

LIFE ORIENTATION PROGRAMMES



GIBA VALLEY

*Go with the HEART
and the rest will follow!!*

Boot Camp SA Youth Programs encompass a number of areas of Life Orientation. Enjoying activities in an encouraging and supportive team environment creates a suitable platform for participants to experience personal growth. Tasks involve problem solving giving learners the opportunity to develop life skills such as good communication, taking on leadership roles, planning and coordinating team efforts.

Boot Camp SA activities offer plenty of variety and are not only for fit participants. Individuals that normally hold back are the ones that benefit the most when they realise that there are others that also need help. Further, the realisation that attitude is more important than physical competence in order to be accepted into a group is paramount for those that are less physically adept.



Social development is facilitated through working in teams and introducing discipline. Working together in teams creates a common identity and provides an environment for learners to interact socially while sharing in a common objective develops social skills. In this way participants of different backgrounds and cultures learn to work together promoting mutual respect and acceptance of one another.

Physical development and positive attitude towards physical activity is encouraged through creating an active, energetic environment where learners can have a great time being active outdoors.

Programs have been designed by Boot Camp SA owner Brendon Cadman who has two Honours Degrees in Exercise Science (Rhodes, 1997) and Psychology (UKZN, 2006) as well as a Higher Diploma in Health Promotion (UKZN, 2007) and a Post Graduate Diploma in Marketing Management (UNISA, 2012). Brendon has also completed courses in Adventure Leadership (1996) and Advanced Mountain Leadership (2009) and has over 10 years experience in facilitating and designing of developmental programs and over 10 years of experience in Physical Fitness Training.



KEY COMPONENTS OF BOOT CAMP SA LO PROGRAMS

DISCIPLINE – in a fun effective manner

TEAM SPIRIT – interactive team tasks and group participation

ENCOURAGEMENT – from instructors and between team members

HAVING LOADS OF FUN– in a unique, uplifting environment

MENTALLY AND PHYSICALLY STIMULATING – development of motor skills and problem solving life skills

THE BOOT CAMP 3 STEP PROGRAMME – DAY EXCURSIONS

PHASE 1 - FOUNDATION

JUNIOR RECONNAISSANCE, 3 hrs

SOCIAL INTERACTION, TEAMWORK & SUPPORT; All AGES.

This programme provides a fun and stimulating environment in which learners can experience having fun outdoors and also having fun getting active. Tasks and activities require teamwork and for the participants to interact, assist and encourage one another.

This program is all about participants having a fun time, getting energised through movement and taking part in a unique and active experience.

OBJECTIVES:

- Build team spirit and school spirit
- Introduction to teamwork and team effort
- Learning about physical and mental support
- Acknowledge the concept of discipline and how one's actions affect others
- Facilitate social interaction and building relationships amongst the Learners

The '*RECONNAISSANCE*' program consists of:

- Introduction to Boot Camp, warm up and team war cries
- Fun and constructive team missions and games
- Obstacle Course Team Challenge
- Tug-O- War and relay races
- Includes debriefing sessions after missions



PHASE 2 - PHYSICAL DEVELOPMENT AND MOVEMENT

JUNIOR SURVIVOR BOOT CAMP, 5 hrs

FITNESS, SPORTS AND RECREATION, GR 8 and Up.

Survivor Boot Camp covers an active lifestyle and develops an interest in recreational activities. Physical fitness, sports and experiencing the outdoors are the key components of this programme.

OBJECTIVES:

- Develop awareness of own levels physical fitness
- Cover concepts of fitness with practical demonstrations
- Grasp basic orienteering methods
- Generate interest in outdoor activities
- Have fun taking part in team sports



The '*SURVIVOR*' programme consists of:

- Basic exercise techniques, a mini-fitness test and some theory of physical fitness and the benefits of physical activity
- Obstacles course highlighting parameters of fitness such as balance, coordination and power
- 5 km return hike to Giba Valley waterfall
- An orienteering exercise using compasses and maps
- Volley Ball games
- Reflection Task – health & fitness related



PHASE 3 - PERSONAL DEVELOPMENT

JUNIOR INTELLIGENCE, 6 hrs

TEAM WORK & LEADERSHIP DEVELOPMENT; GR 9 and Up.



