



# Panther Camp 2024

## Great Plains Lutheran High School



**Who:** Students entering Grades 7 through 9

**What:** Week-long camp on the GPLHS campus

**When:** Sunday June 2 through Friday June 7

**Where:** GPLHS, 1200 Luther Ln NE, Watertown, South Dakota

**Why:** Worship, Fellowship, Fun, Develop Your Gifts and Abilities

**How:** Read this information; Make your choices; Submit your registration!

### Panther Camp Summary

Panther Camp is a one-week camp for young people who will be in grades 7-9 during the 2024-2025 school year. It is a time to relax and have fun, get acquainted or reacquainted with other young Christians, get to know the GPLHS family, and develop the talents and abilities God has given each of us. Whether in worship, Bible study, or other activities, we will strive to honor God with our time and the gifts he has given us.

Panther Camp is held on the campus of Great Plains Lutheran High School in Watertown, SD, and utilizes all of the school's facilities, including the dormitory. All campers will stay in the GPLHS dorm. (Local students may opt to stay at home, but the cost will be the same for all campers.) The cost for each camper is \$150. Payment is due with your registration. Panther Camp will be filled on a first come, first served basis.

One of the unique features of Panther Camp is that participants are able to choose from a menu of electives. Campers will be scheduled for three elective sessions, based on their interests and list of preferences. Summaries of all the electives are provided on pages 2 through 4. Please note that electives are offered at specific times, and choices should be made accordingly. In addition to these electives, all campers will participate in various general activities. Activities may include off-campus outings (for example, swimming at the lake) and elective field trips. Electives will be filled on a first come, first served basis.

Panther Camp is staffed by the faculty, staff, and coaches of GPLHS, with the assistance of GPLHS students and alumni.

### Instructions

1. Complete a separate registration form for each camper.  
*You may register online - Go to [gplhs.org](http://gplhs.org) and click on Panther Camp*
2. Be sure all information and signatures are provided.
3. Include the registration fee of \$150 per camper.  
*Payment can be made online at [gplhs.org](http://gplhs.org) > Support > Give Now*
4. Please include a copy of your health insurance card.
5. Mail or hand deliver paper registrations to GPLHS, 1200 Luther Ln NE, Watertown, SD 57201
6. A registration confirmation will be sent to you by email.

Questions? Contact Pastor David Maertz - [dmaertz@gplhs.org](mailto:dmaertz@gplhs.org) - 605-886-0672

## Panther Camp 2024 - General Information

# Panther Camp 2024 - Elective Summaries

## Session 1 Electives

COLOR GUARD Instructor: Linda Guthmiller (Session 1, Maximum Enrollment: 12)

By taking this elective, you will become familiar with color guard terminology, basic flag movements, and marching. We will learn how marching steps and movements work together, especially in preparation for marching band in high school. Some of our fun will be to learn a short routine. We hope to help you develop a love for color guard. It is a very important part of a marching band since it leads the band on a parade route and is the first thing people see.

CROSS COUNTRY Coach: Alex Mielke (Session 1)

Interested in sports but not sure which? We're always looking to grow our Cross Country family here at GPL! You can come in at any fitness level and leave stronger, faster, and more energized. Be prepared to push yourself and experience the joys of team camaraderie! This elective will introduce you to how Cross Country works at GPL and how we train. Through games and competitions, you will forge friendships with fellow runners and increase your running endurance while learning important running and training techniques. *(Athletic clothes and good running shoes are required.)*

FOOTBALL Coach: Aaron Schleusener (Session 1)

This elective will allow young people to learn some of the basics of the game of football. Sessions will include basic ball handling skills, basic stance and defensive techniques. Participants will get a chance to try various positions and learn some of the drills the Panther football team uses. There will be several different competitions throughout the week. It should be a fun time for all as we learn a great game! *(Athletic clothing and tennis shoes are required; cleats are extremely helpful if you have them)*

HANDCHIMES Instructor: Eric Martens (Sessions 1)

Campers in this session will learn the basics of playing hand chimes/handbells. If the number of participants allow, the students will work together to produce and perform music worked on during the daily sessions. No previous experience needed although basic rhythmic knowledge is helpful.

LINE DANCING Instructors: Emily Cantwell & Nicole Porter (Session 1)

Step on up! This class is sure to get you energized and on the move! This elective will teach a few basic line dances, teaching steps and footwork patterns commonly used in line dancing (no worries, no partners!). No experience required, just come ready to clap and stomp!

