



Panther Camp 2023

Great Plains Lutheran High School



Who: Students entering Grades 7 through 9
What: Week-long camp on the GPLHS campus
When: Sunday June 4 through Friday June 9
Where: GPLHS, 1200 Luther Ln NE, Watertown, South Dakota
Why: Worship, Fellowship, Fun, Develop Your Gifts and Abilities
How: Read this information, Make your choices, Submit your registration!

Panther Camp Summary

Panther Camp is a one-week camp for young people who will be in grades 7-9 during the 2023-2024 school year. It is a time to relax and have fun, get acquainted or reacquainted with other young Christians, get to know the GPLHS family, and develop the talents and abilities God has given each of us. Whether in worship, Bible study, or other activities, we will strive to honor God with our time and the gifts he has given us.

Panther Camp is held on the campus of Great Plains Lutheran High School in Watertown, SD, and utilizes all of the school's facilities, including the dormitory. All campers will stay in the GPLHS dorm. (Local students may opt to stay at home, but the cost will be the same for all campers.) The cost for each camper is \$150. Payment is due with your registration. Panther Camp will be filled on a first come, first served basis.

One of the unique features of Panther Camp is that participants are able to choose from a menu of electives. Campers will be scheduled for three elective sessions, based on their interests and list of preferences. Summaries of all the electives are provided on pages 2 through 4. Please note that electives are offered at specific times, and choices should be made accordingly. In addition to these electives, all campers will participate in various general activities. Activities may include off-campus outings (for example, swimming at the lake) and elective field trips. Electives will be filled on a first come, first served basis.

Panther Camp is staffed by the faculty, staff, and coaches of GPLHS, with the assistance of GPLHS students and alumni.

Instructions

1. Complete a separate registration form for each camper.
You may register online - Go to gplhs.org and click on Panther Camp
2. Be sure all information and signatures are provided.
3. Include the registration fee of \$150 per camper.
Payment can be made online at gplhs.org > Support > Give Now
4. Please include a copy of your health insurance card.
5. Mail or hand deliver paper registrations to GPLHS, 1200 Luther Ln NE, Watertown, SD 57201
6. A registration confirmation will be sent to you by email.

Questions? Contact Pastor David Maertz - dmaertz@gplhs.org - 605-886-0672

Panther Camp 2023 - General Information

Panther Camp 2023 - Elective Summaries

Session 1 Electives

CHESS Instructors: Gene Jaeger & Colin Jaeger (Session 1)

Do you love to play chess? Do you like to play chess? Do you know how the pieces move, but aren't really sure what to do with them? Do you wish you knew how the pieces moved? Can you beat your mom or dad? Do you want to learn how to beat your mom or dad? If any of these apply to you, join us for GPL Chess! From the basics of piece movement to checkmating strategies, opening theory, sneak attacks, and why pawns are the soul of chess – plus lots of chances to practice what you've learned against other campers and GPL students – this session has it all! (*Boards, sets, and clocks provided, or bring your own favorite pieces.*)

COLOR GUARD Instructor: Linda Guthmiller (Session 1, Maximum Enrollment: 12)

By taking this elective, you will become familiar with color guard terminology, basic flag movements, and marching. We will learn how marching steps and movements work together, especially in preparation for marching band in high school. Some of our fun will be to learn a short routine. We hope to help you develop a love for color guard. It is a very important part of a marching band since it leads the band on a parade route and is the first thing people see.

CROSS COUNTRY Coach: Carina Rahn (Session 1)

Interested in a sport but not sure which one? Cross Country is the most inclusive of all our sports activities. You can come in at any fitness level and leave stronger, tougher, and more energized. You can be super competitive or just in it to meet people. We take all kinds, but be prepared to run! This elective will introduce you to how Cross Country works at GPL and how we train. You get to meet new running buddies while participating in games that help prep your running endurance and teach good running and training techniques. (*Athletic clothes and good outside running shoes are required.*)

FOOTBALL Coach: Aaron Schleusener (Session 1)

This elective will allow young people to learn some of the basics of the game of football. Sessions will include basic ball handling skills, basic stance and defensive techniques. Participants will get a chance to try various positions and learn some of the drills the Panther football team uses. There will be several different competitions throughout the week. It should be a fun time for all as we learn a great game! (*Athletic clothing and tennis shoes are required; cleats are extremely helpful if you have them*)

SEWING Instructor: Karen Miller (Sessions 1, Maximum Enrollment: 6)

Campers will learn how to use a sewing machine and use that knowledge to complete a take-home project. Additional time may be used for a second project or basic stitches such as button sewing and a whip stitch. A sense of accomplishment will be shared by all.

