

NORTH CAROLINA ACADEMIC DISCOVERY SCHEDULE

Note: This schedule is subject to change.

Day 1:

2:00pm - Students Arrive!!!
Registration, Inbriefs, Medications and Money
4:00pm - Group Games
Move into cabin
6:00pm - Dinner at SOAR Base
7:30pm - Goals, Expectations, Full Value Contract
9:30pm - Quiet Time / Journaling
10:00pm - LIGHTS OUT

Day 2:

7:00am - Rise / Dress
8:00am - Breakfast / Cabin check
9:00am - Groups A & B Low Ropes
Groups C & D Learning Center
12:00pm - Lunch
1:00pm - Groups A & B Learning Center
Groups C & D Low Ropes
4:00pm - Map and Compass Skills Class
6:00pm - Dinner
7:00pm - Evening Program: Low Ropes or Group Games at Field and/or Parkway
9:30pm - Personal Hygiene / Quiet Time
10:00pm - LIGHTS OUT

Day 3:

7:00am - Rise / Dress
8:00am - Breakfast / Cabin check
9:00am - Groups A & B Menu Planning / Route Planning / Pack
Groups C & D Learning Center
12:00pm - Lunch
1:00pm - Groups A & B Learning Center
Groups C & D Menu Planning / Route Planning / Pack
4:00pm - Group Food Buys / Group Game @ Park
6:00pm - Dinner
7:00pm - Showers & packing for backpacking
9:30pm - Personal Hygiene / Quiet Time
10:00pm - LIGHTS OUT

NC ACADEMIC DISCOVERY SCHEDULE CONTINUED

Day 4:

7:00am - Rise / Pack for Backpacking
8:00am - Breakfast / Cabin check
9:00am - Load vans for Backpacking
10:00am - Depart for trailhead
11:30am - Arrive at trailhead
Lunch
12:30pm - Safety Briefing
Begin Backpacking

Day 5: Backpacking

Day 6: Backpacking

Day 7: Backpacking

11:00am - Arrive at van / Lunch
Debrief backpacking activity
12:30pm - Depart for Waynesville
1:30 pm Laundry
Play @ Waynesville Rec. Center
4:00pm - Bathroom break at Rest Stop
4:30pm - Arrive at base, De-Issue Gear, Showers
6:00pm - Dinner
7:00pm - Showers
7:30pm - Evening Program/ Movie
Debrief weekend
9:30pm - Personal Hygiene / Quiet Time
10:00pm - LIGHTS OUT

Day 8:

7:00am - Rise / Dress
8:00am - Breakfast / Cabin check
9:00am - Groups A & B Learning Center
Groups C & D: ½ on High Ropes & ½ on Climbing Wall
12:00pm - Lunch
1:00pm - Groups A & B: ½ on High Ropes & ½ on Climbing Wall
Groups C & D Learning Center
4:00pm - Throwing Tools & Belayed Tree Climbing Rotation
6:00pm - Dinner
7:00pm - Evening Program: Catch Sunset at Highest Point on Blue Ridge Parkway
9:30pm - Personal Hygiene / Quiet Time
10:00pm - LIGHTS OUT

NC ACADEMIC DISCOVERY SCHEDULE CONTINUED

Day 9:

7:00am - Rise / Dress
8:00am - Breakfast / Cabin check
9:00am - Groups A & B Learning Center
Groups C & D: ½ on Climbing Wall & ½ on High Ropes
12:00pm - Lunch
1:00pm - Groups A & B: ½ on Climbing Wall & ½ on High Ropes
Groups C & D Learning Center
4:00pm - Group Skit Prep
6:00pm - Dinner
7:00pm - Free Time / Showers
7:30pm - Evening Program: Group Skit night
9:30pm - Personal Hygiene / Quiet Time
10:00pm - LIGHTS OUT

Day 10:

7:00am - Rise / Dress
8:00am - Breakfast / Cabin check
9:00am - Groups A & B Learning Center
Groups C & D Menu Plan and Food Buy
12:00pm - Lunch
1:00pm - Groups A & B WCU Campus Visit
Groups C & D Learning Center
4:00pm - Groups A & B: Menu plan and food buy
Groups C & D: Asheville Urban Trail
6:00pm - Dinner – Groups A & B on base; Groups C & D dinner out
7:00pm - Free Time / Showers
7:30pm - Evening Program: Pack food and backpacks
9:30pm - Personal Hygiene / Quiet Time
10:00pm - LIGHTS OUT

Day 11:

7:00am - Rise / Pack for Climbing and Caving
8:00am - Breakfast / Cabin check
8:30am - Load vans
9:00am - Depart for Sliding Rock
12:00pm - Lunch
1:00pm - Cradle of Forestry
4:00pm - Depart for campsite
6:00pm - Dinner at camp
7:00pm - Group Activities; prep for tomorrow's activities
9:30pm - LIGHTS OUT

NC ACADEMIC DISCOVERY SCHEDULE CONTINUED

Day 12:

7:00am - Wake-up
8:00am - Breakfast

	Group A	Group B	Group C	Group D
9:00am	Depart for cave	Depart for cave	Rock Climbing	Day Activity
11:30am	Arrive at cave; Lunch	Arrive at cave; Lunch	Debrief morning activities	Debrief morning activities
12:00pm	Caving	Caving	Lunch	Lunch
1:00 pm			Day Activity	Rock Climbing
4:00pm	End Caving	End caving		
5:00pm	Pizza out	Pizza out	Return to campsite	Return to campsite
6:00pm	Return to camp	Return to camp	Dinner at camp	Dinner at camp
7:00pm			Evening Activity; Prep for Caving	Evening Activity; Prep for Caving
9:30pm	LIGHTS OUT	LIGHTS OUT	LIGHTS OUT	LIGHTS OUT

Day 13:

7:00am - Rise / Prep for Activities
8:00am - Breakfast

	Group A	Group B	Group C	Group D
9:00am	Rock Climbing	Day Activity	Depart for caving	Depart for caving
11:30am			Arrive at cave; Lunch	Arrive at cave; Lunch
12:00pm	Lunch on site	Lunch on site	Caving	Caving
1:00 pm	Day Activity	Rock Climbing		
4:00 pm			End caving	End caving
5:00pm	Return to campsite	Return to campsite	Pizza out	Pizza out
6:00pm	Dinner at camp	Dinner at camp	Return to camp	Return to camp
7:00pm	Evening Activity	Evening Activity		
9:30pm	LIGHTS OUT	LIGHTS OUT	LIGHTS OUT	LIGHTS OUT

Day 14: Return to Base

7:00am Wakeup
8:00am Breakfast
9:00am Break Camp
10:00am Depart for Waynesville
12:00 pm Lunch and Games at Recreation Park
1:30pm Laundry
Play @ Waynesville Rec. Center
4:00pm Bathroom break at Rest Stop
4:30pm Arrive at base, De-Issue Gear, Showers
6:00pm Dinner
7:00pm Showers
7:30-9:00pm Movie Night; Debrief Weekend
9:30pm - Personal Hygiene / Quiet Time
10:00pm - LIGHTS OUT

NC ACADEMIC DISCOVERY SCHEDULE CONTINUED

Day 15:

7:00am - Rise / Dress
8:00am - Breakfast / Cabin check
9:00am - Groups A & B Swimming at Sunburst
Groups C & D Learning Center
12:00pm - Lunch
1:00pm - Groups A & B Learning Center
Groups C & D Swimming at Sunburst
4:00pm - Recreation Park (Basketball, Frisbee Golf, etc.)
5:45pm - Dinner Prep
6:00pm - Dinner
7:30-9:00pm - Campfire / Games & Initiatives / Phone Calls Home
9:30pm - Personal Hygiene / Quiet Time
10:00pm - LIGHTS OUT

Day 16:

7:00am - Rise / Dress
8:00am - Breakfast / Cabin check
9:00am - Groups A & B Primitive Living Skills
Groups C & D Learning Center
12:00pm - Lunch
1:00pm - Groups A & B Learning Center
Groups C & D WCU Campus Visit
4:00pm - Groups A & B: Asheville Urban Trail
Groups C & D: Primitive Learning Skills
6:00pm - Dinner – Groups A & B dinner out; Groups C & D at base
7:00pm - Free Time / Showers
7:30-9:00pm - Campfire / Games & Initiatives / Phone Calls Home
9:30pm - Personal Hygiene / Quiet Time
10:00pm - LIGHTS OUT

Day 17:

7:00am - Rise / Dress
8:00am - Breakfast / Cabin check
9:00am - Groups A & B WNC Nature Center
Groups C & D Learning Center
12:00pm - Groups A & B – Lunch out; Groups C & D – Lunch @ base
1:00pm - Groups A & B Learning Center
Groups C & D Activity Choice
4:00pm - Menu plan and food purchase
5:45pm - Dinner Prep
6:00pm - Dinner
7:30pm - Evening Program: Pack food and Backpacks
9:30pm - Personal Hygiene / Quiet Time
10:00pm - LIGHTS OUT

NC ACADEMIC DISCOVERY SCHEDULE CONTINUED

Day 18:

7:00am - Rise / Pack for Gee Creek Weekend
 8:00am - Breakfast / Cabin check
 9:00am - Load vans for Gee Creek
 10:00am - Depart for campground; lunch en route
 1:30pm - Arrive at campground
 2:00pm - Orient students to campground etiquette
 Set up camp
 2:30pm - Swimming at Parksville Beach
 6:00pm - Cook Out at Parksville Beach
 7:00pm - Return to camp / Campfire
 9:30pm - LIGHTS OUT

Day 19:

7:00am - Wake-up
 7:30am - Breakfast
 8:00am - Leave for climbing/activity site

	Group A	Group B	Group C	Group D
8:30am	Rappell	Rock Climb	Jet Skis	Service
12:30pm	Lunch	Lunch	Lunch	Lunch
1:30pm	Rock Climb	Rappel	Service	Jet Skis

5:30pm - Return to campground
 6:00pm - Dinner
 7:00pm - Field Games
 9:00pm - LIGHTS OUT

Day 20:

7:00am - Wake-up
 7:30am - Breakfast
 8:00am - Leave for climbing/activity site

	Group A	Group B	Group C	Group D
8:30am	Jet Skis	Service	Rappel	Rock Climb
12:30pm	Lunch	Lunch	Lunch	Lunch
1:30pm	Service	Jet Skis	Rock Climb	Rappel

5:00pm - Return to campground
 6:00pm - Dinner
 7:00pm - Evening Activity
 9:30pm - Personal Hygiene / Quiet Time
 10:00pm - LIGHTS OUT

NC ACADEMIC DISCOVERY SCHEDULE CONTINUED

Day 21:

8:00am - Wake-up & break camp
9:00am - Breakfast
11:00am - Depart from campground
Picnic Lunch en route
2:30pm - Laundry
5:00pm - Arrive at Base, De-Issue Gear, Showers
Clean Gear, Van, Organize Personal Gear
6:00pm - Dinner
7:00pm - Showers
8:00pm - Campfire & Debrief Weekend
Evening Program: Whitewater safety briefing
9:30pm - Personal Hygiene / Quiet Time
10:00pm - LIGHTS OUT

Day 22:

7:00am - Rise / Dress
8:00am - Breakfast / Cabin check
9:00am - Groups A & B Water Morphology Class and River Safety
Groups C & D Learning Center
12:00pm - Lunch
1:00pm - Groups A & B Learning Center
Groups C & D Water Morphology Class and River Safety; Funityak the Tuckaseegee
4:00pm - Groups A & B - Group Activity Choice; Groups C & D – complete funyak
5:45pm - Dinner Prep
6:00pm - Dinner
7:00pm - Free Time
7:30pm - Evening Program: Evening Animal Tracking Hike
9:30pm - Personal Hygiene / Quiet Time
10:00pm - LIGHTS OUT

Day 23:

7:00am - Rise / Dress
8:00am - Breakfast / Cabin check
9:00am - Groups A & B Learning Center
Groups C & D WNC Nature Center
12:00pm - Groups A & B – Lunch out; Groups C & D – Lunch at base
1:00pm - Groups A & B Funityak the Tuckaseegee
Groups C & D Learning Center
4:00pm - Groups A & B - complete funyak; Groups C & D Activity Choice
6:00pm - Dinner
7:00pm - Free Time
7:30pm - Games at Waterrock Knob
9:30pm - Personal Hygiene / Quiet Time
10:00pm - LIGHTS OUT

NC ACADEMIC DISCOVERY SCHEDULE CONTINUED

Day 24:

7:00am - Rise / Prep for Rafting
8:00am - Breakfast / Cabin check
9:00am - Depart for Appalachian River Rafting Co.
10:00am - Complete Safety Briefing and Raft Nantahala
12:00pm - Lunch at Farabee
3:00pm - End rafting and Debrief
4:30pm - Return to App Rivers and change
5:00pm - Cookout at Farabee
6:30pm - Depart for base
7:30pm - Showers & Hot Seats!
9:30pm - Personal Hygiene / Quiet Time
10:00pm - LIGHTS OUT

Day 25:

7:00am - Rise / Dress
8:00am - Breakfast / Cabin check
9:00am - Groups A & B Learning Center
Groups C & D Clean Equipment and De-issue gear
12:00pm - Lunch
1:00pm - Groups A & B Clean Equipment and De-issue gear
Groups C & D Learning Center
4:00pm - End of Course Celebration!
6:00pm - Banquet Dinner
9:30pm - Personal Hygiene / Quiet Time
10:00pm - LIGHTS OUT

Day 26:

7:00am - Rise / Dress / Pack / Clean Cabin
8:00am - Breakfast
9:00am - Parents begin arriving
12:00pm - Lunch for remaining students