

## **Schedule for Ropes Participants**

### **Ropes Activities**

Friday of Orange EXCEleration, Sept. 2, 2011

12:15 PM Meet at the Dancing St. Francis Status to board bus by 12:30.

1:00 – 4:30 PM Get acquainted activities and Ropes “how to”, then COPE or ROPES course. There will be activities, discussions, and fun as we experience the outdoor challenge education course. Don’t worry. You don’t have to be physically strong or adept to participate in the course. I’ve done it each year, and if a hefty, mature woman with bad knees like me can do it, you can, too! The idea is to make friends, build trust, and learn problem-solving skills, increase communication, and teamwork

4:30-5:00 PM Debrief COPE course experience & return to campus