



Conservation Commission of the State Of Missouri. Used with permission.

# Mother & Daughter Outdoors

August 14-16, 2009 at Holiday Lake 4-H Center in Appomattox, Virginia

This event is designed primarily for women. It is an excellent opportunity for anyone 9 years of age and above to learn the outdoor skills usually associated with hunting and fishing, but useful in a variety of outdoor pursuits.

**This event is for you if:**

- o You would like to get your family involved in outdoor activities and need a place to start.
- o You have never tried these activities but have hoped for an opportunity to learn.
- o You are a beginner who hopes to improve your skills.

## Friday, August 14

11:00 a.m. - 1:00 p.m.  
 12:00 p.m. - 1:00 pm  
 1:00 p.m. - 4:30 p.m.  
 4:30 p.m. - 6:00 p.m.  
 6:00 p.m. - 7:00 p.m.  
 7:00 p.m. - 8:30 p.m.

Check-in  
 Lunch  
**Session 1**  
 Free Time  
 Dinner & Welcome  
 Evening Activities

## Saturday, August 15

7:00 a.m. - 7:45 a.m.  
 8:00 a.m. - 11:30 a.m.  
 11:45 a.m. - 12:30 p.m.  
 1:00 p.m. - 4:30 p.m.  
 4:30 p.m. - 5:30 p.m.  
 6:00 p.m. - 7:00 p.m.  
 7:20 p.m. - 8:30 p.m.

Breakfast  
**Session 2**  
 Lunch  
**Session 3**  
 Free Time  
 Dinner  
 Raffle & Entertainment

## Sunday, August 16

7:00 a.m. - 7:45 a.m.  
 8:00 a.m. - 11:30 a.m.  
 11:45 a.m. - 12:30 p.m.

Breakfast  
**Session 4**  
 Lunch & Farewell Raffle

**Lodging** is at the historic Holiday Lake 4-H Educational Center in Appomattox, Virginia. Most cabins are rustic; some are dormitory style with bunk beds. Bathhouses with showers, toilets, and sinks are located in buildings separate from the cabins. Cabins are neither heated nor air-conditioned. Small fans might be helpful. Participants will need to provide their own toiletries and linens including towels, pillows, bed sheets, and blankets or sleeping bags.

**Scholarships:** No scholarship funds are available at this time. If you would like to contribute to the scholarship fund, contact Jimmy Mootz at 804-367-0656 or [Jimmy.Mootz@dgif.virginia.gov](mailto:Jimmy.Mootz@dgif.virginia.gov).

## Registration Information

**Registration Fee: \$90 per person**

This fee includes food, lodging, use of equipment, course instruction, and evening events. Checks or money orders should be made payable to **Treasurer of Virginia**.

*\* Please note: Some courses require additional fees. See course descriptions for details.*

**To Apply:** Read event information carefully, and then complete registration form. When choosing your courses on the registration form, please mark your first three choices (1 being your first choice) for each session. Some courses fill up quickly and your choices will assist us in enrolling you into the courses in which you are most interested.

Please note that some courses do have prerequisites, which are mentioned in the course descriptions. Participants under the age of 16 must be enrolled in classes with an adult. Feel free to copy the registration form to share with friends.

**A Confirmation** will be sent to you via email upon receipt of your registration and payment. Prior to the event, you will receive a letter detailing your classes, directions to Holiday Lake 4-H Educational Center, a list of suggested items, and a medical history form to complete and bring with you to the event. All demonstration equipment will be provided. Please, **DO NOT** bring firearms.

**Registration Deadline** is 5:00 p.m. July 24, 2009. Space for the event will be filled on a first come first serve basis. If the event should fill, a waiting list will be created. No applications will be accepted by telephone.

**Cancellation Deadline** is July 31, 2009. If you cancel on or before July 31, you will receive a full refund. There are no refunds for participants who cancel after July 31, however a substitute may be sent to the event to attend your assigned classes.

