



Land Sports at CAPE COD SEA CAMPS



ATHLETICS

CCSC has one of the finest field complexes of any traditional summer camp. With 2 full size soccer fields, 3 practice fields, a baseball field and 2 grass volleyball courts CCSC is well positioned to offer excellent opportunities for our athletes.

A professional athletic director who utilizes the varied skills of our counseling staff to provide instruction and play in a wide range of sports supervises the land sports programs. The more popular sports at CCSC are: ***SOCCER, BASKETBALL, STREET HOCKEY, LACROSSE, BASEBALL, FIELD HOCKEY, ULTIMATE FRISBEE, FRISBEE GOLF, FLAG FOOTBALL and VOLLEYBALL.***

While the program is geared towards instruction in basic skills and sportsmanship, campers may choose to take part in some out of camp competition. Games of soccer, baseball, and basketball are scheduled with neighboring camps and recreation programs.

CHALLENGE

The CCSC Challenge program combines Cycling, Canoe and Kayaking and Hiking into a format that challenges campers to set goals and experience the surroundings of the Lower Cape. Groups of 10 campers and 2 staff plan hikes, canoe trips, and bike trips to sites on the Lower Cape. The bike trips are planned to use the Cape Rail Trail and connecting bike trails so campers avoid the busy Cape Roads. Canoe trips are planned for local ponds or the Salt Marshes of the area. Hikes are planned in our neighboring Nickerson State Park, Cape Cod National Seashore or the Cape's beaches and woodlands.

TENNIS

The CCSC Tennis program has been designed to teach campers all aspects of the game and to instill an appreciation of the sport. As with all activities at CCSC great emphasis is placed on etiquette and sportsmanship.

The program easily accepts the novice or first time player right up through ranked players. Teaching progressions have been adapted to keep campers on track with their skill development. The CCSC Tennis awards system allows campers to set goals and achieve awards based on the skills outlined for each Tennis level. The CCSC awards have an equivalent USTPA rating so campers can see how they match up with other players outside of camp.

The Tennis facility and staff have helped make tennis a very popular sport at CCSC. The program utilizes 9 hard courts that can be lighted for evening play. The tennis staff is lead by a core instructor and assisted by college students, many of whom have competitive Tennis backgrounds. Our JCs majoring in Tennis also play a very important role in teaching which allows the beginning player many one on one learning sessions.

Weekly competition is available for campers to elect. On Sundays, matches are played in camp and end-of-summer Unit Tennis Tournaments provide some fun competitive opportunities. We also provide out-of-camp competition with a neighboring camp a few times during the summer and some more skilled players have participated, with great success, in the Lower Cape Open a local town tournament.

ARCHERY

The CCSC Archery program hosts more than 30 campers per period. With 2 ranges and over 15 - 48" targets, there is plenty of room to operate this popular activity with safety being an absolute focus.

Campers are taught the basic skills of stance, physical control and sighting as they work to earn their Camp Archery Association Awards. The Department Head of Archery is a National Archery Association Instructor with counselors assisting in safety supervision, scoring and basic instruction. Counselors emphasize Archery as a marksmanship sport independent of activities such as hunting.

RIFLERY

Much like Archery, the Riflery programs at CCSC instill an understanding of Riflery as an Olympic marksmanship sport and unrelated to other activities such as hunting. All campers begin their understanding of marksmanship and safety at our BB Gun Range. Campers may then move on to our Smallbore and Air Rifle Range for more challenges. The program is supervised by Marksmanship Instructors certified by the Civilian Marksmanship Program and allows campers to shoot for awards in 3-Position BB Gun, Air Rifle and Smallbore Rifle.

Safety underlies all instruction at the Rifle Ranges. All campers are given lessons on the rules of the range and safety precautions before shooting. Campers wear protective ear and eyewear while shooting and counselors directly supervise all aspects of the range with a safety and skill oriented focus.



The Arts at CAPE COD SEA CAMPS



THEATER

CCSC offers excellent instruction in a wide variety of the theater arts including acting, set design and technical support. In addition to the scripts that players must memorize and rehearse, there is a chance to dabble with improvisational theater, mime and popular theater games like Freeze.

Early in the summer, campers can opt to participate in our weekly plays. On Saturday evenings, the entire camp gets together for the Upper and Lower Camp shows. During the 2nd session, the drama department turns it's focus toward our final camp show. This is usually a musical production that can involve up to 70 campers. Shows of past summers have included; Grease, Little Shop of Horrors, Buggy Malone, Oliver, Wizard of Oz, Willy Wonka and Once Upon a Mattress. We all look forward to these great productions, which have always been a fitting finale for our CCSC Players.

NEWSPAPER

Campers are invited to become reporters for our weekly camp newspaper. Each year the name of the paper changes as determined by that year's team of reporters. Campers decide early in the week on assignments and begin their work of interviewing staff, campers, parents, visitors and even the camp dogs.

DANCE/AEROBICS/ZUMBA

Together, counselors and campers develop routines in dance and are encouraged to perform in front of camp at our Sunday Early Show presentation.

ARTS & CRAFTS

Our spacious crafts building plays host to over 30 campers per mod. The offerings are wide and varied, including batiking, tie dying, painting, drawing, jewelry making, pottery and ceramics, weaving, copper enameling, paper making, printing, macramé to name a few.

Led by art educators, the art program is extremely popular with all age groups. Each day, campers are introduced to new mediums and allowed to either continue with old projects or begin new ones. With a full week of lessons, campers are able to accomplish varied and detailed projects.



New Art Center Opened June 2006

WOODWORKING

The woodworking program at CCSC focuses on creativity and basic skills in woodworking. Campers arrive to either plan their own projects or create layouts based on patterns available. Once campers have been properly instructed in the safe use of hand tools and the scroll saws, they are ready to begin cutting out their projects. Counselors follow the camper's progress through design, cutting, filing, sanding and finishing. Some of the more popular projects of late have been boats, ping-pong paddles, Indy racecars, banks, benches or stools, CD racks, shelves and jewelry boxes.

DIGITAL PHOTOGRAPHY

The CCSC photo lab is designed to allow 10 - 12 campers per mod the opportunity to work on their photography skills. The lab is equipped with computers, scanners, printers and digital cameras. Campers work in teams of 2 as they progress through the weeklong sessions.

Photography skills taught at CCSC include composition, digital touch up, digital manipulation and computer enhancing of photos with the help of programs like *Photoshop* and *Paint Shop Pro*.

The concepts of photography are introduced early in the week and it doesn't take campers long to begin exploring this new media. Creativity abounds and campers return home with CDs of their portfolios.

CINEMA and VIDEO

From year to year, we attract staff members with skills in video production and editing. Campers write short scenes, shoot them with the digital camera, edit and share the often-hilarious results with fellow campers.



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