People/Partnerships

Active Healthy Self (AHS) Camp

Welcome to
AHS
Camp
2008
JUL 23 2008

1. Vision of two members of Board of Directors for **F**amily **R**esource **E**xchange (**FRE)**
    A. 501c3 not for profit
    B. Serving people in 15 mile radius of Herington
    C. Serving needs of people in community
    D. Apparent young people in area needed opportunity
        1. Build self-esteem
        2. Be in contact with good role models

Welcome sign 2009

2. Reflection by these two board members

   a. How camp experiences had impacted their lives as children

   b. Those affiliated with scouts, 4-H, or church may have camping opportunities

   c. A lot of youth left out of camping experiences

3. Need
   a. Over 50% of children in fifteen-mile radius of Herington on free or reduced fee school lunch program verifying we were dealing with children from relatively low-income families
   b. Same problems that plague the nation
      i. Obesity
      ii. Inactivity
      iii. Poor nutritional choices

4. Goal
    a. Affordable
    b. Fun
    c. Educational
    d. Introduce lifetime sports
        i. As a family
        ii. With friends
        iii. As individuals
        iv. Not requiring team organization or coaches

e. Nutrition & Fitness part of program

i. Speakers from area invited - tell how nutrition and training impact the sport they represent

ii. Healthy snacks provided – introducing new fruits

iii. Presidential Fitness test given on final day, scores recorded

Renee Ecklund K-State Womens' Rowing

Jenna Harmison – K-State Softball

5. Camp Organization
    a. Paid Staff
        i. Administrator
        ii. Assistant Administrator
        iii. Coaches
    b. Volunteers
    c. Limit to 100 participants – entering K - 6th
        i. 25 participants per group
        ii. 2 coaches per group
        iii. Volunteers assigned to each group

