

St. Louis WOW is Proudly Sponsored by

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Missouri State University



WOW
15th Anniversary
National Outdoor Recreation
& Conservation School

Exploring, Discovering, Learning
Creating the opportunity to get outdoors!

St. Louis WOW

FOREST PARK
June 4-5, 2011

The poster features a warm, golden-yellow background with a silhouette of a forest and a sun. It includes several photographs of people participating in outdoor activities: a person in a white hard hat holding a tool, a group of people under a red tent, and people in a green canoe on a lake. The text is arranged in a clear, hierarchical manner, with the event name and dates prominently displayed at the bottom.



WHAT IS WOW?

- WOW is a National Outdoor Recreation and Conservation School that introduces families and individuals to a variety of outdoor activities.
- WOW is a hands-on learning experience in a park setting that attracts a wide range of ages, interests and abilities.
- WOW is an affordable family outing with an educational component.
- WOW teaches basic skills necessary for families and individuals to enjoy outdoor activities in a safe and responsible manner.
- WOW is an affordable leisure time recreation with health benefits that promote the quality of life while enjoying the outdoors.
- WOW is taught by knowledgeable instructors.

For more information, contact Missouri State Parks at 314-340-5794 or toll free at 800-334-6946. Forms are also available online at mostateparks.com/wow.htm.

Registrations will be accepted April 1 through May 16, 2011. Registrations postmarked after May 16, 2011, will be accepted only if space is available and subject to a nonrefundable \$10 late fee.



2011 WOW School Schedule

WOW events are held around the state. Some offer many more courses to cater to both beginners and the more experienced.

Springfield.....	April 15-16
Columbia.....	April 29-30
St. Louis	June 4- 5
Kansas City	Sept. 23-24
Roaring River State Park	Oct. 7-9

Local Partners and Sponsors

City of St. Louis Department
of Parks, Recreation and Forestry
St. Louis County Parks
The Audubon Center at Riverlands

ROCK CLIMBING

Physical Activity: Moderate

This class is for anyone who wants a challenge or to boost his or her confidence. You don't have to be an athlete to enjoy climbing. If you are eager to learn, enthusiastic or just like having fun, this is for you. A 24-foot climbing structure offers various routes and levels of difficulty. Introductions to the equipment and safety systems are done prior to anyone being harnessed. Wear comfortable clothes for climbing.

62 Sports Group
Enrollment Limit: 20

SATURDAY EVENING SESSIONS

LEARN TO CAMP

Physical Activity: Low

Everyone who camps must attend Learn to Camp before camping. Learn how to set up and break down a variety of tents and how to set up and break down your campsite. If you wish to borrow a tent, please indicate this on the registration form. Tents are pre-assigned. An outline of campground rules will be discussed. Bring everything you need for an overnight camping experience. A dinner cookout and a small campfire snack will be provided.

Missouri State Parks
Enrollment Limit: Open

OWL PROWL

Physical Activity: Moderate

Come join owl prowl leader Mark Glenshaw as we look for great horned owls in Forest Park. Our owl prowl leader has been following a mated pair of great horned owls since December 2005. He has led owl prowls for WOW as well as a chapter of the Missouri Master Naturalists program and the St. Louis Bioblitz. He has observed a great deal of their behavior including hunting and mating. Great horned owls are the biggest owls native to Missouri as well as one of its dominant predators, eating everything from beetles to raccoons. Sign-up will be Saturday morning during registration on a first-come first-served basis.

Mark Glenshaw, instructor
Enrollment Limit: 10

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PROGRAM INFORMATION

Mission Statement

WOW National Outdoor Recreation and Conservation School is designed to teach participants how to enjoy a wide range of outdoor recreation activities while practicing personal safety and outdoor responsibility. Each WOW course will include an outdoor skill, conservation, safety and ethics component.

General Information

WOW is designed as an annual event and offers a comprehensive educational program through selected courses and workshops. Some courses are designed to provide a complete range of instruction, while others deal with only one topic. Each year, the program will vary depending on requests and previous participation.

Location

WOW will be held June 4-5, 2011, in Forest Park in St. Louis, Mo. Check-in will be held behind the Dennis and Judith Jones Visitor and Education Center at the Lindell Pavilion, which is located on Grand Drive in the northern area of the park.

Registration

WOW St. Louis Registration begins April 1, 2011 and ends May 16, 2011.

Each individual must pre-register for all educational programs in which they participate. To ensure that the registration process is fair to everyone, registration will only be accepted by mail. Sorry, absolutely no registrations will be accepted by phone, fax or e-mail. Registrations received after May 16, 2011 will be accepted only if space is available and will be subject to a \$10 late fee.

