



# Challenging Outdoor Personal Experience

## Challenge by Choice

Project COPE is a weekend packed with events designed to challenge a group of people both mentally and physically. COPE is not a form of obstacle course. Instead it is an atmosphere where honest attempts are regarded as success regardless of what the goal may be. Based on the "challenge by choice" philosophy, the primary focus of COPE is to encourage participation, not require it. Participants are constantly reminded of the beginning of the Boy Scout Oath: "On my honor I will do my best..."

Based at Camp Seminole, the Pushmataha Area Council Boy Scout Camp, Project COPE offers a roughing-it-easy style of camping. Groups will be housed in the COPE lodge complete with heat and air conditioning, hot showers, recreation equipment and kitchenette. In addition, Camp Seminole has a 15 acre lake for fishing and a Tradin' Post stocked with camp goodies. There are also numerous hiking trails throughout just in case you're not quite worn out from the other events.



## They've done it...

Project COPE has become a favorite course for many different types of organizations with varying needs. The following is a list of groups (by no means exhaustive!) and some comments they have made about Project COPE.

- Community Counselling Services
- 4-County EPA Quality Management Team
- Willowbrook Staff
- MUW President's Leadership Class
- Starkville & West Point High Schools JROTC
- University of West Alabama Orientation Leaders
- Mississippi Valley State University Faculty
- University of Mississippi Peer Counselors
- Decatur Utilities
- Mississippi Bureau of Narcotics-

"This course brought us all closer together, made us a team, and made us appreciate each other more."

- Southern Christian Services
- Taylor Machine Works
- Civil Air Patrol
- Church and School Groups from MS, AL, and TN
- The Boy Scouts of America

