



TREK CLASS GUIDEBOOK

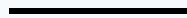
Summer 2024

FOR COUNSELORS/VOLUNTEERS/STAFF/
HIRED INSTRUCTORS

Trek Camp 2024

TREK CLASS GUIDEBOOK

Camp Copass extends our heartfelt gratitude to those who generously contribute their time and talents to lead these activities for our campers.



THANK YOU FOR YOUR
LEADERSHIP AND SERVANT'S
HEART.

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 : Counselor/Volunteer Led





WELCOME TO LEADING A TREK CLASS

Trek activities are overseen by three distinct groups: the dedicated Copass staff, hired instructors, and volunteer church leaders/counselors. While Camp Copass furnishes the curriculum, materials, and guidance, the responsibility of leading each class falls upon you. Camp Copass recognizes that each individual brings their unique approach to leadership. Should you require extra supplies to enhance your class leadership, don't hesitate to reach out to our Programming Team at your convenience.

REMINDERS FOR LEADERS:

Arrive early to prepare for class.

Please arrive a bit early to ensure all supplies are prepared and ready to go, and to welcome campers as they arrive for class.

Do not dismiss campers until Trek rotation is over.

Please refrain from dismissing campers until the Trek rotation is completed. Each rotation lasts for 45 minutes, so please ensure that campers are not dismissed until it is time to transition to the next activity.

Damaged equipment or low on supplies? Notify the Programming Team.

If you anticipate needing additional or higher-quality supplies, kindly notify us so that we can ensure you are adequately equipped.



TREK SCHEDULE

Tuesday, Wednesday & Thursday

10:00 am - 10:45 am 5th grade

11:00 am - 11:45 am 6th grade

Lunch Time

1:15 pm - 2:00 pm 3rd grade

2:15 pm - 3:00 pm 4th grade

TREK CLASS OVERVIEW

01

Archery

Archery class is led by licensed instructor by Copass. They will teach campers bow safety, aiming, and shooting. Located behind Blessed Assurance.

02

Art

Art class is led by a church volunteer/counselor. Copass will provide supplies, and project instructions. Located at Angel 1st Floor Conference Room.

03

Basketball

Basketball is located at the rec pavilion on Wednesday. This class is led by church volunteer/counselor. Equipment will be at the location.

04

Canoeing

Canoeing is supervised by the Copass Lifeguards. Campers will be equipped with lifejackets, and will take turns on the canoes. The canoeing location is across from the Hope dorm.

05

Ceramics

Ceramics class is led by a church volunteer/counselor. Copass will provide supplies, and project instructions. Located at Angel 1st Floor Conference Room.

06

Cooking

Cooking class is led by cooking instructor with church volunteer/counselor assist. Copass will provide supplies, and project instructions. Located at Joy dorm meeting room.

07

Dodgeball

Dodgeball is located at the rec pavilion on Thursday. This class is led by church volunteer/counselor. Equipment will be at the location.

08

GaGa Ball

The Gaga ball court is located in front of the office. This class is led by church volunteer/counselor. Equipment will be at the location.

09

Fishing

The fishing location is near canoeing, behind Faith dorm. This class is led by church volunteer/counselor. Equipment will be at the location.

10

Flag Football

Flag Football is located at the field near the Dining Hall on Tuesday. This class is led by church volunteer/counselor. Equipment will be at the location.

11

Indoor Games & Lego Building

Indoor games and Lego building is a combined class. This is led by a church volunteer/counselor. Campers will have the option to play board/card games or build with Legos. Located at Hope dorm meeting room.

12

Jewelry Making

Jewelry making class is led by a church volunteer/counselor. Copass will provide supplies, and project instructions. Located at Victory dorm meeting room.

13

Karate

Karate class is led by hired instructor by Copass. The instructor will be teaching the basics while using protective mats. Located in Angel 2nd floor conference room.

14

Nine Square

The Nine Square court is located near the Patio and Mini Golf course. This class is led by church volunteer/counselor. Equipment will be at the location.

