

PRACTICUM CATALOG

JUNIOR AND SENIOR HIGH

MAY 16-22, 2025

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Practicum Policies for 2024/2025

Practicum is a required element of the FRCS junior/senior high curriculum. Parents and students should review the information in this packet. Please pay attention to the Practicum Policies and timeframes when deciding which Practicum is best for your son or daughter.

Decision

Take time to carefully consider all the options. Pray with your son or daughter and discuss which Practicum options are best suited for him or her at this time. As you pray and discuss, please consider the costs, student interest, activity level, and the medical needs, if any, of your student.

We have split the Practicums into Academic, Advocacy, and AWE based Practicums. The contact information for each Practicum groups is as follows:

Academic:

Sierra Downs: sdowns@frcs.org

Advocacy:

Nicole Funk: nfunk@frcs.org

AWE:

Jeremy Wall: jwall@frcs.org

Practicum Fees

Costs and fees listed in the options packet are estimated to the best of our ability based on prices at the time the options were created. If adjustments must be made due to price changes when tickets are booked or other factors beyond our control, we will notify parents as soon as possible.

Please Note: *Students and families who choose a Practicum that costs more than \$500 must be current with all tuition and fee payments before final selections are assigned. ALL Practicum options costing over \$500 have a non-refundable deposit to be registered for that practicum. This ensures that leaders can make reservations for all the needed elements for the experience.*

No deposit is due with the selection form. This year we have simplified how Practicum payments are made: **all Practicum fees will be paid through each family's FACTS account.** Once Practicum rosters are finalized, your Practicum leader will send you more information including the final cost of the practicum as well as a payment schedule for the larger trips. Once the fee is

posted to your FACTS account, you will receive an email notifying you of the charge. The payment will be drafted from your account **10 days after the fee is charged.**

Selection form Due Date

The Practicum “top choices” form is due **November 1, 2024**. Forms should be turned in to the front desk at the junior/senior high. Students are assigned a Practicum option based on this form with priority given to those who turn in the form on time. Late forms are assigned *after* all others, in the order they were received. Students who do not turn in a form will be contacted and, in agreement with their parent, assigned to a Practicum group that has an open spot.

Practicum Assignments

The Practicum committee will sort selections based on grade level first (grade 12, 11, 10, 9, 8, 7), spring sports athletes and the late submissions. Please choose Practicum options in order of interest level. It is important that you select Practicum options that the student and family have determined are the best fit for the student.

A note about Practicum assignments: Depending on interest levels, student/teacher ratios, and minimum number of students needed for each Practicum, a Practicum MAY NOT RUN. At this point students who had that practicum on their form would move to their next priority option from their list.

All practicums and their listed activities are subject to change in the event of unforeseen circumstances, changes beyond our control, or acts of God.

International Advocacy Experience Trips

Because of the sensitive nature of these Practicum options there are specific considerations taken into account in determining who will be a part of them. These include age, maturity, Christian testimony, previous cross-cultural experience, and behavior in school and in extracurricular activities.

Junior High Options

Experience Colorado Day Trips

Focus: Academics, Advocacy, AWE

Location: Various Colorado cities and towns

Leader: Kaley Sferra

Price: \$150

Activity Level: Must be comfortable and confident hiking with lots of walking

Dates: May 16, May 19-22 (Friday, Monday-Thursday); no overnights



At a Glance

This practicum exposes students to the history and creation of our great State of Colorado as well serving Colorado's at-risk youth. We will explore various sites around Colorado. This option's focus is learning about God's creation and serving our community. At the conclusion of each day, participants will participate in a debrief in which they share stories they have learned and stories they have created on that particular day.

Experience Highlights

- Explore Downtown Denver and attend a Rockies Game
- Day hike in Boulder to the Flatirons
- Visit Cheyenne Mountain Zoo
- Serve at Movement 5280
- Idaho Springs gold mining experience

Practical Details (what's included)

- Venue tickets
- Lunch

Final Note

Transportation volunteers are needed. P3 hours will be awarded to parents who participate.

