

# S.O.U.L. SURFERS, entering grades 10-11

## (Service, Outreach, Unity, and Leadership)

### Sample daily schedule

- 6:00am **Surf Club** - for campers who want to start the day with a morning ocean session
- 6:15am **YMCA Camp Surf Lifeguard Service opens.** The first waves of the day are up for grabs with our morning Surf Club campers (optional)
- 7:00am **Rise and shine** (Surf Club ends, go get rinsed off)
- 7:25am All camp **Flag Raising** at Pirates Cove
- 7:30am **BREAKFAST**- 3 cereal choices, a fresh fruit and yogurt bar, and a hot option (eggs, pancakes, sausage, waffles, etc.) each morning. Milk, water, juice. Campers are encouraged to start their day with a well-balanced meal.
- 8:15am **Morning Cabin Time**- bunks, teeth, cabin clean up, sunscreen, cabin meeting, etc.

8:45am **Morning activities**, sunscreen, H<sub>2</sub>O, hats. **9-12:** *SOUL surfers have recreational activities as a group or can earn up to 30 hours of community service in this program.* **Outreach:** Time assisting staff with our youngest campers in Mariners and Day Camp. **Leadership:** Helping with lessons or running an activity to develop teaching, mentoring, and leadership skills.

- 12-2pm **LUNCH** - Sandwiches, potato bar, tacos/burritos, grilled cheese, pizza, etc. and a full salad bar. Everyone is encouraged to drink up to 3 glasses of water at every meal to stay hydrated and healthy. **Siesta** - at the cabins for a ~30 minute nap or quiet time. **Camp Store** - visit daily for a snack/drink/souvenirs **Mail** - Snail mail/BunkOne emails (printed first thing every morning) are passed out after lunch

1:45pm **Afternoon activities** sunscreen, H<sub>2</sub>O, hats. **2-4:30:** Activities as a cabin group or choice with all of teen village (**ie Team-building, surfing, skating, bodyboarding, crafts, leadership, choice activities, etc.**)

- 5:25pm All camp **Flag Lowering** at Pirate's Cove
- 5:30 pm **DINNER** - Baked chicken, lasagna, roast beef, stir fry/egg rolls etc. and a full salad bar. We also have dessert after dinner!
- 6:30pm **Shower Time**- campers can shower every day after ocean time, but every cabin has a scheduled MUST shower time twice a week.

7:00pm **Evening Program:** SOUL joins Beach Combers for evening surf and cabin challenge, helps lead the Mariner Carnival, and have their own programs focused on community and international service.

- 9pm **Get ready for bed**, teeth and pajamas
- 9:30pm **Devotions** - a quiet activity or discussion. A focus for SOUL is to encourage all campers to discuss and share views on related teen and community issues.
- 10pm **Lights out**- you will need your rest for another full day of fun tomorrow!

## S.O.U.L Sessions Include

### Choice Activities

Open-activity periods when **campers can choose** activities including skating, archery, ocean kayaking, helping with the younger campers, crafts, or extra water time.

### Day Trip:

**Beach cruisers bike ride** along the Sliver Strand bike path. Each cabin group packs a lunch and plans out their day adventure to Coronado.

### Service:

**On-camp:** The SOUL group will spend one day improving an area of the camp. They will work with their counselors and full time staff to use existing skills and develop new ones. For past SOUL projects campers have: built campfire rings and seating in each village; installed plumbing, concrete, and landscaping for the REEF mulch bed greywater system; rebuilt the vespers stage, stained/painted Pirate's Cove, and built sand volleyball courts; and built rope fences for both archery ranges and along driveway.

**Off-camp:** SOUL heads out to make a difference through projects arranged in the local community. Past campers have helped at animal shelters doing everything from cleaning cages and exercising dogs to assisting vets and helping with paperwork, painting storm drain stencils, and working with a state park on habitat restoration. Currently we are working with a local organic garden for a service-learning project that includes a yummy organic lunch!

### Unity:

The SOUL session begins with a **3-day camping trip to San Onofre State Beach**. This is a perfect catalyst to build the group. Camping provides endless opportunities to build responsibility, confidence, stronger friendships, and outdoor skills. It is also a great way for SOUL teens to learn to take initiative as individuals and work as a team. The group works together on all aspects of the trip-from **pitching a tent to preparing and cooking meals** for the group (and sometimes for the park rangers too!). It also gives campers the opportunity to explore a different beach break and enjoy time relaxing within the continued safety of the camp environment.

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## Program Highlights

During select time, the SOUL Surfers will experience **hands-on mentoring** as they assist camp staff to play, teach, and **model behavior** for other campers. As our teen leaders, younger campers look up to SOUL, and our leadership teens play an important role in **helping our younger campers** have the best summer ever! Our teens **asked for more responsibility**, so this year there are additional opportunities to help the kitchen staff, run activities, assist unit leaders, and even help maintenance to leave a "legacy" at camp.