

# 南加州中文學校青少年夏令營 簡訊

## SCCCS Chinese Culture Summer Camp Newsletter

編採組：何瑋珊 袁慈恩 高偉翔 張仁鏞 龍蒼宇 顏凱偉 指導：張煌緒

2013年7月3日

### 第四天



小朋友們開心地玩水

### 游泳課

在山上，溫暖和乾燥的天氣有時會讓人不舒服。對小朋友來說，這時候進YMCA的游泳池玩玩水看起來真的很不錯。



看誰投得進去!

YMCA 的救生員先給大家說明幾條要遵守的規則，大家才可以安全的玩水。講完了，想游泳的人就興奮的往游泳池裡跳。在游泳池裡，小朋友們可以玩水上籃球。有些小組決定分隊比賽，玩的滿激烈的。有些輔導員也和他們一起玩。游泳池裡也有輔助浮水的浮條讓大家都用。

救生員還讓一些小朋友考游泳試。只要會游一圈然後不用梯子上岸，就可以得到一隻手環。有拿到的人都很高興。大家游完泳，就在旁邊的浴室洗洗澡，真的很舒服。（高偉翔）



救生員隨時注意小孩們的安全



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## 第四天 孝

今天是夏令營的第三天。同學們每天都早早地來到教室聽課，今天也不例外。"孝"，自古以來都是中華民族一直傳承下來並引以為傲的文化。老師今天就是圍繞這個"孝"字展開講解。

首先老師用了黃香涼席溫被等古人的例子，讓小朋友們對"孝"有了大概的瞭解。然後回到現實生活中怎樣孝順父母。"孝=愛"，所以孝順父母就是愛父母。老師問："我們怎麼孝順自己的父母呢？"小朋友們就開始熱熱鬧鬧地回答了起來--"和父母一起吃飯！""陪父母看電影！""和家人一



起出去旅遊！""教爸爸媽媽用電腦！""和爸爸媽媽一塊兒慶祝節日！"小朋友們總是可以用最簡單最真摯單純的話語道破一些深沉的東西。是啊!其實爸爸媽媽要的不多，只是想要我們的陪伴！所以，從現在開始好好的愛自己的爸爸媽媽，孝敬自己的爸爸媽媽，用一顆感恩的心好好陪陪自己的爸爸媽媽吧！謝謝爸爸媽媽！  
(龍蒼宇)



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扯鈴

江淑惠 老師

第四天

### Chinese Yo-Yo

今年的民俗體育活動是扯鈴。從台灣來的江淑惠教練帶著三鈴的扯鈴，教小朋友怎麼運鈴和做一些基本動作。一開始，扯鈴翻來翻去，要不然線就打結，真是不好控制。老師很耐心和用心的教大家，讓每位小朋友都差不多可以運鈴。學會這個以後，老師就教了一些像拋鈴和蜘蛛網的動作。練習練習之後，小朋友都興奮的想表演給旁邊的人看。



最有趣的一個部分是長繩。兩位小朋友先拿一條十多尺長的線，然後另一位小朋友就把一顆在轉的鈴放在線上。拿著線的小朋友這時候就可以讓鈴滾來滾去或是拋給別的人。這樣活動鼓勵大家一起合作。三個人需要有好的溝通才能做的好。扯鈴雖然不是很簡單，但是真的是一樣好玩的活動。(高偉翔)

### 射箭課



從前人類打獵的方法很多是用弓箭來捕捉他們的獵物。這個項目就是要訓練學生們的準確度和穩定性。就像獵人一樣，學生們在認真聆聽教練講解射箭的規則後，就拿起了弓箭瞄準目標。弓箭的箭有兩種拿法，第一個是用兩隻手指來拉弓，另外一個是用四隻手指來拉。比較小的朋友都選擇用第二個方法來射箭，比較強壯的就可以用兩隻手指。射箭需要有耐心，瞄準了標靶才能放手。姿勢也是非常重要的，如果動作沒做好，箭就會飛到標靶外圍。在射箭時，身體要轉九十度，把頭轉到肩膀的方向，和站穩。有不少有技巧的學生射命中紅心，能夠得到這個結果是非常有挑戰性的。當學生射中紅心時，其他同學都會為他歡呼，讓射中的學生也感覺很有成就感。射完之後，要把箭拿到背後才不會戳到別人。小朋友們射地非常快樂，也學到了如何當一個神準的弓箭手。(張仁鏞)



## 第四天

學生們輕鬆地划船

### 划船課

成為了一個神槍手和弓箭手後，每個學生們都來輕鬆地划船。學生們划的獨木舟是銀色的，在太陽底下顯得特別明亮。河邊四處的風景很美，划船時也非常涼爽。學生們可以慢慢地划船，同時欣賞周邊的美景。

在划船的過程很安靜，在船上的時候彷彿操課的的疲勞都不見了。幸運的小孩們還可以看到小動物的蹤影，還有河裡可愛的動物。今天室外氣溫沒有昨天那麼熾熱，划船時候偶有微風拂面，空氣也很清淨。這讓學生們感覺到大自然的美好。為了安全起見，一艘船只能夠載三個人。



糟了！翻船了！還好，水很淺！



今天的天氣很不錯，所以學生們能享受到一個舒服的旅程。學生們同心協力地划船，兩個人要有默契才能讓船動得很快。如果兩個人划的方向不一樣或動作不一致，船就不能動了。唯一的意外是，有一艘船翻了，但幸好每個人都穿著救生衣，湖水也不深，因此一切平安無事。每一個人都很認真地划到目的地，也體驗到划船的魅力，將來也許會考慮參加南加州的龍舟隊俱樂部。  
(張仁鏞)