Experience Colorado Overnight Trips: Wilderness Survival and Camping 101

Focus: Academics, Advocacy, AWE

Location: Southern Colorado Mountains

Leaders: TBD

Price: \$300

Activity Level: Must be comfortable with tent camping at elevation and day hikes; be prepared for both warm and cold weather. It will be May in Colorado.

Dates: May 16 (Friday, packing and preparation) May 19-22 (Monday-Thursday, overnight camping)



At a Glance

Come and adventure with us into the beautiful Rocky Mountains of Southern Colorado. Students will learn the fundamentals of camping and wilderness survival, in addition to engaging with the history and culture of the Southern Ute tribes. This practicum will challenge students to learn both self-sufficiency and teamwork as they face the beauty and challenges of God's awesome creation. Students will explore the virtues of resilience and empathy as they learn about the outdoors, work together with their peers, and hear the stories of the Ute tribes.

Experience Highlights

- Learn the fundamentals of wilderness survival
- Learn how to pack for, set up, and tear down a campsite following "Leave No Trace" principles
- Engage empathetically with the history and culture of the Southern Ute Tribe
- Experience both the beauty and the challenges of the wilderness
- Learn what it means to be a faithful steward of God's creation

Practical Details (what's included)

- Food for the week
- Venue tickets
- Some camping gear, if needed

Final Note

Students will need to provide their own outdoor gear for this practicum (sleeping pad, cold-weather sleeping bag, hiking boots/gear). Tents and food will be provided.

Washington D.C.

Focus: Academics

Location: The country's capital

Leader: Robyn Wise

Price: Approximately \$2,400

Activity Level: We walk quite a bit!

Students are encouraged to bring two pairs of comfortable walking shoes.

Dates: May 16-20 (Friday through Tuesday)



At a Glance

The 8th grade Washington DC trip is a class trip open to all eighth grade students. We explore our nation's capital as well as Monticello in Richmond and the battlefield of Manassas. This is such an amazing opportunity, not only to see many, many pieces of our history, but a fantastic bonding experience for the entire class! I cannot express the impact this trip has had on our students in the past and how much I don't want a single student to miss out on the experience.

Experience Highlights

- Visit the Lincoln Memorial
- Experience the Korean Memorial
- See the Museum of the Bible
- Explore the Smithsonian museums
- Tour many other, famous sites

Practical Details (what's included)

- All travel
- Meals
- Hotels

Final Note

This is an 8th grade trip that ties directly to the 8th Grade U.S. History/American Government class.

Senior High Academic Options

Learn, Experience, Connect

Academic Practicum options are designed as an extension of the classroom. These cross-curricular experiences focus on subjects such as STEM, Social Sciences, Humanities, or the Arts. Through memorable hands-on experiences, students choosing these practicum options have the chance to engage in Christian scholarship and foster a genuine love of learning.

The American South

- Focus:** Academics (humanities)
- Location:** Alabama and Georgia
- Leaders:** Sierra Downs and Eli Spector
- Price:** \$2000-2400 (depending on number of students and final flight costs)
- Activity Level:** Lots of walking
- Dates:** May 16-22



At a Glance

The power of history is in telling the truth. The tragedies and triumphs that took place in the American South during the 1950s and 1960s awakened an entire nation to the reality that racial injustice is deeply rooted in our nation's history, that change requires sacrifice, and that hope always remains. Together, we will explore a part of our nation that is filled with good food, friendly people, amazing music, and historic sites. Join us as we seek to grow in understanding and empathy through exploring questions around justice, history, politics, race, and hope.

