



Olympic Camp Plan

Description

The theme of this camp is the Olympics. Girls and adults are divided into 5 countries representing each of the 5 Olympic rings. There are opening and closing ceremonies, an Olympic torch, medals and other Olympic traditions. The activities include various summer and winter Olympic sports, often modified in silly and unusual ways. The main craft is making a stone inukshuk to tie in to the Vancouver 2010 Olympic symbol. Some smaller crafts and a campfire round out the camp.

Age Level

The camp plan described here is most suitable for Embers and Guides. However, it can be easily adapted for younger or older girls by adjusting the difficulty of the sports activities and the formality of the ceremonies (easier/less formal for younger, harder/more formal for older).

Olympic Rings, Countries & Menu

Girls and adults are divided into five countries. Each person is given a coloured bandana to match their country's region.

The five colours of the five Olympic rings are traditionally said to represent the five regions of the world (although the creator of the Olympic flag never actually said this himself). A country has been chosen from each region as follows.

The camp menu is also designed to provide meals to match the countries. You are free to choose other countries but then you may want to change the menu as well.

Colour	Region	Country
Green	Oceania	Australia
Black	Africa	Gabon
Red	The Americas	Mexico
Yellow	Asia	China
Blue	Europe	Italy

CAMP SCHEDULE

Time	Activity	Guider
Friday		
5:30 – 6:30	Guiders/Adults arrive at camp Bring supplies inside & Set-Up	All
6:30 – 8:00	Girls arrive. Check-in with First Aider. Give medications. First Aider gives girl their coloured bandana. Bring gear inside and select bunks Go to main room right away (no playing in bunks!) <ul style="list-style-type: none"> • Break into teams/countries. • Colour individual flags and group flag. • Choose mascot for their country • Create song/cheer for their country • Paint Inukshuk base (so it can dry by Saturday) 	First Aider One adult per Country
8:00 – 8:40	Olympics Opening Ceremony & Torch Ceremony (see instructions)	
8:40 – 9:00	Camp Orientation & Rules <ul style="list-style-type: none"> • Number off. Choose buddies. • No wandering off/going outside without a Guider • Wear indoor shoes at all times • Frequent handwashing • Conserve water • Fire drill procedures & meeting place Bathroom Break & Get mugs Surprise practise FIRE DRILL!	
9:00 – 9:30	Mug Up	Cook
9:30 – 10:00	Get ready for bed	All
10:00	Lights Out!	

EQUIPMENT LIST

SATURDAY		
7:00	Leader Awake	
7:30 – 8:30	Girls Rise & Shine (wash/dress/tidy bunks)	
8:15 – 8:30	Kitchen Prep	Black Country
8:30 – 9:15	Breakfast	Cook
9:15 – 9:45	Duties	All
9:45 – 10:00	Olympic Flag Raising & Oh Canada	
10:00 – 11:45	<p>Olympic Team Sports (indoors or outdoors)</p> <p><i>Teams spend 30 minutes playing each sport, then switch. Do 2 or 3 rotations depending on how much the girls like playing the sports.</i></p> <p><i>Sport #1: Pool Noodle Ball Hockey Red vs. Blue Blue vs. Yellow (optional) Green vs. Yellow</i></p> <p><i>Sport #2: Bobsled Races and/or Biathlon Green vs. Yellow Red vs. Green (optional) Red vs. Blue</i></p> <p><i>Back-Up Sport: Fake Ice Skating (indoors only) Girls skate around by sliding on pieces of paper on the floor.</i></p> <p><i>Option 1: Play music and allow girls to free skate Option 2: Have each country develop their own routine to music. Then take turns performing for the other countries/teams.</i></p>	
11:45 – 12:00	Kitchen Prep	Red Country
12:00 – 1:00	Lunch	Cook
1:00 – 1:30	Duties	All
1:30 – 3:00	<p>Olympic “Decathlon”</p> <p><i>Round-Robin #1 (10 minutes each) 1.) Shot Put</i></p> <p><i>2.) Discus</i></p> <p><i>3.) Skipping 4.) Hula Hoop</i></p> <p><i>Round-Robin #2 (15-20 minutes each) 1.) Decathlon</i></p> <p><i>2.) Curling</i></p>	All

3:00 – 3:30	Snack	Cook
3:30 – 4:30	Craft – Stone Inukshuk (A couple leaders start to figure out Olympic medals)	
4:30 – 5:30	Free time (All Leaders finish figuring out Olympic medals)	
5:15 – 5:30	Kitchen Prep	Blue Country
5:30 – 6:30	Dinner	Cook
6:30 – 7:00	Duties	All
7:00 – 8:30	Olympic Medal Ceremony & Campfire	
8:30 – 9:00	Mug Up	Cook
9:00 – 9:30	Get ready for bed.	All
9:30	LIGHTS OUT!	

SUNDAY		
7:30	Leader Awake	
8:00	Girls Rise & Shine (wash/dress/tidy bunks)	
8:15 – 8:30	Kitchen Prep	Yellow Country
8:30 – 9:15	Breakfast	Cook
9:15 – 10:30	Duties & Finish packing	
10:30 – 11:00	Closing Ceremonies / Guides Own Hand out badges & crests Blow out “torch”	
11:30	Caregiver arrive. Caregivers help with final cleaning. Go home!!	

EQUIPMENT LIST

OLYMPIC MENU (Designed to provide one meal/snack per country)

Friday	Mug Up	Slice Apples Cheese & Crackers Milk / Water
Saturday	Breakfast (Black – Gabon)	French toast (white & raisin bread) Sausages Assorted fresh fruit Hot & cold cereal (for those who don't like French toast) Milk / Water (no Juice)
	Lunch (Red – Mexico)	Tacos in a bag Baby carrots & dip Apple Enchiladas (apple pie filling wrapped in tortilla and baked) Juice / Water
	Afternoon Snack (Yellow – China)	Spring rolls with plum sauce Fortune Cookies (1 per person) Juice / Water
	Dinner (Blue – Italy)	Baked lasagne Garlic bread Caesar salad Milk / Juice / Water Sherbet (instead of gelato which is too expensive)
	Mug Up	Olympic Ring Sugar Cookies (let girls decorate them) Cold cereal Hot chocolate
Sunday	Breakfast	Leftover sausages Leftover fruit Muffins / pastries Hard boiled eggs Hot & cold cereal Milk / leftover Juice / Water

Apple Enchilada Recipe (from www.allrecipes.com)

1 (21 ounce) can apple pie filling	1/2 cup water
6 (8 inch) flour tortillas	1/2 cup brown sugar
1 teaspoon ground cinnamon	1/2 cup butter
1/2 cup white sugar	

1. Preheat oven to 350 degrees F (175 degrees C). Grease a 2 quart baking dish.
2. Spoon about one heaping quarter cup of pie filling evenly down the center of each tortilla. Sprinkle with cinnamon; roll up, tucking in edges; and place seam side down in prepared dish.
3. In a medium saucepan over medium heat, combine butter, white sugar, brown sugar and water. Bring to a boil, stirring constantly; reduce heat and simmer 3 minutes. Pour sauce over enchiladas and let stand 30 minutes.
4. Bake in preheated oven 20 minutes, or until golden. Makes 6 servings.

SHOPPING LIST

<p>Fruit</p> <p>Final fruit selection depends on prices and selection at time of shopping. Aim for total of 2 servings per person per weekend.</p> <p>Apples (1 apple = 2 servings) Bananas (1 banana = 2 servings) Grapes (1 large bunch = 10 servings) Strawberries (1 lb. = 6 servings) Cantaloupe (1 cantaloupe = 10 servings)</p>	<p>Vegetables</p> <p>1 lb. baby carrots tomatoes (to be diced for nachos) lettuce (for nachos) Romaine lettuce</p>						
<p>Dairy</p> <p>Eggs (for french toast & hard boiled) Sour cream (for nachos) Grated Cheddar for nachos Med. cheddar / mozzarella for Fri. snack Parmesan cheese (for caesar salad) 1 sm. container soft margarine Milk (for french toast, cereal & drinking) Butter (for apple enchiladas) Sherbet</p>	<p>Meat</p> <p>Hamburger for Tacos (1 lb. per 5 people) Breakfast Sausages (3 per person) Frozen Lasagna Frozen Spring Rolls</p>						
<p>Dry Goods</p> <table border="0"> <tr> <td>Assorted Crackers</td> <td>Coffee / Tea</td> </tr> <tr> <td>Taco Seasoning Mix</td> <td>1 small bottle salsa (for nachos)</td> </tr> <tr> <td>1 lrg. box dry cereal (Cheerios)</td> <td>Apple Pie Filling (1 can per 6 people)</td> </tr> </table>		Assorted Crackers	Coffee / Tea	Taco Seasoning Mix	1 small bottle salsa (for nachos)	1 lrg. box dry cereal (Cheerios)	Apple Pie Filling (1 can per 6 people)
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EQUIPMENT LIST

1 bottle plum sauce 1 large bottle Caesar dressing Nachos (1 extra large bag per 15 people) Fortune Cookies (1 per person) Food Colouring Brown Sugar (for apple enchiladas) cooking oil (for doing french toast) Juice 1 sm. jar ground cinnamon (for apple enchiladas) White Sugar (for apple enchiladas & cereal) 1 box Instant porridge (10 pouches per box)	1 small bottle ranch dressing (for dip) 2 boxes Caesar salad croutons Hot Chocolate mix White Cookie Decorating Icing Sprinkles/decorations for cookies Pancake Syrup (1 bottle per 20 people)
Bakery White Bread (for French Toast) Raisin Bread (for French Toast) Garlic Bread 8" Tortillas (1 per person, for apple enchiladas) Assorted muffins/pastries	Other / Equipment Ziploc bags (1 per person for nachos) Large cotton balls (1 per girl, for shot put) Strong Paper Plates (1 per girl, for discus) Straws (1 per girl, for javelin)

PATROLS

Each patrol represents one colour of the 5 Olympic rings. However, for the round robin team activities (e.g. hockey) it is easier to have an even number of patrols. Therefore, the leaders will be the fifth colour.

