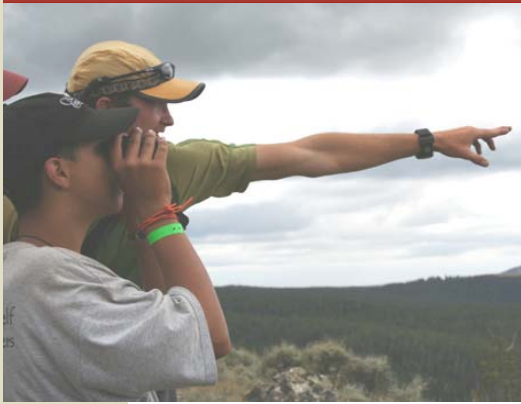


Paintrock Leadership Challenge

Year 3 —C5 Bridges



Paintrock Creek tumbles out of the Big Horns & races along the edge of base camp. Here, surrounded by towering peaks, sweeping valleys, and an artist's palette of color, C5 youth practice real leadership in real situations.

The *Paintrock Leadership Challenge (PLC)* is a 12-day adventure in Montana & Wyoming. It will inspire you and “jump start” your journey to the future.

PLC is an important step in preparing for the rest of C5. Year 3 is the “Bridge” between learning leadership (years 1 & 2) and applying your skills to real life situations (year 4 & 5). Wrestling with naturally-occurring challenges along the trail, you’ll learn about leadership by leading. Every day involves decisions that matter and valuable lessons about strength, character, and commitment.

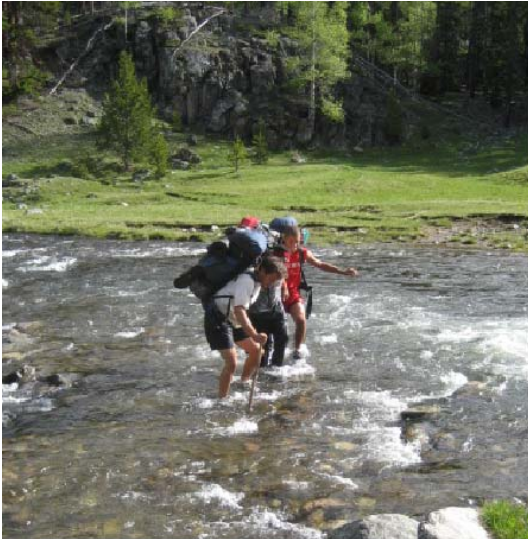
The 4th year of C5 will prepare you to make good decisions about college — choosing the right one, getting accepted, and finding resources to pay tuition. PLC will lead you to set a course for your future and help you understand your strengths as you prepare for in college, career, and life.

In year 5, you’ll learn about how governments make decisions. You’ll apply your leadership to finding real solutions to issues in your community. PLC will help you sharpen skills and prepare you to lead in a broader range of situations.

Backpackers quickly learn that there are no shortcuts to the top of a mountain. The only way to get there is by taking one step at a time all the way to the summit. This lesson applies to your future. “*Wishing*” won’t get you where you want to go. To achieve lofty goals like graduating from college, you have to take all the steps.

PLC provides real challenge. It is physically and emotionally demanding. It also includes invaluable lessons about being successful in daunting environments. What you take away from PLC will better prepare you for success in college, career, and life.

What to Expect



Week 1: *Get Ready at Camp*

- Stay at camp, eat in the dining hall, see old friends, and get organized.
- Begin to think about how you'll tell your C5 story upon your return ...not just your Wyoming tale but your progress since day 1 in the C5 program.
- Master technology you'll need...digital cameras, video recorders, and sound equipment.

Week 2: *The Travel Adventure Begins*

- Fly to Billings, Montana. Flight information will be available through your local director.
- Visit Montana State University at Billings and focus on the journey ahead .
- Drive from Billings to Helena, Montana. Spend two nights at local campgrounds. Travel down the Missouri River by motor boat to study the "celebrated" case of the 1949 Mann Gulch Fire. Drive to Hyattville, WY to the PLC base camp
- **OR** Drive to Hyattville, WY; to the PLC base camp and then spend the next day rafting the Wind River and visiting the Hot Springs at Thermopolis.
- Base camp is primitive — tents, solar showers, privies, and a pavilion for meals.
- Base camp activities: fly-fishing, rappelling, swimming, archeology, prep backpacking.



Week 3: *Backpacking in the Big Horns*

- Hike 28-34 miles in seven days.
- Travel with 10 youth (or so) and 3 staff
- Take a turn as "leader of the day". Make decisions that matter and explore seldom-visited places that are among the most beautiful on earth!
- Learn about leadership, goal-setting, & overcoming adversity.
- Be a student and a teacher...Help others to learn about themselves by providing your honest feedback.



Week 4: *Home to Tell your Story*

- Fly home. Drive back to camp.
- Celebrate — the end of 3 summer "camping" experiences! (Next summer you'll tour colleges; the following summer you'll explore local governments.)
- Create a multi-media presentation that tells your C5 Story, year 1 through the end of PLC
- Share what you've learned, how you've grown, and what lies ahead.