Experience Highlights

- Visit The National Center for Civil and Human Rights
- Explore Atlanta
- Explore Birmingham
- Visit the Gulf Coast in Mobile, AL
- Experience Southern culture (food, fellowship, and fun)

Practical Details (what's included)

- Flights and transportation
- Food
- Museums
- Lodging

Arts of Costa Rica (spring break)

Focus: Academics (fine arts)

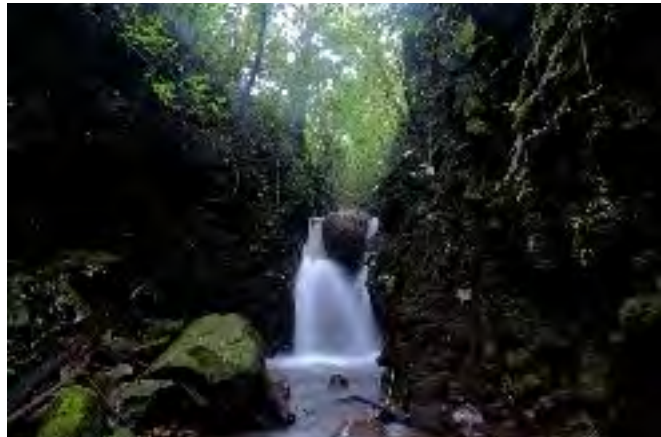
Location: Montezuma, La Fortuna, and Poas Volcano, Costa Rica

Leaders: Melissa Meleski, Amanda Jordan, and Matt Freddolino

Price: \$2,300-\$2,700 (final price depends on plane ticket prices and number of students participating)

Activity Level: Some easy hikes (mainly to reach a beautiful spot to watercolor the surrounding scenery), walking around the city, and maybe some beach time

Dates: March 13-20 (spring break)



At a Glance

This is an educational Arts of Costa Rica trip, this includes all forms of arts (visual art, culinary arts, observing different forms of architecture and historical cultural experiences). Students will rigorously encounter Costa Rica, spending the majority of their time split between Montezuma (waterfalls and beach-y areas) and La Fortuna (to experience the rainforest hikes and local villages) and then end at Poas Volcano in Costa Rica before traveling back to Colorado.

Experience Highlights

- Participate in a cooking class and food culture experiences
- Draw/watercolor in nature
- Participate in a painting workshop with the Melekus Indian Tribe
- Visit historical, cultural attractions
- Undergo interactive learning about wildlife ecosystems and way of living
- Engage in some hiking, take an ATV tour, spend time zip lining and snorkeling

Practical Details (what's included)

- Flights and transportation
- Food and lodging
- Watercolor paper notebooks and watercolor palette
- Activities: art workshop, cooking classes, ATV tour, suspension bridges, coffee and chocolate making, zip lining, and snorkeling

Building and the Art of Craftsmanship

Focus: Academics (common arts)

Location: Genesis Center and other local venues

Leader: Matt Freddolino

Price: \$175

Activity Level: Must be willing to work in a loud environment with power tools, and be ready to create!

Dates: May 16, 19-22 (Friday, Monday-Thursday; no overnights)



At a Glance

To work with one's hands is a beautifully messy endeavor. Sawdust flies, sparks ignite, grease gets on your clothes. However, at the end of it all - you *materialized the invisible*. Being made in the image of the Creator we have the ability to take an idea with no sense of form and craft functional, beautiful projects in the physical world. What does a table saw do that a miter saw can't? How does that light switch control the bright bulb in the ceiling? Why does the engine make that sound and how can we get it to stop?

We hope that by "gettin' down to it" and working with our hands, we can learn more about how things work, how to solve problems, and mirror our creator by materializing the invisible.

Experience Highlights

- Attend live demonstrations presented by professional craftsmen
- Build a project using a variety of woodworking power tools
- Compete in "Forged in Fire" style building challenges
- Work on cars alongside mechanics of Discipleship Motors
- Shop a hardware store and source your own materials
- Learn tips and tricks of home repair, DIY crafting, and cabinetry

Practical Details (what's included)

- High quality materials for individual take-home projects (hardwoods, finishes, hardware, consumables, etc.)
- Professional demonstrations and Q&A sessions
- Supplies required for additional builds/projects
- Transportation and lunches (lunch provided 3 of the 5 days)

Colorado Horticulture and Geology

Focus: Academics (STEM)

Location: Various locations around Colorado

Leaders: Heather Hapke and Braden Wehr

Price: \$150-185

Activity Level: some hiking and walking, including underground through some tight spaces at Cave of the Winds

Dates: May 16, and 19-22 (Friday, Monday-Thursday; no overnights)



At a Glance

Step into our own backyard and explore concepts like urban gardening, water conservation, geological history, and alpine tundra ecology through a series of day trips. While experiencing the great outdoors, students will also have the opportunity to participate in real-world experiments and simulations that experts in the field would use to gather information.