Patrol #1 Black Ring Africa Gabon	Patrol #2 Red Ring The Americas Mexico	Patrol #3 Blue Ring Europe Italy	Patrol #4 Yellow Ring Asia China

Green Ring = Australia. Leaders will wear this colour.

DUTIES

Guiders can be assigned to either a patrol (rotate through the duties with the patrols) or a duty.

The duty rotation has been done such that the country/patrol cooking each meal matches the meal (e.g. Gabon cooks French toast for breakfast, Mexico cooks tacos for lunch, etc.).

Day	Time	Cooks	Dishes	Bathroom	Housekeeping
Guider		QM			
Saturday	Breakfast	Patrol #1	Patrol #3	Patrol #2	Patrol #4
	Lunch	Patrol #2	Patrol #4	Patrol #3	Patrol #1
	Dinner	Patrol #3	Patrol #1	Patrol #4	Patrol #2
Sunday	Breakfast	Patrol #4	Patrol #2	Patrol #1	Patrol #3

	Responsibilities
Cooks	<ul style="list-style-type: none">- help prepare the meal- set tables- take out garbage
Dishes	<ul style="list-style-type: none">- set out dishwater (3 sinks)- wash kitchen dishes, pots and pans- put clean dishes away
Bathroom	<ul style="list-style-type: none">- clean bathroom- refill toilet paper- replace paper bags as needed- sweep/mop floor
Housekeeping	<ul style="list-style-type: none">- sweep floors- wash down eating tables- push in chairs and tidy clean up

EQUIPMENT LIST

OPENING CEREMONY

Equipment Needed

- CD with 1988 Calgary Olympic Theme Song (by David Foster, can be found on CD titled "The Symphony Sessions")
- CD with national anthems for China / Gabon / Mexico / Australia / Italy
- CD Player
- Candles (1 per person)
- Olympic Torch (put a buddy burner in a metal bowl and place on a stand)
- Matches / lighter
- Pictures of Olympic Sports (1 per girl)
- Masking Tape
- Olympic Flag (large poster paper)
- Mini-flags for each country & popsicle sticks (1 per girl)
- Large poster-sized flag (1 per country)
- Markers / crayons
- Glue / Stapler

You can find printable, colouring pages of all flags of the world at http://www.activityvillage.co.uk/flags_of_the_world.htm

You can e-mail the Vancouver 2010 Olympic education programs (see www.olympicschool.ca) and request free Olympic goodies that you can hand-out. They will give you stickers, pins and posters. Or, you might want to save these for your medal / closing ceremonies.

Before ceremony (Do this Friday evening as the girls arrive)

- Girls break into their Teams/Countries.
- Give girls their coloured bandanas.
- Each girl colours mini-flag of her country and glues/staples it to a popsicle stick
- Each team colours one large banner/flag for their country
- Team invents their own cheer/song
- Team chooses their own mascot (e.g. using one of their stuffies or something?)

Ceremonial Parade

- Girls wear their bandanas (and camp blankets if they have them).
- Girls line up in their countries carrying their large banner/flag.
- Give every girl a picture/emblem of one of the Olympic sports. Use pictures at the end of this document.
- Play music from 1988 Calgary Olympics
- Each girl waves her mini-flag while marching.
- March around your site then end in an open circle/horseshoe with leaders at the front
- (Or, form circle first. Each country takes a turn marching around the outside of the circle. Everyone else represents the audience and has to cheer really loudly for the athletes who are marching.)

Opening Ceremony Procedure

Who	What
All Leaders Together	"Welcome to all athletes of the 2010 Girl Guide Olympics"
	<p>Explain "Faster/Higher/Stronger" motto.</p> <ul style="list-style-type: none"> • These three words encourage the athlete to give his or her best during competition, and to view this effort as a victory in itself. • The sense of the motto is that being first is not necessarily a priority, but that giving one's best and striving for personal excellence is a worthwhile goal. It can apply equally to athletes and to each one of us. • To better understand the motto, we can compare it with the following well-known phrase: The most important thing is not to win but to take part!
	<p>Hang Olympic Flag. Explain coloured rings represent 5 regions of the world.</p>
	<p>Introduce 4 individual countries</p> <ul style="list-style-type: none"> • Have country say the cheer/song they created and introduce their mascot. • Play National Anthems for each country? While anthem is playing, have girls "raise their flag" and hang/stick it to the wall.
	<p>Olympic Sports. Each girl shows the picture with their sport on it, says the name of the sport and sticks it to the wall. All other girls can quickly act out the sport. (Pictures provided at the end of this document.)</p> <p>For older girls, have all girls recite the Olympic Athlete's oath. If possible, every girl should be touching the Olympic flag when they say the oath.</p> <p><i>"I promise that I/we shall take part in these Olympic Games, respecting and abiding by the rules that govern them, in the true spirit of sportsmanship, for the glory of sport and the honour of my/our teams."</i></p>
	<p>Olympic Torch. Hand out candles. Pass flame from one candle to another around the circle. Last person is Guider-in-Charge who then lights the special Olympic Torch.</p>
Everything including girls	<p>Repeat after Guider-in-Charge. "Let The Games Begin!" applause.....</p>

MEDAL CEREMONY SUGGESTIONS

With younger girls, it's better if every medal looks the same (instead of bronze, silver, gold).

You can make medals from frozen juice concentrate lids and punch a hole for some ribbon. Or, purchase them from your local trophy supply store.

Every girl should get a medal for something. Medals can be for sports (e.g. longest discus throw) or lots of different things as follows. Don't tell the girls ahead of time what you're looking for.

- first girl ready for breakfast on Saturday morning
- first girl asleep on Friday night
- tidiest bunk / tent
- good manners throughout camp
- excellent attitude for cleaning bathrooms
- helping a fellow camper without being asked
- persistence learning to [_____]
- good sportsmanship during [_____] activity
- etc.

Make a podium. Every girl gets a turn to stand on the podium and receive her medal.

Give every girl a flower when she gets her medal (can be real, plastic, or home made using tissue paper/craft supplies).

Make sure everyone cheers for everyone.

OLYMPIC SPORT ACTIVITIES

There are many different ways of doing Olympic sports at camp. We did not limit ourselves to only winter sports. Most sports can be modified so they can be done indoors or outdoors. We preferred to play the sports in a slightly silly way to add some extra fun factor (e.g. used pool noodles instead of real hockey sticks).

Team Sports

Hockey – Cut pool noodles in half and use them as hockey sticks. Use a beach ball as the puck. Set something up to be the goals. You can play this indoors or out.

Bobsled – Use toboggans and race one country against another country in relay fashion. If there is no snow, use plastic toboggans on the grass. Have one girl sit in the toboggan. The rest of the girls on her team pull the toboggan down the field and back again. The second girl gets her turn to sit, etc. until all girls have had a turn. For indoors, have the girls pull one another on a blanket on the floor.

Ice Skating / Synchronized Swimming – Bring a CD player and various music for each country (could use their national anthems?). Each team has to develop a routine set to music and perform it for the other countries. For skating, have the girls slide around on the floor with a piece of paper under each foot. This forces them to keep their feet on the floor and look more like they are sliding around skating.

Curling – For outdoors on grass, use bocce balls. For outdoors on ice, use frozen milk jugs. For indoors, use bean bags and mark circles on the floor with masking tape.

Biathlon – Have girls do a race. For outdoors, try wearing snowshoes, doing it 3-legged-style or something to make it more challenging. For indoors, make them slide on the floor with a piece of paper under each foot to mimic skiing. At various points, make them stop and do “target shooting” (such as throw a bean bag to knock over a target). Can do this as a team relay race or individual.

Tug-of-War – Not an actual Olympic sport, but still a good athletic activity. Do different combinations of teams against other teams, girls vs. leaders, etc.

Individual Sports

You can pick-and-choose lots of individual sports and make them into a “mini-Decathlon”. Have the girls rotate though different sports in a round-robin format.

Sport	Indoors	Outdoors
Discus	Use paper plates	Use frisbees
Shot Put	Use cotton balls	Use bean bags
Javelin	Use straws or popsicle sticks	Use Sticks?
Curling	Use bean bags	Use bocce balls
Skipping	Who can skip the longest?	
Hula Hoops	Who can hula the longest?	
Running / relay race		
Biathlon	As above	As above

INUKSHUK BACKGROUND INFORMATION



The Vancouver 2010 Olympic Winter Games emblem is a contemporary interpretation of the inukshuk. It has been named Ilanaaq which is the Inuktitut word for friend. This is the symbol of Canada's Games – our friend who will help us greet the world in 2010.

As one travels across the Canadian Arctic, one will see piles of rock slabs and stone built to resemble the shape of a person with arms stretching out. These stone structures put up by Inuit are known as inukshuk (pronounced '*in-ook-shook*'). In the Inuit language Inuktitut, *inukshuk* means "*likeness of a person*" or "*in the image of man*".

One of their purposes was to serve as direction markers in the harsh and desolate Arctic. The longer arm of an inukshuk points in the direction that one should travel. Sometimes an inukshuk could have a peep hole in the middle and if someone looked through it, another inukshuk in the distance could be seen.

The Inuit inukshuk has evolved into more than just stone markers. It has become a symbol of leadership, cooperation and the human spirit. Each stone of an inukshuk is a separate entity but was chosen for how well it fits together with other stones. The stones are secured through balance. Each one supports the one above it and is supported by the one below it. No one piece is any more or any less important than the other. Together, the stones achieve strength through unity. This effect is applied to a philosophy for people where a group can achieve greater success with cooperation and team effort rather than individually. The inukshuk stands for the importance of friendship and reminds us of our dependence on one another.

INUKSHUK CRAFT



Supplies Needed

1. Pictures of various inukshuks (can be found easily on the internet)
2. Assorted rocks in various sizes. Flat is best. Need approx. 8 – 10 per person.
3. Something for the base (large flat rock or Michael's Crafts sells wooden plaques in various sizes)
4. Paint or stain, and paint brushes (if using wooden base)
5. Glue. Best glue for rocks is caulking "PL Premium Glue", available at any home improvement store. One tube is enough for 8 – 10 inukshuks. White glue does not work well for rocks.