The Intelligence programme is a developmental programme with problem solving activities as well as discussions and workshops on Leadership, Life Skills and Team Work.

Tasks require Planning, Communication, Team Effort, Trust and Leadership to achieve their objective. These important processes are illustrated during the tasks and then discussed relating them back to the world we live in.

OBJECTIVES

- Formulate a clear understanding of the definitions of leadership and teamwork
- Discuss the attributes of a leader and skills required for effective teamwork
- Understand the role of a leader in assisting the group to achieve their goals

The '*INTELLIGENCE*' program consists of:

- Challenging and progressive team problem solving tasks
- Teamwork discussions and workshops
- Leadership discussions and workshops
- Reflection Task – leadership and teamwork related

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SPORTS BOOT CAMP

SPORTS BOOT CAMP, 4 hrs

The Sports Boot Camp is an action packed team building activity. The challenges target different aspects of teamwork such as communication, trust, problem solving, physical and emotional support in a fun and interactive way. The team building has a physical aspect as well as teamwork dynamics and discussions well suited to sports teams.

Sports Boot Camp starts with an introduction involving the whole group and then moves onto the team tasks which are followed by team debriefings aimed to improve team interaction and team effectiveness.

CONSTRUCT YOUR OWN PROGRAMME

Educators can customise a programme to suit their specific needs and align the programme with their curriculum content. Each option below requires approximately 1 hour. All programmes start with 1 hour of introductions and ice-breakers including: Rules of Boot Camp, Team Split and War Cries and Mud Pit!!

Suitable for all grades:

Commando Course Team Challenge 1 – focused on team work and team support

Hike to the Waterfall – 5 km return hike

Sports and Games – Including Volley Ball, Tug-O-War and Relay Races

Team Problem Solving Tasks & Mini Teamwork Workshop – landmine disarming (communication task) and 2 theory sessions between tasks covering definition of teamwork and brainstorming important parameters of teamwork

*Physical Fitness Workshop – theory & practical plus a mini fitness test

*Reflection Task – a nice way to finish off the activity. Teams construct represent their feedback on the day topics covered and present this to the rest of the group

* 30 minute tasks

Suitable for higher grades:

Commando Course Team Challenge 2 – we introduce equipment and blindfolds to make this more of a problem solving task focused on leadership and involving team coordination

Team Problem Solving Tasks 1 – two tasks focused on leadership and team coordination
Gorge Crossing (planning task) and Landmine Disarming (communication task)

Team Problem Solving Tasks 2 – two tasks focused on leadership and team coordination
Path Clearance (puzzle solving) and Bomb Disposal (coordinating the team)

Orienteering Exercise – using compasses and maps

Teamwork Workshop – 3 theory sessions between tasks covering definition of teamwork, brainstorming important parameters of teamwork and a questionnaire

Leadership Workshop – 3 theory session between tasks covering definition of leadership, roles and skills of a leader and styles of leadership and a questionnaire

Add on Activities

Recreational walk to Waterfall during normal booking time

1hr Walk to Waterfall in addition to booking time

3hr Hike to Far Waterfall

1hr Archery (Gr 10 and above only)

45 min Paintball – 100 Paintballs (Gr 5 and above only)

1hr Paintball – 150 Paintballs (Gr 5 and above only)

Additional Venue Hire

Clients have 15 minutes before event to set up and 15 minutes after event to pack up and leave premises. Should you require additional time you will need you will need to pre-book additional venue hire at R300 per hour.

AREA, LOCATION & VENUE

The venue is set up in the picturesque Giba Valley nature reserve area of Westmead, accessible from the N3 before the Marianhill Tollgate approx 15 km past The Pavilion Shopping Centre and 40 minutes drive from Morningside/Dbn taking the N3 or joining the N3 from the N2 if traveling from the North Coast.

SOME OF OUR REFERENCES:

LEKKI BRITISH SCHOOL OF NIGERIA, LAGOS

Our 5 Day Leadership Training Trip to the Boot Camp at Durban, South Africa was a highly rewarding one. The group comprising of 17 students and 3 Adults on board South African Airways arrived Durban on the 22nd of April 2013 was warmly received by the camp officers - Sergeants Razor and Terror. They came to pick us from King Shaka Airport to Shongweni Dam.

