



# **CHAMPIONS RETREAT**

Girl Scout Weekend Campout  
Information Packet

Fall 2023

# Welcome Girl Scout Leaders and Parents!

We are excited to have you join us at Camp Champions Retreat for your campout weekend. You will find lots of great information in this packet to get you familiar with our site and how the weekend will unfold.

Please know that the schedule has been carefully planned ahead of time between the Service Unit organizer and the Camp Champions Retreat staff. While we would love to allow both children and adults to participate in the activities, there is simply not enough time for us to allow parents to participate in all of the fun activities.

Thank you for choosing Camp Champions as your campout destination and we hope you have a wonderful time.

## **General Rules:**

- Treat people, property, and equipment with respect.
- Alcoholic beverages and pets are not allowed on camp property.
- Smoking is not allowed on property.
- Every guest needs a signed Visitor Agreement Form.



# The Schedule

You will receive a final schedule from your troop leader or trip planner.

It will have several troops of the same age together in a group for activities. The day will be packed with activities. Please stick to the schedule as planned. In order for everyone to get the best experience at each activity we ask you to be on time.

We ask that you please adhere to scheduled meal times. We have a great buffet line and the option to eat seconds, so it is important to be present at the start of the mealtime.

## Free Time

Not every minute of your time at camp will have scheduled activities. We have a large sports field where you can play a variety of games or have fun with these activities:

- Sand Volleyball
- Pickleball
- GaGa
- Disc Golf
- Basketball
- Soccer

Please let our staff know if you cannot find equipment for these activities, and we will track it down.



## Water Activities

We ask that all guests stay out of the lake and/or pool when it is not your scheduled swim or kayaking time. Lifeguards must be present for all water activities. Please do not enter the water until the lifeguards say it is safe to do so.

Lif jackets are required for both lake swim and kayaking.



# Activities Led by Champions Retreat Staff

## Climbing Activities

**Small Wall (Daisies & Brownies)-** Not quite as big as our climbing wall, this climbing wall is a perfect challenge for the younger kids.

**Climbing Wall and Zipline (Juniors)-** Our 45 ft. tall climbing wall is a fun challenge for all who try it. Those who make it to the top have the option to take our zipline back down. You must climb to the top of the wall to be able to zipline.

**Pirate Ship Ropes Course (Cadettes, Seniors, Ambassadors)-** With over twenty elements and 3 levels, this course allows for an entire group to be in the air at the same time. Participants can choose their own adventure. The Pirate Ship is a weekend highlight.



**Screamin' Eagle (Cadettes, Seniors, Ambassadors)-** Our giant swing element requires the whole team to be involved in the experience. Everyone on the team pulls up the participant to the height that they wish to swing. The participant then lets go of the tether and goes for a thrilling ride!



# Activities Led by Champions Retreat Staff

## Water Activities

**Kayaking (Brownies, Juniors, Cadettes, Seniors, Ambassadors)-** Scouts get the chance to explore our kayak cove. We have tandem kayaks for Brownies and single Kayaks for Juniors and up. Life jackets are required. Please only kayak during your scheduled session, as lifeguards are required to be present.

**Lake Swim (All ages and parents)-** Enjoy swimming in the swim bay, going down our water slide, and using our 2 level rope swing! Lifeguards must be present to swim, and lifejackets are required for everyone no matter their swimming ability.

**Pool and Spin Cycle (All ages and parents)-** Our Junior Olympic size swimming pool has something for everyone to enjoy. With plenty of space to swim, 2 water slides, a tanning ledge, and our spin cycle, a duel vortex pool that takes our guests round and round.

## Traditional Camp Activities

**Archery (Brownies, Juniors)-** Scouts will learn how to safely fire a bow and the proper technique for shooting. Each scout will have ample opportunity to shoot.

**Fishing (All levels)-** Scouts will learn how to bait their own hook, how to hold a fish, and how to safely remove the hook and release the fish.