15

Ropes (5th & 6th Grade only)

Ropes time is supervised by the Copass Ropes team. Campers will be equipped with helmets and will take turns on the ropes course. The ropes course location is across from the Rec Pavilion.

16

Shooting Gallery

Shooting Gallery class is led by licensed instructor by Copass. They will teach campers gun safety, aiming, and shooting. Located behind Blessed Assurance.

17

Weird Science

Weird Science class is led by hired instructor by Copass. The instructor will be creating "weird" science experiments with the students and explaining the science behind it. Located in the Angel 2nd Floor Conference Room.

C R E A T I V E

TREKS

INDOOR ACTIVITIES

Includes: Art, Ceramics, Cooking, Indoor Games and Lego Building,
Jewelry Making and Weird Science

ART

Class Capacity: 30

Tuesday Project: Legacy Puzzle Piece

Campers will get to make their own special art puzzle piece that shows who they are and the kind of mark they want to leave on the world. It's a chance for them to get creative, think about what matters to them, and imagine the future they want to create.

We can see that God is the ultimate artist, not only because He empowers humans to create art that glorifies Him, but also because of His own creation. God's hand creates beauty; we see this artistic skill as far back as Genesis 1, where He intricately designs the entire universe. The beauty of the natural world is a masterpiece crafted by God. We, as humans, are a testament of His creativity. The Bible tells us that God created us in His image. It's truly amazing to be a work of art made by the Father! We are a part of God's legacy. So, when you create art, think about the legacy you want to leave behind.

Supplies:

- DIY Bulletin Board Puzzle Piece
- Markers/Crayons/Pencils
- Tissue Paper
- Glue sticks
- Jewel Stickers
- Stencils
- Scissors
- Glue dots
- Color-me bracelets/cubes/snakes (Extra art projects)



Instructions

1. Make sure you have all the necessary supplies, and that the tables have a plastic cover.
2. Set out equal amount of supplies at each table.
3. Give each camper a DIY bulletin board puzzle piece as they come in, or have it set out ahead of time.
4. Campers can use the given supplies to create their own puzzle piece.
5. Express to them that this puzzle piece will reflect them and the legacy they would like to leave behind.
6. Once completed, they can take their artwork with them or post it on the wall that is covered with brown bulletin paper using the glue dots or blue masking tape. They can come pick up artwork at the end of the camp week. An announcement will be made during Friday morning's Pep Rally as a reminder.
7. If campers are done prior to dismissal, there are extra art projects they can do until it is time to dismiss.
8. Have campers clean up their mess, push in their chairs, and put supplies away for the next group.
9. Once the last rotation is done, place all the supplies back in correct container. Make sure the lid is closed.

Wednesday Project: Guatemala Camp Backpack

On Wednesday, campers will have the exciting opportunity to engage in a meaningful mission project. They'll spend time decorating and coloring blank drawstring backpacks, which will later be filled with essential items for children attending Copass camps in Guatemala.

In Guatemala, each child eagerly anticipates receiving a special package containing a Bible, a camp shirt, and a backpack to carry their belongings throughout the camp experience. This summer, Camp Copass is thrilled to initiate a cross-cultural connection between our Texas campers and their peers in Guatemala. By allowing Texas campers to personalize and decorate backpacks, we aim to create a heartfelt gesture that not only provides practical items but also fosters a sense of unity and friendship between the two camp communities.

When we reflect about the lesson from last summer about the Great Commission, it's evident that creative expression can play a vital role. Through art, we have the power to glorify God and convey His magnificence to others, ultimately inspiring them to follow Him. Just as God generously shares His creation with us, our campers will have the joy of sharing their creative talents and expressions with their fellow campers in Guatemala, fostering connections that transcend geographical boundaries.