WARNING: PL Premium glue is permanent! Don't get it on your hands, your clothes, the floor, or any where!!! (But, it will give you an excellent finished result.)

6. Caulking guns
7. Large tarp to spread out on the floor (if making inuksuks inside)

Instructions

1. If using wooden bases, paint/stain them ahead of time (e.g. on Friday evening) so they have time to dry.
2. Use background information to explain how inukshuk relates to the Olympics.
3. Show pictures of inukshuk examples. Most important point is to try to make something that looks like a person.
4. Girls build inukshuk. Rocks should be able to balance without any glue. It will take some trial and error and swapping rocks to get a final design.
5. Adults should do the gluing for Sparks/Embers. Guides/Pathfinders can do the gluing under close supervision. Gloves are recommended.
6. Girls may have to stabilize inukshuk for 15 – 30 minutes until glue is sticky enough to hold. Glue reaches full strength after 24 hrs.

EQUIPMENT LIST

Person Responsible	Activity	Item
	General	Markers / Crayons
	General	Masking Tape
	General	First Aid Kit
	General	Canadian flag
	General	Duty Poster
	General	Coloured bandanas (1 per person, to match countries)
	General	Measuring Tape (for deciding winner of various events)
	General	Free Olympic "goodies" (posters, pins, stickers, etc.). Request via www.olympicschool.ca
	General	Colouring booklet (1 per girl).
	Inukshuk	Rocks
	Inukshuk	Caulking guns & Caulking glue ("PL Premium")
	Inukshuk	Paint & Paint brushes
	Inukshuk	Large tarp (if doing craft indoors)
	Inukshuk	Wooden bases (1 per person)
	Medal	Olympic Medals
	Medal	Flowers for medal ceremony (at least 1 per girl)
	Medal	Stuff to make podium
	Opening	Mini-flags of each country (one per girl)
	Opening	Popsicle sticks
	Opening	CD Player
	Opening	Copy of 1998 Calgary Olympic theme song
	Opening	CDs with copies of national anthems for each country
	Opening	Candles (1 per person)
	Opening	Stuff to make an Olympic torch
	Opening	Large poster-sized flags (one per country), girls to colour
	Opening	Large poster-sized Olympic flag
	Sports	Skipping Ropes
	Sports	Plastic T toboggans (2 or more)
	Sports	Bocce Balls (2 or more sets)
	Sports	Tug-of-War rope
	Sports	Popsicle sticks (for javelin)
	Sports	Hula hoops (or put on kit list for girls to bring)
	Sports	Frisbees (or put on kit list for girls to bring)
	Sports	Pool Noodles (for hockey)
	Sports	Beach Ball (for hockey)
	Sports	Bean Bags (for shot put, biathlon, indoor curling)
	Sports	Cotton Balls (for indoor shot put)
	Sports	Paper Plates (for indoor discus)

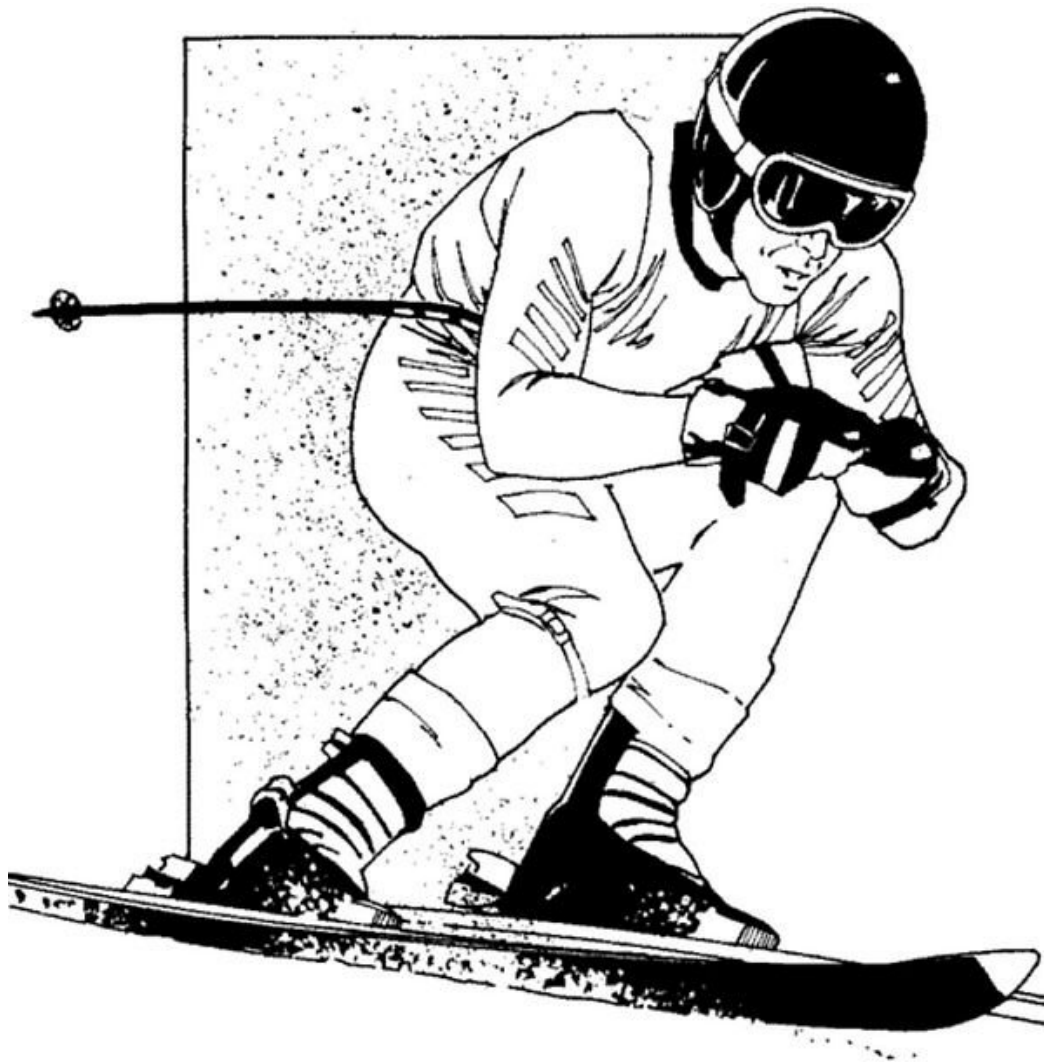
OLYMPIC SPORT PICTURES

The following pages show pictures of many different Olympic sports. They can be used in many different ways.

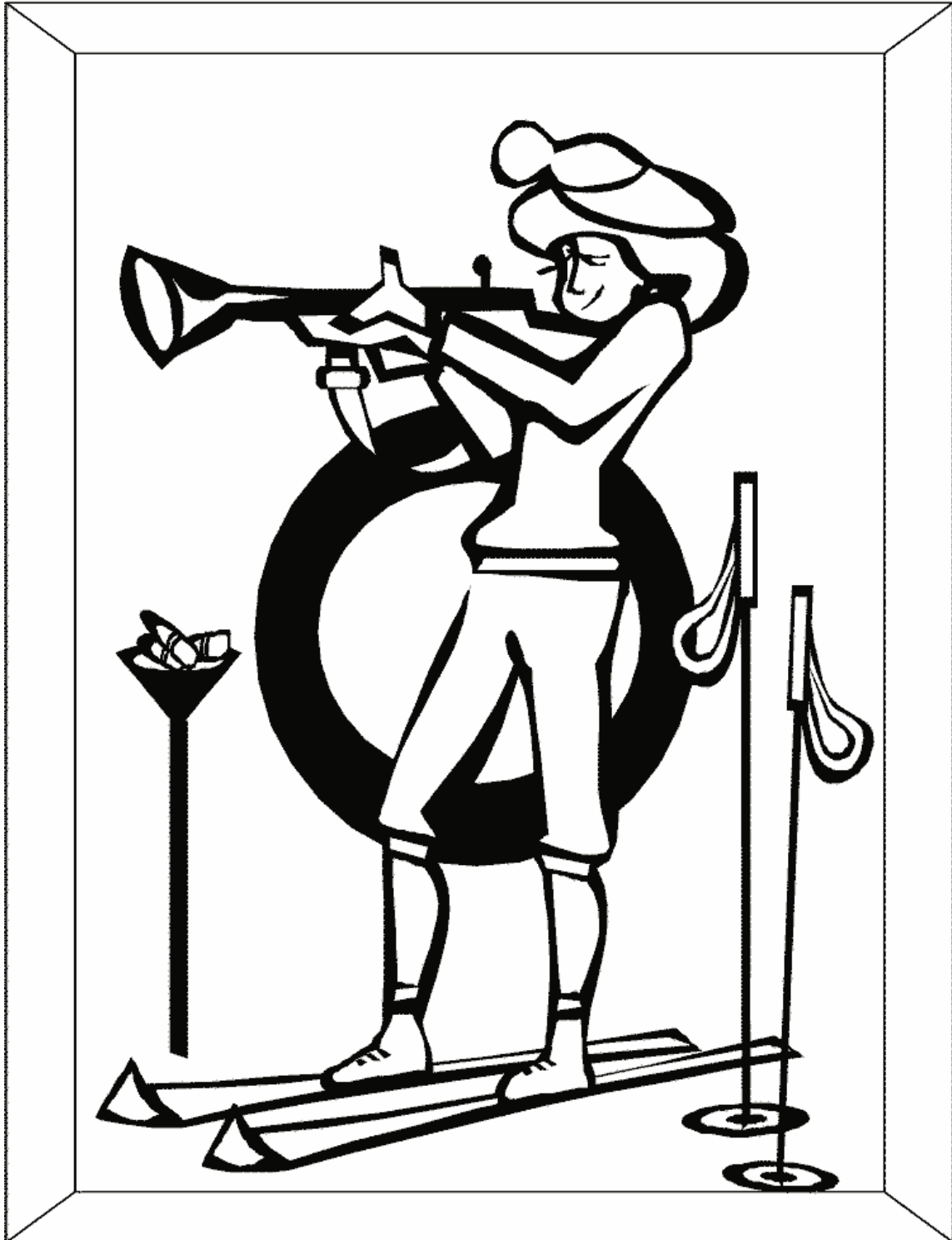
1. Give one to each girl during the Opening Ceremony. The girl says the name of her sport and sticks it to the wall.
2. During the opening ceremony or the flag raising, hold up each picture, say the name of the sport and have the girls briefly act it out. Run through the sports fairly quickly.
3. Stick the pictures on the wall as decorations.