Coaches and Administrators 2008

A.
H.
S.
CAMP
JUL 25 2008

2007 Camp – 70 participants

2008 AHS Camp
100 Participants

AHS Camp 2009
84 participants

6. Funding

    a. Grants

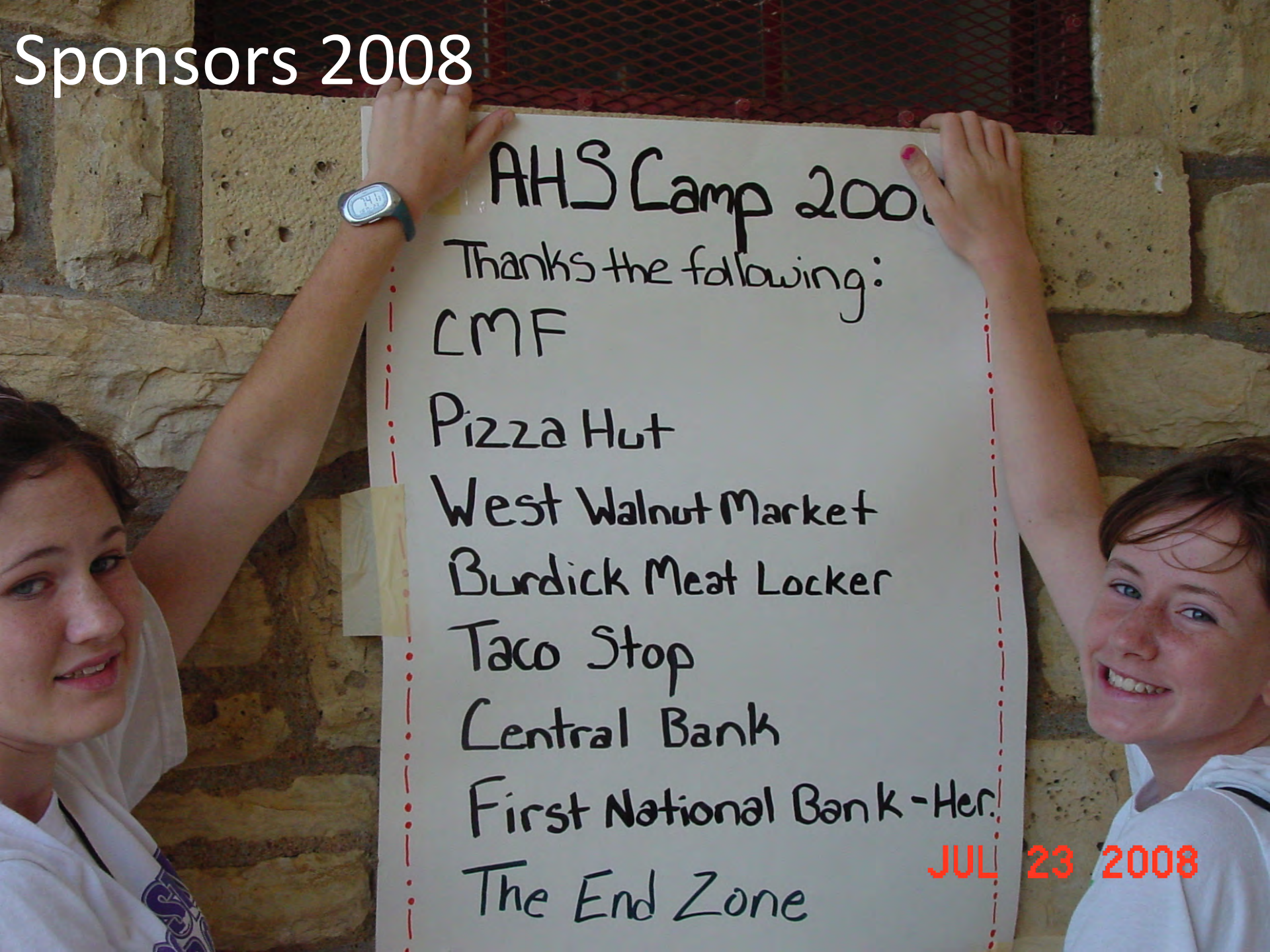
    b. School districts

    c. Recreation Commission

    d. Area Businesses

    e. Registration fee

Sponsors 2008



Water Bottle Printing
2009 Sponsors

7. When - Last full week of July

8. Where
   a. Football Field – gather and leave from
   b. Area parks
   c. Country Club Golf coarse
   d. Herington Reservoir

9. Time – 8:30 a.m. to 11:30 a.m

Activities at Herington Reservoir

Egg Hunt w/Kansas trivia questions

10. Schedule
    a. 7:30-8:30 Administration/coaches meeting and set uptime
    b. 8:30-8:45 Check –in and warm-up
    c. 8:45-8:50 General gathering
        i. Speakers
            1. Snacks People in or from our area
            2. Role models
        ii. (banana, nectarines, plums, granola bars, apples, tail mix)

2009 – coaches filling water bottles

Getting name tags for the day

Gather as teams

JUL 23 2008

Dennis Vahsholtz- Discs Unlimited

Gina Poertner
– Nutrionist/Personal Trainer

PEPSI
ORANGE EXPRESS
RAILROADERS
RAILER COUNTRY
HOME
GUEST
DOWN
TO GO
BALL ON
QTR.
JUL 21 2008

Gina w/campers

d. 9:00 – 11:20 Activities
   i. (4) 3 rotations per day
   ii. Golf, tennis, bowling, badminton, disc golf, geo caching, bicycling, swimming, hiking, gardening, anti-tobacco presentation, and camping
e. 11:20 – 11:30 Closing football field
   i. Recognitions
   ii. Announcements
f. 11:30- 12:30 Administration/coaches meeting and clean-up

Coach encouragement

Volleyball Skills

Water Balloon toss

Water relays

Tennis skills

Badminton

Pickle Ball

“The Dots”

Presidential Fitness

Presidential Fitness Test - stretches

Presidential Fitness Test

Presidential Fitness Test
JUL 22 2008

Presidential Fitness Testing

Water station – 50 gallons per day

Par exercise coarse

Par exercise coarse

Par exercise coarse

JUL 22 2008

Par Exercise Coarse

Disc Golf in the Park

JUL 23 2008

Dakota
JUL 24 2008

JUL 24 2008

Kiersten
Katrina
JUL 24 2008

BOARD RULES
NO LIFEJACKETS OR
COASTERS OFF BOARDS
NO FULL SWIM AFTER
NO DOUBLE BOUNCE
MUST SWIM LENGTH
OF POOL
NO RAFTS IN DEEP END
USE LADDER TO EXIT
NO SWIMMING UNDER
BOARDS
ONE TO A BOARD
DEEP END DIVING ONLY
NO ASSISTANCE
NO DIVING GOGGLES