Supplies

- DIY Drawstring Backpack
- Fabric Paint
- Fabric Markers
- Lists of Spanish Bible verses or Spanish words
- Stencils
- Jewel/Gem Stickers
- Scissors
- Ribbons
- Hangers/Curtain hooks



Instructions

1. Make sure you have all the necessary supplies, and that the tables have a plastic cover.
2. Set out equal amount of supplies at each table.
3. Give each camper a DIY Canvas Drawstring Backpack as they come in, or have it set out ahead of time.
4. Campers can use the given supplies to decorate a backpack.
5. Emphasize to them that the backpack they are decorating will be given to a camper in Guatemala. They are actively participating in this ministry.
6. Once completed they can hang their bag on a hanger or curtain hook, and place on curtain rod that will be hung on the wall.
7. Have campers clean up their mess, push in their chairs, and put supplies away for the next group.
8. Once the last rotation is done, place all the supplies back in correct container. Make sure the lid is closed.

Thursday Project: Prayer Journals

A prayer journal serves as a testament to your connection with the Lord. Every trial, every aspiration, and every word of praise you jot down becomes a witness for future generations, revealing God's unwavering faithfulness throughout your journey. What an extraordinary legacy! As Psalm 102:18 declares, "Let this be recorded for a generation to come, so that a people yet to be created may praise the Lord." May the generations to come learn of God's faithfulness and witness the amazing ways He has moved in your life as they read your prayers and reflections.



Supplies

- Journal of camper's choice
- Markers/Crayons/Colored Pencils
- Tissue Paper
- Glue Sticks
- Stickers
- Stencils
- Scissors
- Copies of the theme verse



Instructions:

1. Make sure to have all the necessary supplies, and that the tables have a plastic cover.
2. Set out equal amount of supplies at each table.
3. Have each camper choose a journal of their choice as they come in.
4. Campers can use the given supplies to decorate and color the outside of their journal.
5. On the first page of their journal, have campers copy the theme verse for camp, color/style it the way they want, and that will be the first verse they will reflect and pray on in their prayer journal.
6. Once completed they can take their journal with them.
7. If campers are done prior to dismissal, there are extra art projects they can do until it is time to dismiss.
8. Have campers clean up their mess and put supplies away for the next group.
9. Once the last rotation is done, place all the supplies back in correct container. Make sure the lid is closed.

CERAMICS CLASS

Class Capacity: 15



TUESDAY

Easter Egg-Shaped Planter



WEDNESDAY

Smiling Face Planter



THURSDAY

Wall Hanging Planters

Isaiah 64:8 reminds us, "Yet you, Lord, are our Father. We are the clay, you are the potter; we are all the work of your hand." We find humanity depicted as a masterpiece, shaped by and dependent upon the Potter, and meant to bring Him glory.

Supplies:

- Ceramic of the day
- Acrylic paint
- Paint Brushes
- Palette
- Water cups
- Pitchers
- Paper Towels
- Plastic Table Covers
- Color-me Bracelets/Tissue paper crosses
- Markers/Crayon/Colored Pencils

Instructions

1. Make sure to have all the necessary supplies, and that the tables have a plastic cover.
2. Set out equal amount of supplies at each table. Fill water cups. (You can use the bathroom sink to fill pitcher). Everyone needs the ceramic of the day, a paint palette, brushes, and paint.
3. Campers can place their selected paint on palette and begin painting their ceramic. Use water cup to rinse brushes and paper towels to wipe of excess water.
4. When complete they can place on side tables to dry, or take it with them. Campers can come pick up artwork at the end of the camp week. An announcement will be made during Friday morning's Pep Rally as a reminder.
5. If campers are done prior to dismissal, there are extra art projects they can do until it is time to dismiss. They can color bracelets or work on tissue paper crosses.
6. Have campers clean up their mess and put supplies away for the next group.
7. Once the last rotation is done, place all the supplies back in correct container. Make sure the lid is closed.



COOKING

Mary Dean, Louise Dean, and Mary Holley will lead this class as cooking instructors, with assistance from church volunteers who have signed up. While the instructors will provide guidance and prepare the class, volunteers will offer supervision and assist with setup and cleanup.