Print each picture on a separate page and mount it on a piece of construction paper.

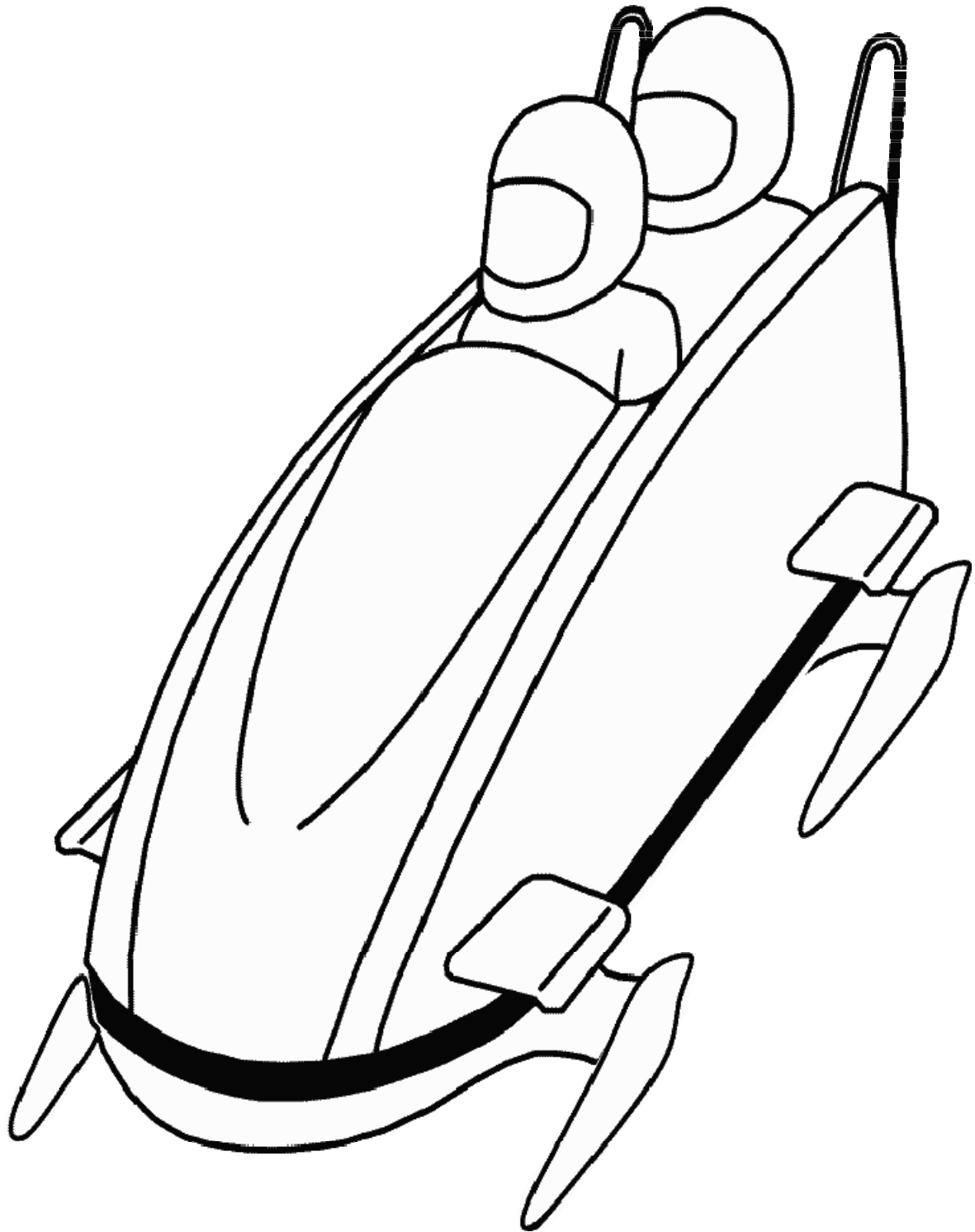
Alpine Skiing



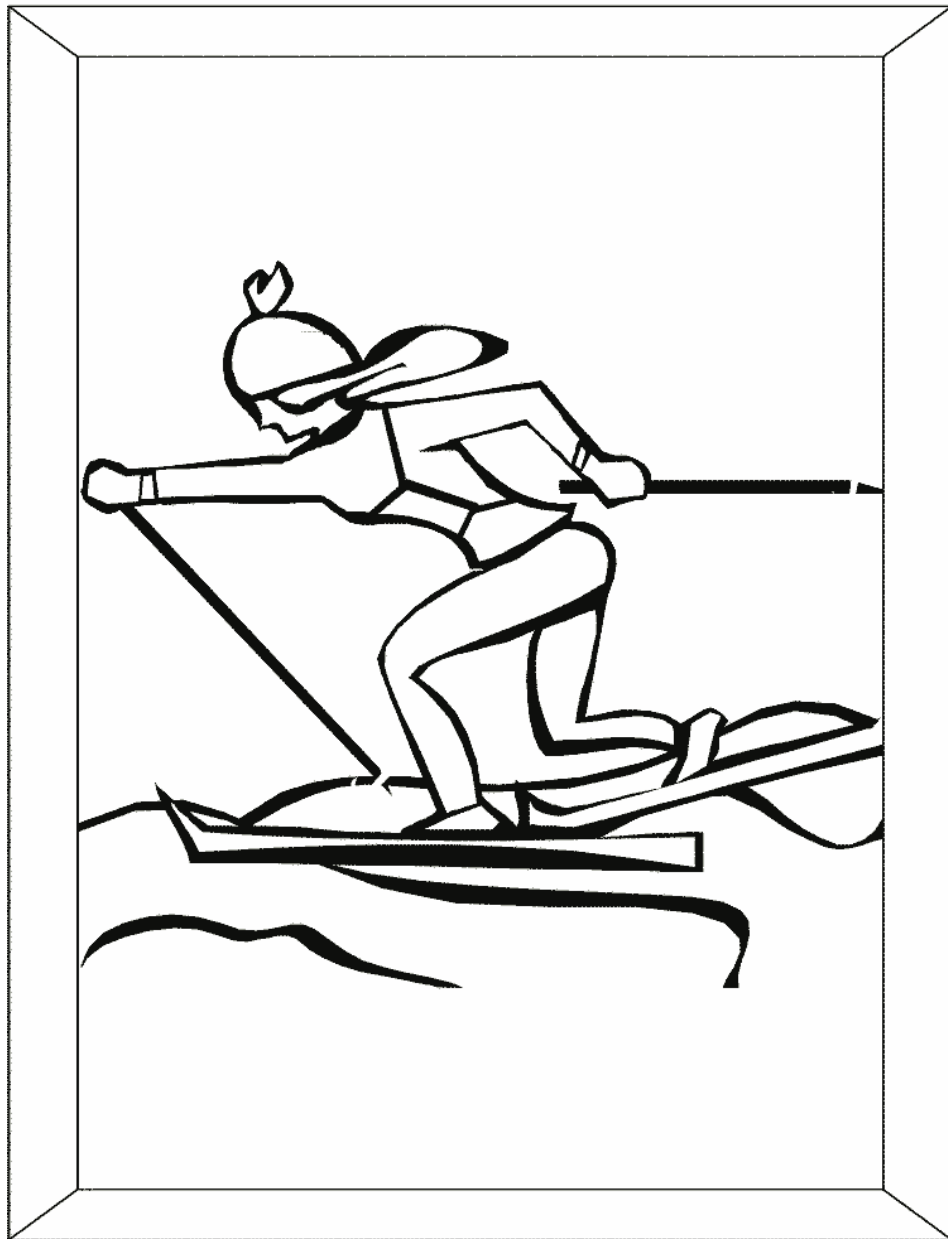
Biathalon



