



ACADEMY ADVENTURES

APPALACHIAN MOUNTAINS ADVENTURE

Rock Climbing, Rappelling, Mountain Biking, White Water Rafting, Spelunking

The Program: Participants will do all of these activities in the Appalachian Mountains of Pennsylvania. The first two days are spent rock climbing and rappelling in the Appalachian Mountains. The second day involves the mountain bikes on single-track paths through the mountains, followed by an evening of cave exploring. Finally, the trip concludes with a day of white water rafting on the Youghiogheny River. This Class 3-4 river can challenge the experienced while allowing room for the novice. Each day will lead to new physical and mental challenges. The staff will teach you the skills needed for each activity. Don't worry if you've never been rock climbing or mountain biking before. Most people haven't. On this trip you will learn dozens of new skills and gain confidence as you complete each aspect of the adventure. Evening swims in mountain streams, a side trip to a water park, and an evening spent in the Laurel Caverns round out the weeks adventure.

Trip Dates: Participants assemble at The Grosse Pointe Academy on Sunday, July 11, 2010, at 10:00 a.m. We return on Friday, July 16, at 6:00 p.m.

What Academy Adventures Provides:

All camping equipment - tents, sleeping pads, sleeping bags, first aid, etc.

All climbing, mountain biking and rafting equipment - helmets, ropes, harnesses, mountain bikes, kayaks, paddles, etc.

All cooking equipment - stoves, food, pots, pans, utensils, rain flies, etc.

What you need to bring: Everything on the personal equipment list.

Who should enroll? This adventure is geared to those who have little or no previous experience. You do need to be in average physical shape. We reserve the right to evaluate any applicant before accepting their application. Coed for seventh, eighth and ninth grade students.

Fee: \$625.00

Deadline for Registration: May 20, 2010. However, trips are filled on a first come, first serve basis.

Number of Participants: Maximum 13, minimum 8

APPALACHIAN MOUNTAINS ADVENTURE

Rock Climbing, Rappelling, Mountain Biking, White Water Rafting, Caving

- Sunday, July 11** 10:00 a.m. - Arrive Grosse Pointe Academy; depart at 10:10 a.m.
6:00 p.m. - Arrive Ohiopyle, Pennsylvania; set up camp, evening swim
- Monday, July 12** Rock climbing and rappelling, tourist in town, evening swim
play on natural waterslide.
- Tuesday, July 13** Rock climbing and rappelling, caving in the Laurel Caverns.
- Wednesday, July 14** Mountain biking, evening trip to water park.
- Thursday, July 15** White Water Rafting on the Yough. Evening final camp fire and awards.
- Friday July 16** Drive home arrive GPA 6:00 p.m.

**CLOTHING AND PERSONAL EQUIPMENT LIST FOR APPALACHIAN
MOUNTAINS ADVENTURE**

The items listed below should be packed in a duffel bag or stuff sack of some type. Do not bring suitcases or any other type of "hard" luggage.

- 3 pairs of trousers (jeans)
- 7 T-shirts or golf-type shirts
- 8 changes of underwear
- 2 bathing suits
- 1 pair of Teva or tennis shoes (you don't mind getting wet)
- 1 polypropylene type upper layer (keeps you warm even when wet)
- 1 light-weight jacket
- 1 day pack (a must for rock climbing and biking)
- 1 pair snug-fitting tennis shoes (for climbing)
- 1 light, waterproof top layer (not a poncho)
- 2 long sleeve upper layers
- 4 pairs of shorts
- 6 pairs of socks
- Up to \$35.00 spending money
- 2 large garbage bags
- 1 windbreaker without a liner (this is not your waterproof top layer)
- pillow
- 2 towels
- boots (for the caving and mountain biking if you have them, they are not required, however, they are much safer than tennis shoes.

Personal Items

Toothbrush, toothpaste, soap in plastic container, shampoo, deodorant, 2 flashlights (1 extra is required for the caving and could be a head lamp) comb, 2 garbage bags, water bottle with name on it and watch (water proof if you have one)

Optional Items

Fishing pole, camera and film, sunglasses, chapstick, suntan lotion, insect repellent, bike riding helmet

NOTE: All other camping equipment will be furnished including such items as first aid equipment, tents, sleeping bags, climbing equipment, helmets, bikes, etc.

SAVE FOR FUTURE REFERENCE

The Grosse Pointe Academy Adventure Program Application

Name of Adventure _____

Childs Name _____ Age _____

Home Phone(_____) _____ School _____

Address _____

City, State, Zip _____

Name of Parents/ Guardians _____

Name of adventure _____

Please make checks payable to Grosse Pointe Academy Adventures

Trips are filled on a first-come, first-serve basis.

The Grosse Pointe Academy does not discriminate on the bases of race, color, or ethnic origin.

Cancellations: Please understand that Adventures trips require a great deal of organization, time, and commitment. This summer we will work with sixteen different organizations ranging from the U.S. Forest Service to private campgrounds. Each organization has its own policies regarding registrations, refunds, and deadlines. Rather than attempting to explain each one, we have developed our own policy.

G.P.A. Cancellation Policy: Cancellation is subject to a \$25.00 processing fee and any non-refundable expenses, or shared expenses incurred up to the point of cancellation. Examples of these nonrefundable cost could be food purchased, airline tickets, reservation fees with outfitters, vehicle rental fees, staffing cost, camping fees etc.

I have read and understand the above cancellation policy. The above named child has my permission to participate in The Grosse Pointe Academy Adventure Program.

Date

Signature of Parent or Guardian

Academy Adventure Program Health Form

Child's Name _____ Age _____

Father's Name _____ Work Phone _____

Mothers Name _____ Work Phone _____

If not available in an emergency, please notify:

Name _____ Relationship _____ Phone _____

Medical Insurance Company _____

Policy Numbers _____

Any Allergies? _____

(medications, bee stings, food etc.)

Any restrictions on activities? _____

Can your child swim? ____ (check level) ____ beginner ____ intermed. ____ advanced

Date of last tetanus shot _____

Other comments _____

Below is listed the over-the-counter medications available to be dispensed by Mr. Fultz and staff to your child if deemed necessary. Please indicate (by crossing off and initialing) any medication you would not want administered to your child. (All medications would be dispensed according to the drug manufacturers dosage recommendations listed on the container.

Solarcaine Spray (sunburn relief)

Benadryl Spray (itching, rash)

Tylenol 5 grain tablets (pain relief)

Caladryl Lotion (poison ivy)

Robitussin Syrup (cough suppressant)

Imodium AD (diarrhea)

Chlor-Trimeton Syrup (hay fever)

Sucrets (sore throat)

Blistex (chapped lips)

Benadryl capsules (allergies)

Dramamine (travel sickness)

Pepto-Bismol (upset stomach)

Campo-Phinique (burns, cold sores, antiseptic)

I hereby grant permission for emergency medical, hospital, or clinic treatment necessary for my child, _____ while he/she participates in the Academy Adventures Program.

Date

Signature of Parent

Note: Any medication sent from home for your child must be in the pharmacy container labeled with your child's name, and name of the medication. A signed letter from you authorizing administration of the medication and directions must accompany the medication.