The first day at the Camp was used to welcome and introduce us to the scheduled activities put together by the able and dynamic Camp officers (Sergeants Sniper, Razor, Terror and Viper).

It is important to let you know that the training has added a lot of values to the lives of our students especially in the following areas:

- ❖ Improved level of maturity and creativity
- ❖ Application of acquired life skills to real life situations
- ❖ Improved confidence level, enthusiasm and sense of achievement
- ❖ Ability to persevere, tolerate, and work as a team
- ❖ Ability to respect other peoples opinion
- ❖ How to be an independent individual
- ❖ How to overcome difficulties associated with challenging tasks
- ❖ Ability to make use of fun in solving puzzles

As a result of these positive impacts in the lives of the participants, the school has decided to make the leadership training to the Boot Camp an annual event. Also interesting to mention is the level of professionalism, diligence and hospitality displayed by the management of the Camp coupled with the provision of standard facilities and highly resourceful educators.

Without any reservation, I hereby recommend the Boot Camp to schools and organizations for leadership training and Team building activities.

Yours sincerely,

Abimbola Sunmonu

Director of Studies (Head of the 2013 Boot Camp Trip)

UNIVERSITY OF KWAZULU NATAL 11TH MAY 2010

I am a lecturer at the University of KwaZulu- Natal (Edgewood and Westville Campuses). I lecture in the disciplines of Sports Science and Life Orientation. Part of the curriculum involves physical education, sport management and life skills. Hence, my keen interest to involve students in an organization as Bootcamp SA.

During the past 4 weeks, groups of students ranging from 35-60 have attended Bootcamp sessions. Sessions were well organized and were adapted to suit the needs of the students, specifically pertaining to their University subject curriculum.

Feedback from the students was very positive. The sessions were not what the students expected it to be like. They were pleasantly surprised. Initially, the physical activity component was thought to be the focus of the sessions. However, the teamwork, motivation, discipline and communication components of the sessions were later discovered to be the focus of the sessions. Overall, the students thoroughly enjoyed Bootcamp.

From a lecturing point of view, part of my aim was to encourage teamwork, promote leadership skills and interaction among the students. All students are studying towards a field of work (teachers, sport coaches/trainers and sport scientists/biokineticists) where they are constantly

interacting with people and part of a work team. It is essential for students to work harmoniously with other individuals in an attempt to reach certain goals etc. within the workplace. Students need to be equipped with such skills that can effectively ensure good work ethics and behavior. Bootcamp SA is definitely a tool that can help develop various personal and interpersonal skills among its participants.

I have no hesitation in recommending Bootcamp SA KwaZulu- Natal as an excellent organization that can adapt to suit your individual needs.

Thank you
Yours in Health
Dr. Rowena Naidoo (Lecturer/ Biokineticist)

LIVINGSTONE PRIMARY SCHOOL

Our Grade 5 group went to Boot Camp last June (2009) and returned this year (2010). The outing is a favourite with both learners and educators.

The venue is in a lovely natural setting next to a clean stream. The children, many of whom spend far too much time indoors, thoroughly enjoyed the environment and being able to get dirty in the mud. They also enjoyed the challenges posed by the various activities.

The facility is well organized. Booking and payment are made without difficulty. The outing itself is structured and well organized. The sergeants handle the children with discipline and humour and guide them through activities which are challenging but within the children's capabilities. The teachers are able to relax in a lovely setting while someone else takes charge. Boot Camp S.A. comes highly recommended by the grade 5 teachers at Livingstone Primary School. Fay Collier

CAREERS 2000

This letter serves to confirm that the students and facilitators of **CAREERS 2000 FET COLLEGE, Chatsworth Campus** was afforded the opportunity to undergo training provided by **BOOT CAMP S.A.**

The mission was deployed on Thursday, 01/07/2010 between 09h30 and 12h30 at the Giba Gorge Valley in Westmead. The training proved to be a challenge; however, overcoming the challenge was of great benefit to each and every member within the six teams. Each sergeant was very accommodating of his team and its member's, and assisted greatly in motivating them to complete each and every activity. Each team's many accomplishments consisted of: Time Management, Teamwork, Respect, Motivation, Physical support and acceptance of each other's differences. Boot Camp S.A. makes a difference to one's outlook on life, as it only makes you want to achieve more.

Respectfully **Nicosha Haripersad**