PANTHER POWER Instructors: Matt Bauer & Mike Haugly (Session 1 or 3)

Strength and athleticism training is an essential part of our GPL athletic programs. It serves the important purposes of injury prevention and the development of athleticism. This session will give participants the opportunity to learn important fundamentals of the core lifts (bench press, back squat, power clean and deadlift) as well as other strength and athleticism development exercises that are a part of our GPL program. We will "learn light" and emphasize "form first." Students who aspire to participate in athletics at GPL will benefit greatly from attending this session. Participants should be equipped with indoor athletic shoes and functional athletic attire.

SILLY SHAKESEARE Instructor: Ryan Rosenthal (Sessions 1, Enrollment: 8-20)

In this sectional, we will work our way through a play based on a Shakespeare classic. However, this adaptation has been shortened, simplified, and filled with even more comedy than the original. In addition to an introduction to Shakespeare's life and times, we will gain an understanding of dramatic reading, stage directions, interacting with other actors, staging, and timing culminating in a "performance" of the play. No previous experience needed!

# Panther Camp 2024 - Elective Summaries

## Session 2 Electives

ART Instructor: Linda Guthmiller (Session 2, Maximum Enrollment: 16)

This elective will focus on String Painting, inspired by Huichol Nierikas—beautiful paintings made from yarn pressed onto beeswax-coated wood. The Huichol people are one of the last Native American tribes whose culture remains much the same as it was in pre-Columbian times. Without a written language to pass on their rituals and beliefs, these highly creative artists create beautiful paintings filled with symbolism and images that portray their history, stories, and traditions. This is a simple way for campers to experience the color, geometric linework and symbolism of Huichol art while learning a little bit about their culture. For our project we will not be using beeswax coated wood, but a simple sticky backed fabric.

BOARD GAMES Instructor: Karl Schauland (Session 2)

Join us to explore a variety of different board games, enjoying some classics, while also learning new ones. Together we will learn gaming strategies and have the opportunity to try them out with our friends. If you have an idea for a board game, we'll take some time to build a game together!

BOYS BASKETBALL Coach: Mike Haugly (Session 2)

This elective will allow campers to learn the basic skills and knowledge used in the game of basketball. Sessions will teach offensive and defensive strategies, allowing time for practice of both. Sessions will also include instruction and activities reinforcing skills such as dribbling, passing, shooting, and rebounding. Campers will have a chance to apply these skills during scrimmages. Let's play some basketball! *(Athletic clothing and clean court shoes are required for this elective.)*

GIRLS BASKETBALL Coaches: Matt Bauer & Aaron Schleusener (Session 2)

This elective will provide players with opportunities to learn and practice important fundamental skills and strategies in ball handling, shooting, passing, rebounding, defense and offense. Players will apply these skills in contests and game settings. All girls who plan to play basketball at GPL are strongly encouraged to participate, as we will work hard this week to start building a foundation that will prepare them for high school basketball. *(Athletic clothing and clean court shoes are required for this elective.)*

CHEERLEADING Coach: Jenna Johnson (Session 2)

Jump! Move! Dance! And cheer for the Panthers! This active elective will teach basic cheerleading technique, including cheer motions, jumps, sideline/floor cheering, and dance components (sideline band dance and/or floor routine). No experience required, but those with cheer experience will still be challenged. Bring your athletic clothing, tennis shoes, and SCHOOL SPIRIT!

ROCKET TIME Instructors: Sam Kleinke & Alex Mielke (Session 2)

Do you want to see if you can beat gravity? Learn about the science and math behind rocket flight as you build rockets and send them skyward. Are you up for the challenge? This session should be a blast!

# Panther Camp 2024 - Elective Summaries

## Session 3 Electives

### BUCKET DRUMMING Instructor: Eric Martens (Session 3)

Join us for bucket drumming! Explore the basics of beat, rhythm, listening skills, drumming techniques, self-awareness, coordination, and movement. Any skill level is welcome. Sticks and buckets provided.

### COOKING Instructor: Lynn Maertz (Session 3, Maximum Enrollment: 12)

In this session participants will learn/review basic food preparation safety. They will learn and put into practice skills that can be used in a lifetime of cooking as they prepare dishes which they will get to enjoy and upon which they can build their culinary future for years to come. Come learn to cook!