Class Capacity: 20

Volunteer/Counselor Duties

01

Help with Set Up

Please make sure to arrive at least 10 minutes early to help set up for the day. After each rotation, please assist instructors in preparing for the next session. You may also be asked to manage the front door to ensure that only those signed up for cooking enter the designated area.

02

Monitor & Assist

Cooking requires careful supervision, especially when dealing with hot tools and foods. Campers will be following instructions given by the cooking instructors. Volunteers, please assist campers during class when needed.

03

Help with Clean Up

After each rotation, please assist with clean up and class turnover for the next class. After the last rotation, please help instructors clean and pack up for the day.

INDOOR GAMES & LEGO BUILDING

In this class, Campers get to pick what they want to do! They can play cool board games, or have fun with card games. If they're feeling super creative, they can build anything they can imagine at the LEGO table with colorful blocks.

Class Capacity: 20

Supplies:

- Giant Connect 4
- Ring Toss
- Giant Jenga
- Giant SORRY
- Pinochle
- UNO
- Skip Bo
- Dominoes
- Apples To Apples
- Playing Cards
- Pads & Pencils
score keeping
- LEGOs & Lego
Table

Instructions

Prior to first class:

- Place wood games at the right of stage area.
- Place different card/board game at each table.
- Roll LEGO table out of closet with containers and place in left side of stage.

During classes:

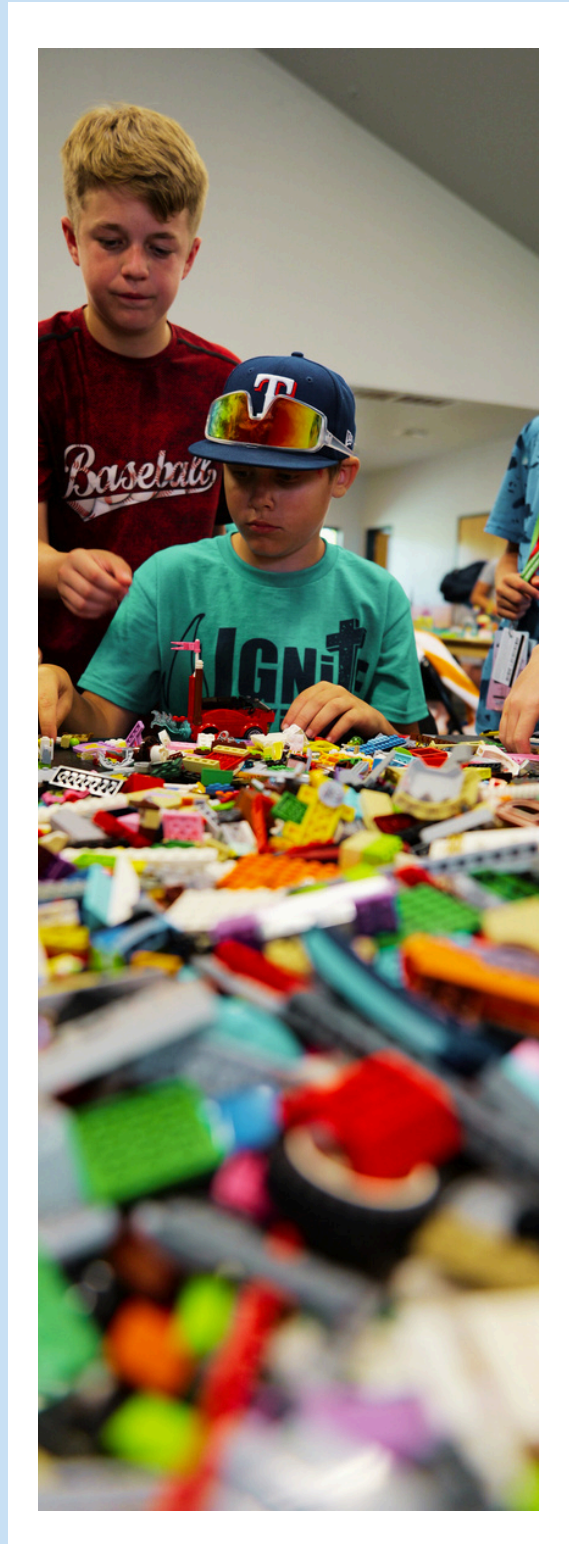
- Supervise and referee games if needed.

