



# ROCK • PAPER • SCISSORS SUMMER CAMP EXPERIENCE

Forest to Workplace  
 From Competition to Collaboration  
 Long Term Development for the Artist,  
 Athlete & Agent of change! (LTAAD)

Planning for personal excellence and responsibility  
 for the well-being of the person and the planet.

MTB XC skills • Sustainable trail design & build • Emergency  
 response planning • Bike building & repairs • Environmental awareness

“Life is a jungle! Children and teenagers need to be prepared for the challenges that awaits them in the future. Inspiring RPS participants to IMAGINE the POTENTIAL they desire to MANIFEST is our mission. The forest is our ultimate classroom as we deepen our connection with the laws of nature and one’s own nature. Are you a prey or a predator? Who is man’s predator? What trace are you leaving behind? Reflect. Imagine. Create. We are the sum total of our choices!”



**ROCK**  
 INITIATION - AGE 8 TO 12  
 SOLID ROCK LIFE SKILLS  
 Mantra: Slow down to go faster,  
 but not too slow.



- Creating a positive learning environment.
- Basics skills are taught, repeated and reinforced.
- Mastering basic skills before progressing to the next level.
- Respect and support the natural progression of each rider.
- Free play between rider and trail is of critical importance.
- Artistic and athletic social interactions develop well-rounded individuals.
- Innovative ‘fartlek’ workouts encourage collaboration and getting fit the natural way.
- Gentle intro to mental training skills (focus, visualisation, breathing and reframing).

**PAPER**  
 LEADERSHIP - AGE 13+  
 PEN TO PAPER  
 GOES A LONG WAY  
 Mantra: Prevent accidents  
 by becoming responsible  
 and accountable.



- Patience with one’s progress is strongly encouraged.
- An individualized approach that encourages diversity.
- Ten mental training skills are introduced.
- Creative down time to encourage personal expression.

**SCISSORS**  
 STEWARDSHIP - AGE 15+  
 MEASURE TWICE,  
 CUT ONCE  
 Mantra: Be true to yourself  
 every day and your future  
 will unfold in a magical way.



- Patience with one’s progress is strongly encouraged.
- An individualized approach that encourages diversity.
- Ten mental training skills are introduced.
- Creative down time to encourage personal expression.
- Camping on site on the Thursday evening reinforces the connection to self, other and nature.

INFO



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