



MAS 101

SUMMARY SHEET 2019

Offered Jointly by: HeLa Ventures and Progressive Academy

Location: HeLa Ventures Field School, located 24 km. west of Rocky Mountain House

DATES (choose one of):

Session 101-1: June 29 – July 12, 2019

Session 101-2: July 19 – August 1, 2019

Session 101-3: August 2 – August 15, 2019

Session 101-4: August 18 – 31, 2019

Departure: 9:00 AM on Day 1 from Progressive Academy (13212 106 Ave NW, Edmonton)

Arrival home time: 3:00 PM on Day 14 to Progressive Academy

Transportation: Transportation will be provided by yellow school bus for the duration of the program.

Program Director: Lana Ohler-Madsen

HeLa Staff: Keo Ohler, Derek Warrior, additional guides and support staff.

Progressive Academy Teachers: Brett Pawlyk, David Merkosky, additional teachers.

Emergency Contact Information: Camp Phone: (403) 845-4325;
Lana's Cell (780) 932-4820; Camp Cell: (780) 993-6784

Email: mas@progressiveacademy.ca

Fee: \$1575.00 (to be paid online upon registration)

Special dietary requirements (gluten-free, lactose-free, vegan etc.): \$140.00 per student. No surcharge for vegetarian or nut free diets.

The fee includes: meals, accommodations, curriculum instruction and supplies, guiding, equipment, and transportation

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GOAL: The goal of the fourteen day program is to provide students with the opportunity to experientially meet curriculum objectives for CALM, Physical Education, and CTS module options utilizing outdoor pursuit activities as the medium for the experience.

SPECIFIC OBJECTIVES:

Over the course of fourteen days the students will have the opportunity to:

1. Apply concepts learned through the CALM and Physical Education curriculum, utilizing outdoor pursuits activities as the medium;
2. Experience a variety of outdoor pursuits activities in a safe and supportive environment;
3. Experience leadership from both a leader and group member perspective;
4. Experience group development and team building concepts;
5. Develop an understanding of care and protection of the environment;
6. Develop basic competency in a variety of outdoor skills including flat and whitewater canoeing, climbing, back country biking, hiking and wilderness living;
7. Develop an interdependent relationship between themselves, other individuals and the environment.

Brief Overview of Activities:

Day 1:	Orientation and Onsite classroom sessions
Day 2:	Lake Canoeing
Day 3:	River Day – Blue Bridge – Brierley’s (whitewater skills training (Class II Max)
Day 4:	Onsite classroom sessions
Day 5:	Rappel/Hike and Forestry/Oil industry tour
Day 6:	Onsite classroom sessions
Day 7:	Climb/Hike
Day 8:	Down Day (laundry, onsite classroom sessions, packing for out-trip, social)
Day 9 – 11:	Out-trip. This river trip will consist of a 3 day river excursion on the North Saskatchewan River. The focus will be on exploring the valley of this Canadian Heritage River, Wilderness Living Skills, No Trace Camping Principles, safety in the backcountry and canoeing skill development.
Day 12:	Onsite/Biking
Day 13:	Full Day Ridge Hike, Evaluations and Debrief
Day 14:	Breakfast, pack, final good-byes and depart

PLEASE NOTE: The times indicated on the schedule are tentative. During the program, we will be on a flexible schedule in order to meet the needs of the group. For safety reasons, we reserve the right to alter the schedule and activities should the weather or river conditions present any threat to a safe, enjoyable trip for the students.

Curriculum Covered and Credits: The curriculum that will be covered during this 2 week period includes:

- Physical Education 10 (5 credits);
- CALM (3 credits);
- CTS WLD 1130 (Outdoor Survival Skills, 1 credit)
- CTS WLD 1100 (Outdoor Cooking Theory, 1 credit)
- CTS FOR 1010 (Forests and Society, 1 credit)

In addition to the credit objectives completed in the above courses, the program will focus on teaching safety skills in the outdoors, and No Trace Camping principles.

Equipment: All group equipment will be supplied by HeLa Ventures. Students will be provided with a packing list outlining personal equipment to bring. Tents for the river trip will be supplied. Due to space issues at the campsites, the tents will be shared with other students (gender specific).

Teaching Staff: The program will be taught by certified Alberta teachers. Experts in the field will assist with the teaching of outdoor pursuits, Phys. Ed and the CALM program objectives.

Safety Policies: All programs are delivered with safety as the first priority and are led by highly trained and certified guides. A copy of our safety policies may be provided upon request. Please contact mas@progressiveacademy.ca, and we will send a copy electronically. Please feel free to contact our Director, Lana Ohler-Madsen at any time with questions or concerns.

Assumption of Risk and Medical Forms: In order to participate in the program, we require that a parent/guardian of each participant completes the Assumption of Risk form and completes the medical information component of the registration form. The completed forms should be returned to Progressive Academy by mail or email by June 15 for Session 1 and 2, or July 15 for Session 3 and 4. If there are any medical or dietary issues we should be aware of in advance, please contact Lana by phone or email (see below).

Parent Information Presentation: Parent information sessions will be held at Progressive Academy and in Calgary in mid-June. Details regarding the session will be emailed to registrants in early May.

Thank you for your interest in Mountain Adventure School. Through this experience we know that participants will learn a lot, have tons of fun, and make lasting memories and friendships!

Please feel free to contact us at any time for further information.

Sincerely

MAS Team
Progressive Academy/Hela Ventures
13212 106 Avenue
Edmonton, AB T5N 1A3
Office: [780 455 8344 ext 1140](tel:7804558344)
Lana Ohler-Madsen, Director: (780) 932-4820
mas@progressiveacademy.ca