When rotation is over:

- Have campers place back nice and neat for the next class.

After final class:

- Have campers pack up each game in their correct box and place back in games container. Roll container into closet
- Roll Lego Table back in closet with containers.



JEWELRY MAKING

In Jewelry Making class, Campers will get to design and create their own necklaces and bracelets using beads and charms! It's a super fun way for campers to be creative and make special jewelry to wear or give as gifts to friends and family!

Leaders in this class will be prepping supplies, supervising, and helping out campers when needed.

Class Capacity: 20

Supplies

- Tila Beads
- Letter Beads
- Seed Beads
- Clear Elastic String
- Scissors
- Styrofoam bowls

Instructions

1. Prior to campers' arrival, make sure to have all the necessary supplies.
2. Set out equal amount of supplies at each table.
3. Campers can use the given supplies to create their own jewelry piece.
4. Once completed, campers can take their pieces with them.
5. If campers are done prior to dismissal, they can create additional jewelry pieces until it is time to dismiss.
6. Have campers clean up their mess and put supplies away for the next group.
7. Once the last rotation is done, place all the supplies back in correct container, close lid, and roll container into closet.



WEIRD SCIENCE

Led by Daniel Dean



Weird Science class is led by a Science Teacher hired by Copass. The instructor will be creating “weird” science experiments with the students and explaining the science behind it.

Located on the Angel 2nd Floor Conference Room.

Class Capacity: 20

A C T I O N

TREKS

OUTDOOR ACTIVITIES

Includes: Archery, Basketball, Canoeing, Dodgeball, Fishing, Flag Football, GaGa Ball, Karate, Nine Square, Ropes, Shooting Gallery



ARCHERY

Archery class is led by a licensed instructor hired by Copass. They will teach campers bow safety, aiming, and shooting. Located behind Blessed Assurance.

Class Capacity: 15

LED BY THE DEAN FAMILY

BASKETBALL



The leader's role will be to supervise and referee games. Equipment will be at the court (Rec Pavilion). Leaders have the option to split campers into teams for a standard basketball game or to create alternative basketball-themed games for everyone to enjoy during this period.

Class Capacity: 20 (Wednesday Only)

H-O-R-S-E

H-O-R-S-E is a super fun shooting game! Each player gets a turn to shoot from wherever they want. If they make a shot, everyone else has to copy them. If they miss, they get a letter. Get all the letters to spell "horse," and you're out! Keep playing until there's only one player that has not gotten all 5 letters yet. They will be the winner!

Around the world

In "Around the World," the goal is to score from different spots around the court. You start with an easy layup, then move to a spot between the layup and the free throw line, then try a free throw, and finally aim for shots around the three-point line. You can decide if you want to make each shot or if you're okay with moving on to the next spot even if you miss.

Five in a Row

In this game, you start close to the basket, just 6 feet away. You have to make five shots in a row from that spot before you can take a step back. Keep moving back one step each time you make five shots in a row!

Knockout

This game starts with players lining up in a row, ready to shoot hoops. The first player takes a shot, and then it's the next player's turn. The goal is to make your shot before the person in front of you does. If you make it, you pass the ball and move to the back of the line. But if you miss, you have to grab the ball and make your shot before the next player behind you makes theirs. If they do, you're out! The game keeps going until only one player is left standing as the winner!



CANOEING

Canoeing is super fun and safe with the dedicated Copass Lifeguards keeping an eye on things. Campers will wear lifejackets and take turns paddling around in canoes and paddle boats.

The canoeing location is across from the Hope dorm

Class Capacity: 15

**LED BY CAMP COPASS
SUMMER STAFF**

DODGEBALL

The leader will organize campers into teams and oversee dodgeball games as the referee.

Equipment will be located at the Rec Pavilion. After the final rotation, please gather the supplies, place them back in the bag, and leave near the pavilion wall.