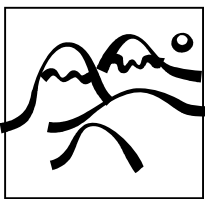
Quality Staff = Quality Program

We recognize that the PLC experience is only as good as the staff who make it happen. We therefore spend a great deal of time screening staff through interviews, reference checks, background screens, and ongoing observations.

Upon arrival at the airport in Billings, C5 groups are joined by PLC adventure guides. Adventure guides are employees of the C5 Youth Foundation. They are typically college graduates and must be at least 23 years old with significant outdoor experience. In addition, C5 backcountry leaders:

- Have demonstrated the ability to work with youth in outdoor settings.
- Are certified as Wilderness First Responders -- This means they are trained to handle emergencies in the wilderness.
- Complete C5's 24-day backcountry training.
- Are equipped with tools like satellite phones and global positioning units that may assist them in managing emergencies effectively.

We prefer to hire guides who have graduated from high-quality outdoor programs like NOLS (National Outdoor leadership school), Outward Bound, or other University-based programs.



Commitment Deposits *(Refundable if you attend or cancel 64 days in advance)*

Because airline tickets are purchased far in advance and C5 Youth Foundation does not receive refunds for unused tickets, we require a \$25.00 deposit with your application. Your deposit will be returned if you travel to Montana or if you cancel your reservation more than 64 days in advance.



Physical Exams & Health Information

Participants must submit a health form signed by the examining health professional. The exam must take place within 12 months of the start of camp.

C5 reserves the right not to allow an ill or injured person to participate in some or all parts of the program or to make participation contingent upon additional approval from a physician. Health info is kept confidential. If you have questions about health requirements, contact your local director.



Purchasing Gear

Do not purchase expensive gear! C5 provides tents, sleeping bags, & packs. You need to provide hiking clothes & boots. You'll receive a detailed packing list in April.

- Thrift shops are a good place to find hiking necessities like nylon shorts, fleece sweaters, & light rain jackets. Don't bring anything you can't afford to lose.
- Purchase sturdy boots from a reputable dealer. Good boots provide ankle support, don't slip, & provide lots of toe room. Ask your director for advice before buying.



2009 PLC Travel Dates *(Check with local C5 staff for camp start and end dates)*

Atlanta	Session 1	June 18	to	June 29
	Session 2	July 20	to	July 31
Texas	Session 1	June 26	to	July 7
	Session 2	July 28	to	Aug 8
New England	Session 1	July 4	to	July 15
	Session 2	Aug. 5	to	Aug 16

Behavior Expectations

We hold high expectations for C5 youth every day. Because the consequences of reckless behavior in a remote environment can be severe, our expectations are even higher for the PLC Program. We ask that parents take responsibility for having a serious conversation with their son or daughter about appropriate behavior while in Wyoming and Montana. C5 cannot tolerate behavior that threatens safety or is counter to our goals for the program.

If youth are sent home due to inappropriate behavior, parents may be responsible for the cost of return airfare, lodging, & other travel expenses.

Real Challenge—Real Risk

Parents, please review all materials with your son or daughter carefully and be sure he/she understands that while this trip is fun and exciting, it's a big responsibility, too. Responsibility for a safe and rewarding experience is shared by staff, campers, and parents.

PLC involves traveling in very remote areas over rugged terrain far from resources like phones, restrooms, and emergency services. We believe that traveling to such places is an essential part of creating a unique and effective learning environment.

There are risks and the potential for injury involved in attending any outdoor camp and in activities like paddling a canoe, rock climbing and rappelling, swimming, and backpacking in the mountains. These risks include, but are not limited to, falling, injury or illness in a remote area far from medical care, encounters with animals or inclement weather, and other forces of nature. Although C5 has taken precautions to provide proper organization, supervision, instruction, and equipment for each activity, it is impossible for us to guarantee absolute safety.

C5 expects that youth and parents understand and accept these risks. If you would like to talk further, please call your local director.

Emergency Communications

Cell phone service is not available in many areas where the PLC program travels. Groups carry satellite phones when traveling in remote areas that allow staff to make emergency calls. Staff check in with the PLC office regularly — at least once each day. Phones are for emergency use only. We pledge to maintain open communication, but must reserve our satellite phones for emergencies. In case of illness or injury, PLC staff will contact the local director who will then contact parents. If you *don't* hear from us, *always assume the best*.

In the event of an emergency at home, parents should call the local C5 director who will in turn call the PLC director in Wyoming. Typically, the WY team can contact groups and even arrange to pick up campers from remote areas, however, this may take up to 24 hours and is a pretty big undertaking for staff.

If parents feel the need to check on their son/daughter's progress, speak to your local camp director.

Local C5 Directors:

Camp Coca-Cola Texas	Dave Knobbe
Camp Coca-Cola New England	Allyson Gunn
Camp Coca-Cola Atlanta	Jeff Cohen

Office:

(512) 832-2565
(781) 834-2700
(770) 200-8965

Camp (summer)

(254) 554-5608
(978) 386-5633
(706) 862-6611

The information in this brochure is accurate, but we do expect some details to change as we prepare for next summer.
