Leader News
March, 1999

Mandatory OA Leaders Meeting
Topics: Frosh Trip ’99,
Spring Trips, Projects, Gear Discounts
Wednesday, March 31
7:30 - 8:30 PM, McCormick 101

Bring your completed Frosh Trip Application
OA Leader Discount Cards for everyone who attends!

Anyone who will be observing the first night of Passover or who has
classes is not expected to attend. We will post any special information
from the meeting on the Web.

HOW DO I APPLY TO LEAD A FROSH TRIP?
1. Read this newsletter carefully.
2. Fill out the enclosed Frosh Trip application.
3. Fill out the enclosed Health History form.
4. Bring the forms to the March 31 leader’s meeting or turn them in at the Armory by
   Friday, April 16.
5. Talk to friends about applying to be Managers or Support.
6. Recruit cool faculty or staff to apply to go on the trip. Get them an application at
   the Armory, or off the Frosh Trip Page on the Web.
7. Make sure that you renew your CPR.
8. Take the van driver course just so you don’t have to worry about it anymore.

WANT TO GO TO COLORADO THIS SUMMER?
Summer Jobs - Frosh Trip Program Coordinators
Each year we hire two OA Leaders for the summer to coordinate all the planning for the Frosh Trip. It takes a lot of
preparation to handle more that 750 leaders and participants each year. This year we are looking for the program to
grow even more and to add new programs and routes to new areas. This is a great summer job that offers lots of
responsibility and a great work environment. The two coordinators work closely together to plan and orchestrate the
largest wilderness orientation program in the country. Responsibilities include route planning, menu planning,
researching new trip areas, equipment inventory and ordering, trip assignments transportation logistics, campsites and
permits, leader refresher training, etc. This is a great learning opportunity for people interested in planning,
management skills, and outdoor education. In addition you’ll have an opportunity to lead some day and weekend trips during the summer, and work at the Climbing Wall and Low Ropes Course. It’s both a fun summer and gratifying to see the end result of all your efforts, another successful Frosh Trip! The job is 12 weeks of work with 1 week off. Your other week of vacation will be spent out in Colorado helping with the Mt. Princeton Climb (all expenses paid).

**Qualifications:** You must have completed all of the leader training requirements, have lead at least one multi-day OA trip and be an authorized van driver. Low Ropes Course Facilitator and Climbing Wall experience encouraged. **Salary:** The job will pay $3,000 with a $500 housing allowance for the summer. If you are interested in working with OA over the summer, please fill out a Job Application (www.princeton.edu/~oa/leaders). **Applications due by Wednesday, March 31.**

**IMPORTANT NOTES**

**Leader Trainer Applications Due**

Interested in becoming a Leader Trainer? Check out www.princeton.edu/~oa/leaders/ldrtrnr.shtml. Applications for Dead Week Leader Training Trips are due into the OA Office by Wednesday, March 31. Applications available at the OA Office or get one from the Web at (www.princeton.edu/~oa/leaders). Participation in the new Wilderness Education Seminars (see below) is now a part of the application process: you are required to help teach one class, and attendance at others is encouraged. Call Jamie Hand and Holly Markovitz for details (8-7703).

**Dead Week Trip Leader Applications Due - See the latest OA NewsFlash for Trip List**

Applications for Dead Week Trips are due into the OA Office by Friday, April 9. Applications available at the OA Office or get one from the Web at (www.princeton.edu/~oa/leaders)

**Leaders Meeting**

It is very important that everyone come to the March 31 Leader’s Meeting. There will be important information about the Frosh Trip. The Executive Committee will be on hand to talk about changes for OA, and upcoming plans for this spring and next year.

**Baltimore Outward Bound Staff Training - April 17 & 18**

We are excited to have a special Leader Continuing Education opportunity with The Chesapeake Bay Outward Bound Center in Baltimore. There are two staff training options, which will be open to leaders. Both are free, you will only need to pay for food. Lodging will be provided on site at the Outward Bound Center in Leakin Park. **Sign-up deadline is Friday April 2.** We will provide Van transportation down to Baltimore leaving Friday afternoon, April 16.