STRENGTH TRAINING Instructors: Matt Bauer & Mike Haugly (Session 1 or 3)

Strength and conditioning training is a vital part of our GPL athletic programs. It serves the important purposes of injury prevention and the development of athleticism. This session will give participants the opportunity to learn important fundamentals of the core lifts (bench press, back squat, power clean and deadlift) as well as other strength and athleticism development exercises that are a part of our GPL program. We will "learn light" and emphasize "form first." Students who aspire to participate in athletics at GPL will benefit greatly from attending this session. Participants should be equipped with indoor athletic shoes and functional athletic attire.

UKULELE Instructor: Eric Martens (Sessions 1, Maximum Enrollment: 20)

Each day will be filled with exploring the foundations of the ukulele, learning simple chords and strumming patterns, reading ukulele tablature, and playing basic melodies. The week will end with a mini-performance of songs learned throughout the camp. This session will be open to all - new to the instrument, beginners, and more experienced players. Instruments provided or bring your own!

Panther Camp 2023 - Elective Summaries

Session 2 Electives

ART Instructor: Linda Guthmiller (Session 2, Maximum Enrollment: 12)

Do you know what makes color? In the art session, we will explore the elements of color and value. What you learn about color and value will be put to use in a painting project as you create your own masterpiece.

BOARD GAMES Instructor: Karl Schauland (Session 2)

Join us to explore a variety of different board games, enjoying some classics, while also learning new ones. Together we will learn gaming strategies and have the opportunity to try them out with our friends. If you have an idea for a board game, we'll take some time to build a game together!

BOYS BASKETBALL Coach: Mike Haugly (Session 2)

This elective will allow campers to learn the basic skills and knowledge used in the game of basketball. Sessions will teach offensive and defensive strategies, allowing time for practice of both. Sessions will also include instruction and activities reinforcing skills such as dribbling, passing, shooting, and rebounding. Campers will have a chance to apply these skills during scrimmages. Let's play some basketball! (Athletic clothing and clean court shoes are required for this elective.)

GIRLS BASKETBALL Coaches: Matt Bauer & Aaron Schleusener (Session 2)

This elective will provide players with opportunities to learn and practice important fundamental skills and strategies in ball handling, shooting, passing, rebounding, defense and offense. Players will apply these skills in contests and game settings. All girls who plan to play basketball at GPL are strongly encouraged to participate, as we will work hard this week to start building a foundation that will prepare them for high school basketball. Athletic clothing and clean court shoes are required for this elective.

CHEERLEADING Coach: Jenna Johnson (Session 2)

Jump! Move! Dance! And cheer for the Panthers! This active elective will teach basic cheerleading technique, including cheer motions, jumps, sideline/floor cheering, and dance components (sideline band dance and/or floor routine). No experience required, but those with cheer experience will still be challenged. Bring your athletic clothing, tennis shoes, and SCHOOL SPIRIT!

TASTE OF ORAL INTERP Instructor: Jayne Jaeger (Session 2)

This sectional is for people who like to be "on stage" and acting out a script or play with emotion and energy. We will have lots of opportunities to practice the different types of categories found in South Dakota oral interpretation, including Readers Theater and Duo, Humor, Serious, Oratory, Storytelling, and Poetry.

TASTE OF STEM Instructor: Kristin Uher (Session 2, Maximum Enrollment: 15)

Find out what ice cream, rockets, and lava lamps have in common as we explore the amazing properties of water. Discover the intricacies of writing code with LEGOs. Learn about the different types of catapults and launch small objects with one you get to make. Design, build, and fly your very own kite. Do all these activities and more as you get a taste of science, technology, engineering, and mathematics concepts.

Panther Camp 2023 - Elective Summaries

Session 3 Electives

BUCKET DRUMMING Instructor: Eric Martens (Session 3)

Join us for bucket drumming! Explore the basics of beat, rhythm, listening skills, drumming techniques, self-awareness, coordination, and movement. Any skill level is welcome. Sticks and buckets provided.