Experience Highlights

- Explore research-based practices with aquaponics and urban gardening
- Use the scientific method to investigate how a forest recovers after a fire
- Visit Cave of the Winds to view “stunning formations while unveiling the cave’s rich history and geological wonders”

Practical Details (what’s included)

- Some meals
- All experiences
- Transportation

Copenhagen (spring break)

Focus: Academics (history/
literature)

Location: Copenhagen, Denmark

Leaders: Carlie O’Keefe and Phil
Schulz

Price: \$2,400-\$2,800 (final price
depends on plane ticket prices and
the number of students participating)

Activity Level: Lots of walking and
perhaps some light biking

Dates: ~March 14-21 (spring break)



At a Glance

This academic practicum explores Viking history and Norse mythology and literature. Students will spend time in the capital city of Copenhagen, Denmark, as well as embark on day trips to famous sites.

Experience Highlights

- Visit Lejre Land of Legends (Viking villages and Beowulf’s Hall)
- Tour the Roskilde Museum (Viking ships)
- Visit Odense (home of fairy tale author Hans Christian Andersen)
- Visit Helsingør (Kronborg Castle, aka Hamlet’s castle)
- Explore the National Museum of Denmark

Practical Details (what’s included)

- Airfare
- All lodging, meals, and local transportation
- Historical and literary sites/museums

Film and Production

Focus: Academics (fine arts)

Location: Los Angeles, California

Leaders: Héctor Jardón

Price: \$1,800-\$2,200 (final price depends on plane ticket prices and the number of students participating)

Activity Level: Lots of walking

Dates: May 16-21 (Friday through Wednesday)



At a Glance

In this practicum students will explore the film and production industry in Los Angeles. Los Angeles offers unique experiences for students with its museums, shows, and studios. This practicum for students looking to experience and understand the film and production culture and engage in meaningful dialogue surrounding these experiences.

Experience Highlights

- Red line walk through historic Hollywood
- Tour a working movie studio lot and see behind the scenes of movie production
- Meet with directors, actors, and other film and industry professionals
- Visit LA's most iconic landmarks which have appeared in films, visit the Grammy museum, and more
- Spend a day on the Biola University campus and see their production program

Practical Details (what's included)

- We use Joshua Expeditions as our travel company for this Practicum
- Flights and transportation
- Food and hotels
- Venue tickets

Italy (summer trip)

Focus: Academics, Advocacy, and AWE

Location: Various locations in Italy, including Rome, Capri, Amalfi Coast, and Mt. Vesuvius

Leaders: Nicole Funk and Jeremy Wall

Price: \$2,200-\$2,400 (in-country cost; does NOT include flights, which are currently ranging from \$1000-1400)

Activity Level: International travel with lots of walking, public transportation, and spirit of adventure; students will also spend time hiking in the Italian mountains

Dates: May 16-21 (Friday through Wednesday)



At a Glance

Our hope is for students to deeply experience life in Italy, a country known for its delicious food, Biblical and Historical significance, stunning scenery, incredible adventures, and rich culture.

While we will engage in all three of our practicum focuses during our time in Italy, the overarching goal of this trip is to better understand the Church—both past and present. We will read Paul’s letters and explore remnants of the Roman Empire as we trace the spread of the Gospel and development of the Early Church after the time of Jesus. We will journey through Church history and tour iconic cathedrals to see how Christianity flourished and developed in this land. Lastly, we will seek to understand the complex state of the Church in modern Italy. In the Roman Catholic Church, 2025 is the “Year of Jubilee”: a year of forgiveness, reconciliation, and hope where practicing Catholics are invited to make a pilgrimage to Rome as a symbolic way of reconnecting with God and one another. Because this only occurs every 50 years, we have an incredibly unique opportunity to observe this celebration and understand another major branch and expression of the Christian faith. We will also engage in fellowship with local evangelical churches in Italy who are seeking to faithfully respond to the influx of Middle Eastern refugees to this area. Looking at the Church through these three lenses (biblical, historical, and local/modern) will equip us to more faithfully follow God, participate in the life of the Church, and respond to the needs of our neighbors upon returning home.

