

# 2020 Centrifuge Track Time Explanations

## Creative Arts Tracks

Topics include the areas of music, art, and stage.

Those listed as performance tracks will be on stage during Closing Celebration.

### *Performance*

**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.

**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.

### *Non-Performance*

**Crafts** - Students will work on a specific craft project throughout the week, such as bead bracelets, t-shirt art, tile mosaics, paper making, candle making, etc. A supplies fee of \$3 will be charged.

**Creative Painting**-Students will use the medium of painting to express themselves creatively. They will paint on canvas. Paintings will be sold at the end of the week for missions.

**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 dodge ball, 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.

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

**Laser Tag** - This track will be offered only at Ridgecrest. Students will play laser tag outside, in the woods.

**Miniature Golf** - This track will be offered only at Ridgecrest. Students will play miniature golf on the Ridgecrest campus course.

**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. Campers will experience sea kayaking in the ocean at Panama City and kayaking in a lake at Ridgecrest and North Greenville.

**Paint Ball** - Campers will participate in paint ball games using a sling shot instead of the typical paint ball gun. A cost of \$5 will be charged to participants (except at Ridgecrest).

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

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

**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. PCB only.

**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.

**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.

**Spikeball** – Students will learn and play this game of roundnet with a hula hoop sized Spikeball net placed between teams.

**Gaga Ball** – Student play gagaball using a gagaball pit.

**Frisbee Track** (One day for each track listed)

**Disc Golf** – Students will play disc golf. This is a two-day track and 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.

**Lawn Games**-Students will play bocce ball, croquet, badminton and other lawn 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 What You Believe** - This track will provide students with proof of and a defense for Christianity.

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

**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.

**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.

**How to Survive the Wild** – This track will equip students survive in the wild, exploring such techniques as building a shelter, making a fire, learning basic first aid, creating search and rescue signals, etc.

**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.

**Table Games** - Students will have the opportunity to play a variety of fun board and card games including checkers, dominoes, UNO, Monopoly and many others.

**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.

