

*Are you prepared to  
"Go Extreme"  
at Camp Cowen?*

**Extreme Camp!**

*For students in grades 10-12, this will be your opportunity to grow and push your Christian walk to a new level as you experience the outdoors and activities that will push you physically, mentally, and spiritually.*

*Students will interact in small groups and have the opportunity to hike, bike, cave, and whitewater raft on the lower New River. Campers should be in relatively good health and prepared for possible strenuous activity throughout the week. Each activity will open the door to experience God's creation and your faith in a deeper more committed way.*

Activities will include...

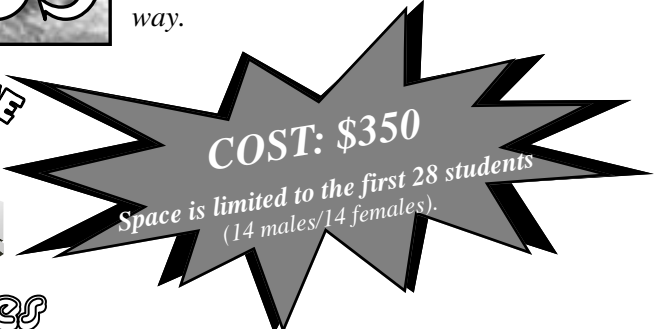
**But Your Honor**  
(mock trial of a biblical Teaching)

**Rock & Roll**

**CHALLENGE COURSE**

**Go Extreme!**

**Low Ropes**



Other Activities:

During the week we will hike, bike, explore, participate in team building exercises, and do many other fun activities around the camp and surrounding wilderness. Come prepared to be outside, moving most of every day in order to experience the magnificent creation that God has placed us in. Most Bible studies and lessons will be hands on and experiential. Be ready to experience God in a whole new way as we "Go Extreme" in our faith.

**What TO bring:**

- A Bible
- Notebook and pencil
- Envelopes and postage (to write home)
- Money for snacks (t-shirts also available)
- Pillow (s)
- Towels
- Bed linens or sleeping bag

- Personal toiletry items
- Flashlight and batteries
- Jacket or sweatshirt (the evenings can be cool)
- A modest style swim-suit (one-piece for girls)
- Sufficient clothing for length of camp
- Old tennis shoes (a couple pair)
- Hiking boots/shoes
- Sandals

- Mountain Bike (if you want to ride your own)
- Bike Helmet (all bikers **must** wear a helmet)
- Sunscreen
- Bug repellent
- Cheap sunglasses
- Disposable camera
- Small backpack
- A **BIG SMILE** and a **GOOD ATTITUDE!!!**



**What NOT to bring:**

- Spaghetti strap shirts
- Radios, personal tape or CD players
- Pets
- Alcohol

- Drugs (\*)
- Tobacco items
- Fireworks
- Weapons (knives, guns, etc.)
- Valuable jewelry items

- Skate boards, roller blades, etc.
- Video equipment
- Electronic games
- Cell Phones!!!

(\*) All prescription drugs must be given to the Camp Health Services at registration. No drugs are to be kept in the cabins.

\*Items included in this list will be confiscated and may result in dismissal from Camp and forfeiture of Camp Fees.



# Official 2009 **Extreme Camp** Registration Form

## Attention Parents or Guardians:

*If for any reason the entire fee cannot be paid and mailed with the registration form, at least \$25 of the fee is required in order to hold a spot for your child. The remainder of the fee must be paid prior to the beginning of camp.*

Please Register Early: **Space is limited to the first 28 (14 males/14 females).** If you have not pre-registered 2 weeks prior to camp, please call to see if space is available.

(Please PRINT clearly)

**EXTREME CAMP** - \$350

Name: \_\_\_\_\_ Home Phone: (\_\_\_\_) \_\_\_\_\_

Address: \_\_\_\_\_ City/State/Zip: \_\_\_\_\_

Gender: M F Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_ Grade in Fall of 2009: \_\_\_\_\_

Church: \_\_\_\_\_ Pastor's Signature: \_\_\_\_\_

Do you give your permission for photographs to be taken during the camp and used for promotional purposes? Yes No

Parent or Guardian ~ Please PRINT: \_\_\_\_\_

Address (if different from above): \_\_\_\_\_

Camper E-mail Address: \_\_\_\_\_ Parent E-mail Address: \_\_\_\_\_

Home Phone: (\_\_\_\_) \_\_\_\_\_ Work Phone: (\_\_\_\_) \_\_\_\_\_ Cell Phone: (\_\_\_\_) \_\_\_\_\_

Parent's Signature: \_\_\_\_\_

To pre-register, mail this completed form with your total payment included: Before May 31 send to: **EXTREME CAMP** 2009, RR 2 Box 304, Ripley, WV 25271 ~  
After May 31 send to: **EXTREME CAMP** 2009, PO Box 548, Cowen, WV 26206.

The entire camp fee including any portion to be paid by the church must be paid prior to the beginning of the camp.



<b>COWEN REGISTRAR USE ONLY:</b>	Total Fee Paid: \$ _____	Date received: ____/____/09	Balance Due: \$ _____
<input type="checkbox"/> Medical Form	Fee Paid by Parent \$ _____	Check #: _____	
<input type="checkbox"/> Waiver/Release of Liability	Fee Paid by Church \$ _____	Check #: _____	

## Camper Survey

To help up plan the best activities and locations, please answer the following questions:  
(Remember that no experience in these areas is necessary for attending **EXTREME CAMP**.)

(Please circle your answer.)

1. Have you ever whitewater rafted? Yes No If yes, how many times? \_\_\_\_\_
2. Have you ever hiked farther than 3 miles in a day? Yes No If yes, when was the last time? \_\_\_\_\_
3. Have you ever mountain biked? Yes No If yes, how often and how long is your average ride? \_\_\_\_\_  
Do you own a mountain bike? Yes No If yes, do you plan to bring it with you? Yes No
4. What type of terrain are you comfortable riding: paved road dirt/gravel road dirt trails single track
5. Have you ever rock climbed? Yes No If yes, how many times? \_\_\_\_\_
6. Have you ever rappelled? Yes No If yes, how many times? \_\_\_\_\_

*The camping program is sponsored by the West Virginia Baptist Convention and is conducted at:*

*WV Baptist Camp at Cowen, P.O. Box 548, Cowen, WV 26206*