

Class Descriptions

All Classes May Not be Offered At Every Workshop

ARCHERY:

(A) BEGINNING ARCHERY

A hands-on course where participants learn proper shooting form and technique as well as safety. Explore a variety of bows and what each one has to offer in the sport. Learn about the development of archery through the ages. Besides gaining knowledge about target archery, attendees find out about field archery and 3-D archery.

(B) ADVANCED ARCHERY

Archers learn how to work on their own equipment; from putting on a nock point and fletching arrows to fixing an arrow rest, selecting bows, arrows and other equipment to use for different types of archery. One on one instruction. **PARTICIPANTS MUST BRING THEIR OWN EQUIPMENT. NO BROADHEADS. PLEASE, DO NOT SIGN UP FOR THIS CLASS UNLESS YOU HAVE AND BRING YOUR OWN GEAR.**

CAMPING:

(C) CAMPING 102

In the camping 102 course you will learn, not only how to set up camp, but we will show you how to make it as elaborate or as basic as you desire. We will have four large tents with which to set up. Once the entire camp is set up you will have the opportunity to sleep out in what we refer to as tent city. Fully equipped with lantern hangers, covered kitchen, dining area/game room, cooking instruction (menu selection), from hot dogs to steak. Are prepared foods good? What utensils are best for cooking (pots, pans etc.)? How important is a clean camp?

(D) DUTCH OVEN COOKING

Learn the basics of Dutch Oven cooking and produce mouth-watering cobbles, rolls and main dishes in a camp-like setting. Students will learn how to use these traditional camp cooking utensils as well receive many great recipes to try yourself.

(E) CAMPFIRE COOKING

Learn the basics of cooking over a campfire. Cook with grills, pans and aluminum foil. Learn how to build a fire and how to manage it; choose the woods to use and where to get them. Pick up tips on what to do when that essential item is left behind. Learn how families can work campfire cooking as a team.

(F) OUTDOORS ESSENTIALS

You asked for it and you got it! Come learn some of the basic essentials for making sure you're ready for your next outdoor experience. Topics include basic knots, current outdoor products, potty time in the outdoors, hygiene, bears and menstrual cycles, low impact, and much more.

(G) LEAVE NO TRACE (NEW!)

Are we loving our wild places to death? Come have some fun learning how to keep your visits to the outdoors, low impact. Learn the difference between Front Country low impact and Back Country low impact.

PADDLING:

(H) FIRST STROKES: CANOEING & KAYAKING

Learn the fine art of getting from point A to point B in a canoe or a kayak without going swimming. This session is an introduction to the basic strokes and safety tips for beginning paddlers. This is a fun hands-on course on flat water with plenty of practice and personalized instruction. You will also receive a paddling how-to booklet, a brief discussion on the types of canoes and kayaks available, terminology, and wearing apparel suggestions.

CLIMBING:

(I) ROPES CHALLENGE COURSE

The course consists of a series of group and individual confidence building challenges that encourage cooperative problem solving and individual risk-taking. It emphasizes teamwork and builds confidence and trust. Program events are designed to accommodate both the goals and physical abilities of each individual. Success and safety often depend more on the intellectual and imaginative resources of a group. Participants are completely safe at all times. Instructors are personnel from Friendly Pines who are certified on the course with extensive training.

(J) RAPPELLING 101

In this introductory class to rappelling, students learn about climbing gear and ropes, safety procedures, and how to tie a seat harness. There will be actual rappelling on short cliffs located on the campgrounds. All gear is provided.

(K) RAPPELLING 102

A continuation of Rappelling 101 with a greater degree of difficulty. Participants hone skills and advance to more challenging rappels. Climbing gear and ropes are provided. *Prerequisite: Rappelling 101*

FIREARMS:

(L) BASIC FIREARM SAFETY

A hands-on experience for the novice and a refresher course for the more experienced shooter, this class covers basic gun safety, identifying, loading and unloading various firearms, ammunition types, and definitions of commonly used terms. **A prerequisite for shotgun, rifle and handgun.**

(M) RIFLE MARKSMANSHIP

Students learn rifle handling, shooting positions and techniques on paper targets using .22 caliber rifles. Most of the time will be spent on the range shooting. **The Basic Firearms Safety course, even if taken in prior years, or the AZ Hunter Education Certification is a prerequisite for this course. Sorry, but a Conceal Carry Permit does not satisfy the prerequisite.**

(N) BASIC SHOTGUN

Covers everything students need to know to become a competent wing shot, or to enjoy a round of trap or skeet. Federal Ammunition provides the ammunition. Shotguns provided by the instructors. **The Basic Firearms Safety course, even if taken in prior years, or the AZ Hunter Education Certification is a prerequisite for this course. Sorry, but a Conceal Carry Permit does not satisfy the prerequisite.**

(O) HANDGUN BASICS

Participants will learn basic handgun safety and marksmanship. Ammunition and firearms provided by the instructors. **The Basic Firearms Safety course, even if taken in prior years, or the AZ Hunter Education Certification is a prerequisite for this course. Sorry, but a Conceal Carry Permit does not satisfy the prerequisite.**

FISHING:

(P) WARM WATER FISHING

This class will focus on the equipment and skills necessary to catch bass, catfish, sunfish and other species. Learn proper lure selection and the use of these lures. Learn the most effective bait and fishing techniques for warm water species. With this knowledge, participants will be well prepared to catch fish in Arizona's warm waters. The Arizona Game and Fish Department will furnish all equipment. No fishing license is required.

