

2010 SMT EL CAPITAN FAMILY RETREAT

SCHEDULE OF EVENTS



FRIDAY, MAY 14

3:00-5:00 p.m.:

CHECK-IN

Welcome! Please check in at the main office, drop off your water or Gatorade at the Mesa Hall, drive to your tent or cabin, unpack, and put up your family sign (it should already be decorated). Each sign will be entered in the judging for the most creative and artistic sign Saturday night! The Family Sign also helps our children find their friend's cabins. Before dinner you can enjoy swimming, hiking, biking, catching tadpoles, walking to the beach, playing volleyball or just hanging out with friends and unwinding from the drive!

5:30 p.m.:

WELCOME POT LUCK DINNER AT THE MESA FIRE PIT

Please bring your favorite heavy appetizer or entrée in a disposable, plastic platter or serving dish to share with 6 to 8 people. Plastic servers and/or utensils will be provided. NEW THIS YEAR: Grilled hot dogs will be available for the kids *free of charge*. You may bring your own beer/champagne/wine or you may buy it at El Capitan's General Store. Plastic glasses will be provided along with water and Gatorade. A grill will also be available for your use to grill. During dinner, you will be given your "Tribe Team" for the week-end activities. Grab your 2010 Family Retreat goodie backpack!

(Gretchen McCourt, Gerardo Sanchez and Virginia Coles)

AFTER DINNER:

Gather around the Mesa Hall fire pit for some S'mores and fun and Karaoke/DJ in the Mesa Hall.

(Loni Peristere and Jason Elm)

SATURDAY, MAY 15

7:00 - 9:00 a.m.: **BREAKFAST**

A continental breakfast with coffee, tea, hot chocolate, as well as, muffins, eggs, bacon, and pancakes hot off the grill will be provided at the Mesa Hall Fire pit.

(Gretchen McCourt, Gerardo Sanchez and Virginia Coles)

9:30 - 11:00 a.m.: **MORNING ACTIVITIES**

You have a choice of either going on a group hike to the Llama Farm (meet at the Selma Rubin Trail which is across from the General Store) OR participating in a Scavenger Hunt lead by Loni Peristere and Jason Elm (meet at the Mesa Hall Fire Pit).

12:00 - 12:30 p.m.: **LUNCH**

Lunch will be served at the Mesa Hall Fire pit and will include a variety of gourmet salads and Subway sandwiches.

(Gretchen McCourt and Virginia Coles)

-----AFTERNOON ACTIVITIES-----

(please join us for any of these activities, or enjoy some free time)

12:30-1:45 p.m.: **Family Games and relay races for grades K-5th will take place on the lawn area near the Mesa Hall.**

(Diane DeCardenas and Kristi Drinkwater)

The 6th, 7th, and 8th graders will head to the Beach for some relaxation, swimming, and water gun fights.

PLEASE BRING YOUR OWN WATER GUNS, AS THEY WILL NOT BE PROVIDED!! NO HIGH TECH GUNS PLEASE.

(Joyce Keith, Robyn Dunn, Chris Wayne)

2:30 - 5:00 p.m.:

ROPES COURSE

Head up to El Capitan's Rope Course and participate in an exciting adventure. The Ropes Course is for 8 and over. This is NOT a 2 ½ hour event, it takes approximately 20 minutes to complete. Check in is between 2:30-3pm at the course, check your El Cap map.

(Joyce Keith, Robyn Dunn, Chris Wayne)

3:30-5:30 p.m.:

ADULT BYO HAPPY HOUR (Children Welcome)

Bring your blankets or chairs, a bottle of wine, cheese and crackers and head to the lawn area near the Mesa Hall for an Adult Happy Hour along with "Over-the-Line" Game. Awards will be given. It's a great way to enjoy the great outdoors before dinner.

(Kristi Drinkwater and Laura Steuch)

6:00 - 9:00 p.m.:

DINNER

Stroll down to the General Store for a delicious BBQ dinner and listen and dance to a live band. Please feel free to bring a blanket to sit on and your own alcoholic beverages. Check in begins at 5:45pm.

(Gretchen McCourt and Virginia Coles)

AFTER DINNER:

Gather around the Mesa Hall fire pit for some S'mores as we announce the Cabin Sign finalists and decide on the final judging. You can venture inside the tent for our annual SMT Family Bingo Bonanza. The competition is fierce!

(Loni Peristere, June Peters, Robyn Dunn and Jason Elm)

SUNDAY, MAY 16

7:00 - 9:00 a.m.:

BREAKFAST

A continental breakfast with coffee, tea, hot chocolate, as well as, eggs, bacon, and pancakes hot off the grill will be served at the Mesa Hall Fire pit.

9:30 a.m.:

SUNDAY MASS

What better way to give thanks for our beautiful week-end Family Retreat than by celebrating Mass with Fr. Ben in the great outdoors. Gather up the hill in the Safari Village Function hilltop area and enjoy the view. Bring your own chair/blanket and warm coat depending on weather.

11:00 a.m.:

CHECK OUT

Time to pack up, check out, and head home. See you next year!

NEW THIS YEAR! WE ARE INITIATING CLASS CLEAN-UP DUTIES.