The registration fees of \$10 for an individual and \$25 per family will cover instruction and use of some equipment. Four people may register at the family rate. A family is defined as two adults over the age of 21 and two children, or one adult with up to three children. Any additional family members living in the same household cost \$10 per person. Morning and afternoon snacks and a box lunch will be provided. Lodging is not included and is the responsibility of the participants.

To register for WOW, you must:

- Complete a registration form for each participant age 13 and older. Registrations for participants ages nine-12 must be completed by a parent/guardian. A parent/guardian must attend classes with a child ages nine-12; two children per adult please.
- Number your course choices one through 10 in the order of your preference, with one being your first choice and 10 your last choice. This is very important! Classes fill quickly. Every attempt will be made to enroll you in your top three choices. Preference will be given to new WOW participants.
- Enclose payment in full; make checks payable to WOW. Financial assistance is available; see page 5.

FLAG ADVENTURE GAME

St. Louis Orienteering Club

Physical Activity: Moderate

Enrollment Limit: 20

If you love the outdoors, exploring and maps, then this activity is for you. This course will teach the sport of navigating through an outdoor area, such as a park, using a map and perhaps a compass. The goal is for you to make your way through a series of points identified on a map, find the distinctive orange and white flags and return to the starting point. This sport combines physical activity and thinking skills. It is an activity for everyone, regardless of age or experience. Materials will be provided.

GEOCACHING 101

U.S. Army Corps of Engineers

Physical Activity: Moderate

Enrollment Limit: 20

If you like to hunt for treasures or go on scavenger hunts, you need to attend this workshop. You will learn how to say “geocaching,” get a taste of what it is all about and learn how to do it. Instructors will show you the website pages and how to go from the website to the actual geocache site. Learn some basics about working with a GPS unit (bring your own if you have one or some will be provided) and actually go find some hidden geocaches.

GO FISH!

Missouri Department of Conservation

Physical Activity: Moderate

Enrollment Limit: 20

Learn fishing basics such as casting, knot tying and baiting techniques. You will also be taught how to identify various species of Missouri game fish. Bait and equipment are provided. Bring a lawn chair, old towel and drinking water.

KAYAKING

Missouri State Parks and U.S. Army Corps of Engineers

Physical Activity: Moderate

Enrollment Limit: 10

Imagine floating down the river in a kayak, relaxing and enjoying the sights and sounds of nature. This course will teach you how to properly enter and exit a kayak as well as basic paddling strokes used to safely navigate a kayak. Once everyone is familiar with these basics on land, you will head out on the lake to practice what you have learned.

LEAVE NO TRACE

Cowboy Bob

Physical Activity: Low

Enrollment Limit: 20

This course offers knowledge and concepts that teach participants how to protect and conserve our natural areas. Learn skills and ethics that promote the Leave No Trace principles. Make a personal connection with the natural world and daily behavior through various activities and discussions.

COURSE DESCRIPTIONS

*You must be pre-registered for WOW to participate.
On-site registration is not available.*

SESSIONS I, II, AND III

The following WOW courses will be offered during three sessions throughout the day on Saturday. You must be registered for WOW to participate.

BASIC CAMP COOKING

Physical Activity: Moderate

Missouri State Parks

Enrollment Limit: 20

There are some exciting, creative and amazingly easy ways to cook with little or no clean-up while enjoying the great outdoors. How about banana splits, fresh baked cakes, no mess scrambled eggs and bacon, fresh hot cinnamon bread and tasty trout almandine? Anyone can try these simple, delicious and unique methods of camp cooking.

BEGINNING ARCHERY

Physical Activity: Low

Missouri Department of Conservation

Enrollment Limit: 20

Like Robin Hood, you too can enjoy a time-honored sport that is growing in popularity. It's fun, inspiring, a good workout and a great family activity. This course will cover archery safety, ethics and shooting techniques and equipment selection. You will receive personal instruction and adequate time to practice what you learn.

BEGINNING CANOEING

Physical Activity: Moderate

Missouri State Parks

Enrollment Limit: 20

This course will teach you how to properly enter and exit a canoe, as well as basic paddling strokes used to safely navigate a canoe. Once everyone is familiar with these basics on land, you will head out on the lake to practice what you learned.

BUILDING FOR THE BIRDS

Physical Activity: Low/Moderate

The Audubon Center at Riverlands
and Missouri State Parks

Enrollment Limit: 20

Do you want to attract wildlife to your backyard? Have you ever wondered how birds survive in the wild? Then, this course is for you! If you like working with tools and building something with your hands, this entry-level woodworking class will help you with easy-to-build projects. And, you will have your very own bird box to take home for your backyard.