(Q) INTRO TO FLY-FISHING

This classroom course is an introduction to the art of fly-fishing. Participants learn the basics of casting; knot tying and equipment selection as well as tips on where to fly-fish in Arizona. Please bring clothing and footwear for wading as well as sunscreen and sunglasses. The Arizona Game and Fish Department furnishes all equipment but participants are welcome to bring their own.

(R) FLY FISHING

This lakeside session is for those with some basic fly-fishing knowledge or builds on skills and knowledge acquired in the Intro to Fly-fishing course. The goal of this class is to help attendees move towards their independence as fly-fishers. Participants are encouraged to be self-sufficient enough to pursue fly-fishing on their own terms, side-by-side with a partner or in solitude. Bring fly-fishing equipment or use our top-of-the-line gear. Participants should also bring boots or sneakers for wading, sunscreen, polarized glasses or sunglasses. The Arizona Game and Fish Dept. furnishes the equipment. No fishing license is required.

(S) ADVANCED FLY FISHING

This class is for those who have taken fly-fishing at a prior BOW event or have experience fly-fishing. You will be on the water where you will fish in float tubes. This class will be limited to the first 5 participants. You may bring your own equipment or use ours.

HUNTING:

(T) BEGINNING HUNTING

You will learn basic hunting techniques; how to scout, glass, track, stalk and look for sign. A must for beginners and a plus for less experienced hunters who would like to hone their hunting skills.

(U) GAME & FISH COOKING

With few steps and a little common sense, game meat can be healthy and tasty substitute in many recipes. This class will actually prepare and serve the dishes for the evenings "Game Tasting." Recipes will depend upon game and/or fish available at the time of the class. *Sorry-this class will be limited to the first four participants.*

(V) PREDATOR CALLING: PHOTO OPPORTUNITY

Hunting the hunters! Want to experience pure adrenaline? It is tough to beat the excitement of seeing a coyote or fox come in to the sights and sounds of wounded prey. Join members of the Phoenix Varmint Callers. They will explain the basic techniques for fooling those animals at the top

of the food chain. Afterwards, participants will experience a non-harvesting “stand”. Have cameras ready, as you never know what may come in!

(W) SAUSAGE MAKING

Become familiar with the ancient art of making sausage. This is a hands-on class where you will grind, and prepare bulk-type sausages. This class will emphasize the use of game meats and game will be used when available.

OUTDOOR KNOWLEDGE:

(X) BACKPACKING/HIKING 101

This class will help prepare for a trip into the wilderness. Learn how to choose gear and clothing, techniques for staying safe and sound, the principles of the ‘Leave No Trace’ philosophy and trail etiquette for minimum impact on the environment.

(Y) BACKPACKING/HIKING 102

This class is designed to put into practice the principals learned in Hiking/Backpacking 101. You will participate in a two-hour hike into the forest. You may bring your own daypack if you have one or we will provide you one. Please be sure to wear sturdy hiking boots, a hat and don’t forget the sunscreen.

(Z) BASIC LAND NAVIGATION

This course includes classroom and field exercises in map and compass reading. Students will learn to accurately read a US Geological Survey (USGS) map, and how to use them for hiking, hunting, fishing and backpacking trips into wilderness and backcountry areas. Students also learn how to use a hand-held compass and to determine their location and course direction on a USGS map. Practical use of these tools to test your skills will follow class instruction. This is a must for active outdoor enthusiasts who like to get off the trail.

(AA) GEOCACHING (GPS)

It is a treasure hunt! Join the worldwide fun of geocaching, a great way to get your tech savvy family outside. This class focuses on the Global Positioning System, how it works and how it can help in the outdoors. We will begin with a review of basic GPS skills then you will use your GPS to find “treasures” near the camp. Let us know if you need a loaner GPS unit.

(BB) EDIBLE AND MEDICINAL DESERT PLANTS

Presented by authors Don Wells and Jean Groen (*Foods of the Superstitions*)

This class will cover the identification of various edible and medicinal plants and cacti of the southwest. The uses of these plants by Indians and the early settlers will also be discussed.

(CC) HORSEMANSHIP

This introductory class on horses teaches the basics of horse behavior and care. Participants will become familiar with the terms currying, tacking up and untacking. Attendees will participate in an approximately hour-long ride into the forest on the horse they saddle themselves. Participants will also take care of their mount after the ride, which may include untacking, brushing or applying liniment to the horse, as well as watering and bedding them down for the night. Participants are required to wear a certified helmet (provided) and appropriate riding boots (smooth sole with a heel - 3/4 - 1.5 inches is usually appropriate)

THIS CLASS HAS AN ADDED NON-REFUNDABLE COST OF \$35.00.