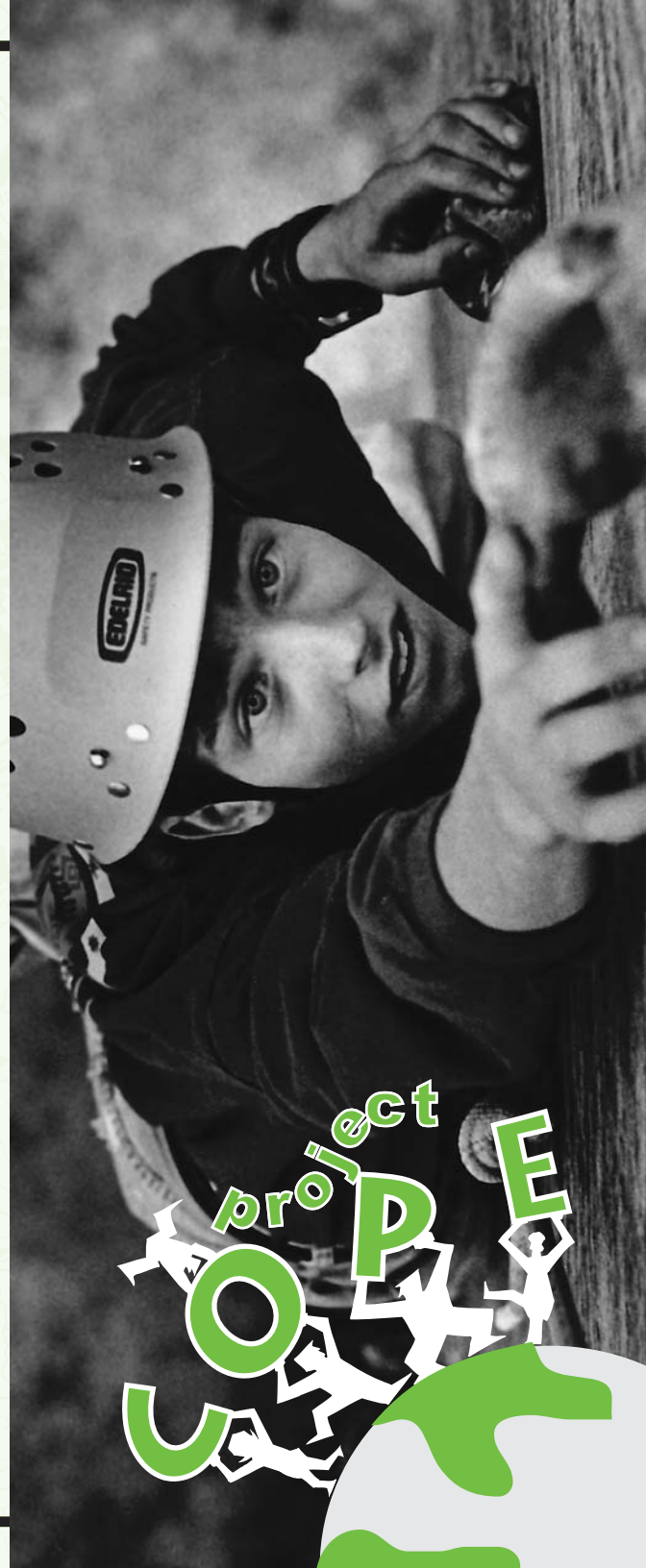
**On my honor  
I will do my best...**

- From Mississippi State University:
  - College of Business and Industry MBA Leadership Class- "All graduate students complete the COPE course because we believe the course provides excellent interactive, action-based learning, providing our students with the problem-solving, decision-making, team-building, communication and leadership skills that they will need in the business environment."
  - Women's Basketball, Softball and Tennis teams
  - Air Force and Army ROTC
  - Residence Hall Association
  - Numerous Sororities & Fraternities
  - Student Association Officers
  - Panhellenic Council
  - Pro-Miss Institute of Leadership
  - Educational Leadership Cohort I Class
  - Alumni Delegates
  - College of Veterinary Medicine Freshman Class- "Our students are exceptionally intelligent and highly competitive. The COPE course is an ideal way to bring everyone to an equal playing field and provide the opportunity for each person to demonstrate strengths and needs in areas nonacademic."



**CONSIDER  
YOURSELF  
CHALLENGED.  
CALL 662.324.3637**

Want more information about the course?  
Pushmataha Area Council  
Boy Scouts of America  
420 31st Avenue North  
Columbus, MS 39705



# THE COPE WEEKEND

## Friday Evening

As soon as you arrive at Camp Seminole you will begin to learn what Project COPE is all about. A brief introduction to the atmosphere, goals and equipment of your course will be followed by several initiative games that get your brain warmed-up for the events that will challenge you tomorrow.

Typically you are put to bed with a "midnight snack" and tons of excitement about the feats you are going to accomplish.



1



2



6



8



3



4



5



7

A sample of Saturday morning:

- 1 The Nitro Crossing
- 2 Swinging Tires
- 3 The Trust Fall
- 4 Artesian Beams

## Saturday Afternoon

Few are brave enough to come between COPE participants and their chow. Lunchtime usually brings subs on piping hot buns and a soup of some variety on chilly days. Your team will get a little break and then it's on to the High Course.

At this time you will learn how to tie a Swiss seat and all about how to "belay" a fellow team-mate. The instructors will demonstrate safety principles and teach you more about how the equipment works. THEN, the moment you've been waiting for... you get to know the trees a little better as they become your ladder, catapulting your courage to magnificent heights. The concept of "team" takes on an entirely different meaning as you gaze down at them from a cable 45 feet high.

## Saturday Evening

You have certainly earned your steak dinner and a cot has never looked so inviting. Sleep overcomes you in spite of your excitement about what lies ahead.

A sample of Saturday afternoon and Sunday:

- 5 The Two Cable Traverse
- 6 Multi-Vine
- 7 Giant's Ladder
- 8 The Climbing Wall
- 9 The Rappelling Tower

## Sunday

MORE good food (do you get the impression that we like to eat around here?) and a lot more excitement is on tap for Sunday.

Your team will finish-up the High Course and then wrap-up the weekend with something a little more leisurely.... The Rappelling Tower.

This giant offers a 25 foot climbing wall and free rappell platform and a 50 foot rappelling wall.

Then, as you remove your swiss seat for the last time and sigh in relief because your jeans have never felt quite so comfortable, you will think again over the things you have accomplished. You will likely leave Camp Seminole a different, more confident individual.

## One Day Courses

Can't make a weekend? Project COPE is also available as a One Day Course. Give it a try!

