



Defiance County 4-H Camp July 18-22, 2019



For registration materials: Call OSU Extension at 419-782-4771 or go to <http://defiance.osu.edu> and click on 4-H Youth Development

About 4-H Camp Palmer . .

4-H Camp Palmer, located in Fulton County near Fayette, Ohio. The camp's 146 acres are adjacent to Harrison Lake State Park.

4-H Camp Palmer is privately owned by 4-H members in 11 Northwestern Ohio counties and has a proud heritage and tradition of wholesome educational and recreational activities.

Campers live in cabins near the central area of camp. Each camper has his/her own bunk and area for personal belongings. Each cabin has well-trained camp counselors. Friends may request to stay in the same cabin. Home-style meals are served in the dining hall. Three meals and an evening snack are the tradition at camp.

All camp activities are held in various facilities, including the Craft Hall, Nature Lab, multi-purpose Recreation Hall, Adirondack Shelter and Dining Hall. Recreational activities take place on the sports field, sand volleyball court, tennis court, basketball court, miniature golf courses and archery range. Campers swim in the Olympic-sized pool.

Typical Daily Schedule

7:30 am	Rise and Shine	3:15 pm	Group Activity
8:00 am	Breakfast	4:30 pm	Free Time
8:45 am	Flag Raising	5:30 pm	Dinner
9:00 am	Cabin Clean-up	7:00 pm	Group Meeting
9:30 am	Sessions	8:00 pm	Evening Activity
11:30 am	Free Time	10:00 pm	Snacks
12:00 n	Lunch	11:00 pm	Lights Out
1:00 pm	Rest Period		
2:15 pm	Sessions		



Registration Info

Age: Campers must have completed the third grade through completion of the eighth grade.

Registration Deadlines:

Early Bid Registration: June 21, 2019 4:00 pm

- Registrations received by this date will be entered into drawing to win free camp registration.

Final Registration: July 5, 2019 4:00 pm

- **Late Fee:** Late fee of \$15 will be applied to registrations received after July 5th.

Cost:

Early Bird (Defiance Co 4-H members only)	\$ 170
4-H Member (after 6/21/19)	\$ 180
Non 4-H Member	\$ 190

Checks payable to OSU Extension.

Refund Policy: Full or partial refunds will not be issued once a child has started camp. Refunds will only be made if the Extension Office is notified of cancellation prior to the first day of 4-H camp.

This also includes payment for high ropes.

Health Forms:

Registration forms will not be accepted without a completed health form.



Scholarships:

There are limited amounts of scholarships available and the award amounts will vary based on the application. Not all applicants will receive a scholarship. **Scholarship deadline June 7, 2019. Application is on website.**



Summer Ball Leagues

Taking campers out of camp for a ballgame *has proven to be very disruptive for both the camper and the overall camp program.* Campers will not be permitted to leave camp for any type of sport activity.



Special Activities:

The camp counselors pick a theme each year and plan special camp activities around the theme. Some of the activities include:

- ➔ Campfires
- ➔ Recreational dancing
- ➔ Water Carnival
- ➔ Land Carnival
- ➔ Candle Light Ceremony

Challenge By Choice Course

In 1990, 4-H Camp Palmer added an exciting, new, outdoor adventure challenge course. All campers will have the opportunity to participate in the Challenge By Choice Course during the morning session time.



The adventure challenge course is perhaps one of the most effective methods in helping campers increase self-confidence, develop leadership skills, discover the power of group cooperation, and learn how to view obstacles as opportunities for growth. The course consists of two parts; an on-the-ground low-balance, trust, and initiative problem solving course.

In the low initiative course, campers work together and cooperate in small groups through a series of "initiatives". Campers are presented with problems that require their physical and mental cooperation as a group to solve. For example, in the "all aboard" initiative problem, a group of 10-15 campers will be challenged to fit themselves on a 2' x 2' low wooden platform. The attempts and results will be creative, fun, and helpful toward building a working group.

Optional Sessions

Through out the week there will be an opportunity for campers to choose the activities they would like to participate in. Some of these activities include:

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|--------------|-----------|--------------|
| Swimming | Crafts | Nature Hikes |
| Canoeing | Archery | Line Dancing |
| Zip Line | Putt-Putt | Basketball |
| Shuffleboard | | |

Shooting Sports Program

There will be a rifle shooting sports class offered during 4-H Camp. Cost is \$20/camper. The class is two hours and limited to 10 campers. Must complete an Ohio 4-H Shooting Sports permission statement and Emergency Medical Form. Call of Extension Office for the forms. This program is based on availability of instructors.



High Ropes Course

The high ropes course is a series of aerial log, rope, and cable obstacles 20 feet off the ground. Campers participating on the high elements are at all times "onbelay", a safety tie-in system utilizing ropes and cables. Under the supervision of properly trained instructors, this system provides a safe and challenging experience for each camper. Because of the design of the high ropes course, participation in this activity must be limited to campers 4' 10" and taller. This is a 4 hour experience.

Guidelines:

Because of the design of the high ropes course, participation in this activity must be limited to campers who meet the following guidelines.

- ➔ Must be 12 years of age or older.
- ➔ Need to be able to reach the cables, which are approximately 6ft. 2in.

High Ropes Registration:

Must pre-register and pay \$20. Space is limited.

Refund Policy: The High Ropes fee will only be refunded if the Extension Office is notified of cancellation prior to the first day of 4-H camp. 4-H Camp Palmer contracts with staff to provide this experience.

Outposting

Outposting is an overnight camping trip for campers which includes a short night hike to the outposting site (about 7 minutes), a campfire, and sleeping in a shelter. Campers will stay in an Adirondack shelter which consists of three sides, a roof and a sleeping platform. Before the outposters head for bed (around 12:30 am), they will participate in a traditional campfire, including stories and s'mores



SIGN-UP Campers may sign-up at camp registration. Limited space available.

