

We know a lot of camps and summer plans have been canceled this year—so every Monday this month of August you can check here for an alternative summer camp option.

LEARN!

Micro Ventures: With online tutorials about navigation, basic first-aid and survival skills, as well as outdoor-inspired arts and crafts. Download/print the tutorials and then find time to encourage your kids to create a new adventure in your own backyard or neighborhood park!

Micro Ventures: How to Make a Compass
Micro Ventures: Make a Topo Map

Micro Ventures: Map Making + Trail Hunts
SheJumps Micro Ventures: How to Tie Knots

PLAY!

Have you been to the Gaga Pit yet? It is located behind the outdoor pool, next to Braden Field home plate.

What is Gaga? Gaga is a fast paced, high energy sport played in an octagonal pit. The more players the better! Dubbed a kinder gentler version of dodgeball, the game is played with a soft foam ball, and combines the skills of dodging, striking, running, and jumping, while trying to hit opponents with a ball below the knees. Players need to keep moving to avoid getting hit by the ball. Fun and easy, everyone gets a serious workout.

Rules of Gaga Ball It's super simple. Basically, we throw a bunch of players and a ball in a pit. Turn up the music, everyone for him/herself; if the ball touches you below the knee, you're out. The last one in the pit wins. Then, everyone hops back in for the next round. Games last no more than five minutes. It's fast, it's sweaty and it's really addictive. As soon as you get out, you can't wait to hop back in. That's why they're all talking about it!



The official game rules of The Gaga Center:

- All players start with one hand touching a wall of the pit.
- The game begins with a referee throwing the ball into the center of the pit.
- When the ball enters the pit, the players scream 'GA' for the first two bounces, and 'GO' on the third bounce, after which the ball is in action.
- Once the ball is in play, any player can hit the ball with an open or closed hand.
- If a ball touches a player below the knee (even if the player hits himself or herself) he or she is out and leaves the pit. If a player is hit above the knees, the play continues.
- If a ball is caught on a fly, the player who hit the ball is out.
- Using the walls of the octagon to aid in jumping is legal as long as the player does not permanently sit on the ledge of the octagon.
- Players cannot hold the ball.
- If needed, a second ball can be thrown in the pit to expedite the end of the game. The last player standing is the winner of that round.

PLAY!

Fish On! Recreational fishing is allowed at Buddy Attick Lake under normal requirements from the <u>DNR</u>. A face covering, physical distancing and proper hygiene is required.



10 Tips for a Kid's First Fishing Trip

- 1. Make it fun.
- 2. Keep it simple with easy-to-use tackle.
- 3. Give each child a job to do.
- 4. Give kids your FULL attention.
- 5. Fish for an easy-to-catch species.
- 6. Go early in the day when kids are most attentive.
- 7. Keep it short.
- 8. Pack snacks.
- 9. Dress comfortably for the weather.
- 10. Bring a camera to record memories!

