

Morning Recreation Summer 2009

Morning Rec Rotations

If desired, the Tejas Rec Team can provide a number of activities for teams to rotate between each morning. Throughout the week each team will most likely get to participate in each 30 minute activity. Below is a list of activities we can provide. If you have a preference, let us know, if not we can pick the best to fit your group.

- Extreme Dodge Ball – Enjoy objects whizzing by you as you pelt your opponent? You'll love this intense version of the original.
- Capture The Flag – The classic military game concentrated into a smaller area.



- Disc Golf – Just like ball golf, but with a Frisbee. Two teams will compete to see which group can get the lowest score.
- Ultimate Frisbee – Come get competitive while tossing the disc with this favorite.
- Swap-out – 5 on 5 is the way to go! Everyone switches out after a few minutes to keep things going and you pick the game: basketball or volleyball.
- Team Ball – Non-stop action! Gather your team and be ready to get worn out as you try to avoid getting pegged while running to the base.

- Traditional Land Relays – Build team spirit while racing to beat the other team in fun relays.
- Lake Challenge – Similar to an obstacle course involving different activities in the lake.
- Land Challenge – Race through the different obstacles and be sure to beat the other team.
- Kayak Relays – Jump on a kayak and race your way around buoys and to the finish where your teammates will take over and hopefully beat the other team.
- Challenge Course Activities – This incorporates different team building activities to challenge your groups.
- 3 Ball – Hit, throw, and kick! Campers are sure to love this creative game combining kickball, baseball, and Frisbee.
- Traditional Water Relays – Keep everyone wet while they have fun with these great relays.

Morning Large Group Activities

Keep your entire group together and still have a blast! These activities will last about 1 hour each. (Some activities are detailed in the "Evening Recreation" section)

- Tejas Games – Very similar to the evening original, but do it in the morning.
- Mud Games – Mud wars anyone? Come play early in the morning.
- Wall and Zip – Feel the cool of the morning air as you climb to the top of the tower or zip down to the ground.
- Grab Bag Frenzy – Reach in the bag and hope for the best! Each camper will have to work with their team to accomplish the task written on the cards in the bag.