### Questions?

Contact Jimmy Mootz at (804) 367-0656, or email [Jimmy.Mootz@dgif.virginia.gov](mailto:Jimmy.Mootz@dgif.virginia.gov)



## Course Descriptions & Physical Activity Ratings

Please note the following course physical activity ratings found beside the course name. If a course is rated as *LEISURELY*, it is not a very physically demanding course. If a course has a *MODERATE* rating, it will require a moderate amount of physical activity. A course rated as *RUGGED*, will be fairly strenuous, and may require hiking over uneven terrain.

### **3-D Archery\*** *LEISURELY*

For those who have the basics of archery, this is an opportunity to apply your archery skills in a simulated hunting environment with various 3-D targets. \* *Prerequisite: Archery Basics or proficiency in archery.*

### **Animal Tracking** *MODERATE*

See animal tracks as a way to learn who lives in the woods (or your back yard!). Participants will spend time determining which animals were present, when they were there, and what they were doing. Bring your cameras, and our instructors will help you preserve what you find.

### **Archery Basics** *LEISURELY*

Learn how to select bows, arrows, and other archery equipment. Participants can try archery equipment as they hone their shooting skills at the range.

### **ATV\*** *RUGGED*

Learn how easy and fun maneuvering an ATV can be. You will learn the ins and outs of safely operating an ATV around turns, up and down hills, and over objects. \**VA law requires all participants be at least 16 years old. NO EXCEPTIONS! Please wear long pants, long sleeve shirt, and boots.*

### **Backpacking 101** *LEISURELY / MODERATE*

Learn how to gear up and learn to hit the trail with Debbie Bellucci of the Tidewater Appalachian Trail Club. This course will introduce you to the equipment and clothing needs of backpackers, along with trip planning, preparation, and safety. Optional overnight camping opportunity may be available.

### **Climbing Wall\*** *RUGGED*

Challenge yourself by conquering "The Wall!" Join the 4-H staff as they teach you to safely ascend and descend "The Wall". The focus of the challenge is teamwork, individual accomplishment and confidence building. This is a very fun, and rewarding experience.

\* *Holiday Lake charges an additional fee of \$15 per participant, payable to Holiday Lake 4H Educational Center.*

### **Fishing Essentials\*** *LEISURELY*

This course is geared towards the beginner and experienced angler alike. This course covers equipment, where to find fish, how they live, and most importantly, how to catch them. Rigging, casting, and catching techniques will be covered and practiced.

\**Prerequisite: Valid VA freshwater fishing license required.*

### **Firearms Sampling\*** *LEISURELY*

This live fire range activity will give you an opportunity to learn about, and shoot various types of firearms. \**Prerequisite: Hunter Ed Certificate or Introduction to Firearms.*

### **Fly Casting** *LEISURELY*

Participants will learn how to select equipment for fly fishing, techniques for tying knots, and practice the art of fly-casting. *Participants will not fish during this course.*

### **Fly Tying** *LEISURELY*

In this popular course, participants will learn the relaxing and popular art of tying lifelike flies for use in fly-fishing, and make their own flies. *Participants will not fish during this course.*

### **Geocaching\*** *MODERATE*

This high tech sport has been described as a 21st century treasure hunt, and it's sweeping the world by storm with over 1 million players worldwide. Players will use GPS skills to navigate and discover hidden caches filled with "untold treasures"! If you have a spirit for adventure and an eye for detail, this course is for you! (visit [www.geocaching.com](http://www.geocaching.com) for more information) ♦♦ GPS or previous GPS skills are required for this course.

### **GPS** *MODERATE*

Have you ever wanted to know your EXACT location? Have you heard about GPS units installed in some new model vehicles? Have you thought about buying a unit of your own? Well, sign up for this class and learn about the advances in global positioning system technologies. See "Geocaching" for an exciting extension of this class.

### **Habitat Plant Walk** *LEISURELY*

Learn to identify common native plants that provide important habitat for wildlife, such as wildflowers and shrubs that attract butterflies, birds and small mammals. We'll look at various habitat features around the grounds of the 4-H Center as well as on the nature trail. Participants will receive a plant list and a potted plant at the end of class to start their own Habitat at Home<sup>®</sup>.

