



# MOUNTAIN ADVENTURE SCHOOL

SUMMARY SHEET 2017

## PROGRAM SUMMARY – MAS 101

**Offered Jointly by: HeLa Ventures and Progressive Academy**

**Location:** HeLa Ventures Field School, located 24 km. West of Rocky Mountain House

**Dates (choose one of):**

**Session 101-1: July 1 – July 14, 2017**

**Session 101-3: August 1 – August 14, 2017**

**Session 101-4: August 18 – 31, 2017**

Departure: 9:00 AM on Day 1 from Progressive Academy (13212 - 106 Ave NW, Edmonton)

Arrival home time: 2:00 PM on Day 14 to Progressive Academy

**Transportation:** Transportation will be provided by yellow school bus for the duration of the program.

**HeLa Staff:** Lana Ohler-Madsen, Travis Hollands, additional guides and support staff.

**Progressive Academy Teachers:** Brett Pawlyk, Shawn Andersen

**Emergency Contact Information:** Camp Phone: (403) 845-4325; Lana: (780) 932-4820;  
Edmonton office: (780) 468-1492

**Email:** [mas@progressiveacademy.ca](mailto:mas@progressiveacademy.ca)

**Fee:** \$1275.00

Special dietary requirements (gluten-free, lactose-free, vegan etc.): \$140.00 per student.  
No surcharge for vegetarian or nut free diets.

The fee includes: meals, accommodations, curriculum instruction and supplies, guiding, equipment, and transportation

## MAS101

---

**GOAL:** The goal of the fourteen-day program is to provide students with the opportunity to experientially meet curriculum objectives for CALM, Physical Education, and CTS module options utilising outdoor pursuit activities as the medium for the experience.

### **SPECIFIC OBJECTIVES:**

Over the course of fourteen days the students will have the opportunity to:

- Apply concepts learned through the CALM and Physical Education curriculum, utilising outdoor pursuits activities as the medium;
- Experience a variety of outdoor pursuits activities in a safe and supportive environment;
- Experience leadership from both a leader and group member perspective;
- Experience group development and team building concepts;
- Develop an understanding of care and protection of the environment;
- Develop basic competency in a variety of outdoor skills including flat and whitewater canoeing, climbing, back country biking, hiking and wilderness living;
- Develop an interdependent relationship between themselves and other individuals and between themselves and the environment.

### **Brief Overview of Activities:**

Day 1:	Lake Canoeing
Day 2:	Onsite classroom sessions (CALM, Phys. Ed - Fitness Training, River safety session)
Day 3:	River Day – Blue Bridge – Brierley’s (whitewater skills training (Class II Max)
Day 4:	Onsite (CALM, Phys. Ed)
Day 5:	Rappel/Hike and Forestry/Oil industry tour (FOR 1010)
Day 6:	Onsite (CALM, Phys Ed)
Day 7:	Climb/Hike (Phys. Ed., FOR 1010)
Day 8:	Down Day (laundry, CALM, packing for out-trip, social)
Day 9 – 11:	Out-trip. This river trip will consist of a 3 day river excursion on the North Saskatchewan River, starting in the heart of the Rocky Mountains and ending in the foothills. The focus will be on exploring the valley of this Canadian Heritage River, wilderness survival skills, outdoor cooking theory, safety in the backcountry and outdoor pursuits’ skill development (Phys Ed., WLD 1100 and 1130)
Day 12:	Onsite/Biking (CALM, Phys. Ed, WLD)
Day 13:	Full Day Ridge Hike (Phys. Ed, WLD), Evaluations and Debrief
Day 14:	Breakfast, pack, final good-byes and depart

PLEASE NOTE: The times indicated on the schedule are tentative. During the program, we will be on a flexible schedule in order to meet the needs of the group. For safety reasons, we reserve the right to alter the schedule and activities should the weather or river conditions present any threat to a safe, enjoyable trip for the students.

**Curriculum Covered and Credits:** The curriculum that will be covered during this two-week period includes Physical Education 10 (5 credits), CALM (3 credits) and 3 CTS credits. The CTS credits include:

- WLD 1130 (Outdoor Survival Skills)
- WLD 1100 (Outdoor Cooking Theory)
- FOR 1010 (Forests and Society)

In addition to the credit objectives completed in the above courses, the program will focus on teaching safety skills in the outdoors, and No Trace Camping principles.

**Equipment:** All group equipment will be supplied by HeLa Ventures. Students will be provided with a packing list outlining personal equipment to bring. Tents for the river trip will be supplied. Due to space issues at the campsites, the tents will be shared with other students (gender specific).

**Teaching Staff:** The program will be taught by certified Alberta teachers. Experts in the field will assist with the teaching of outdoor pursuits, Phys. Ed and the CALM program objectives.

**Safety Policies:** All programs are delivered with safety as the first priority and are led by highly trained and certified guides. A copy of our safety policies may be provided upon request. Please contact [mas@progressiveacademy.ca](mailto:mas@progressiveacademy.ca), and we will send a copy electronically. Please feel free to contact our Director, Lana Ohler-Madsen at any time with questions or concerns.

**Assumption of Risk and Medical Forms:** In order to participate in the program, we require that a parent/guardian of each participant completes the Assumption of Risk form and completes the medical information component of the registration form. The completed forms should be returned to Progressive Academy by mail or email by June 15 for Session 1, or July 15 for Session 3 and 4. If there are any medical or dietary issues we should be aware of in advance, please contact Lana by phone or email (see below).

**Parent Information Presentation:** Parent information sessions will be held at Progressive Academy and in Calgary in mid-June. Details regarding the session will be emailed to registrants in early May.

Thank you for your interest in the Mountain Adventure School. Through this experience we know that participants will learn a lot, have tons of fun, and make lasting memories and friendships!

Please feel free to contact us at any time for further information. For registration, fees and document inquiries please contact Progressive Academy [mas@progressiveacademy.ca](mailto:mas@progressiveacademy.ca) or (780) 455-8344. For information on the program, medical and dietary issues, safety and accreditation, please contact Lana (see below).

Sincerely,

The MAS Team  
c/o Lana Ohler-Madsen  
Director, HeLa Ventures Ltd.  
780-468-1492 (office)  
780-932-4820 (cell)