Leaders, please make sure to review the rules beforehand so you can effectively supervise and referee the game.

Class Capacity: 20 (Thursday Only)



Here are the dodgeball rules:

1. The court is divided with a centerline and 2 sidelines.
2. It's mostly self-refereed, with referees starting the game and confirming hits and catches.
3. Balls are split evenly on the centerline.
4. You're out if you step over a sideline, get hit by a thrown ball, or throw a ball caught by an opponent.
5. A thrown ball can only hit one player. Balls hitting the ground first are dead.
6. You can block with a held ball, but dropping it or a failed block gets you out.
7. If out, line up on the sideline; if a teammate catches, the first player out comes back.
8. You can only hold a ball for 10 seconds; after that, it's dead and must be rolled to the other team.
9. If down to 1 player per side, they have 10 seconds to hit each other; if not, "Showdown" happens. Each player gets two balls, lined up at the ends, and the first to get the other out wins.

FISHING

The fishing location is near canoeing, behind Faith dorm. This class is led by church volunteer/counselor. Equipment will be at the location. Leaders can instruct campers on how to bait a hook or assist them directly. You'll also lend a hand with catching and releasing fish. Once the final rotation is complete, please remember to put away all supplies how they were found.

Class Capacity: 12

Supplies

- Fishing Rods
- Worms for Bait
- Bobbers
- Split shots
- Hooks
- Needle Nose Plier
- Fishing Line



FLAG FOOTBALL



The leader's role will be to supervise and referee games. Campers will be divided into two teams and play a game of flag football. Once the last rotation is done, put away equipment in bag and place on or near outdoor picnic tables that are by Dining Hall entrance.

Leaders, please familiarize yourselves with the rules ahead of time to effectively supervise and referee the game.

You can choose how strict to be on following the rules

Class Capacity: 20 (Tuesday Only)

Object

Flag Football is played with two teams of 5-8 players who attempt to score points by moving the ball down the field across the goal line. The team with the most points at the end of regulation time is the winner.

Playing Area

The playing area will be the field by the Dining Hall. There will be cones in the equipment bag for you to use to mark the field.

Equipment

To play the game, you need a football and a flag or flag belt for each player.

Starting to Play

Before the opening kick-off, a coin toss decides which team kicks off first and which goals each team defends. Teams switch ends at halftime. Each half and after every score begins with a kick-off.

Playing the Ball

- Players can kick, carry, or throw the ball to advance it up the field.
- A defender can knock down a ball that's in the air.
- If the player with the ball has their flag pulled or goes out of bounds, they are called "down," and the ball is dead.
- A down starts when the center puts the ball into play and ends when the ball becomes dead.
- When a team has the ball, they have four downs to advance it 10 yards or score. If they succeed, they get a new set of four downs. Otherwise, the other team gains possession where the ball became dead.
- The snap, a backward pass through the legs of the center, puts the ball into play.
- The snap must go to a player behind the line of scrimmage, unless it touches the ground.

Flag Belt

- Flag Belt Shirts must be tucked in, and they are not allowed to hang down over the flag belt.
- Players must have the ball before their flag can legally be pulled. It's illegal for a defender to intentionally pull a flag from an offensive player who doesn't have the ball. The infraction is considered a personal foul with a 10-yard penalty.
- Guarding the flag belt is not allowed.

Punting

- On 4th down, the offensive team is asked if they want to punt from a protected scrimmage. If they do, the defense isn't allowed to penetrate the line of scrimmage on the snap. They can try to block the punt only by jumping straight up in the air on their side of the ball.
- All members of the punting team, except the punter, must be on the line of scrimmage, and none of them can move until the ball is kicked.
- If a punt crosses the scrimmage line and touches a player from either team and then hits the ground, the ball is dead and possession goes to the receiving team.

Backward Passes and Fumbles

- A runner can make a backward pass at any time. A teammate may catch the pass or recover it if it hits the ground.