RAILER COUNTRY
HOME
GUEST

SCHOOL BUS
U.S.D. NO. 487 HERINGTON, KS.
Thomas
HERINGTON
RAILERS

DANGERS OF SMOKING

Conner
KENNEDY
SPACE CENTER

BOWLING PINS
PINS
98

RAILROAD CROSSING
A.H.S. CAMP
JUL 25 2008

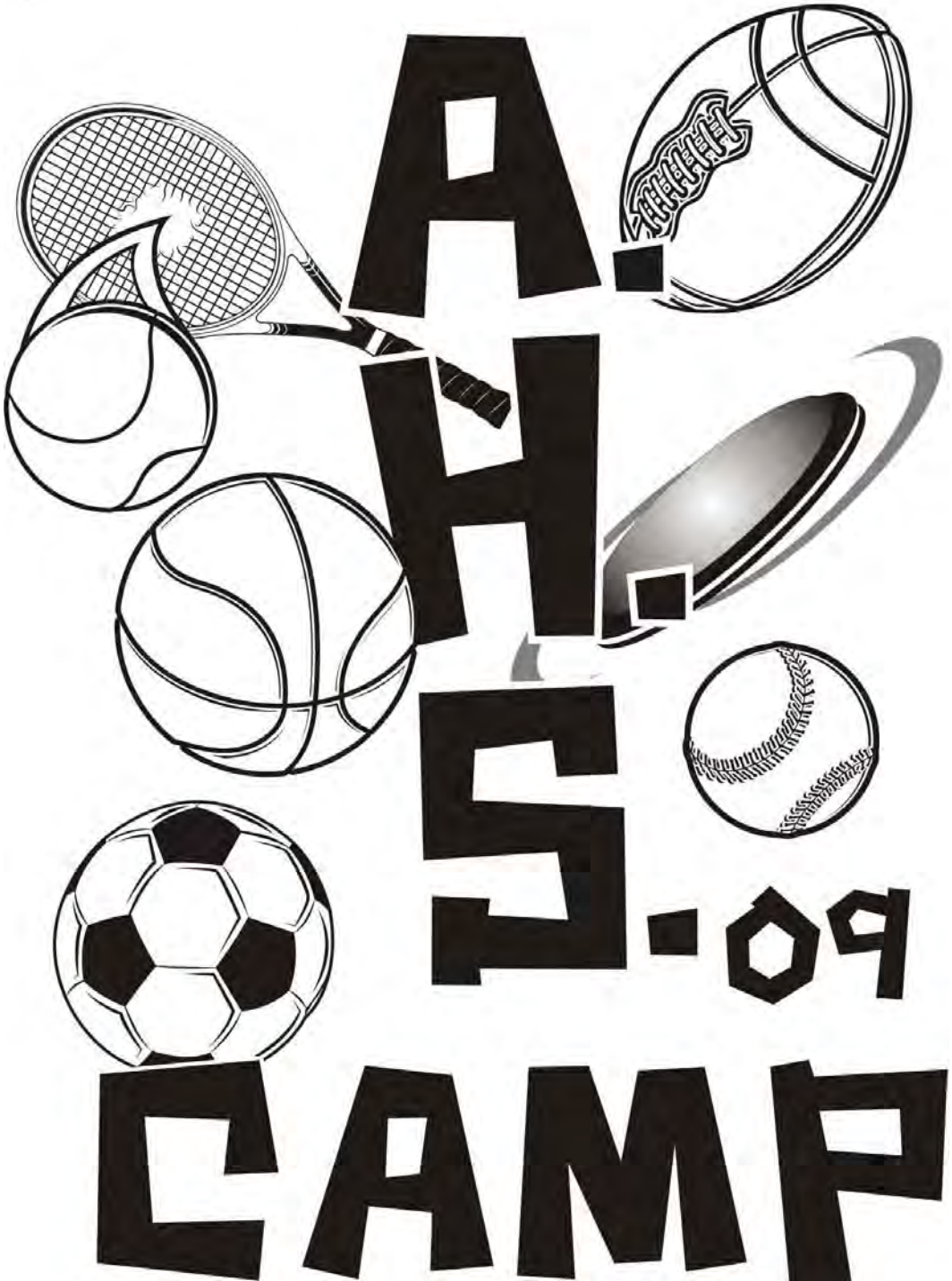
APR 29 2009

MAY 6 2009

Allie
MAY 6 2009

MAY 26 2009

MAY 28 2009


A.H.S.
09
CAMP

Sweet 2 Fat

HERINGTON

LADY RAILS
BASKETBALL

Protecting Kansas Youth Against Tobacco
It's Everybody's Business

igloo

11. Evaluations

    a. Campers

    b. Staff and volunteers

12. Things we have learned after 3 years

a. Water bottles – not paper cups

b. K & 1 need their own rotation

c. Send registration information home with school children in May

d. Equipment – work with schools and rec commission

e. Transportation is greatly appreciated for outlying participants

f. Some will come morning of camp with registration

g. Continuity of staff is very helpful

h. Evaluations are important

i. Nametags
j. Forms
    1. Registration
    2. Medical
    3. Information

ACTIVE HEALTHY SELF CAMP

JULY 21ST - 25TH
8:30-11:30 AM

TRIPP FOOTBALL FIELD
HERINGTON, KANSAS

$5.00 PER CAMPER

FALL 2008 GRADES K-6TH

PRE-ENROLL IN MAY AT YOUR LOCAL SCHOOL
CENTRE, HERINGTON, AND HOPE

SPONSORED BY
USD #487 HERINGTON
USD #481 HOPE
USD #397 CENTRE
RECREATION COMMISSION OF HERINGTON

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