COOKING Instructor: Lynn Maertz (Session 3, Maximum Enrollment: 12)

In this session participants will learn/review basic food preparation safety. They will learn and put into practice skills that can be used in a lifetime of cooking as they prepare dishes which they will get to enjoy and upon which they can build their culinary future for years to come. Come learn to cook!

DISC GOLF / ULTIMATE FRISBEE Instructor: Karl Schauland (Session 3)

It's a bird...it's a plane...It's a Frisbee! In this session we will become better acquainted with different styles of throwing Frisbee. Once we've learned these skills, we can use them in 2 fun ways. We will learn the game of disc golf and practice on campus, but also take a trip to the local disc golf course. We will also pick up the pace and play Ultimate Frisbee. If you have your own disc golf discs, please bring them. Discs will be provided to those who do not have any.

IMPROV THEATER Instructors: Carina Rahn & Ryan Rosenthal (Session 3)

Do you love acting but hate memorizing? Is your greatest talent your weirdness and energy? Then maybe Improv Theatre is the elective for you! This elective is one of the best ways to get out of your comfort zone and get to know other campers. Every day there will be different types of activities and games designed to get your creative juices flowing and make people laugh. This elective is great for both shy and out-going kids who have not outgrown the art of pretending and who are willing to develop their ability to listen, work as a team, and "just go with it." In other words, can you think like an actor? A list of possible activities would be: What Are You Doing?, The Music Machine, The Animal Game, the Question Game, Building a Character, Scenes from a Hat, and many many more!

STRENGTH TRAINING Instructors: Matt Bauer & Mike Haugly (Session 1 or 3)

Strength and conditioning training is a vital part of our GPL athletic programs. It serves the important purposes of injury prevention and the development of athleticism. This session will give participants the opportunity to learn important fundamentals of the core lifts (bench press, back squat, power clean and deadlift) as well as other strength and athleticism development exercises that are a part of our GPL program. We will "learn light" and emphasize "form first." Students who aspire to participate in athletics at GPL will benefit greatly from attending this session. Participants should be equipped with indoor athletic shoes and functional athletic attire.

VOLLEYBALL Coach: Jacklyn Karli (Session 3)

Participants in the volleyball session can expect to learn and polish their fundamentals of the game, as well as have the opportunity to play and grow alongside—God-willing—their future teammates! Sessions will consist of drills and competitive gameplay to develop and sharpen skills in passing, serving, digging, hitting, blocking, and setting. Proper footwork, movement, positions, and rotation will also be taught, and teamwork and on-court communication will be stressed. (Athletic clothing and clean court shoes are required for this elective; knee pads are strongly recommended.)

Electives By Session

Session #1	Chess, Color Guard, Cross Country, Football, Sewing, Strength Training, Ukulele
Session #2	Art, Board Games, Boys Basketball, Girls Basketball, Cheerleading, Taste of Oral Interp, Taste of STEM
Session #3	Bucket Drumming, Cooking, Disc Golf/Ulimate Frisbee, Improv Theater, Strength Training, Volleyball

What's Next?

- 1) Make a first, second, and third choice for each session.
- 2) Enter your choices and alternates on the registration form.
- 3) Choices will be granted based on schedule and space availability.

Panther Camp 2023 - Need To Know

Daily Schedule

Sunday, June 4

6:00 PM	Registration – Move In – Get Settled
7:00 PM	Food – Fellowship
8:00 PM	Introductions – Instructions – Mixer
9:00 PM	Devotion
10:00 PM	In Dorm
10:30 PM	Lights Out

Friday, June 9

7:30 AM	Wake Up
7:45 AM	Breakfast
8:15 AM	Clean Up – Chores – Pack Up
8:45 AM	Bible Study / Recruitment
9:45 AM	Pack Up – Check Out
10:30 AM	Closing Devotion
11:00 AM	Check Out – Parent Pick Up
9:45 AM	Parent Tour (school commons)
10:15 AM	Parent Q&A (auditorium)
10:30 AM	Closing Devotion