Forward Passes and Interceptions

- The offensive team is allowed one forward pass during each play from the line of scrimmage, but the passer must be behind the line of scrimmage when releasing the ball. Any other forward pass is illegal.
- If a player is in the air while attempting to catch a ball, he must land with at least 1 foot in bounds when he has possession of the ball before going out of bounds, unless contact by the opposing team is what causes him to go out of bounds.
- If players from opposing teams catch the ball at the same time, the ball is given to the team that snapped the ball.

Scoring

Points can be scored in the following manner:

- Touchdown = 6 points
- Extra point = 1 point (if successful from the 3-yard line)
- Extra point = 2 points (if successful from the 10-yard line)
- Safety = 2 points
 - A safety is called when an offensive player is down with the ball in his own end zone. The team that was scored on has to kick off from their 14-yard line.

GAGA BALL



GaGa ball Leaders will supervise and referee games. GaGa Ball is a form of dodge ball that's normally played in a 'Pit'. The game's roots originated in Israel. The word 'Ga' means Hit or Touch, so 'Ga-Ga' means Hit-Hit.

Leaders, please familiarize yourselves with the rules ahead of time to effectively supervise and referee the game.

Class Capacity: 20

GAGA BALL CONTINUED...

Here are the game rules:

1. To start, everyone in the pit must be touching the wall. Someone tosses the ball in the center of the pit, and it must bounce twice on the ground. As it bounces, everyone can say "Ga" for each bounce. After the second bounce ("Ga-Ga"), the ball is live.
2. Slap-hit the ball with your hand, aiming it at another player's leg at the knee or below. If the ball hits or touches anyone on the knee or below, that player is out and must exit the pit. At any time, if a player makes any type of contact with the ball at the knee or below, that player is out.
3. Anytime the ball goes out of the pit, the last person the ball touched is out.
4. You can only hit the ball one time until it either touches another player or the wall, then you are able to hit it again. You can bounce the ball against the wall to position it if necessary; and you can move around anywhere inside the pit during the game.
5. The game ends when the last person is eliminated or to speed up the end of the game, the last few players can be given a count-down for a tie game. Once the game is over, everyone else re-enters the pit to start a new game.
6. You can add variations to the game such as playing with more than one ball, playing in teams, catching the ball to eliminate the person that hit it, and any other variation you can come up with! -
 - A suggestion for short periods of time is to play rotation instead of elimination. This is done by allowing a certain number of players in the pit and forming a line for the rest that want to play. Then, as one person gets out, the next person in line goes into the game. This way, everyone that wants to play should get a chance during a short period of time.



KARATE

The class is led by a high-ranking Karate master hired by Copass. She will teach campers the basics of Karate while using protective mats.

Located on Angel 2nd floor conference room.

Class Capacity: 15

**LED BY CHARLOTTE WEBB
FROM MT. CARMEL BC**

NINE SQUARE

Class Capacity: 20

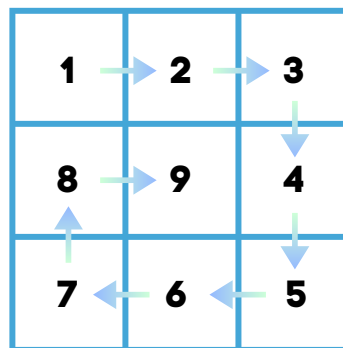
Nine Square is a captivating and addictive group game that combines elements of volleyball and the game 4-Square, except with 9 squares. Each of the nine players defends their own square by bouncing a ball up and out of their designated area and into the other players' squares. The goal of the game is to reach the central square, often called the King/Queen square, and stay there for as long as possible.

Leaders, please familiarize yourselves with the rules ahead of time to effectively supervise and referee the game.

OBJECTIVE OF THE GAME:

Advance through the 9 squares of the game to the center square and remain there for as long as possible.

Extra players wait in a line here to enter the game.



BASIC GAME PLAY:

The player in the center square serves the ball to any other square. The player receiving the ball must hit the ball out the top of their square and into another square. Each player is allowed to hit the ball only once per turn. Play continues in this manner until someone is eliminated.

