

A Specialty Program at Camps Natarswi & Pondicherry



8 Skill Pathways – to choose from!

- Archery
- Boating
- Hiking/Wilderness
- Outdoor Skills
- Nature
- Rock Climbing (Natarswi)
- Sailing (Natarswi)
- Swimming/Jr. Lifeguards

4 Skill Levels

- *Level 1: Beginner* – Introduction and basic skills.
- *Level 2: Intermediate* – Builds on beginner skills and allows campers to demonstrate skills.
- *Level 3: Advanced* – Campers demonstrate skill and knowledge and will be able to assist in teaching a beginner skill to other campers.
- *Level 4: Ultimate* – Campers specialize in one skill where they achieve a high level of mastery.

One option for girls attending GSME resident camps is the Trail Master program, a progressive program of skill development that lets you achieve the Trail Master patch, unique to the Girl Scouts of Maine. The Trail Master program focuses on outdoor skills development. The four Trail Master levels are broken down so you can achieve mastery year by year. You earn a patch for each level you complete! Build your outdoor skills in areas including archery, boating, hiking, rock climbing, outdoor living, sailing, swimming, and nature. As a beginning camper, start by sampling everything. As you return to camp, build more skills in your favorite areas to achieve all four Trail Master levels!

The sessions called Trail Explorers, Trail Blazers and Trail Guides are especially designed so you can work on completing the 4 levels of Trail Master patches over several years at camp. All camp activities are open to campers to sample and try out –some activities are Trail Master activities and some are just for fun and enrichment. Achieving the Trail Master levels is about deciding on a few outdoor skills you really want to excel in. Achieving the Trail Master levels is optional, but it will lead you to a lifetime of feeling at home in the outdoors and loving it!

Trail Master is a specific program that requires careful planning of your time at camp. In Trail Master you will concentrate on three specific areas to gain mastery. GSME camps embrace the girl-led approach, so individual girls may select Free Choice activities that are not on the Trail Master program, and may not achieve Trail Master levels during their camp stay. Our goal is to give girls choice and broad exposure to outdoor activities and opportunities for social development.

If you instead enroll in a Specialty Program such as Cooking, Bicycling, Boating, Photography, Horseback Riding, Sailing and others, you'll spend the morning in that specialty. In the afternoon you are free to choose from many other camp activities for fun and enrichment, but may run short of time to try to achieve Trail Master levels.

TRAIL MASTER SESSIONS:

- **Trail Explorers. Grades 2-3, 1 week**
- **Trail Blazers. Grades 4-5, 1 week**
- **Trail Guides. Grades 6+, 1 week**

HERE'S HOW YOU ACHIEVE TRAIL MASTER LEVELS:

Level One Trail Master: The first year you attend, you can choose three (3) activities from the list above, and work on achieving the basic skills required in each activity. If you are successful, you earn the Trail Master Level One Patch. In Trail Master, you focus your time on your three (3) chosen activities to allow you enough practice to achieve the skills for each level. At a one week camp, you may only have time to start the process of achieving Level One and you can continue working on skills the next year. You still have time to enjoy some of the Free Choice skills or enrichment activities. You can start on level one Trail Master whether your first year is as an Explorer, Blazer or Guide.

Level Two Trail Master: Work on your three (3) chosen activities to become more proficient and achieve Level Two mastery in each area. You'll continue to focus on specific Trail Master skills, and sign up for as much time as you can in your chosen activities. Depending on how fast you want to achieve Trail Master levels, you are also free to choose new activities in your second year. You still have time to enjoy some of the Free Choice skills or enrichment activities.

Level Three Trail Master: You now hone in on two (2) of your chosen activities from the list above to become more proficient and take on even more challenging skills. You'll sign up to spend as much time as you can in your chosen activities so you can progress on the Trail Master and earn more levels. You still have time to enjoy some of the Free Choice skills or enrichment activities.

Level Four Trail Master: Veteran campers gain ultimate mastery of one selected skill area, usually by attending a specialty camp in your selected activity. Knowledge, experience and skill development are the keys to Level Four mastery! You are well on your way to becoming a true Maine outdoors woman!

FUN & ENRICHMENT PROGRAMS

Earn fun patches and work towards official GS National Proficiency badges!

You may choose from this list, as well as from the Trail Master offerings above. Please note that during a one week camp, it is not possible to sample every activity you might like to, and that to progress on Trail Master levels, you'll need to spend most of your time in your areas of chosen interest.

Arts & Crafts
Challenge
Cooking
Cycling (Pondi)
Drama/theater
Games
Hatchet Throwing
High & Low Ropes Course (Pondi)

Horseback Riding (Pondi)
Photography (Pondi)
Sports (Pondi)
Ukulele (Pondi)