

2023 Centrifuge Track Time Explanations

NOTE: All track times are 3 day at a 5-day camp location and 2 day at a 6-day camp location.

Creative Arts Tracks

These tracks include the areas of music, art, stage and media.

Percussion - Students will learn how to read rhythm charts and will practice patterns and rhythm. Using trash cans, buckets, and other “found” percussion instruments, students will perform a “Stomp” style piece during closing celebration. Beginners and experienced drummers are welcome.

Crafts - Students will work on a specific craft project throughout the week. This year’s craft is a god’s eye using yarn and dowel rods. A supplies fee of \$3 will be charged.

Creative Journaling - Students will get creative by recording their thoughts through drawing and writing. They will use art journaling to express themselves and tell their story.

Creative Movement - Participants will learn a creative movement set to a contemporary Christian song and be provided resources for how to start creative movement ministry at home.

Creative Painting-Students will use the medium of painting to express themselves creatively. They will paint on individual canvas. A supplies fee of \$3 will be charged.

Drama - Participants will learn the basics of drama, improvisation, mime, etc. Students will rehearse a drama to be performed in closing celebration and be provided with resources for how to begin a drama ministry at home.

Guitar - This class is strictly for beginners and is not a performance track! If you know more than three chords, you are not a beginner. Students will learn strum patterns and basic chords.

Sign Language - Students will spend time learning the manual alphabet and conversational signing.

Worship Leadership - Students will discuss philosophy of worship, techniques for planning a worship service, technology (sound, lights, multimedia), and other issues pertaining to worship leadership.

Specialty Tracks

These tracks require a special skill and are only offered at limited locations.

Adventure Recreation - Campers will participate in ropes course, climbing wall, zip line and other adventure rec initiatives.

Archery Tag - This game combines rules of dodgeball, paintball and traditional archery and is a fun time where students use bow and arrows to hit targets.

Bubble Soccer - Students will play soccer wearing large bubble suits.

Hiking - Campers participate in a daily hike. This will be offered at limited locations.

Inline Skating - This track will teach basic skills and equipment use for inline skating. Campers will experience inline skating on campus. All equipment for this track will be provided.

Laser Tag - Students will play laser tag outside, in the woods. All equipment will be provided.

Miniature Golf - Students will play miniature golf on the campus course. All equipment will be provided.

Mountain Biking - This track will teach basic skills and equipment use for mountain biking. Campers will experience mountain biking on local trails. Campers will pay \$5 to participate in this track.

Kayaking - This track will teach basic skills and equipment use for Kayaking.

Paintball - Campers will participate in paintball games using a sling shot instead of the typical paintball gun. All equipment is provided. A cost of \$5 will be charged to participants (except at Ridgecrest).

Pickleball - Students will play pickleball, a paddleball sport that combines elements of badminton, table tennis, and tennis.

Sand Sculpture - Students will learn to create and build with sand and water on the beach using shovels, buckets, forms, etc.

Skimboarding - This track will teach basic skills and equipment use for skimboarding. Campers will experience skimboarding on a local beach.

Snorkeling - This track will teach basic skills and equipment use for snorkeling and provide a snorkeling experience at St. Andrews State Park. Campers will be required to pay \$35 to participate in this track.

Tennis - Students will learn the basic skills of tennis and actually play tennis.

Water Sports - Campers will play wild and crazy games in the pool. Campers taking this track must have a one-piece bathing suit and know how to swim.

Active Tracks

These tracks are recreation/sports based.

6-Day Camps (2 days of track)

Sport Track #1 (One day for each track listed)

Battleball - Students will learn and play several variations of battleball (Dodgeball).

Flag Football – Students will play flag football.

Sport Track #2 (One day for each track listed)

Softball - Students will learn basic softball skills and play softball.

Soccer - Students will learn soccer basic skills and play soccer.

Active Track (One day for each track listed)

Basketball - Students will learn basic skills and play basketball.

Volleyball - Students will learn basic volleyball skills and play volleyball.

Rec Track (One day for each track listed)

Kickball – Students will play kickball.

Lawn Games-Students will play bocce ball, croquet, badminton, gagaball and other lawn games.

Frisbee Track (One day for each track listed)

Disc Golf – Students will play disc golf. This will be offered at locations with a disc golf course.

Ultimate Frisbee – Students will play ultimate frisbee.

5-Day Camps (3 days of track)

Sport Track (One day for each track listed)

Battleball - Students will learn and play several variations of battleball (Dodgeball).

Flag Football – Students will play flag football.

Softball - Students will learn basic softball skills and play softball.

Active Track (One day for each track listed)

Basketball - Students will learn basic skills and play basketball.

Soccer - Students will learn soccer basic skills and play soccer.

Volleyball - Students will learn basic volleyball skills and play volleyball.

Rec Track (One day for each track listed)

Kickball – Students will play kickball.

Gagaball - Students will learn and play several variations of gagaball.

Lawn Games-Students will play bocce ball, croquet, badminton and other lawn games.

Frisbee Track (One day for each track listed)

Disc Golf – Students will play disc golf. This will be offered at locations with a disc golf course.

Ultimate Frisbee – Students will play ultimate frisbee.

Frisbee Games – Students will play variations of frisbee games.

Total Body Fitness – Students will learn the basics of fitness and nutrition and participate in physical activities including aerobics, running/walking and other exercises.

Water Games - Students will learn and play a variety of games using water, buckets, sponges, etc.

Discipleship/Classroom Tracks

These tracks are designed to assist in disciplining campers in their Christian walk and helping them live a balanced, healthy lifestyle.

Defending Your Faith - This track will provide students with proof of and a defense for Christianity.

For Girls Only – This track will teach Biblical principles for living a godly life, help to build a healthy self esteem and self image, provide proper perspective and knowledge about health and the body and discover biblical dating principles.

Games Track - Students will have the opportunity to play a variety of fun board games, card games and brain games.

Growing Your Faith– This track will provide an opportunity for students to get to know God on a deeper level by strengthening their discipleship through such disciplines as worship, solitude, prayer, fasting, service, study and more.

Leadership 101 –This track will look at key leadership characteristics and the role of the servant leader in today's world.

Life After High School - This track is designed for students going into their junior or senior year or having just completed their senior year in high school, who will be transitioning into college life.

Random Acts of Service – Students will learn the importance of kindness and service without recognition and participate in such acts on campus.

Sharing Your Faith - Students will discover how to live their lives in such a way to lead others to Christ.

Spiritual Gifts – This track is designed for campers to learn about spiritual gifts and discover their individual gifts by completing a spiritual gifts survey.

Sports Ministry - This track is not an outdoor, active track. Students will learn how to use sports as a ministry to reach people.

STEM - This track is designed for students to explore and learn through science experiments, technology, building and designing activities, and math.

The Man Track – This track will explore what it means to be a godly man, how to be involved in healthy relationships with the opposite sex and within the family, and life skills such as independence, decision making, integrity, team player and excellence.