

# OUTDOOR ADVENTURE SKILLS CAMP

BLUE STAR CAMPS

SINCE 1948

A WEEK-LONG ADVENTURE PROGRAM AT BLUE STAR CAMPS | JUNE 7-13



# DEVELOPING FRIENDSHIPS AND EMBRACING ADVENTURES...

## Riding, Rocking and Rolling!

Located in the Blue Ridge Mountains of Western North Carolina, Blue Star's magnificent 500-acre campus and adjoining 10,400 acre forest preserve inspires campers to connect with the natural world while providing every opportunity for extraordinary summer adventures.

Our campers spend their days immersed in camp life: enjoying exciting new activities and sharing happy moments with camp friends. Blue Star campers make summer memories that will last a lifetime!

This innovative program will be structured around the core activities of Rock Climbing, Mountain Biking and Kayaking. Learning the skills required to perform well in these activities will form the main curriculum for the program. Our goals are to provide children who want to develop their skill set in the outdoor adventure sector with an opportunity for growth and learning.





# OUTDOOR ADVENTURE PROGRAM

**Outdoor Adventure Skills Camp provides campers with opportunities to safely experience adventure activities on-site at camp and in the beautiful wilderness of Western North Carolina.**

As part of Blue Star Camps' National Accreditation process through the American Camp Association, our Outdoor Adventure Program activities are held to the highest standard of safety. Our program offerings (and supporting facilities on site) are evaluated yearly and certified according to the requirements of the various leading organizations in the field.

Our staff have extensive qualifications, undergo rigorous training and receive individual certifications which allow them to provide truly excellent and safe instruction to all campers—beginner or advanced. Blue Star's expansive 500 acres of land with resources and facilities that support a well-rounded and exciting outdoor adventure program are the back-drop for an incredible week long camp experience. After campers hone their skill set on camp, they have opportunities to enjoy the fun, off-camp trips: climbing on real rock, biking on trails in State and National Forests, and kayaking on nearby whitewater rivers! The breath-taking scenery of our beautiful Western North Carolina mountains provides the catalyst for further developing skills and talents.



## Program Highlights:

- 100s of miles of Mountain Biking trails
- Custom 55ft. Climbing Tower and Bouldering Wall
- One spring-fed lake
- Kayak slalom course
- Ropes Course with 10 High Course Elements, 16 Low Course Elements and endless group and team games
- All equipment is provided
- Close proximity to natural resources, such as DuPont State Recreational Forest and Pisgah National Forest, for all off-site program trips





# PROGRAM FOCUS

This program offers instruction and experiences well beyond what is possible in a normal camp setting; we will continue coaching until your child develops his/her skill in an environment where we can focus on refining and advancement.

Campers will get to participate in each activity offered along with many other Blue Star activities. We offer on-site training as well as off-camp trips for each activity, including an overnight campout!

Alongside the three core activities (Rock Climbing, Mountain Biking and Kayaking), there will be a suite of additional activities and subject areas that will further develop the campers' outdoor knowledge and skill. Subjects such as Leave No Trace, wilderness survival and campcraft will provide campers with real life experience that connects seamlessly to Blue Star's own personal theme of environmental stewardship. Team Building programs utilizing our on-site Challenge Course with High and Low elements and social programs such as viewing the area's beautiful waterfalls in the evening light and an ice cream trip will help create a power-packed and super fun camp program!

Blue Star's Outdoor Adventure Camp program offers campers the highest quality instruction in adventure activities: providing endless opportunities to develop skills, pursue interests and experience the beauty of the natural world.

## Does my child have to have previous experience in all of the three core activity areas?

Each activity will begin with lessons on the basics and will provide campers with instruction in all aspects of safety relevant for participation.

Instruction will be tailored to each individual camper. In order to ensure quality instruction, we keep our camper-to-instructor ratio low.





## What to Expect: ROCK CLIMBING

On site we have a BRAND NEW 55 FT CUSTOM climbing tower. This brand new structure provides novice to experienced climbers with an opportunity to learn new technical skills and advance their climbing ability in a safe, exciting environment. Blue Star is also located near some of Western North Carolina's finest "real rock" climbing destinations including Looking Glass Rock and Rumbling Bald. Both these areas provide routes for all abilities in a scenic wilderness setting. All aspects of the climbing program will be delivered by our American Mountain Guide Association certified instructors, all of whom hold the required Wilderness First Responder First Aid certification and Van Driver training.



## What to Expect: MOUNTAIN BIKING

From basic rides to technical downhill single tracks, our private mountain bike trails are the ideal place to gain confidence and build technical skill regardless of ability. Just a few minutes drive and campers can be experiencing the forest tracks and single-track trails of DuPont State Recreational Forest, a state forest with an array of scenic waterfalls, mountain views and high quality mountain biking. Our certified Professional Mountain Bike Level 1 instructors are also certified as Wilderness First Responders, Van Drivers and Red Cross lifeguards.