Players can be eliminated if:

- ▶ They fail to return the ball to another player's square.
- ▶ They hit the ball outside the entire game structure.
- ▶ They double hit the ball.
- ▶ They touch the game structure during play. (This rule is optional during free play.)

The player who is eliminated will exit the game and get in line and wait to re-enter the game. The remaining players will advance forward in a clockwise manner to fill the empty square, and a new player will enter square one. Once the 9 squares are filled, the center player serves the ball to start the next play.

DETERMINING THE WINNER:

FREE PLAY:

During free play, there is no need to keep track of points. Players simply enjoy the fun of trying to get to the center square and remaining there as long as possible. Free play can last for hours and players have the freedom to come and go, new players may join the game whenever they choose. Everyone gets a chance to feel like a winner with free play, if they make it to the center square.

COMPETITIVE PLAY:

With competitive play, the player in the center square receives a point each time another player is eliminated. Before the game begins determine if the game will end when a player:

- 1.) reaches a set amount of points (9 points for example).
- 2.) earns the most points in a set amount of time (9 minutes for example).

ADVANCED RULES:

▶ A LEGAL SERVE

The player in the center square serves with both feet on the ground. The ball must be struck, not thrown, and it must have an upward trajectory when it leaves the center square.

▶ THE JERK RULE:

The perimeter of your square has an invisible plane that extends toward the sky. If a player in a neighboring square has not yet struck the ball that is in their square, you cannot break the plane of their square. Once a player touches the ball in their square you may break the plane of their square and reach over to attack or block the ball. Also, once the ball breaks the plane of your square, it can be attacked or blocked. This rule can be summarized as the "Jerk Rule." Don't be a jerk! Don't invade other's squares until they have a fair chance to play the ball.

▶ A REBOUND SHOT:

What if you hit the ball and it hits a bar outside of your square, but rebounds to your square without being touched by another player?

You are eliminated.

Why? If you were to hit the ball again, it would be considered a double hit, which results in elimination. Remember, players must hit the ball out of their square and "into" another person's square to remain in the game. If the ball rebounds and returns to your square, that means it didn't fall into an opponent's square.

▶ JOUST:

What happens if two player make contact with the ball above the bars and the ball is held between them? Just like in volleyball, this is considered a joust, and play continues resulting in the ball falling into one square or the other. The player will have one hit to return the ball to another square if the ball falls into their square after a joust.

ADVANCED RULES CONTINUED:

▶ **BLOCKING AN ATTACK:**

The block does not count as the players "one hit" as long as the player's hands were above the top of the bar during the block. If their hands were not above the bar, it is not considered a block, and would count as their one hit.

▶ **CATCH, CARRY, OR HOLD:**

A player may not catch, carry, or hold the ball when making a play. A "hit" is considered brief, quick contact with the ball with one hand, 2 hands simultaneously, or any other part of their body.

▶ **HEAD SHOTS:**

If the ball strikes any part of your body and leaves your square, that is a legal hit. If the ball then enters another square, play continues. If the ball exits the entire game structure after hitting you, and you are the last person to touch the ball, then you are eliminated.

▶ **LAST TOUCH:**

If a ball is hit outside the entire game structure, the person who was the last to touch the ball is eliminated.



ROPES COURSE (5TH & 6TH GRADE ONLY)

The Ropes Course Trek is supervised by the Copass Ropes team. Campers will be equipped with helmets and harnesses. They can participate in the zipline, obstacle course or free-flight. Everyone must wear close-toed shoes when at the Ropes Course

Class Capacity: 35

**LED BY CAMP COPASS
SUMMER STAFF**



SHOOTING GALLERY

Shooting Gallery class is led by licensed instructors hired by Copass. They will teach campers gun safety, aiming, and shooting. Located behind Blessed Assurance.

Class Capacity: 15

**TREK 1 & 3: THE DEANS
TREK 2: CROSSRIDGE VOLUNTEERS**



Thank you!

Stay in touch!

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