- Sign and return the liability/photo release form.
- Mail registration materials and payments to:
Misty Mitchell
WOW School
500 W Sunshine
Springfield MO 65807

***Please note: If any of the above is not received,
your registration will not be processed.***

Confirmation Letter

Participants will receive a confirmation letter after registration has been completed (please allow three weeks for processing). The letter will provide a list of classes in which the participant has successfully been enrolled, any special instruction for the courses, (including clothing or equipment needs), a detailed map of the WOW campus and special event information. The confirmation letter is meant to ensure that participants are aware of their responsibilities and expectations before arriving at WOW.

Program Changes

Organizers reserve the right to cancel, reschedule or relocate any proposed offering without prior notice. Insufficient enrollment or emergency cancellations by the instructors are examples of why a program offering could be canceled. Organizers also reserve the right to substitute instructors if necessary.

Cancellation Policy

Cancellation and refund requests must be submitted in writing to Carlotta Lewis, WOW St. Louis, prior to May 16, 2011. Absolutely no refunds will be given after May 16, 2011. All cancellation requests are subject to a nonrefundable \$10 service fee. When applicable, refunds will be processed after a three-week (minimum) waiting period.

Age Requirements

Participants must be nine years of age or older to attend WOW classes. Families with children ages four to eight years old may attend our WOW KIDS Camp. An adult must accompany children ages nine to 12 to all classes and program activities; one adult per two children, please. (This means that the adult/guardian must be registered for and attend the same class as the child.) Discretion will be left to the parent or guardian to determine whether a child age 13 or older is capable of attending classes unsupervised.

WOW KIDS Camp:

It's All About Outside KIDS Camp (Ages 4-8 years)

Do you want to attend WOW but have younger children? The kids camp is just the ticket for your family. Your child will have his or her own unique experience of outdoor fun and learning while you and your older child participate in classes. This kids camp will offer a safe, educational experience filled with a variety of activities, including fishing, a nature hike and scavenger hunt, water safety demonstration, crafts and outdoor games. This action-packed day is sure to keep your child actively engaged in outdoor fun while older siblings and parents are attending their WOW classes. The kids camp is managed by the National Park Service with classes led by qualified NPS and Missouri Department of Conservation staff assisted by MDC volunteers. Child to staff ratio is 3:1. The kids camp is only open to families that are registered for the WOW event and is limited to 20 kids. Parents do not attend. If your child has special needs, we will work with you to make special arrangements.

Physical Activity Guide

To help participants anticipate each course and know what physical levels to expect of each course, a physical activity rating system has been created. Listed in the course descriptions, you will find a physical level rating for each course.

- Low: Requires minimal physical skill/endurance
- Moderate: Requires moderate physical skill/endurance
- High: Requires high levels of skill/endurance

Special Needs

In compliance with the Americans with Disabilities Act, WOW will make all reasonable efforts to accommodate people with special needs. Please enclose a letter with your registration form stating any special needs you might have.

Transportation

Participants are responsible for their own transportation to and from Forest Park. Shuttles will be made available to participants for some courses. Shuttles will depart and return from the Twin Lot in front of the Dennis and Judith Jones Visitor and Education Center.

Camping



Camping will be available in Forest Park near the Dennis and Judith Jones Visitor and Education Center on Saturday, June 4. Saturday evening activities include a campfire, outdoor games, campfire entertainment with Cowboy Bob, Leave No Trace activities, and stargazing. Bring your lawn chairs, tents and sleeping bags. A dinner cook-out for participants will be held Saturday evening and is included with your registration. A small campfire for snacks (s'mores) will be provided.

If you don't have a tent, some are available to borrow. Please indicate on your registration form if you need a tent and for how many people. Staff will be available to assist with tent set up. Bring everything you need for an overnight experience. Campers will have access to porta potties; no showers will be available. Overnight parking is permitted for campers only. Alcoholic beverages are not permitted at WOW. Breakfast snacks on Sunday morning will be provided for campers.

All participants wishing to camp must register in advance and attend a "Learn to Camp" orientation class that evening. Learn how to set up and break down a variety of tents and how to set up and break down your campsite. Campground rules will be posted and enforced.

Financial Assistance is Available!

Financial assistance for registration will be available for Missouri residents who are in need. To apply, submit a one-page request letter along with a completed registration form and liability waiver for each person in your party on or before May 16, 2011.

In your letter, include why you want to attend, the ages of your family members and a contact phone number.

Submit a one-page request letter to:

Carlotta Lewis
St. Louis Area Parks Office
2650 Delmar Blvd.
St. Louis, MO 63103

If you have any questions, call Carlotta Lewis or Karla Frye, Missouri State Parks, at 314-340-5794 or 800-334-6946.