Friday Potluck: Grades 1, 5, 7

Saturday Breakfast: Grades 2, 6, 8

Saturday Lunch: Grades K, 3, 4

Sunday Breakfast: EVERYONE CLEANS UP

IF EVERYONE CLEANS UP AFTER THEMSELVES/CHILDREN, IT WILL LESSEN THE LOAD FOR THE CLASSES TO CLEAN UP.

In addition to the clean-up duties, we are asking each family to bring drinks to share for the weekend: If your last name begins with A-M please bring a half a case of water bottles, if your last name begins with N-Z please bring Gatorade. Please drop off your drinks in the Mesa Hall area upon arrival - they will be available all weekend.

Any questions, please contact Gretchen 310-721-3482 or Virginia 310-480-9659



El Capitan Family Retreat

Here is all the information you need to be well-fed and happy!

Friday - All Family Pot Luck

B.Y.O.....Appetizer We will meet at Mesa bonfire area at 5:30 to say hello, have a drink and kick off the weekend. Each family is responsible for bringing a heavy appetizer to share with 6-8 people. Grilled hotdogs will be provided for the kids this year! Feel free to bring something light, a gourmet dinner, bar-b-que your item beforehand at your cabin or pick something up on the way. We will have s'mores for everyone at 8:30 as the sun begins to set.

Saturday

Breakfast - A continental breakfast will be provided - muffins, bagels, fruit, juice and coffee. And new this year...FREE hot breakfast on the grill!!

Lunch - Sandwiches, salads, chips and cookies

Dinner - **El Capitan Family bar-b-que** with live music S'mores by the campfire.

Sunday

Breakfast - A continental breakfast will be provided - muffins, bagels, fruit, juice and coffee.

We are asking each family to bring drinks to share for the weekend:

If your last name begins with A-M please bring a case of water bottles,

N-Z please bring Gatorade.

These bottled drinks will be on ice and available all weekend in the main tent.

Each cabin has a mini-fridge for your personal snacks and drinks, a coffee pot and a toaster.

El Capitan Family Retreat
CREATE YOUR FAMILY SIGN
PRIZES FOR SIGN COMPETITION



How in the woods will fellow campers find your family spot at the retreat? How will your child find his way back to your cabin? A sign will point the way!

Start now and begin to create your family sign to bring to El Capitan and enter into our annual sign competition.

The dimensions are standard poster board size, 20" x 30" and the sign can be made of wood or board material. Campers will need to provide their own sign material as well as hanging material or posts to display your sign. The sign needs to be placed in the front (or "street side") of the cabin or tent. The family name should be clearly displayed and we welcome creativity.

Please put up your sign on your residence by 5pm Friday night. Judging will take place on Saturday afternoon with PRIZES presented to the winning families.

El Capitan Family Retreat Committee



Suggested List of Items to Bring

El Capitan Canyon seeks to provide its guests with a unique resort experience. We strive to meld the comforts of a traditional hotel with the relaxation and adventure of camping. The items you will need to fully enjoy your time at El Capitan Canyon are different from those needed at a standard hotel. Please use the list below as a checklist when preparing for your retreat.

IN YOUR CABIN

All our cabins are equipped with a kitchenette that includes a microwave, a coffee maker with coffee and paper cups, bar-sized fridge and small sink. There is no stove or hotplate inside the cabin. Most of our guests use the fire-pit and grill provided in front of their cabin or tent, or they bring a camping stove (not for use inside the cabin). Other items that you will need to bring if you plan on cooking your own meals include:

- Dishes, silverware and napkins – a picnic set is ideal, or use disposable items
- Cookware – pots, pans, spatulas, grilling implements, aluminum foil, etc...
- Clean up items – dish soap, sponge, paper towels, dish towels
- Firewood or charcoal – bring your own or buy it at our Canyon Market

If you are staying in one of our Deluxe Safari Tents, you will also need to bring a cooler for your perishable items. Ice is available at our Canyon Market.

The beds in your cabin or tent are fully furnished with pillows, luxury linens and blankets. They will be made and ready for use upon your arrival, and we perform daily housekeeping service of all our accommodations. If you plan to use the sleeping loft (available in Queen, Bunk and Loft Cabins) or a cot, you will need to bring a sleeping bag and pillow (or similar bedding). We provide bath towels and pool towels for your use. We ask that you bring your own towels for the beach.

IN THE CANYON

The weather in Santa Barbara can vary from chilly in the early morning and evening, to quite warm during the day. Comfortable layered clothing is the best option for this type of climate. A sweater or light jacket is recommended for the evenings.

El Capitan Canyon provides beach cruiser bikes free of charge for our guests to use. Our bikes are all adult-size, so children will need to bring their own bikes. Please see the Kiosk staff for information on borrowing a bike.

Other items that we recommend include:

Flashlight (extra batteries)	Hat	Sunscreen
Walking Shoes	Insect repellent	Lighter or matches
Sunglasses	First Aid Kit	Helmets for bike riders

Water bottles	Swimsuit	Pool and beach toys
Picnic blanket	soccer chairs	water guns
Bikes	scented candles	sweater (it's cold at nite)
Plastics cups/plates	napkins/wipes	camera/charger
Fire wood	beach towels	snacks
Ice	extra water	sports games
Guitar	Ipod/docking station	

Don't forget your cabin sign (decorated and Name clearly visible). You will need to bring twine, stakes, etc to secure your sign. Prize for best sign, plus kids love to see where their friends are staying.

For further questions, please contact our friendly Front Desk Staff toll free at (866) 352 2729