(DD) I’M LOST NOW WHAT?

Hands-on class covering basic mountain and desert survival: shelter, water and food. The class will create a mock survival camp. This class covers planning, protection and prevention skills for your next venture into the wild. Learn practical solutions for overnight survival in the wilderness. You will learn how to avoid emergencies in the out-of-doors, but still be prepared for them if they do occur. You will receive a booklet outlining basic survival rules and skills. Learn how to equip the ultimate field survival fanny pack and how to use it.

(EE) WILDERNESS MEDICINE

This is a first aid class with an emphasis on remote emergency situations. Learn how to prevent and treat common outdoor injuries such as heat and cold ailments, allergic reactions, gastrointestinal disorders, female specific issues, and a host of others. In this class we will discuss useful items for a backcountry first aid kit, and you will learn how to create tools for medical emergencies using only the gear that you may have with you. In addition, there will be a section on identification of poisonous critters in Arizona as the local outdoors seems to be full of things that scratch, bite, and sting.

PHOTOGRAPHY:

(FF) OUTDOOR PHOTOGRAPHY

Beginning Photography: Basic terms like F-stop, shutter speed and depth of field will be addressed in this class. Discover how these concepts work together to give the outdoors photographer creative tools for better images. Time permitting; there will be a walk into the field to practice the new skills. Bring your camera and its instruction manual to class. Please read the instruction manual at least once before class.

(GG) OUTDOORS GEAR FOR WOMEN (NEW!)

Stop! You don’t have to wear men’s pants that are too big in the waist with the crotch at your knees. Join Marcy Harris of Gila Outdoor and hear about the latest outdoor gear made for women. You will learn about the lightweight modern fabrics that keep you warm and dry. What to look for in gear from backpacks to

base layers to boots and not break the bank. If you are a hunter or hiker or want to be one, this class is for you.

WILDLIFE:

(HH) ARIZONA WILDLIFE/ HABITAT

A hands-on class to acquaint with the variety and diversity of animals in Arizona, participants learn the life histories and habitats of Arizona’s wildlife, find out the difference between antlers and horns, whether javelinas are pigs or rodents, etc. Learn the various kinds of habitats of Arizona’s animals. What it is now, what it used to be and what it could be. What are the habitat types, what their importance is and what animals are dependent on them. If time permits the class may take a short hike through the surrounding woods.

(II) BIRD WATCHING

There are over 800 species of birds to see and marvel at in the United States. Come learn how to use binoculars and field guides, locate and identify birds, and see your surroundings through new eyes. You will learn how to use a bird’s distinguishing characteristics, behavior, and habitat in order to identify a species and understand how it lives. Because half the class is hands-on, you will venture out to put some of your newfound knowledge to the test and start a lifetime of birding enjoyment. Please bring binoculars and bird book if you have them. Participants are encouraged to take the morning bird walk at 6:00 a.m. Sat. or Sun. before breakfast.

(JJ) TRICK, TRACK AND TRAIL

Learn how to identify wildlife ‘sign’ such as tracks and ‘scats’ and what foods, plant and animal, are important to Arizona wildlife. Participants will be instructed on how to interpret or ‘read’ wildlife tracks and sign and learn the fundamentals of observing wild animals, including tips on getting closer to wildlife and use of camouflage techniques. Attendees have the opportunity to make their own camouflage shirt with the materials they talk about and gather as they hike through the woods.

SCHEDULE OF EVENTS

Friday Afternoon

10:00am -12:00pm – Registration

12:00 -12:30pm – Welcoming

12:30 -1:00pm – Lunch (served)

1:45 - 5:00pm – Session 1

5:15 - 6:15pm – Game Tasting

6:00 - 6:30pm – Dinner (served)

7:00 - 9:00pm –Evening Entertainment (TBA)

7:00 - 10:00pm – Fly Tying

9:00pm – Night Walk

Saturday

6:00am - 7:30 Bird Walk (optional)

7:30 - 8:00am – Breakfast (served)

8:15 - Group Photo (the Quiet Place)

8:45 - 12:00pm – Session 2

12:30 -1:00pm – Lunch (served)

1:45 - 5:00pm – Session 3

5:15 - 6:15—Raffle/Silent Auction Preview

6:00 - 6:30pm – Dinner (served)

7:00 - 8:00pm – Entertainment (TBA)

8:00 - 9:00pm – Raffle/Silent Auction and Surprises!

7:00 - 10:00pm – Fly Tying

9:00pm – Night Walk

Sunday Morning

6:00am - 7:30 Bird Walk (optional)

7:30 - 8:00am – Breakfast (served)

8:45am - 12:00pm – Session 4

12:30 - 1:30pm – Lunch (served)

Farewell