

# 2025 Centrifuge Track Time Explanations

NOTE: All track times are 1 day.

## Creative Arts Tracks

Topics include the areas of music, art, and stage.

**Crafts** - Students will work on a specific craft project throughout the week, such as bead bracelets, t-shirt art, tile mosaics, etc.

**Creative Movement** - Participants will learn a creative movement set to a contemporary Christian song.

**Creative Painting** - Students will use the art of painting to express themselves creatively. They will paint on individual canvas.

**Drama** - Participants will learn the basics of drama, improvisation, mime, etc. Students will engage in improvisation exercises and learn how to use those skills in their artistic environments back home.

**Sign Language** - Students will spend time learning the manual alphabet and conversational signing.

## Specialty Tracks

These tracks are recreation/sports based and are only offered at limited locations. All equipment will be provided.

**Archery Tag** - This game combines rules of dodgeball, paintball and traditional archery and is a fun time where students use bow and arrows to hit inflatable targets.

**Gagaball** - Students will learn and play several variations of gagaball.

**Hiking** - Campers participate in a daily hike.

**Laser Tag** - Students will play laser tag outside, in the woods.

**Miniature Golf** - Students will play miniature golf on the campus course.

**Mountain Biking** - This track will teach basic skills and equipment use for mountain biking. Campers will experience mountain biking on local trails.

**Kayaking** - This track will teach basic skills and equipment use for kayaking on a lake.

**Pickleball** - Students will play pickleball, a paddle ball sport that combines elements of badminton, table tennis, and tennis.

**Ropes Course** - Campers will participate in ropes course initiatives.

**Slingshot Paintball** - Campers will participate in paintball games using a sling shot instead of the typical paintball gun.

**Video Games Track** - Students will spend time playing collaborative video games with one another such as Mario Kart, Minecraft, Among Us, FIFA, Madden and more.

**Water Sports** - Campers will play wild and crazy games in the pool. Campers taking this track must have a one-piece bathing suit and know how to swim.

### **Active Tracks**

These tracks are recreation/sports based. All equipment will be provided.

**Basketball** - Students will learn basic skills and play basketball.

**Battleball** - Students will learn and play several variations of battleball (Dodgeball).

**Flag Football** – Students will play flag football.

**Frisbee Games** – Students will play a variety of frisbee games including disc golf, ultimate frisbee, and other miscellaneous frisbee games.

**Lawn Games**- Students will play bocce ball, croquet, badminton, kickball and other lawn games.

**PaddleSmash** - This track allows students to learn and play the new game of PaddleSmash, which is a crossover of Pickleball and Spikeball.

**Total Body Fitness** – Students will learn the basics of fitness and nutrition and participate in physical activities including aerobics, running/walking and other exercises.

**Soccer** - Students will learn soccer basic skills and play soccer.

**Volleyball** - Students will learn basic volleyball skills and play volleyball.

### **Discipleship/Classroom Tracks**

These tracks are designed to assist in disciplining campers in their Christian walk and helping them live a balanced, healthy lifestyle.

**For Girls Only** – This track will teach Biblical principles for living a godly life, help to build a healthy self esteem and self image, provide proper perspective and knowledge about health and the body and discover biblical dating principles.

**Owning Your Faith** - This track will help students own and grow their faith, provide students with the disciplines and practices on how to best defend their faith, and allow them to discover how to live their lives in such a way to lead others to Christ.

**Random Acts of Service** – Students will learn the importance of kindness and service without recognition and participate in such acts on campus.

**Spiritual Gifts** – This track is designed for campers to learn about spiritual gifts and discover their individual gifts by completing a spiritual gifts survey.

**Sports Ministry** - Students will learn how to use sports as a ministry to reach people. This track is not an outdoor, active track.

**STEM** - This track is designed for students to explore and learn through science experiments, technology, building and designing activities, and math.

**Table Games** - Students will have the opportunity to play a variety of fun board games, card games and brain games.

**For Guys Only** – This track will explore what it means to be a godly man, how to be involved in healthy relationships with the opposite sex and with friends with family, and life skills such as independence, decision making, integrity, team player and excellence.