

FATHER & SON RETREAT

Where Faith Is Established

LOCATION: MESS-HALL (see map at

TEAMWORK ADVANTAGE - FATHER AND SON RETREAT April 26 – 28, 2024

IMPORTANT NOTE Participants and parents, please check the information packet again one week before the retreat begins for updated information.

CHECK-IN (all participants must check-in.) appendix A)

Friday, May 26 4:00 p.m. – 6:00 p.m.

- Both completed "RELEASE FORMS" will be checked and collected if not emailed to TAI earlier.
- > Cabins will be assigned during check-in and assistance provided transporting personal bags/luggage to cabins.
- Parking will be limited; it is highly encouraged to carpool with those who are from the same church or organization.

**Please remember that traffic on Friday evening may be congested due to Memorial Day weekend travel, so be sure to depart 30 or more minutes earlier than you normally would.

GENERAL SCHEDULE (subject to change)

FRIDAY - 26 MAY

4:00 p.m. - 6:00 p.m. Check-in, Cabin Assignments & *Free-time

6:00 p.m. - 7:00 p.m. Introduction to 3-Day Event and Dinner

7:00 p.m. - 7:15 p.m. Free-time

7:15 p.m. - 8:15 p.m. Guest Speaker and Workshop

8:15 p.m. - 10:15 p.m. Movie Rudy

10:15 p.m. - 10:30 p.m. Move to Cabins

10:30 p.m. - Lights Out

*Sign-up for 15-minute walking tour of ranch

SATURDAY - 27 MAY

- 7:00 a.m. Wake-up Call
- 7:15 8:00 a.m. Announcements and Breakfast
- 8:00 a.m. 8:15 a.m. Free-time and Prepare for Training (*Uniform A)
- 8:30 a.m. 12:30 a.m. Leadership Reaction Course
- 12:30 p.m. -12:45 p.m. Move to Cabins and Free-time
- 12:45 p.m. 1:45 p.m. Announcements and Lunch
- 1:45 p.m. 2:00 p.m. Free-time
- 2:00 p.m. 3:00 p.m. Workshop/Biblical Teachings
- 3:00 p.m. 3:15 p.m. Free-time and Move to LRC
- 3:15 p.m. 5:15 p.m. Leadership Reaction Course
- 5:15 p.m. 6:15 p.m. Free-time and Prepare for Dinner -Workshops (*Uniform B)
- 6:15 p.m. 7:00 p.m. Announcements and Dinner
- 7:00 p.m. 7:15 p.m. Free-time
- 7:15 p.m. 8:45 p.m. Workshops/Biblical Teachings
- 8:45 p.m. 9:30 p.m. Bonfire and Fellowship
- 9:30 p.m. 10:15 p.m. Free-time
- 10:15 p.m. Lights Out

SUNDAY - 28 MAY

- 7:15 a.m. Wake-up Call
- 7:15 8:00 a.m. Announcements and Breakfast
- 8:00 a.m. 8:15 a.m. Free-time and Prepare for Training (*Uniform C)
- 8:15 a.m. 9:30 a.m. Move to Outdoor Chapel for Praise and Worship
- 9:30 a.m. 9:15 a.m. Free-time
- 9:15 a.m. 12:15 p.m. Move to Mess Hall for Ranger Walk
- 12:15 p.m. -12:30 p.m. Free-time
- 12:30 p.m. 1:30 p.m. Announcement and Lunch
- 1:30 p.m. 1:45 p.m. Free-time
- 1:45 p.m. 3:45 p.m. Workshops/Biblical Teachings
- 3:45 p.m. 4:15 p.m. Return to Cabins and Pack up.
- 4:15 p.m. 4: 45 p.m. Closing Ceremony
- 4:45 p.m. 5:00 pm Load up and depart!

REQUIRED UNIFORMS – DENOTED IN TRAINING SCHEDULE

Uniform A: Long sleeve shirt, long pants, boots, or high-top sneakers, suntan lotion & bug spray

Uniform B: Casual - Shorts, T-shirt & flip flops, or sneakers

Uniform C: Long pants, boots or high-top sneakers, T-shirt, suntan lotion, bug spray

*** Remember - be on time for retreat events & sessions! ***

STANDARDS OF CONDUCT

Participants attending the Father & Son Retreat must maintain high standards of personal conduct (e.g. integrity, language, morality; abstinence from tobacco & alcohol, and modesty in dress). A clean and well- groomed appearance should be maintained.

Cell phones and electronic devices are not permitted during training and will be collected and secured by TAI staff. These items will be returned to participants at the end of the last event of the day and collected again at "Lights Out".

FOOD AND HOUSING

Retreat participants will eat all meals in the mess hall. Dress code within the mess hall and cabins will be pants or shorts, t-shirt, and footwear.

Cabins and bath houses will be kept clean at all times. Place trash on the front porch of the cabin for pick-up in the morning (must be in trash bags).

SAFETY & SECURITY RULES

- Do not leave your personal belongings or equipment unattended, except in designated secure locations. Teamwork Advantage is not responsible for lost or stolen items.
- When using any restroom in the training or cabin areas, the "same sex buddy system" is in effect. Two (2) or more girls or two (2) or more boys walk together to the restroom. At least one (1) person stands outside the restroom door, while the other(s) uses the restroom.
- No one should leave the ranch without first checking with a TAI staff member.
- Each cabin will be assigned a cabin leader who will have phone access to TAI staff.
- Due to safety and liability concerns, any participant found in an "off limits" area, will be subject to immediate dismissal. At the end of the training day, all areas on the ranch are off-limits with the exception of the immediate area around your cabin or bathhouse.

MEDICAL CONDITIONS AND/OR PHYSICAL LIMITATIONS

This information must be entered on the registration form (be sure to indicate who (e.g. SON: mild asthma or FATHER: diabetic)

If any medication is required, the parent is responsible for administering the medication and making an entry in our Record of Medication Log.

All medications will be stored under lock & key in our clinic (for exceptions check with any TAI staff member)

RECOMMENDED PACKING LIST

Clothing for training:

- Long Pants: Trousers/slacks/jeans (mandatory for obstacles)
- Long sleeved shirts (mandatory for obstacles)
- Boots, high-top shoes, or high-top sneakers (mandatory for obstacles)
- Windbreaker/Jacket /Sweatshirt (for evening)

Personal Items:

- T-shirt and shorts or sweatshirt/pants for sleeping gear
- Swimwear
- Undergarments
- Casual set of clothing for free time
- Bath towels
- Shower shoes/flip flops
- Deodorant
- Soap, Shampoo/Conditioner
- Toothbrush and toothpaste
- Comb and/or brush
- Sunscreen
- Bug Spray
- Laundry bag

Other Items:

- Sheets and a pillow for your cabin bunk bed
- Snacks/some munches
- Miscellaneous items as necessary

CANCELLATIONS AND REFUNDS

If you are registered to attend the Father and Son Retreat (May 26-28, 2023) and must cancel, please contact us immediately at teamwork@totcon.com.

ILLNESSES AND INJURIES

For minor illness/injuries participants can be seen by our onsite EMT for treatment (neosporin, bandages, wraps, cold packs, etc.). If medical treatment for a participant is deemed necessary, TAI staff will contact the parent or guardian immediately, unless the participant needs immediate attention. In that case, TAI staff will contact medical personnel for participants to be transported to the nearest medical treatment center, which is Advent Health Hospital DeLand, 701 W Plymouth Ave, DeLand, FL 32720. Once a participant is enroute to the hospital, TAI staff will then immediately contact the parent/guardian and inform them of the situation.

