hikes in one Program!

### **ASTRONOMY**

When you wish upon a star...you know you're at camp. Look at the summer constellations and learn about the sky's celestial bodies and the myths which accompany their storied history. It's a tradition as old as time, but there's no better time to do it than when you are at GSR. Patrols who sign up for this can work on the Astronomy Merit Badge or enjoy a nice night looking at the stars. Note: If you are signing up for the badge an afternoon activity slot is required.

### **CONSERVATION PROJECT**

Help maintain Hidden Valley and practice the Outdoor Code! With permission from your troop leaders this could be used toward rank advancement and it's a good way to give back to the "Land Made for Scouting."

### **SWAMP KAYAK TRIP**

Over the swamp and through the swamp on a swamp kayak you can go! Get an inside view of the Ecology Swamp through a guided kayak trip across the murky swamp and beyond. (Did we mention it takes place at the swamp?)

### **BOULDER EXPLORATION**

Climb boulders and explore 10,000-year-old glacial caves while ascending the southwest slope of Mt. Shannon. **Boulder Exploration must have Adult Leaders in attendance**

# HANDICRAFT

## PATROL / TROOP / CREW ACTIVITIES

### ICE CUBE CANDLEMAKING

Grab a paper cup, add a wick, pour some wax, and then add some ice cubes...what do you get? A candle!

### LEATHER SLIDE MAKING

Take this opportunity to build a slide for your neckerchief that would make even Baden-Powell proud!

### PATROL FLAG MAKING

The Patrol Method is the most important method in all of Scouting. What better way to show your Patrol Spirit, than with a Patrol Flag you can be proud of having made as a team! Show your new flag off at a camp-wide assembly!

### TOTEM MAKING

Have you ever wanted to make a three-dimensional 'monogram' for yourself using Scout-approved materials? Now is your chance!

### CHESS TOURNEY

A Scout is thrifty, but it's time to put that in check. Can you out-strategize the other members of your Unit? Protect your king and you "*knight*" be in for a surprise!

## ***New for 2023: Open Handicraft!***

All of the above activities will be available at Open Handicraft on Tuesday nights! Bring a buddy and come to the Bell Side of Carter Lodge to let your imagination run wild!

Need to work on merit badge requirements or create some art? This evening activity is just for you!

# SCOUTCRAFT

## PATROL / TROOP / CREW ACTIVITIES

### **DUTCH OVEN DESSERT**

With guided instruction, learn and do every step of the process of preparing and cooking a delectable campfire masterpiece!

### **FIREBUILDING / FIREM'N CHIT**

If your Scouts wish to practice (or even receive an introductory lesson) in fire building – as well as fire lays – this is the place to be!

### **PIONEERING CHALLENGE**

Come on down and practice pioneering fundamentals! The skies are the limit with what your patrol can make. From camp chairs to your own playgrounds. Let your imagination and skill run wild as you make your special creation.

### **ORIENTEERING COURSE**

Try an orienteering course...or make your own! Put your skills and teamwork to the test in this classic sport and try to place yourself into the GSR record books.

### **LEARN THE ROPES**

Learn to make ¼ inch rope using bow string and twine. Who knew it was this easy and fun? Learn all the ways to splice!

# STEM

## PATROL / TROOP / CREW ACTIVITIES

### **PATROL WELDING (13+)**

It's the best of both worlds. Learn the basics of arc welding and make a cool project along the way!

### **PATROL BLACKSMITHING**

Bring your patrol for this unique experience and learn how to forge some HOT METAL!

# SHOOTING SPORTS

## PATROL / TROOP / CREW ACTIVITIES

### **TROOP RIFLE SHOOT**

Are you a marksman? To find out you'll need to give it your best shot...literally! Make your way onto the Hidden Valley bulletin board and enjoy some good old fashion shooting fun!

### **TROOP ARCHERY SHOOT**

Ready?...Aim...Fire! Channel your inner Robin Hood as you practice and master your fundamentals with a compound or recurve bow.

### **TROOP SHOTGUN SHOOT (13+)**

Can you get a perfect score? Well, there's only one way to find out. Put your troop's skills to the test to see if you could set GSR records for not only your week of camp, but also the 2023 season. Shot cards must be purchased.

# COPE

### **TROOP COPE/CLIMBING**

The Troop COPE/Climbing program is an opportunity for troops to participate in team building and high ropes exercises. Each troop will have the opportunity to meet with a member of the COPE staff to customize their program. Only age-appropriate elements will be open to the troop. Certain elements require scouts to be aged 14 and up.