Bobsleigh



Cross-Country Skiing



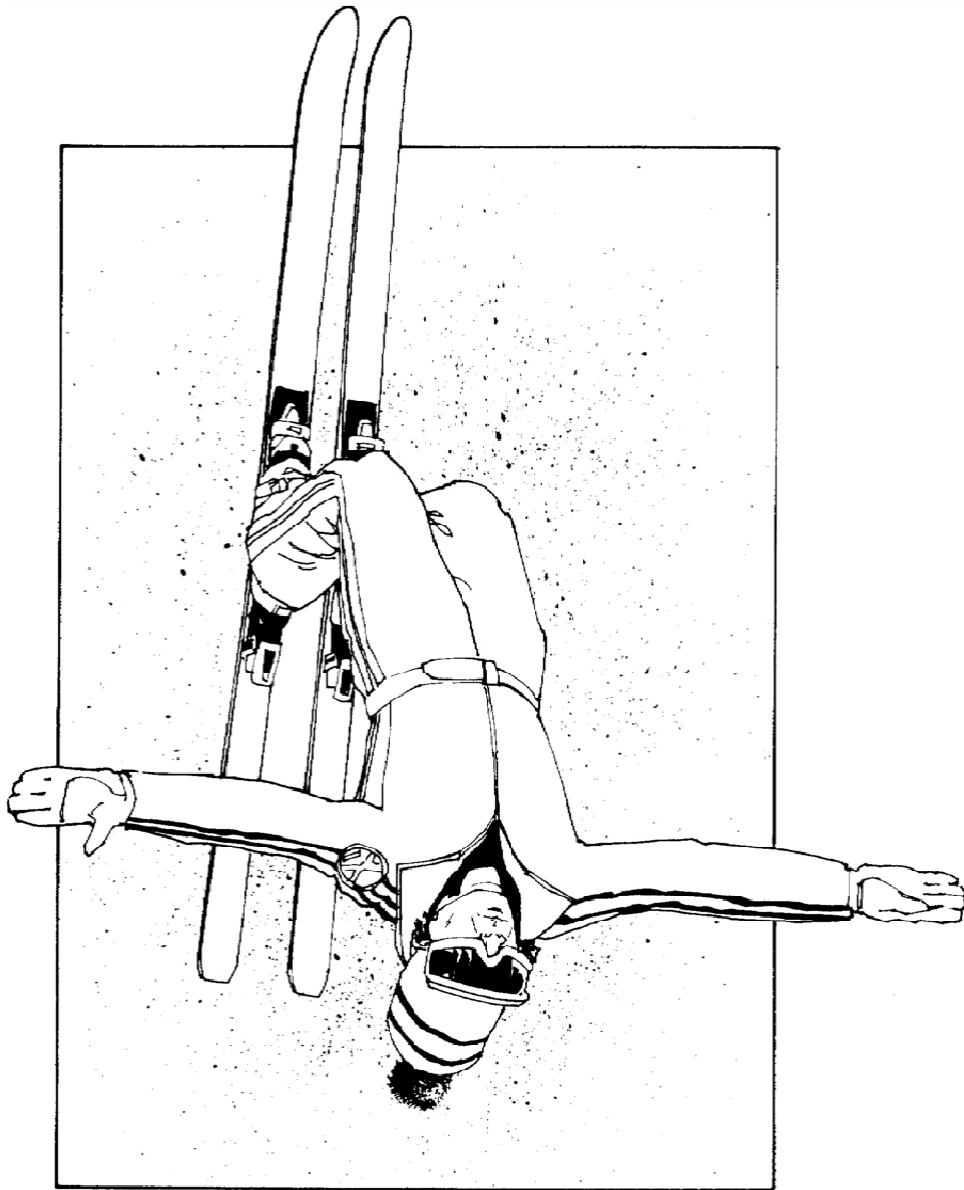
Curling



Figure Skating



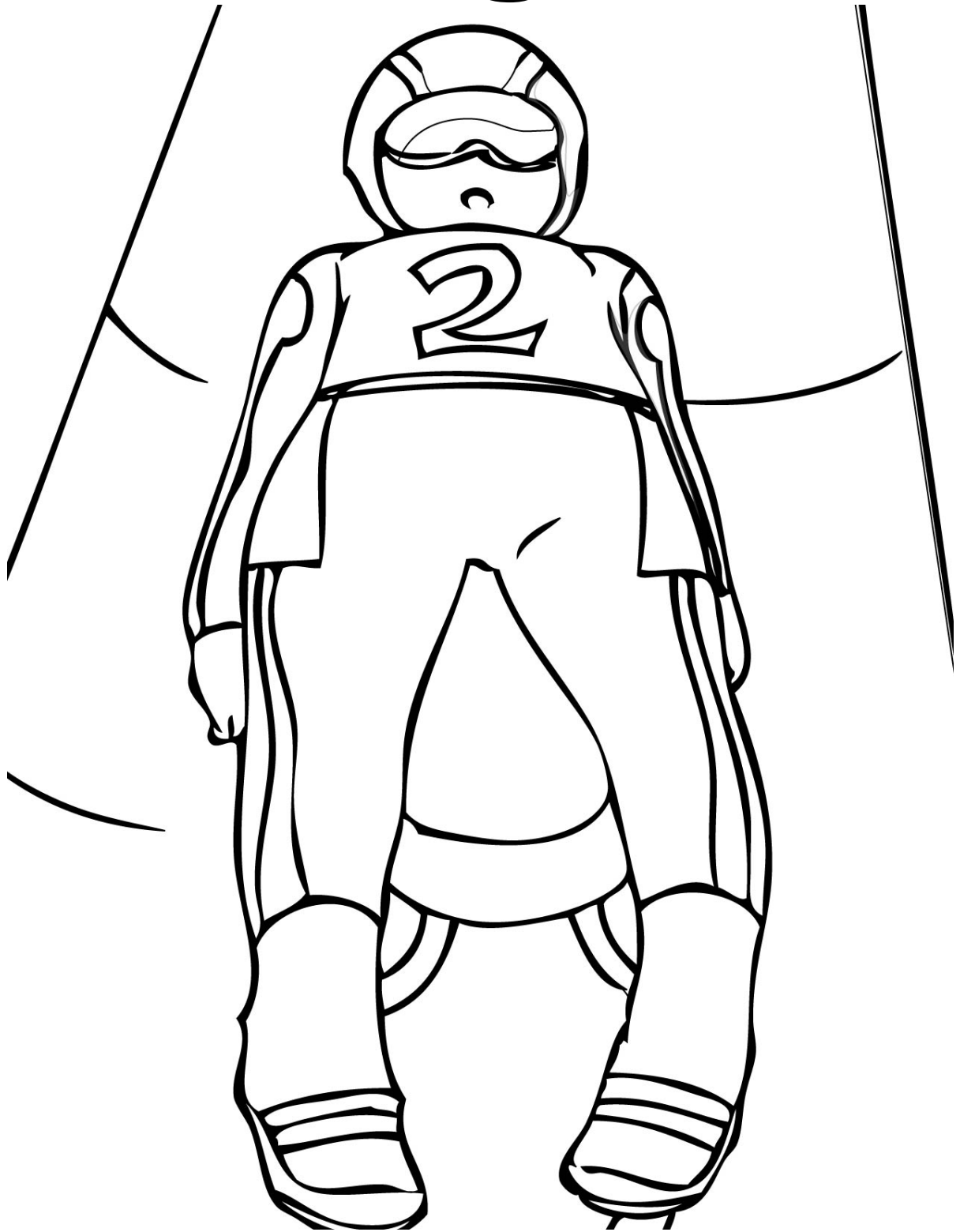
Freestyle Skiing



Ice Hockey