### **High Ropes Course\*** RUGGED

Join the Holiday Lake 4-H staff as they lead you through a continuous series of seven elements that enhance teamwork and your individual self-confidence. Participants should be in fairly good physical shape. The height of the course is 30 feet. Helmets, safety harnesses and "static" lines are utilized while on the course. \* *Holiday Lake charges an additional fee of \$20 per participant, payable at course location.*

### **Hiking** MODERATE

Learn the basics of hiking from Debbie Bellucci of the Tidewater Appalachian Trail Club, and enjoy an invigorating hike around the Holiday Lake. Full loop is 6.5 miles, short loop is less than 3 miles.

### **Intro to Firearms\*** LEISURELY

Learn to safely handle firearms that you may encounter in the home, or on the range. Course focuses on types of firearms and how to handle them safely. \**If you have not completed the Basic Hunter Education Course, this course fills the prerequisite for Introductory Rifle, Shotgun Skills Development, and Firearm Sampling courses.*

### **Introductory Rifle\*** LEISURELY

This course consists of a brief overview of firearm safety and basic shooting skills, followed by the opportunity to practice marksmanship at the range. \**Prerequisite: Hunter Ed Certificate or Introduction to Firearms.*

### **Jiggin' & Spinnin'** LEISURELY

Spinnerbaits and jigs are among the most versatile and productive baits for bass and other freshwater game fish. Learn to make and customize your own bait with various combinations of colors and skirts. *Participants will not fish during this course.*

### **Kayak Quickstart!\*** MODERATE

An overview of equipment, paddling techniques, and safety will be followed by an opportunity to practice with kayaks. Participants should be prepared to get wet during this class. \**Participants should be at least 4' tall for this course.*

### **Knot Tying** LEISURELY

Feeling a little knotty? Why not try this course? Afraid of losing the canoe off the top of the car because your knots look like unruly bird's nests? This class is for you! A fun hands-on class where you learn many different knots and the situations in which they can be used. Learn basic knots and how to match the right knot to each situation. The knots you'll learn are great for all types of outdoor activities including boating, camping & hunting.

### **Map & Compass** MODERATE

Learn how to use a map and compass effectively. Some topics to be covered during a classroom session & hike include: map reading, how to use a compass, basics of navigation and some tricks of the trail.

### **Nature Crafts** LEISURELY

Use outdoor artifacts like leaves, bark, and feathers to turn everyday items into works of art. You can even take your masterpiece home with you!

### **Outdoor Cooking** LEISURELY

Learn the secrets to create breakfast meals, one-pot dinners, desserts, and many other meals in a camp setting. Participants will cook over an open fire using paper bags, cans, grills, and Dutch ovens. Come to class hungry because eating the class work is a requisite!

### **Reptile & Amphibian ID\*** LEISURELY

Learn to identify some of the many slithering and creeping critters we see in the woods and waters. \* *Holiday Lake charges an additional fee of \$10 per participant, payable to Holiday Lake 4H Educational Center.*

### **Shotgun Skills Development\*** LEISURELY

A brief review of firearm safety and basic shooting techniques will be followed with an opportunity to practice shotgun shooting techniques at the range. \* *Prerequisite: Hunter Ed Certificate OR Intro to Firearms.*

### **Stream Ecology** MODERATE

Come learn about stream habitats and their importance to Virginia. Participants will have the opportunity to visit a local stream and should plan to get their hands (& feet) wet.

### **Wild Edibles** LEISURELY

Everything you ever wanted to know about wild edibles but were afraid to pick! Learn how to utilize the plants in the wild for food, tools, and some great health remedies.

### **Wilderness Survival** MODERATE

Learn the necessary skills for surviving outdoors in this course. Hands on experience in shelter building, the art of fire making, woods awareness, and other survival skills are all included in this awesome experience.



#### **Virginia Department of Game and Inland Fisheries "Mother Daughter Outdoors" Program**

The Department of Game and Inland Fisheries shall afford to all persons an equal access to Department programs and facilities without regard to race, religion, national origin, disability, sex or age. If you believe that you have been discriminated against in any program, activity or facility, please write: Virginia Department of Game and Inland Fisheries, ATTN: Compliance Officer, 4010 West Broad Street, P.O. Box 11104, Richmond, Virginia 23230



# Mother & Daughter Outdoors



## August 14-16, 2009

Only one person may register per form. Please photocopy for additional registrations.