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### 第四天

## 攀岩

攀岩是一個刺激又好玩的活動，而且對身體很健康。小孩們都很興奮，大家都急著要爬上最高點。雖然攀岩是一個非常有趣的運動，大家都應該注意自己的安全。再好玩的活動也要非常小心，如果摔倒的話就不得了了。攀岩的設備很安全，每個小孩都有自己的安全繩。雖然有的小朋友不敢上去爬，輔導員一直鼓勵他們去嘗試。最重要的一點是讓小孩們體驗攀岩的感覺。如果是第一次來攀岩，一定得要嘗試一步一步往上爬到頂上的滋味。攀岩的第一個技巧是不要害怕，恐懼會讓人的心跳加速和手腳顫抖。一看到可以踩的石塊就要用全力往上爬。光靠手的力量升高是不夠的。小孩們今天都玩得很高興，也學到了很多攀岩的知識和技巧。看著他們一步一步往上爬到頂點觸摸鈴鐺就覺得很有成就感，也和小孩們體驗到攀岩家的精神。(張仁鏞)

## Rock Climbing

Rock climbing is one activity that many campers enjoy. Though the route to get there is long and tedious, the campers have a lot of energy and excitement when they reach their destination. This activity is taught by the YMCA staff. Today, Ritz and Gusbus taught the yellow team group how to strap themselves into their safety harnesses and how to climb the wall. Afterwards, they took questions from the campers.

Some of the yellow team seemed pretty excited, while others were slightly hesitant and scared. One by one, the boys took turns at trying to climb the wall. Those who reached the top and rang the cowbell came back down with a huge smile on their faces. The others waiting in line were determined to do just as well.

The hour passed by quickly and not all of them were able to go. Luckily for them, they will be returning tomorrow for another chance at the wall. (Jessica Ho)



# 第四天



每個人都開始就定位

## 射擊

蹦! 一走進射擊場就能聽到批哩啪啦的槍聲。學生們很仔細地聽老師解釋射擊場的規則，自己安全是最重要的。老師很輕鬆地跟學生們說明重點，但是射槍是絕對不能開玩笑的。學生們用的槍是真的.22 口徑。射完後會聞到類似煙火的味道，老師說那是彈藥的味道。標靶的距離是一千碼，所以射擊者一開始看不到目標。射擊是考驗學生們的堅硬度，一定要心靜才能打到標靶。每個人有十顆子彈可以發，學生們必須要聽老師的口號才能發射。老師會發兩個重要的司令：射擊場關閉或開放。只要老師說射擊場開放的時候學生們就可以射槍了。有不少人射正中紅心，他們都瞄準地很準確。小孩子們會聽到聲音如果射中標靶。每一個學生們都玩得非常開心，他們個個都是神槍手。(張仁鏞)



## Shooting

The first time you hear a real .22 caliber rifle being fired at the rifle range, you might jump a little at the loud noise. However, after the orientation by the YMCA staff, almost all the kids mustered the courage to shoot at the paper targets. Because of the rare ricocheting shot, everyone had to wear safety goggles, even though luckily no incidents happened throughout the sessions. The staff made sure that everyone understood that shooting must stop if an animal was seen in the way, joking that the kids had to eat whatever animal they shot. Laying down on the mats, the kids started shooting after the staff declared that "the range is open."

The shooting experience was much more authentic than expected, complete with the noise of bullets hitting the metal waste-catcher behind the target, brass shells popping out of the chamber, and even smoke rising from the rifle. After individually loading and shooting their five shots, the kids had to remain lying down until everyone finished and the staff declared that "the range is closed," again for safety. Even though the kids could barely wait to go down the range to see how they performed, the staff's warnings were able to restrain the kids' excitement.

After retrieving their targets and taping on new targets, the kids enjoyed comparing their results. In addition to the holes from the bullet entries, there were smaller rips in the paper from shrapnel, making very impressive patterns. Sometimes, a kid would realize that they aimed at the wrong target and that a target had more than the supposed maximum of five holes, while another had none, causing widespread laughter. In some of the rounds, the staff shot each of the targets so each paper had at least one hole. The kids then were allowed to bring back their targets as souvenirs. Although some kids wanted to take a few shells, they were not allowed to do so because the shells were dangerously sharp and also recycled for use. Still, everyone seemed to enjoy the experience greatly. Depending on the speed of the group, some groups actually were able to shoot up to three times in a session. With such practice and adjustment, everyone improved dramatically and gained a sense of satisfaction. (Brandon Kao)

## Morning Assembly

After their morning exercise, the children have to march in two straight lines towards the area behind the cafeteria. There, each class lined up in two rows, awaiting further instructions. If they arrive late, their counselor will be chastized with pushups.

The morning meetings are for emergency announcements, morning culture lessons and breakfast. This is essential towards our success throughout the day. When each class organizing themselves by class, it looks like a cascade of colors. They also say “lao-shi-hao”.



Campers in the cafeteria



Teams line up for roll-call

## Facilities

Every morning, each camper is expected to clean and tidy up their beds and rooms in a group effort; Sleeping bags are laid out, bathrooms cleaned, and the floor clear. The rooms were rated 1-10 and checked thoroughly by the judges. The points contribute to each group's total scores for the end of the week.



Camper's cabins