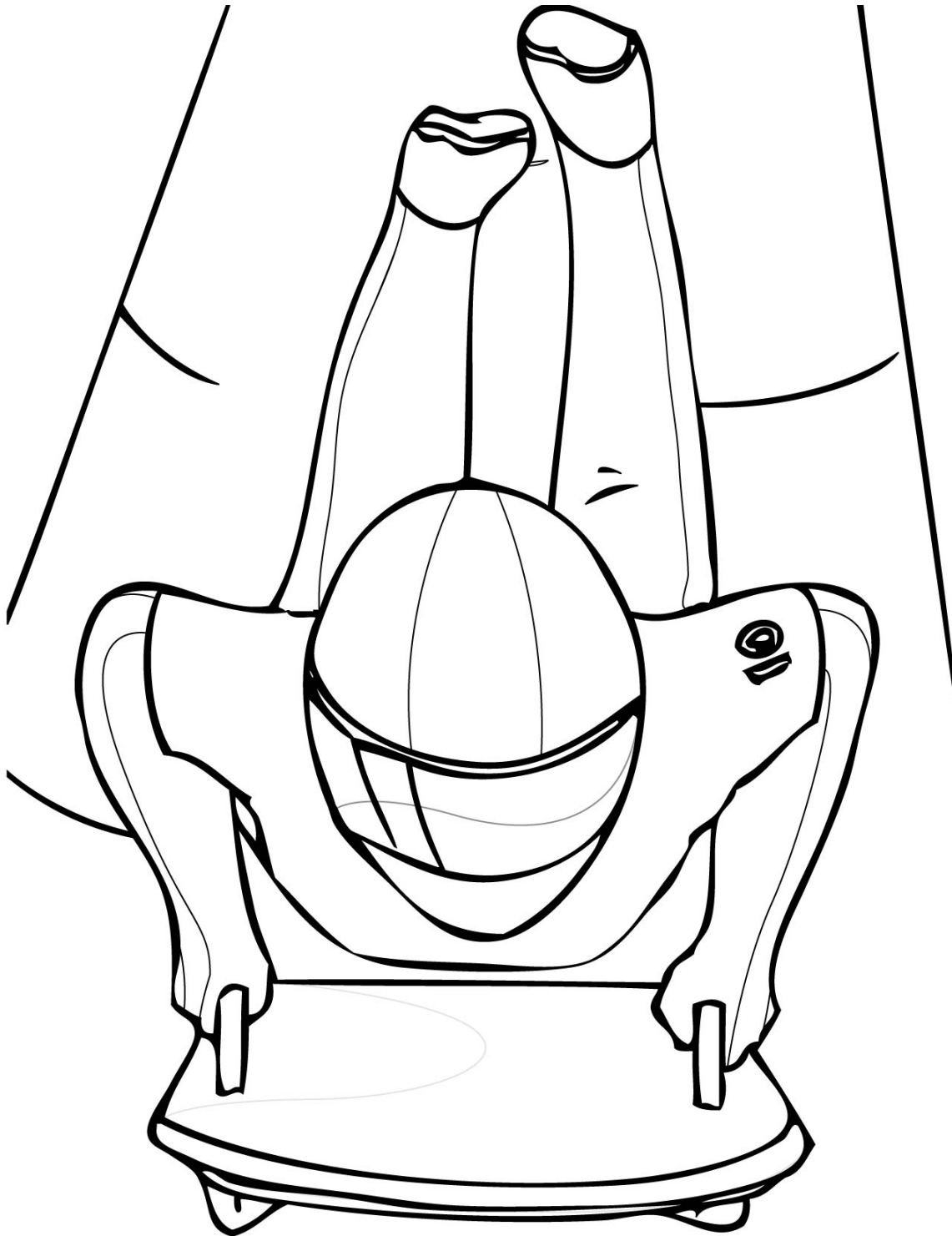
Luge



Speed Skating



Skeleton



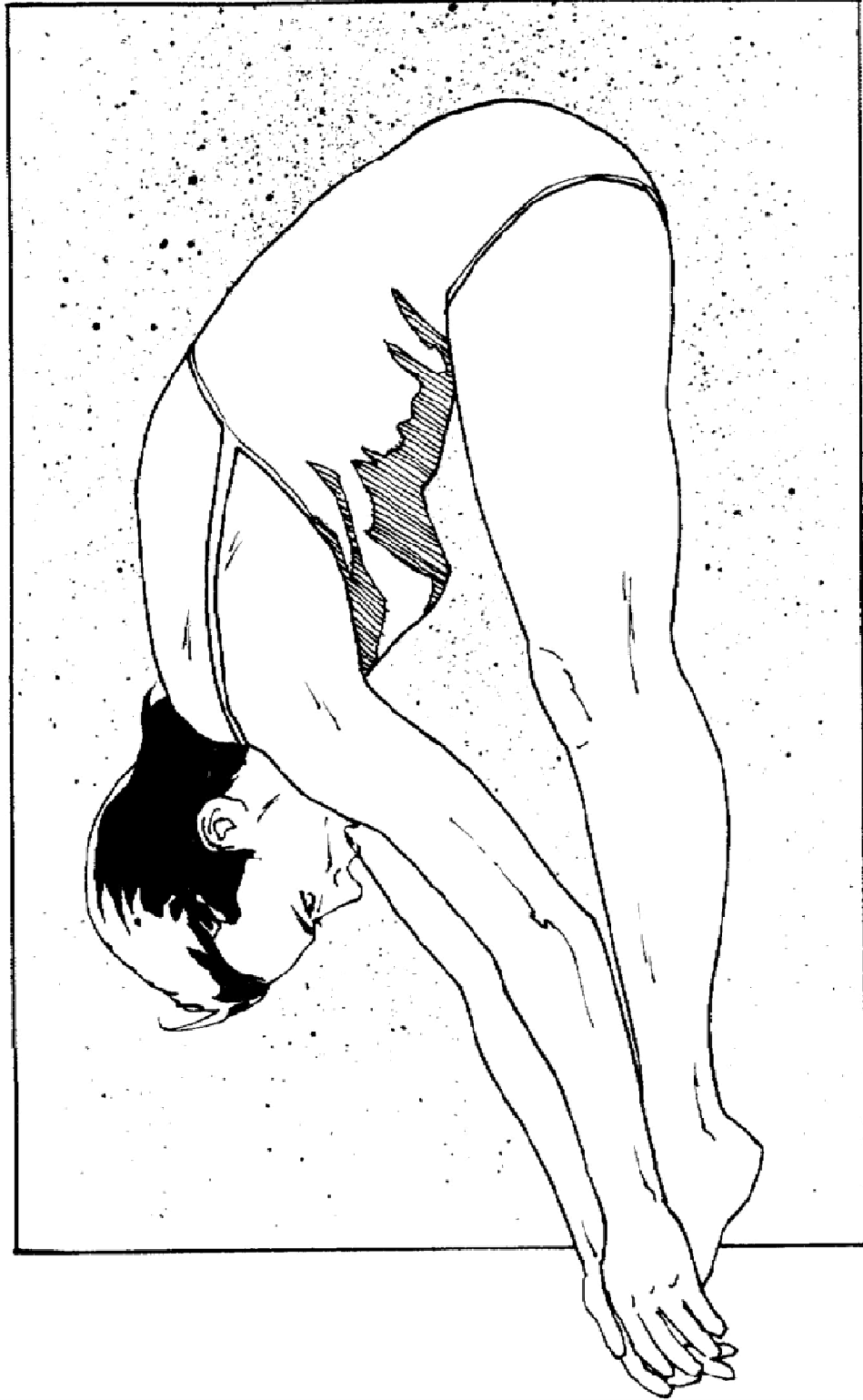
Ski Jumping



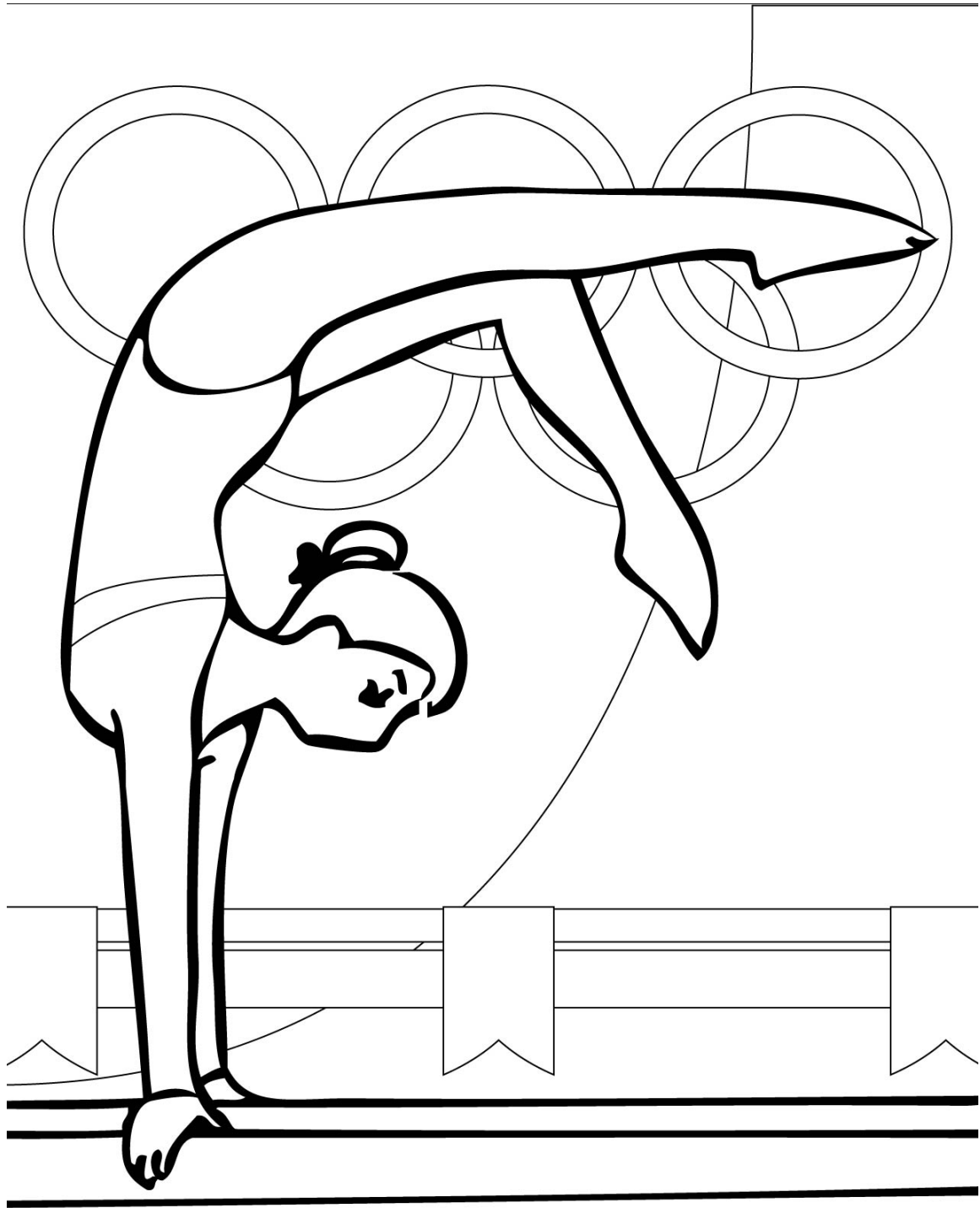
Snowboard



Diving