Name \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone: day (\_\_\_\_) \_\_\_\_\_ night (\_\_\_\_) \_\_\_\_\_

Email Address \_\_\_\_\_

**Workshop Fee** is \$ 90.00 and includes instruction in all sessions, program materials, use of demonstration equipment, all meals and lodging.

**Fee must be included with completed registration.**

**Lodging preference:**

- Early Bird Cabin** (to bed by 11 p.m.)
- Night Owl Cabin** (to bed after 11 p.m.)

**I would like to be in the same cabin with:**

\_\_\_\_\_ We will attempt to honor your preference.

**Check here if you have any special dietary requirements or special needs that require assistance, and describe your needs:**

**NO REGISTRATIONS WILL BE ACCEPTED BY TELEPHONE. FEE MUST ACCOMPANY REGISTRATION. INDICATE TOP THREE (3) CHOICES FOR EACH SESSION BELOW**

SESSION 1 [Friday p.m.]	SESSION 2 [Saturday a.m.]	SESSION 3 [Saturday p.m.]	SESSION 4 [Sunday a.m.]
<input type="checkbox"/> Archery Basics	<input type="checkbox"/> Animal Tracking	<input type="checkbox"/> 3D Archery*	<input type="checkbox"/> 3D Archery*
<input type="checkbox"/> ATV*	<input type="checkbox"/> Archery Basics	<input type="checkbox"/> ATV*	<input type="checkbox"/> Animal Tracking
<input type="checkbox"/> Fishing Essentials*	<input type="checkbox"/> ATV*	<input type="checkbox"/> Backpacking 101	<input type="checkbox"/> Firearms Sampling*
<input type="checkbox"/> Intro to Firearms*	<input type="checkbox"/> Climbing Wall*	<input type="checkbox"/> Fly Tying	<input type="checkbox"/> Geocaching*
<input type="checkbox"/> Kayak Quickstart!*	<input type="checkbox"/> Fishing Essentials*	<input type="checkbox"/> Geocaching*	<input type="checkbox"/> Habitat Plant Walk
<input type="checkbox"/> Map & Compass	<input type="checkbox"/> Fly Casting	<input type="checkbox"/> High Ropes*	<input type="checkbox"/> Hiking
<input type="checkbox"/> Nature Crafts	<input type="checkbox"/> GPS	<input type="checkbox"/> Introductory Rifle*	<input type="checkbox"/> Jiggin' & Spinnin'
<input type="checkbox"/> Reptile & Amphibian ID*	<input type="checkbox"/> Introductory Rifle*	<input type="checkbox"/> Kayak Quickstart!*	<input type="checkbox"/> Knot Tying
<input type="checkbox"/> Stream Ecology	<input type="checkbox"/> Kayak Quickstart!*	<input type="checkbox"/> Shotgun Skills Dev.*	<input type="checkbox"/> Outdoor Cooking
	<input type="checkbox"/> Shotgun Skills Dev.*	<input type="checkbox"/> Wilderness Survival	<input type="checkbox"/> Wild Edibles
	<input type="checkbox"/> Wilderness Survival		

(Check the box  above if you will bring your own bike & helmet to Mountain Biking)

\* PLEASE SEE COURSE DESCRIPTION FOR PREREQUISITES AND/OR RESTRICTIONS\*

**Send Registration and Fee to:**

Virginia Outdoor Education / MDO  
4010 West Broad Street  
Richmond, VA 23230

If you have questions, please call: (804) 367-0656

**Make checks payable to:**

**Treasurer of Virginia**

For information on other Outdoor Education Programs, visit our website at

[www.HuntFishVA.com/events](http://www.HuntFishVA.com/events)

For office use only: Date received \_\_\_\_\_ Confirmation sent \_\_\_\_\_ Check # \_\_\_\_\_

# MOTHER DAUGHTER OUTDOORS CONTRACT AND RELEASE OF LIABILITY

THIS MOTHER DAUGHTER OUTDOORS CONTRACT AND RELEASE OF LIABILITY ("Contract") is entered into upon the date signed below by those individuals submitting requests for registration as participants ("Participants") by and between the Virginia Department of Game and Inland Fisheries and participating Federal, State, or local agencies and/or corporate sponsors ("Sponsors").

