



R.I.S.E

(Reach, Inspire, Support, Empower)

Women's Outdoor Retreat

JUNE 6-9, 2019



Mission Statement: Connecting like-minded women through the outdoors to empower individual strength, independence and determination while remaining compassionate, loyal and adventurous.

R.I.S.E is a division of Raised At full Draw (RAFD). A retreat for women designed to teach the skills of bowhunting, personal growth and confidence building skills that will carry into everyday life.

R.I.S.E is hosted by RAFD and Rocky Mountain Elk Foundation (RMEF)

Agenda

Subject to Change

June 6 - Thursday	12:00- 1:45 PM	Check-in
	2:00 – 2:30 PM	Welcome and overview
	2:30 - 6:00 PM	Begin rotation of stations sessions day 1
	6:00 – 6:45 PM	Dinner, Wine and Wild Game Pairing
	7:00 – 8:30 PM	Conservation and Ethics with DNR Officer
	8:30 - 10:00 PM	Networking, fireside chat
June 7 - Friday	6:30- 7:30 AM	Morning exercise, Prayer time, Solitude
	8:00 – 8:40 AM	Breakfast
	8:45 - 11:25 AM	Begin rotation of stations sessions day 2
	12:00- 1:00 PM	Lunch
	1:00 – 5:00 PM	Continue rotation of stations sessions day 2
	6:00 – 6:45 PM	Dinner
	7:00 – 8:30 PM	Evening Activity
	8:30 - 10:00 PM	fireside chat, Design a life you love, Design a healthy life
June 8 - Saturday	6:30- 7:30 AM	Morning exercise, Prayer time, Solitude
	8:00 – 8:40 AM	Breakfast
	8:45 - 11:25 AM	Begin rotation of stations sessions day 3
	12:00- 1:00 PM	Lunch
	1:00 – 3:00 PM	Continue rotation of stations sessions day 3
	3:30- 4:30 PM	Bowhunter Education Test
	5:15 – 6:00 PM	Dinner
	6:00 – 8:30 PM	Evening Activity- Water shoot
	9:00 – 10:00 PM	Stories of inspiration
June 9 - Sunday	7:30 - 8:15 AM	Breakfast
	8:30 – 9:00 AM	Camp Church
	9:15 – 11:30 AM	Afternoon Activities- 3D competition or fletch arrows
	12:00 – 1:00 PM	Closing Remarks, Graduation Ceremony & Departure

R.I.S.E

Detailed Weekend Overview

Day 1 Thursday

12:00 p.m. To 2:00 - Camp registration opens

Tents are set up and women report to archery area (need a place to hang all bows or place cases)

2:00 to 2:30 - Camp Begins

- Introduction and orientation inclusive of walk through 3D course

2:30 to 3:15 (½ hour) - Chapter 4

- *Know your bow* and how to practice *Fundamentals & Mechanics*
- Advanced archers can shoot and begin leadership orientation
- Practice on static range

3:15 to 6:00 - Bows issued and sighted in/ first 3 stations

- ✓ As women are able, they can shoot the course from the proper color marked stake with Leadership help

6:00 to 6:30 - DINNER is served Wine and Wild Game Pairing

7:00 to 8:30/9:00 - Thursday Night Time Program: (DNR Officer- Iowa DNR)

- **Chapter 1:** Intro to bowhunting
- **Chapter 2:** Wildlife Conservation (DNR)
- **Chapter 3:** Safe and Responsible Bowhunting (ethics public image social media etc.)

8:30/10:00 pm to – Fireside Chat – Fellowship and networking

Day 2 Friday

6:30 -7:30 – Morning exercise/ prayer time/ solitude

7:30 - Camp wakeup call

8:00 to 8:30 - Breakfast

8:30 to 8:45 – Prepare and get ready for the day

8:45 to 11:25 Station Sessions 1

- Fire/Shelter building
- Basic First Aid & Survival
- Outdoor Preparedness and Orienteering

1st morning concludes by 11:25 (free time to shoot if you would like)

LUNCH at 12:00

Day 2 Friday Cont.

1:00- 5:00 pm Station Sessions 2

- Decoys
- Ladder Stands
 - How to setup, how to wear a safety harness, judge yardage from a tree
- Ground Blinds
 - How to setup, what they can be useful for
- Hang on tree stands
 - How to setup, how to wear a safety harness, judge yardage from a tree
- Game Calls/ Scents Lures
 - Various calls and how they can help your hunt
 - Scents: what can scent effect
- Spot and stalk
 - Clothing, quietness, how to judge yardage on the ground, movement

DINNER at 6 p.m.

6:30 to 8:30/9:00 (2nd Night Program)

Possibilities for the night:

1. Music
2. GAMO Adult rifle Pellet gun shooting course

8:30 or 9:45 – Fireside Chat, networking (Design a life you love, Design a healthy life)

10:00 - Return to tents

10:30 - Lights Out

Day 3 Saturday

6:30 – Morning exercise/prayer time/ solitude

7:30 - Camp wakeup call

8:00 to 8:30 - Breakfast

8:30 to 8:45 - Prepare and get ready for the day

8:45- 11:25 Station Sessions 3

- Shot angles from a stand
 - Using a harness and climb in different stands and see the different angles
- Shot angles from the ground
 - What is a good angle, what is not
- Vital placement on various species
 - Determine most effective shot placement

***** Morning concludes by 11:25 (free time to shoot)**

12:15 to 1:00 - LUNCH

Day 3 Saturday Cont.