### DISC GOLF / ULTIMATE FRISBEE Instructor: Karl Schauland (Session 3)

It's a bird...it's a plane...It's a Frisbee! In this session we will become better acquainted with different styles of throwing Frisbee. Once we've learned these skills, we can use them in 2 fun ways. We will learn the game of disc golf and practice on campus, but also take a trip to the local disc golf course. We will also pick up the pace and play Ultimate Frisbee. If you have your own disc golf discs, please bring them. Discs will be provided to those who do not have any.

### PANTHER POWER Instructors: Matt Bauer & Mike Haugly (Session 1 or 3)

Strength and athleticism training is an essential part of our GPL athletic programs. It serves the important purposes of injury prevention and the development of athleticism. This session will give participants the opportunity to learn important fundamentals of the core lifts (bench press, back squat, power clean and deadlift) as well as other strength and athleticism development exercises that are part of our GPL program. We will "learn light" and emphasize "form first." Students who aspire to participate in athletics at GPL will benefit greatly from attending this session. Participants should be equipped with indoor athletic shoes and functional athletic attire.

### SOCCER Coaches: Nicole Porter & Sam Kleinke (Session 3)

What is the most popular sport in the world? Most of the world calls it football but we know it better as soccer! In this session, campers will have the opportunity to learn new skills, practice their skills in fun drills and games and apply these skills to a scrimmage that can simulate game play. These skills range from dribbling techniques and passing to trapping and shooting. Campers have an opportunity to experience for themselves why this sport is the most popular sport in the world! Athletic clothes are required. (Athletic clothing and tennis shoes are required; cleats can be helpful if you have them)

### THEATER Instructor: Jayne Jaeger (Session 3)

All thespians are welcome! Theater camp is for people who are willing to stretch themselves a bit up on a stage. Lots of opportunities for acting are included during this sectional; we will practice and prepare smaller and larger pieces during the week of camp. Can you channel your inner monster? Or a terrified young man? Or a romantic ingenue? Join us and get some practice in being someone else on stage.

### VOLLEYBALL Coach: Jacklyn Karli (Session 3)

Participants in the volleyball session can expect to learn and polish their fundamentals of the game, as well as have the opportunity to play and grow alongside their future teammates! Sessions will consist of drills and competitive gameplay to develop and sharpen skills in passing, serving, digging, hitting, blocking, and setting. Proper footwork, movement, positions, and rotation will also be taught, and teamwork and on-court communication will be stressed. (Athletic clothing and clean court shoes are required for this elective; knee pads are strongly recommended.)

# Panther Camp 2024 - Need To Know

## Daily Schedule

### Sunday, June 2

6:00 PM	Registration – Move In – Get Settled
7:00 PM	Food – Fellowship
8:00 PM	Introductions – Instructions – Mixer
9:00 PM	Devotion
10:00 PM	In Dorm
10:30 PM	Lights Out

### Friday, June 7

7:30 AM	Wake Up
7:45 AM	Breakfast
8:15 AM	Clean Up – Chores – Pack Up
8:45 AM	Bible Study / Recruitment
9:45 AM	Pack Up – Check Out
10:30 AM	Closing Devotion
11:00 AM	Check Out – Parent Pick Up
9:45 AM	Parent Tour (school commons)
10:15 AM	Parent Q&A (auditorium)
10:30 AM	Closing Devotion

### Monday through Thursday, June 3-6

7:30 AM	Wake Up
7:45 AM	Breakfast
8:15 AM	Clean Up – Chores
8:35 AM	Bible Study
9:15 AM	Session #1
10:45 AM	Session #2
12:30 AM	Lunch – Chores
1:45 PM	Session #3
3:30 PM	Swimming – Field Trips, Etc.
5:30 PM	Clean Up – Rest Up
6:00 PM	Supper
6:30 PM	Chores – Free Time
7:30 PM	Panther Olympics
8:30 PM	Devotion – Singing
9:00 PM	Snack – Free Time
10:00 PM	In Dorm
10:30 PM	Lights Out

## Schedule Notes

1. If you do not intend to follow the 10:30 p.m. lights out/quiet time, please do not register!
2. All campers are expected to participate in all activities organized for the entire group.
3. Campers will not be allowed to leave campus unless on a planned and supervised group outing.
4. Please do not arrive before 6:00 p.m. on Sunday, June 2.  
*If necessary, contact the camp director to make special arrangements.*
5. Do not plan to leave before 11:00 a.m. on Friday, June 7.
6. All campers must check out with camp staff before departure.

## What to Bring

Please bring: your Bible, pen or pencil; pillow, bedding/sleeping bag, towels, washcloths, and toiletries; suitable clothes for camp and athletics, jacket, swim suit, and water shoes (*highly recommended due to zebra mussels*); insect repellent, sunscreen, and medications. Note: camp staff will not administer any over the counter medications. All prescription medications must be turned in to camp staff with written instructions for their administration.