- **Prospective Staff Training Weekend:** This is an on-the-trail training for prospective OB staff. It gives you a chance to check out OB and them a chance to check you out for future employment. The group will arrive on Friday night and spend Saturday on the trail working on backcountry skills.
- **Staff Adventure Course Training:** This weekend is part of OB’s ongoing training for their staff. You will be trained on the high and low ropes course elements and group initiatives at their base in Leakin Park.

**Low Ropes Facilitator Training**

We will be expanding our use of the Low Ropes course this spring and will be offering a free Low Ropes Facilitator Training Course to train new facilitators. This is a great skill to have both for OA and for working for other programs. Join us on Tuesday and Thursday from 4:00 – 6:30 PM on April 13, 15, 20, and 22. Signup at the OA Bulletin board in Clio, send email to Darcy (daryw@princeton.edu) or talk to Katie Baum ’01 (8-9960) or Jane Roberts’01 (8-9446) the new Low Ropes Course Coordinators. Once you have been trained you get paid $8.50/hour to facilitate groups and are also eligible to be hired as adjunct staff by Princeton-Blairistown Center.

**Opening for Special Projects Committee Co-chair**

We have an opening on the OA Executive Committee for one member-at-large to serve on the Special Projects Committee. Applications are available at the OA Office or on the Web at www.princeton.edu/~oa/leaders and are due by Wednesday, March 31.
Leaders Caving Trip
Caving is a whole new world of underground exploration. Join us for a trip to Leigh Cave, the largest volume cave in New Jersey on Tuesday, May 4 from 12:00 – 6:00 PM. We will spend the day exploring the twisted passages and inner rooms of the cave. This is a great cave for first-time cavers since it does not require any technical caving expertise. You need to be prepared to be underground for 5-6 hours. All equipment will be provided by OA. **Trip fee:** OA Leaders $10.00.

Time to Renew Your CPR!
Chances are your CPR certification has expired or is getting ready to. Time to renew your certification. Check out the HEART CPR courses listed below. Room assignments will be posted on the sign-up sheet at Clio Hall.

**Adult CPR (Full Class)**
- Tuesday, April 13, 7:30 – 11:00 PM
- Wednesday, April 21, 7:30 – 11:00 PM

**Adult CPR Challenges**
- Wednesday, April 14, 7:30 – 11:00 PM
- Tuesday, May 4, 7:30 – 11:00 PM

**Professional Rescuer CPR Challenge**
- Tuesday April 20, 7:30 – 11:00 PM

Leader Barbecue
Take a break during Reading Period and join us for the annual OA Leader Barbecue (no we don’t barbecue leaders) on Friday, May 7 from 4:30 – 7:30 PM. Bring your frisbee and hang out on the lawn. Location TBA. Meat & veggie options provided.

**JOBS**

**Class of 1969 Summer Service Internship**
Once again OA is offering a summer service internship position with support from the Class of 1969. This position is designed to expand OA’s community service initiatives through developing partnerships with new community organizations, developing training programs for students, and providing experiential activities for urban youth in the Mercer County area as well as outside New Jersey. This is an exciting summer internship that includes work both on campus and at the Princeton-Blairstown Center. **Qualifications:** You must have completed all of the OA Leader Training. Low ropes Course Facilitator and Climbing Wall experience preferred. **Salary:** The job pays $2,800 for 10 weeks. Students who are eligible for Work-Study may also be able to continue this position as a year-long work-study job in the OA Office. If you are interested in working with OA over the summer, please fill out a Job Application available at the OA Office or get one from the Web at (www.princeton.edu/~oa/leaders). **Applications due by Wednesday, March 31.**

**OA Work Study Position(s) for Next Year**
We have an opening for a Work Study student in the OA Office for next year. This is a fun job working with trip preparation, leaders, and of course, Darcy and Rick. The time range is 5-10 hours a week and the specific days and hours are flexible. Work includes preparing for outgoing OA trips, maintaining office records and databases, handling trip billing, researching equipment and trip areas, and other projects. **Salary:** Whatever your current Work Study salary allocation is. Applications will be available at the March 31 Leader’s Meeting, at the OA Office, or on the Web (www.princeton.edu/~oa/jobs). We would like the person to work a few hours this spring for the current staff to train you.