“Ciao Roma!”

Experience Highlights

- Visit iconic Roman sites including: the Vatican museums, the Colosseum, St Peter's Square, catacombs, Trevi Fountains, and the Spanish Steps
- Visit Rome during the "Year of Jubilee"
- Visit Capri, the Amalfi Coast, and Mount Vesuvius
- Spend time in fellowship with other Christians at Ostia Church of God
- Eat Italian food! Italy has some of the best (if not *the* best) food in Europe

Practical Details (what's included)

- In-country transportation
- Accommodations
- Meals
- Living & Learning International Guides

Senior High Advocacy Options

Stewardship, Service, Discipleship

Advocacy Practicum options are an extension of FRCS's *GO!* and Discipleship programs. The goal is to provide students with opportunities to live out Jesus' command to love God and love their neighbors in both local and global settings. On advocacy practicums, students will engage in discipleship through stewardship and service in order to become culture makers for Christ.

Because these have genuine and pervasive missions focus to the experience. Any payments made qualify as donations and may be tax deductible (consult your tax advisor). You will receive a donation letter by the end of the fiscal year.

Honduras (Spring Break)

Focus: Advocacy

Location: Honduras

Leader: Stephanie Sanburn

Price: \$2,000-2,300 (final price depends on plane ticket prices and number of students participating)

Activity Level: Moderate walking

Dates: ~March 14-21 (spring break)



At a Glance

This Practicum is designed as an opportunity for Spring Athletes to learn and serve during Spring Break. This year's International Advocacy trip heads to Tegucigalpa, Honduras, where students will engage in meaningful service, grow in community, and learn perspective and empathy by experiencing a cultural context different from their own. We partner with multiple local Christian ministries in Honduras. However, we will primarily serve with a program called Vida Plena that serves the needs of their local community by offering access to food, education, and holistic wellness for the most vulnerable. To learn more about this organization you can visit <https://www.vidaplenahonduras.org/>

Experience Highlights

- Travel and experience a different culture
- Grow in community and discipleship
- Learn new perspectives
- Express their love for God and neighbor through meaningful service

- Students will also be equipped to consider this cross-cultural service experience as an integral part of what it means to follow Jesus

Practical Details (what's included)

- Flights
- Food
- Lodging
- Transportation

Final Note

Students must have a valid and current Passport for this Practicum. Priority will be given to Spring Athletes, but non-Spring Athletes may also participate in this Practicum.

Urban Immersion

Focus: Advocacy

Location: Denver Metro Area

Leaders: Brian Gehr

Price: \$75

Activity Level: May include a downtown scavenger hunt, a prayer walk, service projects for local urban ministries, homeless outreach, a meal at an ethnic restaurant, a bus ride to Aurora, an urban church service, a snack at Wendy's with a friend experiencing homelessness, and a night outside (on secure Open Door Ministry property).

Dates: May 16, 19-22 (Friday, Monday-Thursday; only one overnight)



At a Glance

This trip is designed to see lives transformed as people gain a bigger picture of the Kingdom of God in urban Denver. This happens through community engagement, educational activities, service opportunities, and the work of the Holy Spirit. We will have the chance to serve at Open Door Ministries and other organizations in our neighborhood, interact with people experiencing homelessness, and learn about urban issues through a Christian worldview.

Experience Highlights

- Learn about the issues facing Denver and engage urban issues from a Christian perspective

- Have meaningful conversations with people experiencing homelessness to meet needs, break down barriers, and have conversations about Christ.
- Gain insight into what it's like taking public transportation and living on the streets of Denver
- Experience the diversity of Denver, Aurora, or Lakewood through ethnic cuisine
- Serve local urban ministries
- Get a glimpse of what poverty looks like in the suburbs
- Hear from God and experience church in an entirely new way!