Please do not bring: anything illegal; knives, matches, lighters or fireworks; fans; supplies of candy or soda; grumpy attitudes or large amounts of cash. You should not need cash while at camp. Panther Camp cannot be responsible for lost or stolen items.

## Panther Camp 2024 - Registration Instructions

**Who:** Students entering Grades 7 through 9

**What:** Week-long camp on the GPLHS campus

**When:** Sunday June 2 through Friday June 7

**Where:** GPLHS, 1200 Luther Ln NE, Watertown, South Dakota

**Why:** Worship, Fellowship, Fun, Develop Your Gifts and Abilities

**How:** Read this information, Make your choices, Submit your registration!

### Electives By Session

Session #1	Color Guard, Cross Country, Football, Handchimes, Line Dancing, Panther Power, Silly Shakespeare
Session #2	Art, Board Games, Boys Basketball, Girls Basketball, Cheerleading, Rocket Time
Session #3	Bucket Drumming, Cooking, Disc Golf/Ultimate Frisbee, Panther Power, Soccer, Theater, Volleyball

### What's Next?

- 1) Make a first, second, and third choice for each session.
- 2) Enter your choices and alternates on the registration form.
- 3) Choices will be granted based on schedule and space availability.

### Instructions

1. Complete a separate registration form for each camper.

***You may register online - Go to [gplhs.org](http://gplhs.org) and click on Panther Camp***

2. Be sure all information and signatures are provided.
3. Include the registration fee of \$150 per camper.

***Payment can be made online at [gplhs.org](http://gplhs.org) > Support > Give Now***

4. Please include a copy of your health insurance card.
5. Mail or hand deliver paper registrations to GPLHS, 1200 Luther Ln NE, Watertown, SD 57201
6. A registration confirmation will be sent to you by email. *If you do not hear from us within a week of registering, please call to confirm your registration.*

Questions? Contact Pastor David Maertz - [dmaertz@gplhs.org](mailto:dmaertz@gplhs.org) - 605-886-0672

# Panther Camp 2024 - Registration Form

## Camper Registration

Please use a separate form for each camper. Copy as necessary.  
*You may register and pay online. See Page 6 Instructions.*

NAME OF CAMPER: \_\_\_\_\_

MALE \_\_\_\_\_ FEMALE \_\_\_\_\_ BIRTHDATE: \_\_\_\_\_ GRADE NEXT YEAR: \_\_\_\_\_

PARENT/GUARDIAN NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE: (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ E-Mail: \_\_\_\_\_

T-Shirt Size: \_\_\_\_\_ YM \_\_\_\_\_ YL \_\_\_\_\_ AS \_\_\_\_\_ AM \_\_\_\_\_ AL \_\_\_\_\_ AXL

Roommate preference: \_\_\_\_\_

*You may list one person. Be sure that person also lists you. Requests will be honored when possible.*

Dormitory Opt Out: Local campers, please check this box if you intend to stay at home rather than in the dorm

In case of emergency, parent(s) work or cell numbers: \_\_\_\_\_

Emergency contact(s) if parent or guardian cannot be reached. Please list name, relationship and phone number:

\_\_\_\_\_

Name & Location of Home Congregation: \_\_\_\_\_

### Elective Choices - *Please see the list of elective options for each session on page 3*

	Session #1	Session #2	Session #3
Choice 1	_____	_____	_____
Choice 2	_____	_____	_____
Choice 3	_____	_____	_____

## Camper Health Information, Consent & Release

Please list any health concerns or physical restrictions camp staff should be aware of. It is assumed that those registering for athletic sessions are able to fully participate in these sessions.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

The camper named above has my permission to engage in all camp activities except those listed above. I understand that there is inherent risk of accident or injury in all activities. In the event that I cannot be reached in an emergency, I hereby authorize the directors of Panther Camp to act for me according to their best judgment in any situation requiring medical attention. All liabilities for accidents or injuries will be assumed by me, the parent or guardian. I release Panther Camp and other sponsoring agencies, their volunteers and staff from all liability for any damage, injury, or loss associated with Panther Camp.

Signature of Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

**Please include a copy of your health insurance card with your registration.**

## Payment

Please make checks payable to GPL Panther Camp  
The registration fee of \$150 is due with your registration.

Registration forms will not be considered complete until payment is received.