WHEREAS, "Sponsors" desire to provide an outdoor recreation skills training event to be conducted at Holiday Lake 4-H Educational Center on AUGUST 14-16, 2009.

WHEREAS, "Participant(s)" desire to receive instruction in one or more of the activities described in the Mother Daughter Outdoors Information Packet and/or the Registration Form which are incorporated herein as is set forth in full.

NOW, THEREFORE, in consideration of the mutual covenants and conditions in this Contract plus other good and valuable consideration, the receipt of which is hereby acknowledged, the parties agree as follows:

## SECTION 1: REGISTRATION OF PARTICIPANT(S).

The "Participants" being the same participants that sign below, wish to receive the requested instruction.

## SECTION 2: ACKNOWLEDGEMENT OF SPECIAL NEEDS AND RULES.

For the purposes of your safety and to accommodate special needs, "Participants" agree to advise Sponsors of any pregnancy, mental or physical handicap, disability, visual and/or auditory impairment, influence of prescription drugs, illegal drugs and/or alcohol. I understand that as a registered guest, I (we) will not bring or possess ALCOHOLIC BEVERAGES OR ILLEGAL DRUGS onto the premises and understand and agree to abide by the general rules of conduct prescribed for guests of this event and by the facility being used for this event.

## SECTION 2: RIGHT TO REFUSE PARTICIPANT(S).

Participant(s) understands and agrees that Sponsors may disallow the participation of any Participant(s) which Sponsors believes in their sole judgment may present a safety hazard to other Participant(s), Sponsors' staff, Sponsors' invitees and/or to themselves.

## SECTION 3: WARNING AND ASSUMPTION OF RISK.

Participant(s) understands that outdoor recreation and conservation involves activities where there are inherent elements of risk always present despite all safety precautions. Participant(s) fully accepts any and all such risk(s).

## SECTION 4: RELEASE OF LIABILITY FOR NEGLIGENCE.

Participant(s) hereby, for themselves, their heirs, administrators and assigns, release and discharge sponsors, sponsors' agent and sponsors' affiliates from all claim for bodily injury, property damage, death, medical expenses and other financial losses occurring to the Participant(s) during the instruction due to the negligence of the Sponsors, Sponsors' agents and/or Sponsors' affiliate.

## SECTION 5: INDEMNIFICATION.

Participant(s) further agree to indemnify and hold harmless the Sponsors plus their agents and affiliates from any and all costs, including reasonable attorney fees, incurred in defending against claims arising from the negligent acts or omissions, reckless acts or omissions or intentional misconduct by themselves or other Participant(s) during the instruction.

## SECTION 6: PUBLICITY.

Participant(s) grant permission to Sponsors and their affiliates to publish, in any form, any photographs of Participant(s) while involved in the Instruction and agree that Participant(s) are not due any payment from Sponsors for publishing their photographs.

## SECTION 7: ENTIRE AGREEMENT/VIRGINIA LAW/PARTIAL INVALIDITY.

This document constitutes the final and entire agreement between Sponsors and Participant(s) concerning the Instruction. This Contract is delivered, executed, accepted and performed exclusively within the Commonwealth of Virginia and shall be interpreted and enforced under the laws of Virginia. In the event that any term or terms of this Contract shall be determined to be illegal or unenforceable all other terms and conditions of this Contract shall remain in full force and in effect.

BY SIGNING BELOW, THE PARTICIPANT(S) WARRANT THAT THEY HAVE READ AND FULLY UNDERSTAND THAT THIS CONTRACT INCLUDES A RELEASE OF LIABILITY FOR NEGLIGENCE. AND WARRANT THAT THEY SIGN THIS DOCUMENT OF THEIR OWN FREE WILL.

**NAME**

**AGE**

**DATE**

Participant: \_\_\_\_\_

Parent / Guardian if under 18: \_\_\_\_\_