## What to Expect: KAYAKING

With a placid lake to introduce novices, develop advanced skills and prepare for moving water, Blue Star is a great place to kayak. We are just a short drive from rivers such as the Pigeon and French Broad. Here our American Canoe Association instructors can guide campers down some of the best stretches of moving water in Western North Carolina. With Swift Water Rescue, White Water Kayak Instructor, Red Cross Life Guard, Van Driver and Wilderness First Responder Certification, our kayak team members have campers in their safe hands.





# CAMP DIRECTORS

## BEN PROSSER

### Camp Director

Ben Prosser is a long time employee of Blue Star Camps, to which he brings an extensive knowledge of and background in all types of Outdoor Adventure activities. Ben began his career at Blue Star in 2002 when he worked as a Ropes Course specialist.

With a background in emergency response, environmental management and conservation in his home country of Australia, Ben also worked as a Boone Lodge specialist at Blue Star helping to oversee activities such as Hiking, Camping, Backpacking and Campcraft; he served as the director of that program for five summers. Ben then became the Director of Programming and Operations, a role that encompassed managing all camp operations.

In his tenure at Blue Star, Ben has also served as Director of the Outdoor Adventure Program as well as Director of the Wilderness First Responders, both of which he continues to oversee under the umbrella of his current role at camp. Ben coordinates all of the outdoor programs, including daily activities, off-camp trips, and staff training, always providing a high quality curriculum in accordance with health and safety standards. Ben also oversees all on and off camp emergency response and risk management ensuring safety by means of prevention.

Ben is also the steward of Blue Star's Staff Training Institute, and in turn, is supported by a wonderful team of activity specialists who each have extensive knowledge, training and certifications in their respective areas. The team of specialists share expertise in their skill areas and create opportunities for campers to improve their abilities in a fun, supportive and safe setting. Guiding campers to make friends, take on new adventures, and develop their confidence and skills is the mission of the Blue Star staff.

Ben met his wife, Louise Hardman at camp. Both Ben and Louise are year-round team members; Louise is the Director of the Equestrian program at Blue Star.



## LAUREN POPKIN HERSCHTHAL

### Owner / Director

Lauren rose through the Blue Star ranks as a camper, Counselor, and Camp Leader. In 2005 she joined Blue Star's year-round leadership team as an Owner/Director. Lauren graduated from Florida State University with a BS in Anthropology and Sociology and later earned a Master's Degree in Art Education from Pratt Institute in New York. While in New York, she taught art to inner-city children with special needs.

## SETH HERSCHTHAL

### Owner / Director

Seth has had a wide range of camp and educational experiences prior to joining Blue Star's leadership team in 2007. Seth graduated from Duke University and earned a Master's Degree in Education from Harvard University's School Leadership Program. Seth is an experienced educator having taught Middle School students in both the Dominican Republic and in North Carolina. He also has experience as a Middle School Director and has served on the American Camp Association's Southeastern Board.





# CAMPUS SAFETY & SECURITY

The health, safety and security of our campers is our primary focus.

## Supporting and protecting our camp community are:

- On-site Health Center staff, including registered nurses
- Full-time Health Care Administrator
- Two daily health calls
- 25 bed, air-conditioned facility
- 222 bed hospital—10 minutes away
- 800 bed teaching hospital affiliated with UNC Medical School in nearby Asheville ("Life Flight" accessible)
- Camp entrance is monitored by video surveillance camera
- Staff training with pre-camp distance learning technology
- 7-21 days of pre-camp on location staff training
- All camp staff are pre-screened through personal interviews and staff reference checks including the required Criminal Record checks
- Continuous staff evaluation
- All cabins equipped with Smoke Detection Devices
- Staff practice scheduled fire, aquatic and emergency skills
- Two fire hydrants located around our lakes
- 24-hour security, in-camp emergency response team and "911" in-camp emergency line
- Accredited by the American Camp Association since 1950
- Annual compliance with the Insurance Safety Audit





# DELICIOUS, NUTRITIOUS MEALS

Blue Star's kosher meals are designed with the interests of kids and parents in mind! Like everything at Blue Star, our food is kid-friendly and includes tons of great options to accommodate every camper's needs. Choice is always a part of the Blue Star menu as we have a full salad bar every day at both lunch and dinner, and fresh fruit as well as other healthy options at every meal. Healthy snacks are also available throughout the day. Campers can choose from apples, granola bars, and other selections if they get hungry between meals.

Blue Star can accommodate special dietary needs including food allergies, vegetarian, vegan, gluten free, and lactose intolerant diets. If your child requires specific food considerations, please let us know.



**CONTACT**  
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**We welcome all adventurers entering 4th - 10th grade!**  
In order to insure quality instruction, we keep our camper-to-instructor ratio low. Please register early to reserve your camper's space in our Outdoor Adventure Skills Camp.

**CLICK HERE TO REGISTER NOW!**