**Group Games (All levels)-** Champions staff will lead the scouts through fun interactive games best suited for their age level.

**Petting Zoo (All levels)-** Led by a Champions staff member, enjoy a walk through our nature trails and learn some cool things in nature. You will get to meet our farm animals.

**Reptile Visit (All levels)-** We have several turtles, snakes, and lizards to share with the scouts. If they choose to they will even have the opportunity to handle some of the reptiles.

**Sports (All levels)-** Champions staff will lead the scouts in a sport of their choosing. Some options are disc golf, pickleball, basketball, soccer, and kickball.

**The Jungle (Juniors)-** Our very own Ninja Warrior course. The scouts can challenge themselves on our obstacle course or try to make it to the top of our warp walls. There is an extra charge of \$5 per participant.





# Activities Led by Champions Retreat Staff

**Teambuilding (Juniors and older)-** Scouts will be led through a series of problems and tasks that they must solve as a team. Every member of the team must participate to be successful. Each team is unique as to what strengths they possess and what areas they need to work on, so the facilitator will adapt the goals and situations for each individual team to ensure they are appropriately challenged.

**BB's (Cadettes, Seniors, and Ambassadors)-** Scouts will learn how to safely handle and fire a BB gun and the proper shooting technique.

**Axe Throwing (Cadettes, Seniors, and Ambassadors)-** Scouts will be shown how to safely handle and throw an axe at our throwing range. The scouts will have plenty of time to learn and then improve their skills. There is an extra charge of \$5 per participant.



## Information to Know

### Severe Weather

During your weekend, if it is raining without lightning, we will continue as scheduled. We monitor all weather and track any storms that have the potential of coming into our area. If lightning or other severe weather moves in, we will have to cancel activities. Swimming and climbing are the activities most likely to be affected. If we have to cancel activities it is unlikely we will be able to make them up later in the day.

If we cancel an activity due to severe weather, please be prepared to do your own facilitation as we do not facilitate if activities are canceled. We suggest all troops bring a Plan B if severe weather is in the forecast. With guidance from the Director on Duty as far as what the options are, the trip leader will decide where to go during a storm.

#### Stormy Day Ideas

- Board Games
- Swaps
- Card Games
- Arts and Crafts
- Games under the pavilions



If the storm looks like it will stick around, we can set up a movie in Town Hall (capacity of 200). You must provide the movie.

# Information to Know

## Facilities

### **Cabins:**

Our cabins have seen many fun summers and have helped create memories that will last a lifetime. Your event will hopefully be no exception! We pride ourselves on keeping our cabins clean and comfortable. We ask that you do not store food in your cabins during your stay. If you have food in cabins, this could lead to unwanted pests and critters deciding they want to share the cabin with you, and no one wants that. Champions Retreat respectfully asks that you store any food in your car, or if it needs to be refrigerated please speak with the Director on Duty about storing food in the Fillin' Station.

We do not provide bedding and our cabins do not have heat or air conditioning. Please pack appropriate bedding for the forecasted weather.

Please do not let your kids write in the cabins or anywhere else on property.

### **Window Flaps:**

It takes two people to raise and lower the window flaps. One person needs to be on the outside of the cabin holding the flap up while the other person is inside tying it off. If the flaps are allowed to slam shut rather than being slowly lowered, they can break. We ask that window flaps are either all the way open or all the way closed. If they are partly raised, it is easy for someone to walk into them and injure themselves. If it starts to rain and the flaps are all the way open, you will want to lower them so that water doesn't funnel onto the top bunks. If you close the flaps at night, it is a good idea to turn the locks on the outside to prevent them from rattling in the wind. You will sleep better!

### **Circle drives and your vehicles:**

The circle drives on camp are only for dropping off luggage. Please pull in, unload your luggage in the grass then immediately move your car to the parking lot. Once your car is parked, then make your way over to the check-in desk to find out your cabin, get your schedule, and receive your yellow wristband. It is important to keep the circle drives clear for emergency vehicles so at no point during your stay can you park your car in the circle drives.