**Leader Jobs During Reunions**
OA will be doing a number of activities for alumni during this year’s Reunions, including short hiking trips, canoeing trips, the Low Ropes course, and the Climbing Wall. Most of these activities will be 2-3 hours long and will be offered on Thursday, May 28 - Saturday, May 30. We will be paying people $8.00/hour for working. **We are particularly interested in recruiting seniors or others who are already planning to stay through Reunions or Graduation.** If
you are interested, sign up at the OA Office and pick up a Reunions Job application form or get one from the Web at (www.princeton.edu/~oa/leaders). Applications due by Wednesday, March 31. We will have some housing available for non-seniors.

**FROSH TRIP ’99 NEWS (FT ’99) – OA TURNS 25!**

Once again it’s time to start thinking about our next great endeavor, FT ’99 our 25th Anniversary Year Trip! This past fall saw the largest program in OA’s history, 600 frosh on 67 different trips! OA runs the largest wilderness orientation program in the United States. This year should be even bigger and we will need lots of people to make it happen. We hope you can be a part of FT ’99. The Frosh Trip runs from Saturday, September 4 – Saturday, September 11. You will need to arrive on Wednesday, September 1 for pre-trip training. If you are interested in leading, working as a Manager, or being a Support person, you must come to the Leader’s Meeting on Wednesday, March 31, at 7:30 PM, in McCormick 101. You must apply by filling out the enclosed Frosh Trip Application. Bring the completed applications to the March 31 Leader’s Meeting. Applications must be received no later than Friday, April 16. The deadline is set so that we can establish preliminary leader pairings in May.

**Frosh Trip Application Form**

Enclosed is your FT ’99 application form (the reason that we are printing this copy of the Leader’s News). Please fill it out and bring it with you to the March 31 meeting. All applications must be in by Friday, April 16. If you will have finished everything by the end of the school year, please indicate your planned completion date for each training requirement on your application and you will be considered for a leader position. If you have not completed all of the leader training requirements by the end of the year, you are still eligible for some positions (see below).

**Wilderness First Responder Course before Frosh Trip ’99**

We may offer a Wilderness First Responder Course the last week of August up at the Princeton-Blairstown Center if there is enough interest. Course dates would be Monday, August 23 – Tuesday, August 31. Cost would be approximate $250 ($400 less than any other WFR course). If you would be interested, please check the box on your Frosh Trip application. If you aren’t going to be leading a Frosh Trip, you can still take the course so please contact the OA Office by Friday, April 16 to let us know of your interest. We will decide on April 16 if there are enough people to offer the course.

**Route Briefers**

In order to improve the route briefing process for next year, we need to identify leaders who can become “experts” on trip routes. We provide people with the route descriptions and maps over the summer to go over to be able to give a more thorough route briefing. If you are interested, please indicate this on your application and what trip area(s) you have experience with that you are willing to brief others about. Route Briefers will need to be part of the Advance Team coming back by 12:00 PM on Wednesday, September 1 in order to get ready.

**Advance Team**

We are looking for a group of leaders who can come back to campus earlier on Wednesday, September 1 to help in final preparations for FT ’99. This group will be responsible for such things as last minute packing and all the thousands of little things that need to be done in the final hours. This group will come back on Wednesday morning, September 1 in order to start working at 10:00 AM. If you are interested in volunteering for the Advance Team, please indicate this on your application. If you can’t get in before 10:00 AM on Wednesday, Advance Team members will be able to move into their rooms on Tuesday, August 31. We will select the Advance Team in May.

**Are You Going to Be on Campus this Summer?**

If you are going to be on campus this summer, please let us know. We will be needing help all summer long to get ready. Also, we will be leading some weekend trips during the summer. Please check this on your application form if you will be on campus or in the area.