Gymnastics



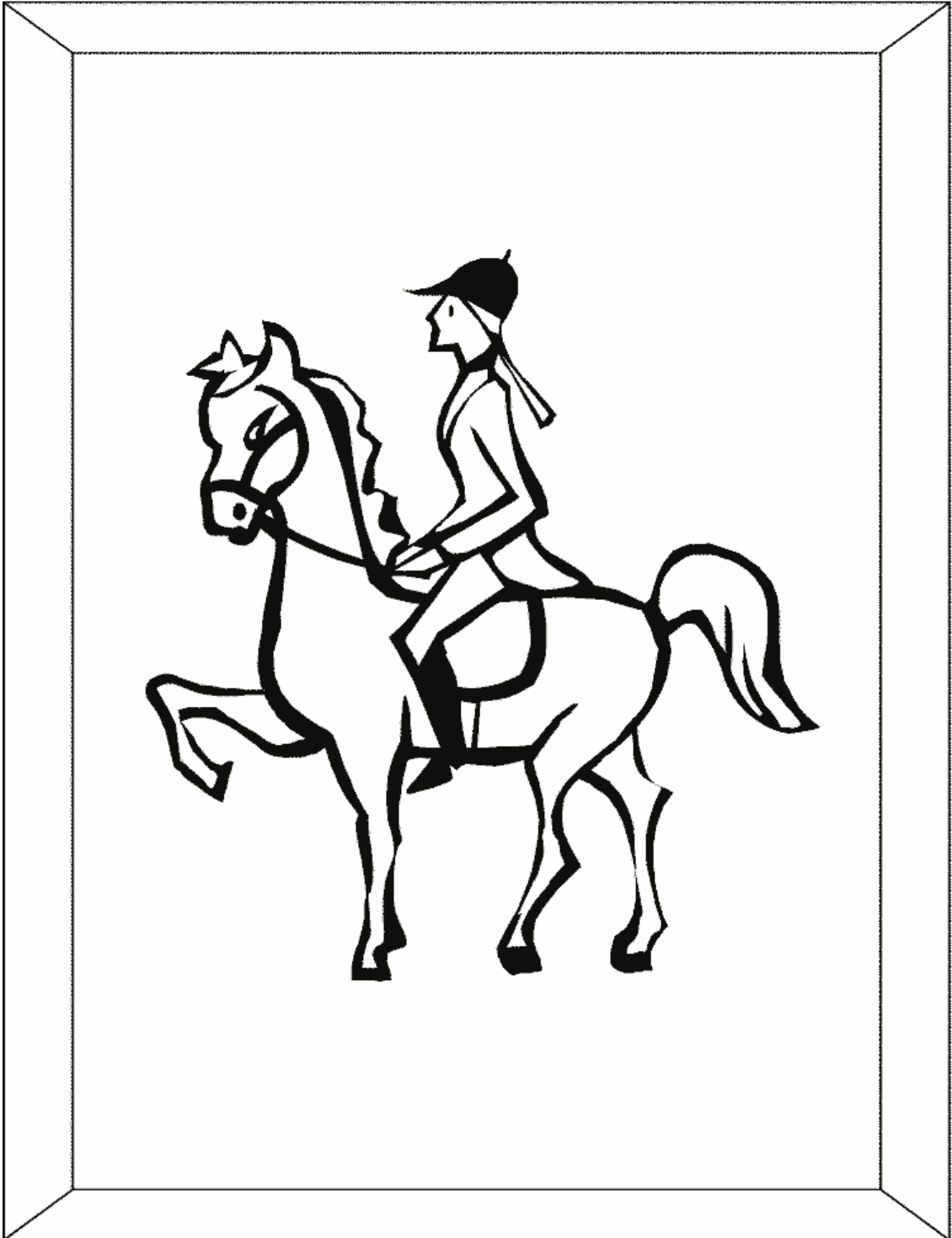
Fencing



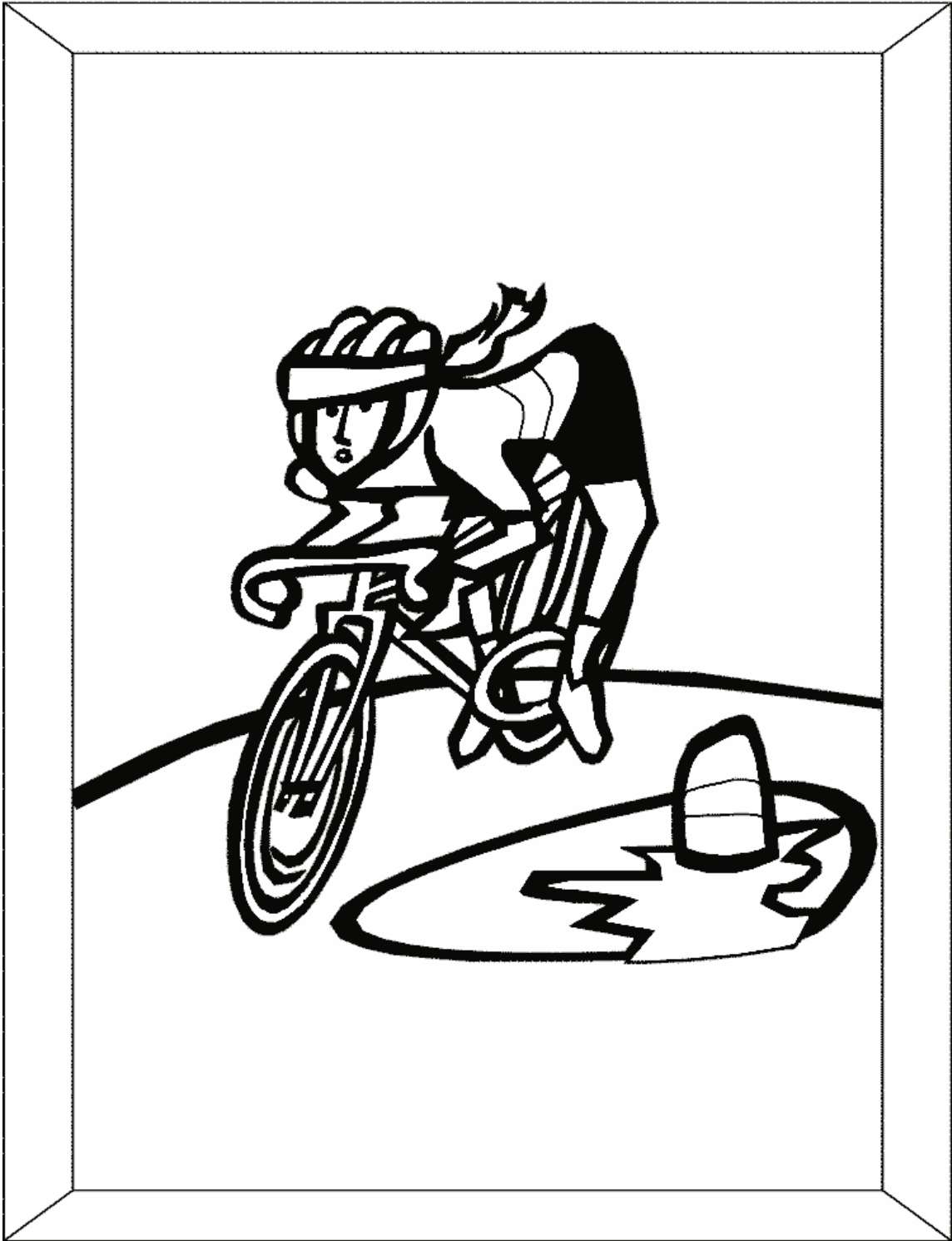
Tennis



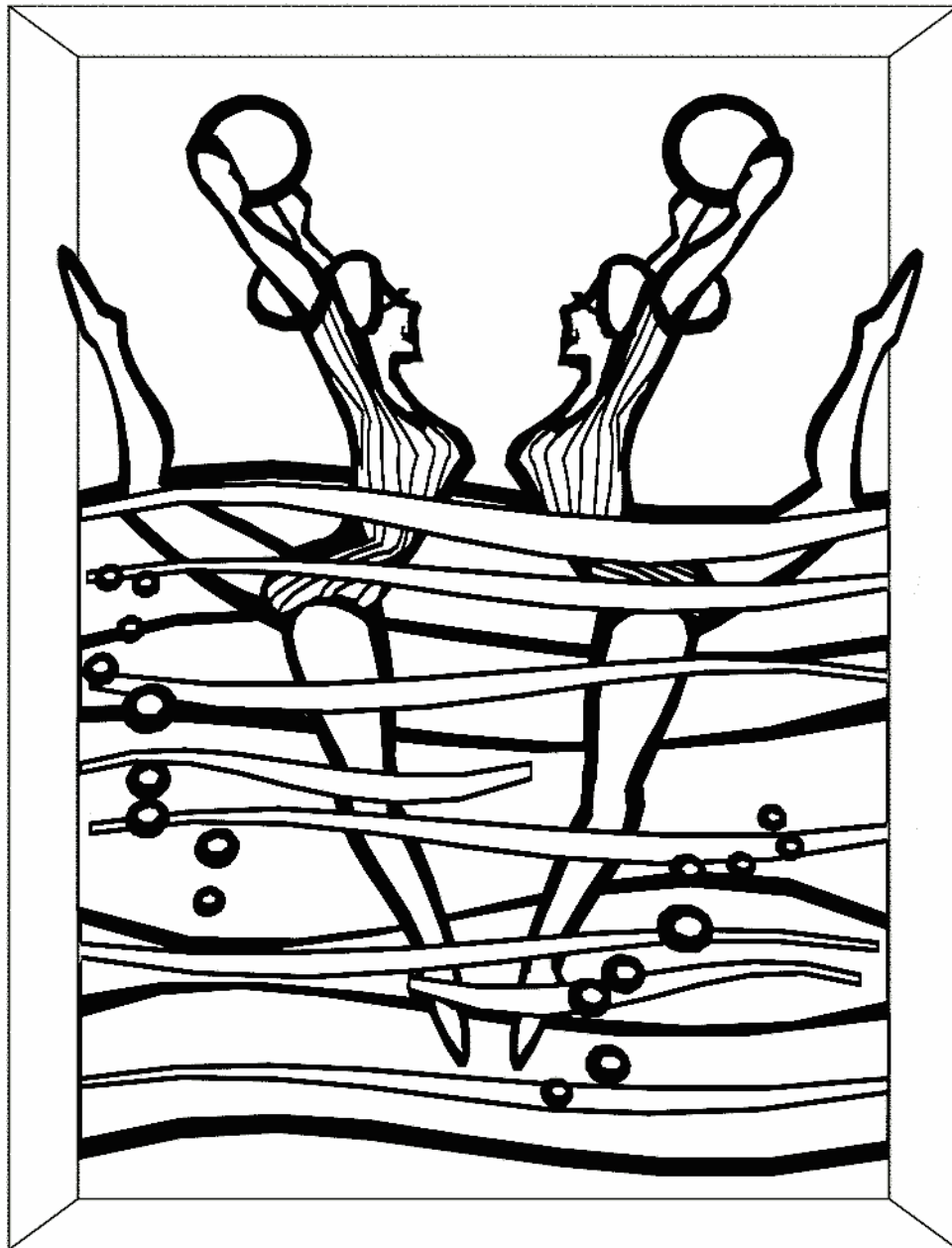
Equestrian



