

St. Paul's Youth Ministry Winter Retreat Weekend
Offering Skiing or Paintball or Weekend Getaway Options
(See other side for Weekend Getaway or Paintball options)

SKI TRIP OPTION

Friday-Sunday
January 13-15, 2012

Retreat Location: Vineyard International Camp,
Westfield, NC

Depart St. Paul's Friday 6 p.m. Return St. Paul's Sunday Noon

Ski Location Saturday: Winterplace, West Virginia

Saturday Ski Travel time: 7:00 a.m.-6:30 p.m.

Slope time: 9:30 a.m. - 4:00 p.m.

Transportation by Personal or
Rental Vehicles

Trip Cost:

Skiers: \$175.00

Snowboarders: \$189.50

Have own equipment: \$150.50

Plus \$\$ for lunch at ski resort

CHAPERONES NEEDED

Paperwork and Payment Due:

Monday, January 9th, 2012

Payment Breakdown

2 nights lodging: \$50

3 meals: \$21

Ski package: \$74

(skis, ticket,

lesson:

Snowboard \$88.50

package: (board,

ticket, lesson)

Lift ticket \$49.50

only:

Transportation: \$15

Chaperon

Assessment: \$15

Call Youth Ministry
For more information
294-4696 ext. 217

**St. Paul's Youth Ministry Winter Retreat Weekend
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(See other side for Ski & Snowboard Trip Information)**

PAINTBALL OR WEEKEND GETAWAY OPTION

Friday-Sunday

January 13-15, 2012

**Retreat Location: Vineyard International Camp,
Westfield, NC**

**Depart St. Paul's Friday 6 p.m. Return St. Paul's Sunday Noon
Transportation by Personal or Rental Vehicles**

Trip Cost:

Weekend Getaway: \$98.00

Paintball: \$123.00

**Activities include: Hiking, Billiards, Games, Foosball,
Ping Pong, Indoor basketball, Coffeehouse with Fire Place,
Movie Mania, and Hanging out.**

**Bring \$ for the coffeehouse
(mochas,... \$2)**

**Call Youth Ministry
For more information
294-4696 ext. 217**

CHAPERONES NEEDED

**Paperwork and Payment due
Monday, January 9th, 2012**

Payment Breakdown

| | |
|-------------------|------|
| 2 nights lodging: | \$50 |
| 4 meals: | \$28 |
| Paintball | \$25 |
| package: | |
| Transportation: | \$ 5 |
| Chaperon | |
| Assessment: | \$15 |

St. Paul's Youth Ministry Winter Retreat Weekend Offering Skiing or Paintball or Weekend Get Away Options

General Retreat Information

Retreat location is The Vineyard International Camp and Conference Center located about 1 hour away in Westfield, NC which is north of Hanging Rock.

Visit the web site at: <http://www.vineyardcamp.com>

Departure will be from the St. Paul's Parking Lot on Friday at 6:00 p.m. The group will stop for dinner on way to the camp. Dinner is included in the price of the retreat. Attendees will be staying in cabins separated by gender with bunk beds. Skiers /snow boarders will have breakfast at 6:30 a.m. Saturday followed by depart to Winterplace Ski Resort (about a 2 1/2 drive). Non-skiers will have breakfast at 9:00 a.m. on Saturday. Skiers need to bring money for lunch; non-skiers will have lunch at the retreat center. Skiers and non-skiers will meet again for dinner at 6:30 p.m. at the retreat center. The group will have breakfast on Sunday and return to the parking lot at St. Paul at noon.

What to Bring:

- Sleeping Bag
- Blanket
- Pillow
- Flashlight
- Hat
- Close Toed Shoes ONLY for Camp
- Flip Flops for Shower
- Jacket
- Gloves
- Toiletries
- Towel
- Water Bottle
- Warm Shirts
- Socks
- Watch of sorts
- Favorite board game
- Book to read (optional)
- Lip balm

What NOT to Bring:

- Alcohol
- Clothing with offensive language or graphics
- Expensive jewelry
- Illegal drugs
- Tobacco products
- Gaming products

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Skiing Information

TIPS FOR YOUR FIRST DAY

from Winterplace Group Policy

Take a lesson!!! Like anything, you'll improve the most when you receive some guidance. The best way to become a good skier or snowboarder is to take a lesson from one of our professional instructors. You'll safely learn more in a 90 minute lesson than you will all day on your own.