You are also not allowed to drive your vehicle to your cabin. We understand that some people will have to carry their luggage a moderate distance; however, vehicles in cabin areas are a hazard and are prohibited. At no point during your stay should your car be anywhere other than the circle drive to drop off luggage, or the parking lot.

# Information to Know

## **Bathrooms:**

Because we are a camp, and we primarily serve children, we are regulated by the Texas Department of Health on how hot our water can be in the bathrooms. In an attempt to make your showers warmer, we have turned off the hot water to many of the sinks.

Our bathrooms also have environmentally friendly low-flow water pressure systems. Please make sure the toilet paper goes into the water and that you hold the handle down for 3 seconds. If you happen to hear a running toilet or any other issues in the bathrooms, please let a Champions Retreat staff member know so we can fix the issue.

## **Maintenance:**

If anything needs attention or fixing, please do not hesitate to let a staff member know, and we will address it as soon as possible!





# Packing List

## Sleeping Equipment:

- Sleeping Bag or sheets and blanket
- Pillow

## Personal Hygiene:

- Soap
- Shampoo
- Toothbrush and toothpaste
- Hairbrush
- Towels and Washcloth
- Feminine Products



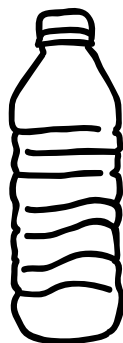
## Clothing:

- Comfortable clothes appropriate for the weather
- Socks and underwear
- Swimsuit
- Tennis/hiking shoes
- Shower and/or water shoes

\*Please remember that cotton t-shirts are not allowed in the swimming pool\*

## Important Items:

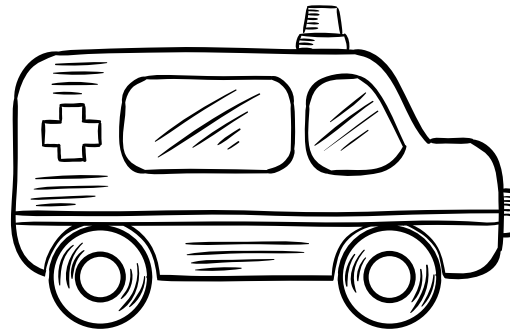
- Water bottle
- Sunscreen
- Insect Repellent
- Flashlight
- Rain jacket
- Camera
- Book



# Medical Information for Weekend Guests at Camp Champions

Camp Champions Retreat does not have medical personnel on staff. Many of our staff are First Aid and CPR trained and are equipped to handle small incidents that may occur. Should you have a more severe medical emergency, please take the following steps:

1. If this is a dire emergency dial 911 before you do anything. There is an ambulance station in Granite Shoals (less than 3 miles away), so we generally have a quick response time from EMS.
2. Notify the Champions Retreat Director on Duty. Contact the campout leader and they will be able to reach the Champions Retreat Director on Duty.
3. After first aid is administered, the staff member and child's guardian can determine if the person needs more advanced medical care. If so, the group leaders/ chaperones will be responsible for transporting the person to either the Emergency Room or Minor Emergency.



## **Addresses to Minor Emergency and Hospital**

### **Marble Falls Minor Emergency ~ 21 minutes away**

1701 N. US Highway 281  
Marble Falls, TX 78654  
830-793-1122

### **Scott and White Hospital ~ 22 minutes away**

810 West Hwy 71  
Marble Falls, TX 78654  
830-201-8000

# DIRECTIONS TO MINOR EMERGENCY AND HOSPITAL

Camp Champions  
775 Camp Road  
Marble Falls TX 78654  
830-598-6282 (day) or 512-755-5378 (night)

Marble Falls Minor Emergency -- 21 minutes  
1701 N. US Highway 281 13.8 miles  
Marble Falls TX 78654  
830-798-1122

Scott & White Hospital -- 22 minutes  
810 West Hwy 71 14.3 miles  
Marble Falls, TX. 78654  
830-201-8000

