

FALL 2019 DUDE RANCH INFO

4th & 5th Grade

ABOUT THE CAMP

Circle F Dude Ranch Camp was founded in 1952, and has been providing amazing youth and adult experiences for over 64 years.

The Ranch is located on 500 acres of lush live oaks, rolling hills and private, 45-acre, spring-fed lake. The camp accommodations include 21 rustic bunkhouse cabins that can sleep up to 12 people. Each bunkhouse features tile floors; high-density foam mattresses; ceiling fans; bathroom with shower, sink, and toilet; large, open-air screen windows; and air conditioning **Air conditioners operate from 7:00 p.m. to 7:00 a.m. during our time at camp.* Seacrest boys will be in one cabin and Seacrest girls will be in a separate cabin. The trip is chaperoned by Seacrest faculty. The Circle F Dude Ranch staff will be running our activities during the day and evening. The Seacrest faculty will be staying in the bunks with the students at night. A large dining hall and rec hall as well as an outdoor deck space serve as meeting space during our time at camp. Additionally, the camp has a 65-horse stable, Alpine Tower ropes course, full waterfront with canoes and kayaks, and sports courts. There are also miles of trails in the wilderness. Students will be dining family-style during sit-down meals in the camp dining hall. While there may be other groups on the camp property we will be separated from them and may only cross paths during meal time transitions.

Circle F Dude Ranch Camp's Outdoor Education program encourages students to maintain and build a connection with the unique ecosystem of Central Florida. The natural setting provides one of the greatest gifts to an individual, the opportunity to grow intellectually, socially, emotionally, and physically in nature.

Teambuilding activities form the foundation of this experience. Under the careful guidance of the Circle F staff, students use simple props, low ropes elements, high ropes elements and lots of imagination to develop and practice communication, leadership, trust, safety, coordination, decision-making, and problem-solving skills. This is an integral part of our Seacrest Community Values and will set the stage for a successful school year.



Circle F Dude Ranch high adventure options include thrilling personal challenge in a supportive, safe community setting under professional supervision. They are designed for participants with various degrees of ability, the challenge courses offer opportunities for success at all levels.

The Circle F Dude Ranch program instructors are dedicated, caring, professional adults with experience working with children. All instructors are experienced professionals with training in education, outdoor skills, and other relevant areas. All Circle F Dude Ranch staff members will create a positive and enriching learning environment for our Seacrest fourth and fifth graders.

This is an opportunity for our fourth and fifth grade students to take risks, grow as a community, and connect with their classmates on a different level than at school. This trip is “A BIG Deal” for everyone in their own way. It may be the first time some students are away from their parents. It may be a challenge to be away from siblings. Students may miss their beds, pets, parents, routines. Packing just what’s on the packing list may be “A BIG Deal.” Taking risks social may be “A BIG Deal.” Taking a break from technology for a few days may be “A BIG Deal.” Whatever the detail may be, this trip is a growth opportunity for parents, teachers, and most of all the fourth and fifth graders.

PROGRAM DESCRIPTIONS

DAYTIME PROGRAMS

Field Teams Course

This course presents the basics to teamwork and group problem-solving. Groups will explore group communication skills, roles of a team, and managing tasks. This course uses a series of ground based problem solving tasks that can be managed in the main camp field and lay the foundation to moving to the Team Obstacle Course. Circle F instructors will work side by side with students and debrief each activity. Circle F has numerous challenges from easy to difficult based on the students' ability we work with.

Teams Course

Building upon lessons learned from the Field Teams Course students will move to ground based obstacles. Each obstacle requires the entire team to work as a unit to complete. Circle F instructors will work side by side to introduce each obstacle to the students and debrief each activity. Common themes include perseverance, acceptance, leadership styles, cooperation, effective communication, and managing with frustration.

Alpine Tower and Giant Swing

65-foot climbing structure in which students can confront fears as they explore different routes up the tower while safely belayed by Circle F Instructors. Working as a team, students can also experience the 45-foot giant swing. Students will help to lift their fellow students up to 45-feet where the student can pull a rip cord and experience a free-fall swing.

Horseback Riding

Circle F is home to over 60 horses. Students and chaperones enjoy a horseback trail ride led by Circle F Wranglers. This walking trail brings riders through part of Circle F's 500-acres of Florida Scrub Forest.

Waterfront

Students can enjoy free time while swimming and boating in Circle F's 43-acre freshwater lake during open waterfront. During some parts of the year, water inflatables are available for students to use. Canoes and kayaks are available year-round. Circle F supplies lifeguards to watch all waterfront activities. *The lake is regularly checked for quality and animals. Students must wear life jackets when doing water activities including swimming.

Build-a-Boat

Each small group of students will work together to design and build a life-sized boat large enough for two people. They will only receive two large pieces of cardboard, two rolls of duct tape, and a cutting tool to build their boat. Once all boats have been constructed, teams will select two people to get into their boat and race a short distance against the other teams.

High Ropes Odyssey Course (5th Grade)

The Odyssey course is a high ropes learning experience. This 40-foot high and over 120-foot long ropes course will host six high ropes elements over two levels. The course will have three elements 14-feet off the ground and three elements 35-feet off the ground. Designed for both personal challenges and group teambuilding challenges, the Odyssey Course is a dynamic addition to the Ranch. The Odyssey Course helps participants push boundaries and become more confident individuals.

EVENING PROGRAMS

Campfire and Hayride

Students gather at our large campfire ring for s'mores and a hayride in which they will sing silly camp songs led by the Circle F staff. Each campfire program is tailored to the needs of the school, and could also include a sing-down campfire game, astronomy lesson, campfire story, 5-minutes of silence, or free time to listen and dance to school appropriate music.

Pirate Challenge Night

This evening starts with a pirate themed obstacle course where small teams of students race each other and earn tickets. Then we move indoors where the teams answer pirate-themed trivial questions to earn more tickets. Students trade in their tickets for supplies to build a miniature pirate ship out of supplies such as plastic baggies, tape, paper, foil, popsicle sticks, etc. Each team builds their miniature ship with the goal that it will float and can hold some additional weight. At the end of the allotted building time, each pirate ship undergoes a weight test to see how well their ship floats and how much "cargo" it can hold before sinking.

FORMS AND FURTHER DETAILS COMING THE FIRST WEEK OF SCHOOL

We cannot wait for this experience with our fourth and fifth graders. Your children will be in good hands.

Sincerely,
The 4th & 5th Grade Team