**Positions**

The Frosh Trip is a massive logistical enterprise. Ours is the largest program in the country in terms of participants and number of days. This means we need lots of qualified staff: leaders, support staff, and managers. If you apply to be part
of FT '99, you are agreeing to serve, **cheerfully**, in whatever role you are assigned to. We will do our best to place you in the role you request. You will find out just what position you have been assigned to when you return in September. Those who have not completed all of the leader training requirements by the end of the year will not be eligible to serve as leaders and may be assigned to Support or Manager positions. If you are interested in leading specialized trips like canoeing or rock climbing, you must also have training in that area. The following positions will be open with the indicated eligibility requirements:

- **Primary Leaders** - have completed all leader training requirements, have led at least one trip, and have demonstrated the skills to lead with someone who has never led before.
- **Co-Leaders** - have completed all the leader training requirements and may or may not have led a trip.
- **Assistant Leaders** - have completed all the leader training requirements but have not yet led a trip.
- **Climb Support** - This year with the addition of the Outdoor Adventure Trips (see below) we are planning to do more Rock Climbing. In order to have enough climbing leaders to go around we are looking for 1-2 people who would be interested in spending the week at the Princeton-Blairstown Center and running Rock Climbing Trips with a different group each day. Please check the space on the application if you would be psyched to do four days of climbing.
- **Support Staff** - anyone who is interested is eligible for Support Staff. Support Staff are an essential resource for making the Frosh Trip run smoothly. Support Teams are stationed near the different trip areas in New Jersey, Pennsylvania, New York, and New England. During the week you are a resource to groups that are on the trail. It can be a busy week shuttling groups back and forth between the river and trail, resupplying groups with equipment, delivering water drops, and providing transportation in special situations. It gives you a chance to interact with the groups and meet incoming students during the trip. We pair two students per area, so it can be a fun job to do with a friend. Food and comfortable lodging expenses are covered during the week. You need to have a valid driver’s license and complete the University Van Driver Training program to be eligible. Those who have not completed all the leader training requirements, or who have not led a trip are also eligible to be Support Staff.
- **Managers** - anyone who is interested is eligible for Manager positions. As you know, a lot happens in the few short hours from the frosh arrival on Saturday to leaving on the buses on Sunday morning. Managers handle the pre-trip logistics including equipment and food distribution, check-out, and bus departure. During the week, Managers staff the OA Communications Center to manage logistics for groups in the field. You will be responsible for a particular area, coordinating calls coming in from trip groups and Support teams, setting up rendezvous, etc. At the end of the trip, Managers handle group check-in. You will be staying in your dorm room. You will be given a food allowance for the week.

**Manager & Support Recruiting**

If you know anyone who is not a leader, but would be interested in working either as a Manager or Support Staff, please pick up an application at the Office and deliver it to them personally or get one on the Web at www.princeton.edu/~oa/ft. We need lots of Support Staff and Managers this year and it really helps if you recruit good people. Applications are due Friday, April 16 and interviews will be held in April.

**Types of Trips**

OA is offering a broad range of trips for this year’s Frosh Trip. Please rank your trip interests on the application form.

- **Backpacking**: Most OA trips involve backpacking. This year we will be using the same areas we have used in the past. Catskills, NY; Central Pennsylvania - Black Forest, Loyalsock, Chuck Keiper, Susquehannock, Mid State Trail; Shenandoahs, VA; AT in Massachusetts; AT in Connecticut; AT in Vermont; AT in New Jersey.
- **Outdoor Adventure Trips**: These trips were extremely popular last year and we anticipate even more frosh requesting them. Groups camp out in backwoods sites at the Princeton-Blairstown Center for the week and do a different activity each day including: the high ropes course & zipline, outdoor climbing wall, rappelling, an overnight on the Appalachian Trail, and a trail project.
- **Canoeing or Backpacking/Canoeing Trips**: There are several all canoeing trips both flatwater and whitewater. There are also some trips that involve backpacking and canoeing. All of these are in the Delaware Water Gap. All leaders selected to lead a canoeing trip will need to return to campus on Tuesday, August 31 in order to take the
Paddling & River Rescue Refresher that begins at 10:00 AM on Wednesday, September 1. If you are interested in leading a canoeing trip and need more experience, check out the Canoeing Courses below. If you are applying to lead a White Water Canoeing Frosh trip you also need to fill out the separate Paddler Skills Form (www.princeton.edu/~oa/leaders). Here are the requirements to lead a canoeing trip:

- **Canoeing/Flatwater Requirements:** You need to have flatwater canoeing experience and be competent to teach basic strokes including forward, sweep, and J-strokes. You should take the Flatwater Canoeing Basics Course (see below). It is highly recommended that you take the River Rescue 1 Course (see below).
- **Canoeing/Whitewater Requirements:** You need to have basic whitewater canoeing experience at the Class II Level or take the Beginners Whitewater Canoeing Course in April or May (see below). You also must take the River Rescue 1 Course (see below).
- **Backpacking/Rock Climbing Trips:** There are several backpacking and rock climbing trips in the Delaware Water Gap. Here are the requirements to lead a climbing trip.
  - **Climbing Requirements:** Beginning Rock Climbing Course, Top Rope Climbing Techniques Course, or have equivalent experience. Everyone needs to have taken the Top Rope Climbing Examination class. All leaders selected to lead a climbing trip will need to return to campus on Tuesday, August 31 in order to take the Anchors Refresher & Cliff Rescue Class that begins at 10:00 AM on Wednesday, September 1. If you are applying to lead a Rock Climbing Frosh trip you also need to fill out the separate Climber Skills Form (www.princeton.edu/~oa/leaders).
  - **Kayaking Trip:** this will be a basic flatwater kayaking trip on the Delaware River. The group will get “sag wagon” transport from a Support Team to prevent having to paddle fully loaded kayaks.
  - **Kayaking Requirements:** You need to have basic whitewater kayaking experience at the Class II Level, be comfortable teaching basic kayaking skills to beginners, and at least a flatwater Eskimo Roll. If you have not done any kayaking on moving water, take the Beginners Whitewater Kayaking course in April. You also are encouraged to take the River Rescue 1 Course (see below). All leaders selected to lead a kayaking trip will need to return to campus on Tuesday, August 31 in order to take the Paddling & River Rescue Refresher that begins at 10:00 AM on Wednesday, September 1.

**Arrival Schedule**

All Leaders, Managers, and Support staff will need to arrive on campus on Wednesday, September 1, by 5:00 PM. Those who can’t arrive by 5:00 PM will need to come in on Tuesday. If you are selected to lead a Rock Climbing or Canoeing/Kayaking Trip, you are required to participate in either Anchors Refresher & Cliff Rescue or Paddling & River Rescue refreshers on Wednesday, September 1 from 10:00 AM – 5:00 PM. You will probably need to arrive on Tuesday evening.

Housing will be open from 9:00 AM - 4:00 PM on Wednesday, September 1 for you to get your key and move into your room. Due to summer housing and construction students in the following dorms may not be able to move into their rooms until Friday, September 3—1927/Clapp, Joline, Campbell, Edwards, Feinberg, Patton, Walker Hall (if so you can crash with your co-leader or friends on Wednesday night). We will know for sure about move-ins later in the summer.

FT ’99 will begin with a meeting and dinner at 6:00 PM in Dillon Gym on Wednesday September 1. That evening we will go over the trip schedule, hand out group equipment and food, and distribute trip packets. Thursday and Friday will be skill training days. Throughout the day on Saturday, there will be meetings to discuss trip logistics. The frosh will arrive on Saturday, September 4, and will meet at Dillon Gym at 4:30 PM. Personal gear will be distributed at that time. The trips will leave on Sunday, September 5, and return on Friday, September 10. Saturday, September 11 will be a mandatory clean-up day for all leaders and staff. Sunday, September 12, will be a mandatory two-hour debriefing session for all leaders and staff followed by our annual Frosh Trip Staff picnic.

**Pre-Trip Classes**

The pre-trip refresher classes last year worked well to sharpen up everyone’s skills before the trip and to provide opportunity to work out goals and plans with your co-leaders and learn the details of your route. Everyone is required to
be back before the trip to participate in these pre-trip trainings. If you feel you don’t need to take a particular refresher workshop, you are expected to be one of the workshop instructors. Please indicate on your application which workshops you would be comfortable teaching to other leaders. We will take attendance at all the workshops.