1:00- 3:00 Station Sessions 4

- Blood training and field dressing
- Blood trails and ethics

3:30 to 4:30 - Review and test (free time for those not needing bowhunter education)

4:30 to 5:15 - Free time to shoot for everyone.

5:15 to 6:00 Early dinner to prepare for water shoot

6:00 p.m. to 8:00 - Water shoot

8:00 to 9:00 - Free time

9:00 p.m. – Movie Night / Stories of inspiration

10:30 - Return to Tents

11:00 - Lights Out

Day 4 Sunday

7:00 AM – Camp wakeup call

7:30- 8:15 AM - Breakfast

8:30- 9:00 AM – Camp Church presented by Jen Colyer

9:15 – 11:00 AM – 3D Target competition

Optional Activities will be offered if some women do not want to participate in the archery 3d competition
Design and learn to fletch your own arrows

Competitions start by 9:15 (20 targets lasting roughly 1.5 hours)

- As women come off the course, they can return RAFD equipment
- Break down camp (Tear down tents) Camp concluded by 11:30
- Clean up and preparation for graduation

Surveys filled out prior to ceremony starting

Graduation is 12:00

- Final two shooters from the advanced category shoot out for the title
- Present Hunter Education cards
- Raised Hunting gear and apparel available for purchase

WHAT TO BRING (Proper Gear)

We look forward to having you at our R.I.S.E Camp this year! The following information will ensure that you will have everything you need at camp:

*****PLEASE LABEL ALL GEAR WITH FIRST AND LAST NAME*****

- Tent (with stakes and rain fly, for stormy conditions)
- Sleeping bag and pad, pillow
- Personal items: clothing, extra socks, etc. (enough for 4 days)
- Cool clothing (Iowa is hot and humid in the summer)
- Warm jacket for mornings and evenings
- Hiking Boots or sturdy, CLOSED-TOED shoes for being outside
- Rain gear
- Towel and Bathing suit for showering
- Toiletries / Personal Items (Medication)
- Camp chair
- Insect repellent, Sunscreen, Lip balm
- Flashlight or headlamp and extra batteries

Optional Items

- Archery equipment ie Bow, Arrows, Hip Quivers, Release
(If you are bringing your own bow, please have it in a case. Including all accessories, finger tab/release, arrows with field points, NO broad heads allowed)
- 12 matching arrows (if you are bringing own archery equipment)
- Compass
- GPS unit
- Daypack (used to carry water and snacks around camp and 3D trail)
- Personal Game Calls
- Camera

Many of these items may need to be purchased for the first time. We understand that this is an investment however we are hoping these are items you will use over and over.

In addition, we want to be able to continue to be there for you as you grow in your outdoor journey. To do that we have designed a mobile app called **Raised Outdoors!** This app is full of huge savings entertainment and education. No worries if you forget something you learned at camp, you can look it up and reference it on the app.

In order to **SAVE MONEY** download the Raised Outdoors app from the app store. Subscribe for \$4.99 per month or \$49.99 for the year. This will unlock huge savings on many of the items listed above! These are exclusive discounts for Raised Outdoors members only.

Example: **ALPS OUTDOORS SAVE 25%** (back packs, tents chairs)

- Cyclops: Save 50% on flashlights, head lamps and more!!
- Legendary Whitetails Save 10%
- Outdoor Edge Save 25% on knives
- Scott Archery save 15% on releases
- Raised Hunting Save 20% on store items (home décor not included)
- And much much more!!

DOWNLOAD AND SUBSCRIBE TODAY!! RAISED OUTDOORS ARE ADDING MORE AND MORE COMPANIES EVERY WEEK!

CANCELLATION

Cancellations after May 1st will be considered donations to camp and are non-refundable.

ARRIVAL AND DEPARTURE

*****NO CAMPERS/FAMILIES WILL BE ALLOWED INTO CAMP PRIOR TO 12 pm.** Check in will be from 12:00 pm to 2:00 pm on Thursday. Campers need to stop at the check-in table when they arrive at camp. All medications and special accommodations will be reviewed at this point.

We will conclude with an awards ceremony to provide bowhunter education certificates to those needing the course.

Camp Address

2548 Elderberry Ave
Winterset, IA 50273

DIRECTIONS FROM WINTERSET At the 4-way stop (HWY 92 and HWY 169) on the west side of Winterset, travel west on Hwy 92 toward Greenfield (approximately 7 miles) until you intersect Deer Run Trail (Macksburg Hwy). Turn Left or (south) at that intersection, travel 3 miles to the intersection of Carriage Trail. Turn left (east) and travel 2 miles until you run right into camp.

DIRECTIONS FROM MACKSBURG Head North out of town on Deer Run Trail (Only paved road going north). Travel approximately 4.5 miles to Carriage Trail. Turn right (east) on Carriage Trail and travel 2 miles until you run right into camp.

AGENDA SUBJECT TO CHANGE:
QUESTIONS CALL KARIN HOLDER 406-781-9317
KARIN@RAISEDHUNTING.COM

OR DONISE@RAISEDATFULDRAW.COM