Practical Details (what's included)

- Lunches (including Mango House)
- Snacks
- Bus fare
- Curriculum
- Open Door Ministries program and staff support

Senior High AWE Options

Adventure, Character, Community

AWE Practicum options are an extension of FRCS's Adventure and Wilderness Experiences (AWE) program. Students focus on community building and character development while being active in various adventure experiences and challenges.

Canoeing the Adirondacks

Focus: AWE

Location: Upstate New York

Leaders: Kevin O'Melia & Christina Nowlin

Price: \$1500

Activity Level: Must be comfortable and confident hiking with a heavy pack or canoe, camping, and canoeing (multiple days with possible upstream)

Dates: May 16-21 (Friday through Wednesday)



At a Glance

Spend six days and five nights canoeing, hiking, and enjoying the beautiful lakes of upstate New York. This will be an overnight canoeing trip that will see students building teamwork skills while paddling the lakes, portaging over land, and building camps together. This will be a fully immersive dive into the beauty of God's creation.

Experience Highlights

- Learn basic canoe overnight trip skills (paddling, fire building, cooking, LNT principles)
- Canoe through the beautiful lakes of the Adirondacks Mountains
- Portage (hike with gear and canoes over land) through the wilderness
- Camp overnight along lakes and rivers

Practical Details (what's included)

- Travel to and from New York
- Transportation to and from the lakes
- Food and supplies for camping
- Gear for canoeing and camping (includes full safety gear)

Colorado Disc Golfing

Focus: AWE

Location: Various locations around the Front Range and nearby mountains and foothills courses

Leaders: Coree Snyder and Eric Osberg

Price: \$100

Activity Level: Students will spend the majority of this Practicum outside in all environmental conditions; the activity involves a lot of walking over all types of terrain, including mountainous and forested areas.

Dates: May 16, 19-22 (Friday, Monday-Thursday; no overnights)



At a Glance

Disc golf is a unique sport where students can develop their skills in the art of disc golfing by playing some of the top courses in the country right here in Colorado. Disc golf provides upper and lower body conditioning, aerobic exercise, and promotes a combination of physical and mental abilities. Concentration skills increase by mastering shots and negotiating obstacles. Disc golf is a great way to spend time with people outdoors.

Experience Highlights

- Learn different throwing techniques and approaches specific to disc golf
- Play some of Colorado's premier disc golf courses (including Bucksnots, Beaver Ranch, and Bear Mountain)
- Enjoy being outside with peers

Practical Details (what's included)

- Course fees
- Transportation
- Disc golf discs
- Instructions

Colorado Rock Climbing

Focus: AWE

Location: Various outdoor locations around Colorado

Leaders: Aubren Self and Jeremy Wall

Price: \$150

Activity Level: Students will spend the majority of the Practicum outdoors in May in Colorado. Lots of hiking on rocky and sometimes steep terrain. Need to carry a backpack with climbing gear

Dates: May 16, May 19-22 (Friday, Monday-Thursday; no overnights)



At a Glance

Rock climbing is a full body workout that teaches the students both strength and movement. Not only will it put your muscles through great challenges, climbing is also a mental challenge in focus and overcoming obstacles. Climbing overall is thrilling and allows the student to push themselves in ways never thought possible as well as take them to some of God's most beautiful spots in nature. One of the best parts about climbing is it is a lifelong sport that can be enjoyed all around the world.

Experience Highlights

- Rock climb outdoors on some of Colorado's finest crags
- Learn how to select and use proper gear for outdoor bouldering, sport, and trad climbing
- Learn proper rock climbing techniques and movement
- Gain instruction in tying climbing knots
- Discover anchor systems and belaying and rappelling fundamentals on outdoor rocks

Practical Details (what's included)

- Rock climbing equipment (including ropes, anchors, protection, harness, helmets, and basic rock shoes)
- Students are encouraged to purchase their own shoes and harness for comfort and performance purposes