Summer Storage
If you need to leave any of your backpacking gear in storage over the summer, you must put it in the designated Early Arrivals storage area located in the basement of the 2nd entryway of 1938 Hall. No other storage area will be opened on September 1 or 2. If you put your boots or your pack somewhere else, you’re out of luck. You are allowed to place two boxes only in storage. Building Services will have a list of OA staff that are allowed to put items in storage starting Monday, May 16 from 9:30 AM - 3:30 PM. You will be checked off the list once you have placed items there. This storage is open only for backpacking gear you will need for the trip. Do not store other items there!

Faculty & Staff Recruiting
This year we are trying to increase the number of faculty and staff that go on Frosh Trips as participants. So we are looking for some adventurous sorts ready to head into the woods for 6 days. Only you can recruit these people. Applications will be available at the March 31 Leaders meeting, at the OA Office, or get one from the Web at www.princeton.edu/~oa/ft. We need all faculty and staff applications by Friday, May 15. They will be informed about whether they have been accepted for a trip after June 30 (the deadline for Class of ’03 applications).

LEADER CONTINUING EDUCATION

Wilderness Education Seminars (WES)
The Leader Training Committee is introducing a new component to OA training: Wilderness Education Seminars. These classes will provide you with the opportunity to refresh your skills and continue your backcountry education long after your LTT! Each one-hour seminar will be supervised by leader trainers, and sessions will be offered several times throughout the year. All leaders are encouraged to participate. Seminars will include topics such as:

- Teaching for Different Learning Styles
- Navigating with Map & Compass
- Advanced Leave No Trace Practices
- The Backcountry Chef
- Stove Repair

Top Rope Climbing Techniques Course
The Top Rope Climbing Techniques Course covers climbing hardware, rope care, tying into natural anchors, equalizing loads, rappelling, and advanced belay techniques. Instructors will also work on advanced climbing techniques. Participants must have completed the Introduction to Rock Climbing course or be competent with basic climbing and belaying skills. Course fee: OA Leaders $35.00.

  Tuesday and Thursdays, 4:30 – 6:30 PM April 13, 15, 20 and 22
  Day Trip on Sunday, April 25

Cliff Rescue Course
We are very excited to have professional mountain guides Majka Burhardt ’99 and her husband Eli from the American Alpine Institute teaching a one-day Cliff Rescue Course. The course will focus on Top Rope Climbing situations. You must already have taken the Top Rope Climbing Techniques Course or have similar experience in setting up anchor systems. The date and location will be set for late April. Sign up at the OA Bulletin Board in Clio if you are interested.

River Rescue 1
Anyone who paddles on whitewater should be competent at handling basic river rescue. This one-day river rescue course is specifically designed for whitewater paddlers. It is a complete hands-on course that will be taught on and in the water on the Delaware River on Friday, April 23 from 1:00 – 6:00 PM. You will learn how to rescue swimmers with throw ropes and tows, rescue from strainers and foot entrapment, and more. You must attend the River Rescue video on Thursday, April 22 at 7:30 PM in McCosh 66. Participants will need helmets, life jackets, and wet suits (provided by OA if you don’t have your own). Course fee: students $25.00, OA Leaders $15.00, faculty/staff $40.00.
Beginners Flatwater & Whitewater Canoeing Courses
If you are applying to lead a Frosh Canoeing Trip then you need to have solid canoeing skills either on flatwater or whitewater and be capable of teaching these skills to frosh. There are several courses.

- **Flatwater Canoeing Basics**: We will be offering two afternoon training sessions on Lake Carnegie teaching basic flatwater paddling skills including strokes and basic canoe rescue. Join staff from the Paddling Committee on Friday, April 9 or Friday, April 16 from 1:00 – 6:00 PM. **Free**.

- **Beginners Whitewater Canoeing**: this course will be taught by ACA instructor Joe Pylka on Saturday, April 24 and Sunday, April 25. You must have taken the Flatwater Canoeing Basics course or have previous experience canoeing on flatwater. **Course Fee**: $25.00 for leaders.

- **Beginners Whitewater Canoeing**: This is the Mid-Atlantic American Canoe Association Round Valley Round-up on Saturday, May 22 and Sunday, May 23. The course will be similar to the one offered by Joe Pylka. **Course Fee**: approximately $25.00 for leaders.

