

# CADETTE SUMMIT 2024




## PROGRAM DESCRIPTIONS







**All programs are 75 minutes in length unless otherwise noted.**

Choose your own adventure track! All participants will select their Saturday program track during registration. Girls will select a track with a sleeping location. This group of 12-16 girls will sleep in the same location and have 5 programs together on Saturday.

*Remember*, this is not a troop event and girls coming together **DO NOT** need to sign-up for the same track. This is an opportunity to try different things and meet new sister scouts in a safe/fun environment.

- Girls will participate in five (5) programs. Exceptions: If a girl chooses High Ropes, this activity takes 2 hours (two program sessions with some free time).
- Participants will **NOT** be able to change sleeping locations or program tracks after registering.

<b>Archery</b>		Take aim at the archery range! Learn the basic parts of a bow and arrow, proper archery stance, shooting techniques, rules, and safety. Then, it'll be time to put your new skills to work. Program runs rain or shine. <b>It must be indicated on the Photo release and Risk Acknowledgement form that your cadette can participate in this program.</b>
<b>Candle Making</b>		Make your own candle to take home! Melt the wax, dye it, and add the perfect scents and dried flowers. Tie it all up with the perfect tag.
<b>Canoeing</b>		Buckle your lifejacket and climb aboard for canoeing basics! Practice correct strokes and how to steer your canoe on an inland pond. Dress for the weather and wear lightweight, flexible sole shoes with socks. Program runs rain or shine! <b>It must be indicated on the Photo release and Risk Acknowledgement form that your cadette can participate in this program.</b>

<p><b>Chocolate Molding</b></p>		<p>Make a variety of chocolates using candy molds and some other fun treats dipped in chocolate. You will get to take your creations home and have some to taste as well. YUM!</p>
<p><b>Crochet</b></p>		<p>All Skill levels are welcome. Learn basic chain stitch and single crochet to make a scarf or more advanced skills like a square or other stitches. See what you can make with a ball of yarn.</p>
<p><b>Creeks Alive</b></p>		<p>Come along down to the creek. Learn a little about Camp Ledgewood's watershed and decide if the water quality is good. Of course, there will be plenty of time to splash and explore to see what you can find living in the creek.</p>
<p><b>Duct Tape Crafts</b></p>		<p>Ever wanted a duct tape wallet or purse or water bottle carrier? This is the place for you. Join us as we make all sorts of items using duct tape.</p>
<p><b>Dungeons and Dragons</b></p>		<p>Join our adventuring party! Take on monsters and work together through this short campaign where you will learn the basics of playing Dungeons and Dragons.</p>
<p><b>Fleece Pillows</b></p>		<p>Come make a no-sew pillow. Go traditional no-sew tie or learn a crochet edge - you decide. Want to add a little bling and customize it - you will have time for that. Great for a travel or camp pillow.</p>

## High Ropes



HIGH ROPES – (PROGRAM RUNS 2 HOURS so a session will go over 2 program times) Challenge yourself as you try different elements and cheer on the rest of your track. This session will focus on the lower level of the Camp Ledgewood High Ropes course. Trained facilitators will provide instruction and ensure the safety of participants. Participants must wear long pants. This program will run in light rain.  
**NOTE: All participants must weigh between 55-250 lbs. It must be indicated on the Photo release and Risk Acknowledgement form that your cadette can participate in this program.**

## Illuminated Letters and Calligraphy







Unveil the artistry of medieval manuscripts and bring to life the beauty of ornate lettering and intricate designs. Learn the secrets of letters adorned with intricate designs, delicate patterns, and vibrant colors. Create your own unique piece to take home.

## Indoor Cooking



Use your skills to make a savory and sweet treat. Learn food safety handling and proper techniques for cooking in the kitchen. Then try your hand at cooking a snack to eat at camp.

<p><b>Low Ropes</b></p>		<p>Enhance your communication and cooperation skills while having fun as a team! Choose strategies that will help your team solve physical and mental challenges on this fun course tucked in the woods at camp. Everyone's a winner because you build a stronger team!</p> <p><b>Note: It must be indicated on the Photo release and Risk Acknowledgement form that your cadette can participate in this program.</b></p>
<p><b>Marshmallow Shooters</b></p>		<p>Ready, Aim, Fire! Create your own marshmallow shooter. Shoot at targets and take home your creation.</p> <p><b>* Note: Marshmallow Shooters will be held after the session until check out*</b></p>
<p><b>Outdoor Cooking</b></p>		<p>It's time to show off your mad cooking skills – around the campfire! Have access to a variety of ingredients and use your creativity to make a delicious pie iron creation. You will be challenged to create something new and special! No cooking/baking experience required.</p>
<p><b>String Art</b></p>		<p>Break out your hammers as we use nails and wood to create unique string art pieces. Plan your design then create! Take home a piece of art you are sure to be proud to call your own.</p>



<p><b>Rock Wall – Climbing</b></p>		<p>Test your skills on the Mobile Climbing Wall! Our 25ft wall features four different climbing paths, paired with games and activities to bring you a new experience at camp! Trained facilitators will provide instruction and ensure the safety of participants.</p> <p><b>Note: All participants must weigh between 45-250lbs. It must be indicated on the Photo release and Risk Acknowledgement form that your cadette can participate in this program.</b></p>
<p><b>Tie-Dye (White and Reverse)</b></p>		<p>What is camp without tie-dye? Come learn some different patterns and techniques with tie dye. <b>NOTE: Participants will need to bring two items they wash to dye: a white T-shirt and a black T-shirt.</b> (Pre-washed items without fabric softener, 100% cotton has the best result.)</p>
<p><b>T-Shirt Masking</b></p>		<p>Who knows what you can create with a little paint, masking tape and lots of excitement. Come excited to learn the technique of masking a t-shirt to create the perfect design. <b>NOTE: Participants will need to bring two items they wash to dye: a white T-shirt and a black T-shirt.</b> (Pre-washed items without fabric softener, 100% cotton has the best result.)</p>

## Ukrainian Egg Dying



Try your hand at this traditional craft from Ukraine and Poland. Traditionally called Pysanky, this technique uses wax to create designs that have multiple colors that show through.

## Ziplining



If you dream of flying, try soaring above Camp Ledgewood and experience the camp's beauty from new heights! Trained facilitators will provide instruction and ensure the safety of participants. Participants must wear long pants. This program will run in light rain.

**Note: All participants must weigh between 70-250lbs. It must be indicated on the Photo release and Risk Acknowledgement form that your cadette can participate in this program.**