Monday through Thursday, June 5-8

7:30 AM	Wake Up
7:45 AM	Breakfast
8:15 AM	Clean Up – Chores
8:35 AM	Bible Study
9:15 AM	Session #1
10:45 AM	Session #2
12:30 AM	Lunch – Chores
1:30 PM	Session #3
3:00 PM	Games – Activities
3:45 PM	Swimming – Field Trips, Etc.
5:30 PM	Clean Up – Rest Up
6:00 PM	Supper
6:30 PM	Chores – Free Time
7:30 PM	Panther Olympics
8:30 PM	Devotion – Singing
9:00 PM	Snack – Free Time
10:00 PM	In Dorm
10:30 PM	Lights Out

Schedule Notes

1. If you do not intend to follow the 10:30 p.m. lights out/quiet time, please do not register!
2. All campers are expected to participate in all activities organized for the entire group.
3. Campers will not be allowed to leave campus unless on a planned and supervised group outing.
4. Please do not arrive before 6:00 p.m. on Sunday, June 4.
If necessary, contact the camp director to make special arrangements.
5. Do not plan to leave before 11:00 a.m. on Friday, June 9.
6. All campers must check out with camp staff before departure.

What to Bring

Please bring: your Bible, pen or pencil; pillow, bedding/sleeping bag, towels, washcloths, and toiletries; suitable clothes for camp and athletics, swim suit, jacket; insect repellent, sunscreen, and medications. Note: camp staff will not administer any over the counter medications. All prescription medications must be turned in to camp staff with written instructions for their administration.

Please do not bring: anything illegal; knives, matches, lighters or fireworks; fans; supplies of candy or soda; grumpy attitudes or large amounts of cash. You should not need cash while at camp. Panther Camp cannot be responsible for lost or stolen items.

Panther Camp 2023 - Registration Instructions

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How: Read this information, Make your choices, Submit your registration!

Instructions

1. Complete a separate registration form for each camper.

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2. Be sure all information and signatures are provided.

3. Include the registration fee of \$150 per camper.

Payment can be made online at gplhs.org > Support > Give Now

4. Please include a copy of your health insurance card.

5. Mail or hand deliver paper registrations to GPLHS, 1200 Luther Ln NE, Watertown, SD 57201

6. A registration confirmation will be sent to you by email.

Questions? Contact Pastor David Maertz - dmaertz@gplhs.org - 605-886-0672

Panther Camp 2023 - Registration Form

Camper Registration

Please use a separate form for each camper. Copy as necessary.
You may register and pay online. See Page 6 Instructions.

NAME OF CAMPER: _____

MALE _____ FEMALE _____ BIRTHDATE: _____ GRADE NEXT YEAR: _____

PARENT/GUARDIAN NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP _____

PHONE: (_____) _____ - _____ E-Mail: _____

T-Shirt Size: _____ YM _____ YL _____ AS _____ AM _____ AL _____ AXL

Roommate preference: _____

You may list one person. Be sure that person also lists you. Requests will be honored when possible.

Dormitory Opt Out: Local campers, please check this box if you intend to stay at home rather than in the dorm

In case of emergency, parent(s) work or cell numbers: _____

Emergency contact(s) if parent or guardian cannot be reached. Please list name, relationship and phone number:

Name & Location of Home Congregation: _____

Elective Choices - *Please see the list of elective options for each session on page 3*

	Session #1	Session #2	Session #3
Choice 1	_____	_____	_____
Choice 2	_____	_____	_____
Choice 3	_____	_____	_____

Camper Health Information, Consent & Release

Please list any health concerns or physical restrictions camp staff should be aware of. It is assumed that those registering for athletic sessions are able to fully participate in these sessions.

The camper named above has my permission to engage in all camp activities except those listed above. I understand that there is inherent risk of accident or injury in all activities. In the event that I cannot be reached in an emergency, I hereby authorize the directors of Panther Camp to act for me according to their best judgment in any situation requiring medical attention. All liabilities for accidents or injuries will be assumed by me, the parent or guardian. I release Panther Camp and other sponsoring agencies, their volunteers and staff from all liability for any damage, injury, or loss associated with Panther Camp.

Signature of Parent/Guardian: _____ Date: _____

Please include a copy of your health insurance card with your registration.

Payment

Please make checks payable to GPL Panther Camp
The registration fee of \$150 is due with your registration.

Registration forms will not be considered complete until payment is received.