Obtain proper equipment. Be sure to have your ski or snowboard bindings adjusted correctly. You can rent quality ski or snowboarding equipment at Winterplace.

Dress in layers. Layering allows you to accommodate your body's constantly changing temperature. For example, dress in polypropylene underwear (top and bottoms), which feels good next to the skin, dries quickly, absorbs sweat and keeps you warm. Wear a turtleneck, sweater and jacket.

Be prepared. Mother Nature has a mind of her own. Bring a headband or hat with you to the slopes, 60 percent of heat-loss is through the head. Wear gloves or mittens (mittens are usually better for those susceptible to cold hands).

Know your limits. Learn to ski and snowboard in control. *Falling to the side is always an option if you cannot control your speed*

Drink lots of water. If you're tired, stop skiing. Stop before you become fatigued. Injuries usually result from fatigue. Have a seat and enjoy the people around you.

Most of all, have fun!

WHAT TO BRING SKIING

Here is our list of recommended items for you to bring skiing or snowboarding in order to guarantee a fun first day on the slopes. If you are in need of anything on this list when you get here, everything on this list is available in our store.

Jacket/Parka (water resistant)

Hat - if your head is warm the rest of you is likely to stay warm.

Water proof Gloves/Mittens - mittens are warmest.

Snow/Water resistant pants - very important, your 1st day will acquaint your butt to the snow, keep it warm & dry.

ID, Wallet, Cash - *Keep in a zippered pocket*

Goggles/ Sunglasses - Goggles are strongly recommended on cold or snowy days for warmth and increased visibility.

Synthetic or wool base layers for top & bottom - it's better to be warm than cold, you can always shed layers. Synthetic materials help to wisk moisture away from your skin, Cotton will absorb sweat.

Warm, dry socks - No cotton. Wear only one pair of socks.

Lip Balm

**REGISTRATION/PERMISSION FORM
ST. PAUL THE APOSTLE, DIOCESE OF CHARLOTTE**

Name of Youth _____ Date of Birth _____ Grade _____

Social Security Number: _____ Age: _____ Home Phone Number: _____

Address: _____ City _____ Zip Code _____

Parent's Name _____ Work Phone Number _____

Cell Phone _____ Pager _____

If unable to contact parents, in case of emergency call:

Phone Number(s) Name/Relationship

My son/daughter has my permission to participate in the **2012 Winter Retreat including a Ski Trip to Winter Place, WV**. I understand that transportation will be provided by rental or personal vehicles.

I understand that reasonable care and supervision will be exercised to provide for the general well-being of my youth. I also understand that this outing is for the pleasure and benefit of our youth and that staff and volunteers are not liable for any accident that may occur in connection with this activity.

I hereby release St. Paul the Apostle Catholic Church, the Diocese of Charlotte, all church staff and volunteers from any and all claims, loss, damage, expense, liabilities or injury of any kind, arising out of, or from any accident or other occurrence causing injury to any person or property during any of these activities.

I understand the nature of this activity and I certify that my child is fully able to participate in such activity. I assume all risk to my child and to anyone else arising out of my child's participation.

(Parent/Legal Guardian Signature and Date) _____

Enclosed is:

- \$98 Retreat Weekend Getaway only
- \$123 Paintball Retreat Weekend
- \$150 Ski or Snowboard lift ticket only (I will bring my own equipment)
- \$175 Ski package – includes lift ticket, equipment and lesson (required for all first time or novice ski or snow boarders)
- \$189.50 Snowboard package – includes lift ticket, equipment and lesson (required for all first time or novice ski or snow boarders)
- I am available to chaperone. I have or I have not had (please circle one) Protecting God's Children. (Chaperone's do not pay trip costs)
- I can drive my personal vehicle and I can accommodate _____ passengers including myself. (\$\$ will be give for gasoline)