OA COMMUNITY SERVICE PROGRAMS

New Projects
Next fall we will be significantly expanding out Community Service Programs to include weekly service projects and service trips over breaks with an outdoor focus. This spring the Community Service Committee needs help getting these projects set up for the fall. To help out, contact one of the two Community Service co-chairs, Emily Atwood (8-8270), or Sarah Gaines (8-9428). We will have more information at the March 31 Leader’s Meeting.

OA Communiversity Events
OA is looking for volunteers to help us run some fun outdoor games for kids up on Alexander Beach on Saturday, April 24 as part of our contribution to Communiversity. Sign up at the OA Office.

We also need more CPR instructors!
If you are currently certified in CPR, you can take a CPR Instructor’s Course and be qualified to teach. This is a great way to take care of your own recertification each year. **By teaching one class a year, you can re-certify yourself.** In addition, CPR instructors are paid for teaching. If you are interested, contact the HEART CPR coordinator, Mike Craig at 8-8150.

DEAD WEEK TRIPS

All-Leaders Backpacking Trip
Once again we are offering a more advanced backpacking trip for OA Leaders over “dead week.” This means higher mileage, more challenging terrain, and really polishing your skills with a great group of people. This trip will be run in an “expedition” fashion where everyone will be responsible for working on some part of the pre-trip plan: route, food, equipment, etc. **Trip Dates**: Sunday, May 23 - Wednesday, May 28. **Trip Cost**: $55.00.

END OF THE YEAR TRIPS

Leader’s Backpacking Expedition:
We are starting to plan for next June’s end of the year backpacking expedition. The trip will spend about two weeks backpacking through high-country forest, alpine lakes, and over high passes. Cost for the trip will be approximately $250 and will cover all expenses including transportation. Possible locations are the 100-mile Wilderness in Maine, the Presidential Range in the White Mountains, or Smokey Mountain National Park. The group will spend two days driving out on either end of the trip. The trip is scheduled for the day after graduation, Wednesday June 2 - Wednesday, June 18. Because of the popularity of this trip it will initially only be open to Leaders and Leaders-in-training. Participants will be selected from the interest list. Sign up at the OA Leaders Meeting on Wednesday, March 31, at OA Bulletin board in Clio Hall, or talk with Chris Beeson ’99 (8-7340) or Scott McCowan ’99 (8-8550).
THE OUTDOOR ACTION LEADER TRAINING PROGRAM

See the latest OA NewsFlash for details on upcoming Leader Training activities.

EQUIPMENT

Blue Ridge Mountain Sports (the Nickel)

Blue Ridge Mountain Sports at the Princeton Shopping Center on Harrison Street offers a 10% discount to leaders on all non-sale merchandise. In order to get the discount, you must have an OA Leader Card and your PU ID. Discount cards will be passed out at the March 31 Leaders’ Meeting.

Eastern Mountain Sports Club Sale

EMS at Princeton Marketfair is doing its spring “Club” sale on Thursday, April 29. All items in the store will be 20% off to club members. You must have your OA Leader Card to qualify for the discount. OA will be running a van out to EMS leaving Dillon lot at 4:00 PM.

FT ’99 CALENDAR

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<tr>
<td>Wednesday, March 31</td>
<td>Frosh Trip ‘99 Meeting 7:30 PM, McCormick 101</td>
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<tr>
<td>Friday, April 16</td>
<td>Frosh Trip ‘99 Applications Due</td>
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<td>Friday, May 15</td>
<td>Faculty &amp; Staff Applications Due</td>
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<tr>
<td>Monday, May 17</td>
<td>1938 Hall Open for Early Arrivals Storage 9:30 AM - 3:30 PM</td>
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FROSH TRIP ’99

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<tr>
<td>Tuesday, August 31</td>
<td>Climbers, Canoeist, and Kayakers arrive to be ready for 10:00 AM Training on Wednesday</td>
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<tr>
<td>Wednesday, September 1</td>
<td>Climbing &amp; Paddling Refreshers start at 10:00 AM Advance Team Work Starts at 10:00 AM Leaders Arrive by 5:00 PM, Dinner at 6:00 PM Equipment &amp; Food Distribution in the evening</td>
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<td>Thursday, September 2</td>
<td>Leader Refresher Training</td>
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<td>Trip Briefings, Frosh Arrive</td>
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