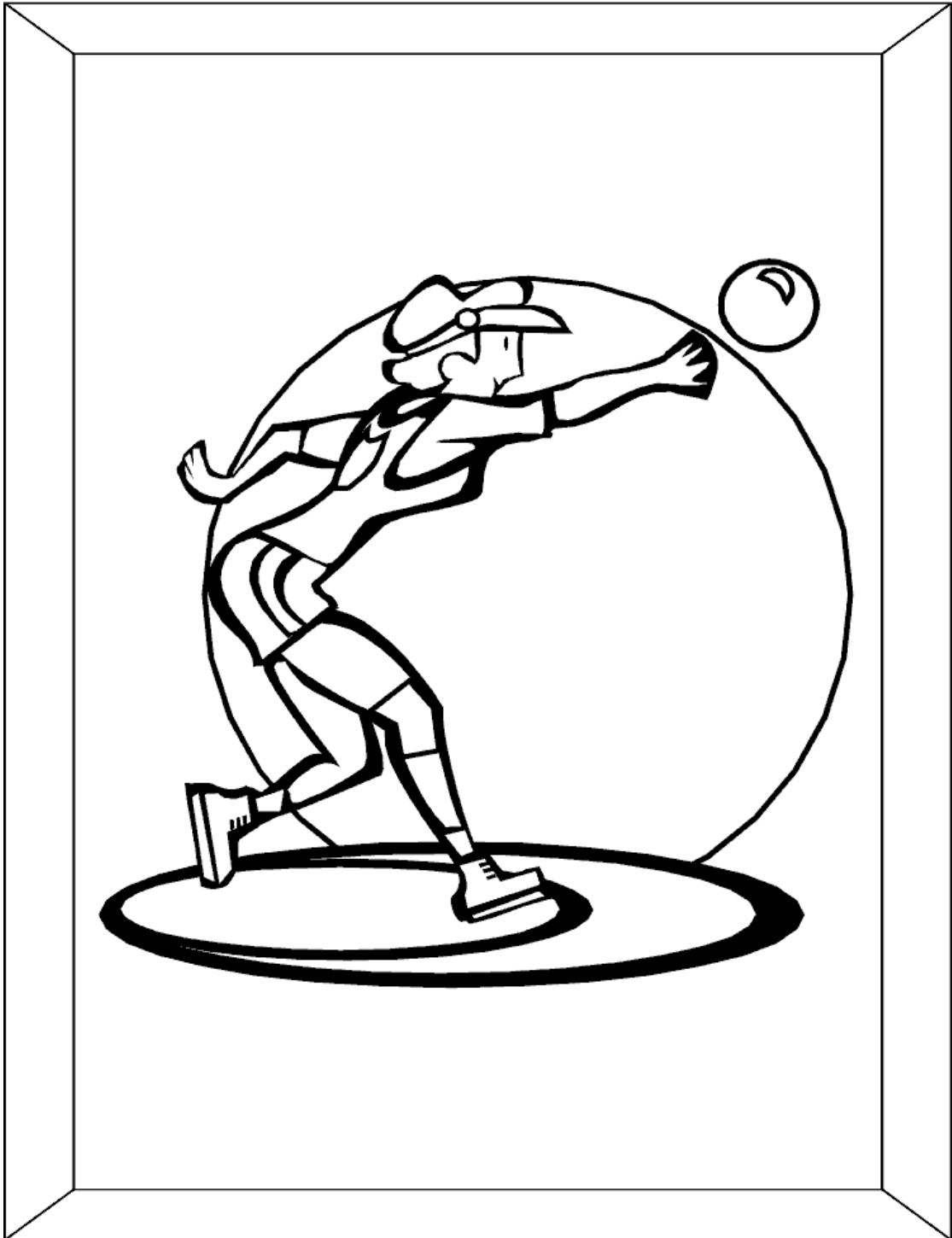
Cycling



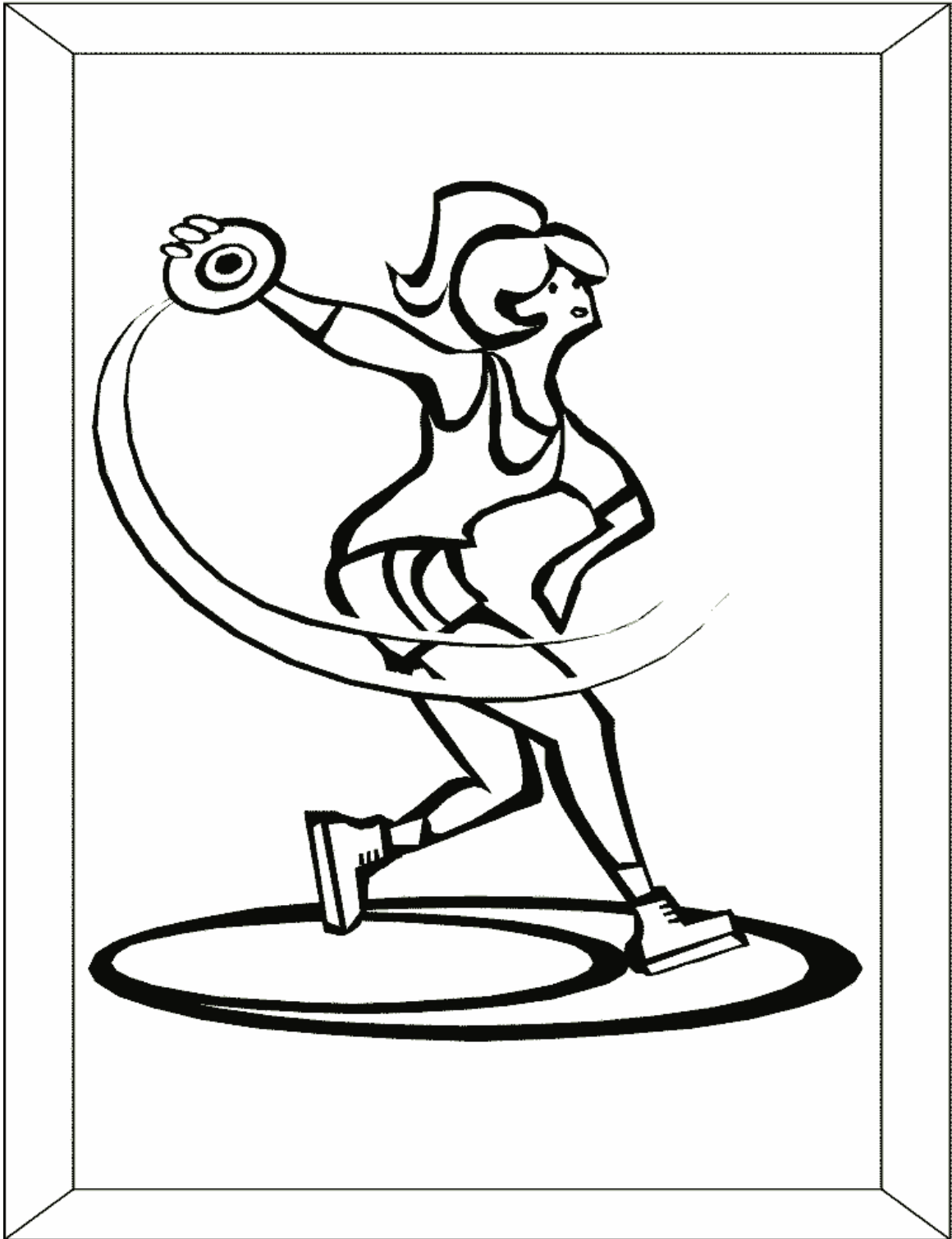
Synchronized Swimming



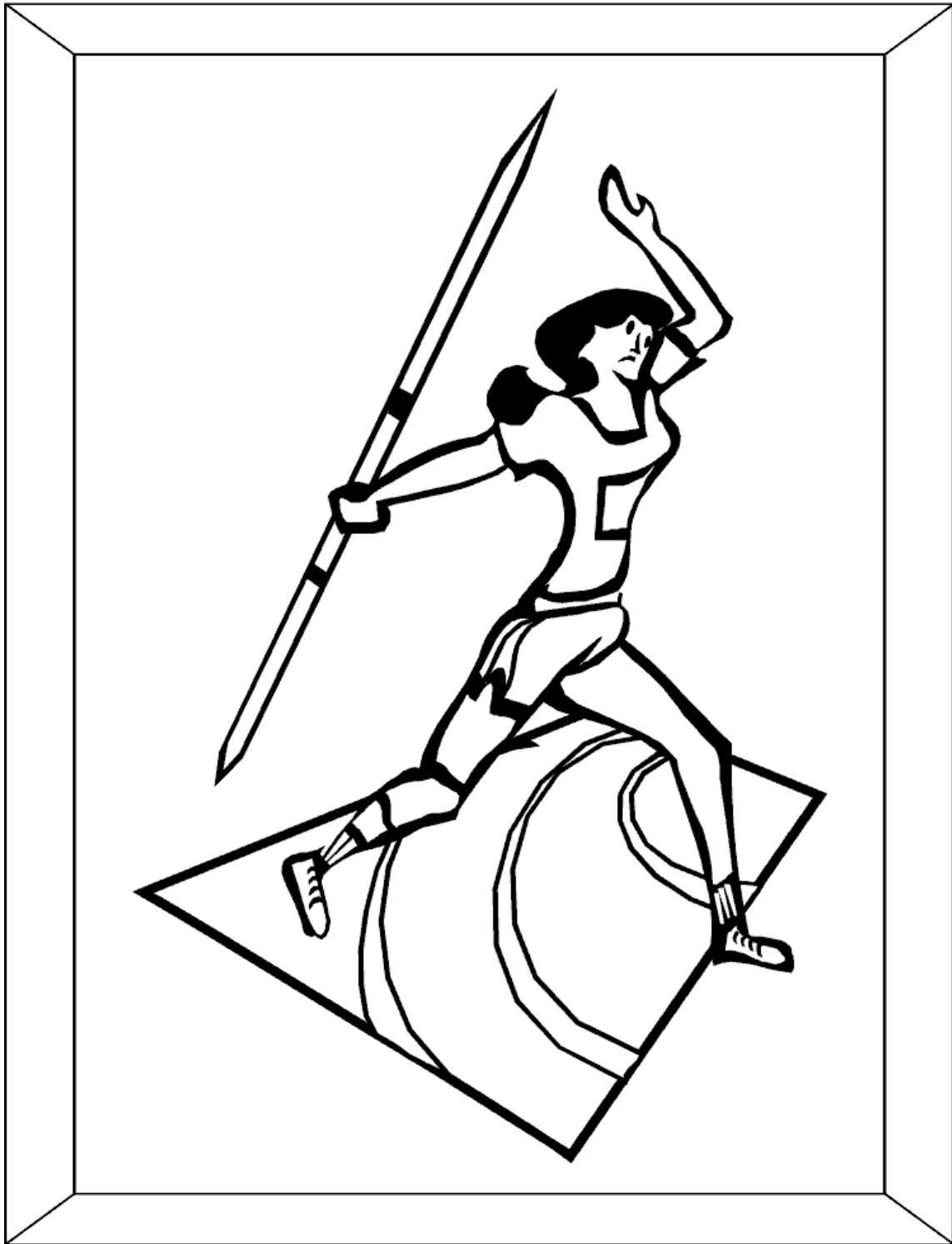
Shot Putt



Discus Throw



Javelin



Relay Race

