



## Owl News

“Are you ready for  
some summer!”

-Rick B.

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### February Issue

#### **NEW FOR 2020 CONTINUOUS-BELAY CHALLENGE COURSE & AMERICAN STYLE NINJA COURSE**

All levels of ability find excitement and challenges in our Outdoor Challenge Program. Experienced and well-trained staff ensures consistent and total safety. Whether you are scaling one of our rock walls, zipping one of our ziplines, or taking on our brand-new NINJA STYLE or CONTINUOUS-BELAY ROPES COURSES, your camper can test their limits, build self-reliance and broaden their horizons.

**-NEW FOR 2020!! AMERICAN STYLE NINJA LOW COURSE.** Take a swinging rope into a cargo net to begin your adventure. Cross the Swing Log, Tire Traverse, Monkey Bars and Indiana Jones Bridge just like a real “Ninja Warrior”.

**-NEW FOR 2020! CONTINUOUS-BELAY HIGH ROPES CHALLENGE COURSE WITH MULTIPLE PODS.** Put on your harness and helmet to challenge yourself on our new course. Take a vertical climb to a central platform to start your challenge. New elements include an Indiana Jones Bridge, Catwalk, Pirates Crossing and Swinging Chairs, all ending in a “Leap of Faith.”

#### *Existing Challenge Course Elements*

- Giant Zipline across Lake Daniel
- 4 – sided climbing rock wall including a “45-degree climb”, “a ledge”, “a flat” and a realistic rock “contoured” section.
- “Ride the Ridge” Zipline with auto-stop system
- Giant climbing and rappelling tower

Every camper at Southampton will encounter excitement and challenges in our OCC Program. Whether they are scaling one of our rock walls, zipping one of our ziplines, or taking on our *brand-new NINJA STYLE or CONTINUOUS-BELAY ROPES COURSES*, our campers will continue to enjoy their time in these areas.

We strongly believe at SSDC that our **NEW OCC COURSES** provide opportunities to grow as a young person – physically, emotionally, and mentally. The lessons learned through adventure experiences have the potential to produce positive life enhancement that is both significant and lasting.

#### **AND BESIDES THAT, IT'S BIG FUN!!!**



# Quickball Comes to SSDC in 2020

USA Quickball, comes to Southampton Summer Day Camp in 2020. Quickball is innovative, fun, and inclusive. Quickball is literally “Quick Baseball” a national youth sports program that teaches diamond skills in a fast-paced, sandlot setting.

**Click the links below to find a couple videos about Quickball:** Cal Ripken, Sr. Foundation Camp with Underserved Youth ([CRSF Camp](#))

[Parks and Rec in Menifee,CA](#)

[USA Quickball Youtube Channel](#)

Quickball teaches campers to throw, catch & hit in a highly active way. Programs have been established at hundreds of schools & several overnight & day camps for over a decade. Quickball is a game that is engaging, physically active, fun and simple that enables players of all skill levels to compete on the same playing field. Quickball creates an environment that is appealing to many children and their families. Quickball also teaches basic diamond skills and promotes physical activity in ways that traditional baseball/softball does not — a definite plus.

Over the past several years, USA Quickball has partnered with Ripken Baseball, Babe Ruth League Inc. and other leading youth organizations to provide innovative, fun and active programs.

We can't wait for you to play in this exciting game at camp. It's sure to become a camp-wide favorite.

