

CCPR Jr. Recreation "Buddy"



Ages 8-12



This book belongs to:

Columbus County Parks & Recreation
Welcomes you to the Jr. Recreation "Buddy"
Youth Program!

What is a CCPR: Jr. Recreation "Buddy"?

Is a young individual that is committed to caring for CCPR Parks. A "Buddy" is dedicated to their community, displays good sportsmanship towards others and is a good steward. Illustrating those actions will help you learn more about all the parks in Columbus County, how to help take care of the parks and pass your knowledge onto others. By helping take care of something that belongs to everyone shows great character. A "Buddy" will help prolong the beauty of our parks for year to come!

How do I become a CCPR Jr. Recreation "Buddy"?

- 1: Complete the Activity Booklet.
- 2: Fill out the Information Page (pg. 9)
- 3: Have an adult drop it off at CCPR Office
M-F from 9:00—4:00 (Drop Off Box)
Or mail it to CCPR Office at: 606 N. Thompson St.
Whiteville, NC 28472

Once your Booklet is received you will get a Achievement Packet!

Jr. Parks & Recreation "Buddy" will receive email newsletters, upcoming events and program information.

Columbus County Parks & Recreation Parks

Bogue Community Park-Location 780 Red Bug Rd, Hallsboro, NC 28442

Bolton Park-Location 175 Old 211 St, Bolton, NC 28423

Buckhead Community Park-Location 7275 Old Lake Rd, Bolton, NC 28423

Carver Community Park-Location 213 Carver Circle, Fair Bluff, NC 28439

Cerro Gordo Athletic Fields-Location 404 Railroad St E, Cerro Gordo 28430

Civitan Park-Location 100 Orange St. Tabor City, NC 28463

Chadbourn Depot Museum-Location 201 W 1st St. E, Chadbourn, NC 28431

Council Field-Location 154 Pecan Lane, Lake Waccamaw, NC 28450

Edgewood Park-Location 317 E Calhoun St, Whiteville, NC 28472

Elizabeth Brinkley Park-Location 100 Columbia Ave. Lake Waccamaw, NC 28450

Elra Gertrude Spaulding Community Park-Location 819 Farmers Union Rd. Clarkton, NC 28433

Fair Bluff Riverwalk Park-Location 146 Riverside Dr. Fair Bluff, NC 28439

Fitness Park - Whiteville-Location 131 Government Complex Rd. Whiteville, NC 28472

Lake Tabor Recreational Park-Location 102 Lynwood Norris St. Tabor City, NC 28463

Old Dock Community Park-Location 12844 New Britton Hwy E. Whiteville, NC 28472

Progressive Women's Park-Location 135 Rogers St. Fair Bluff, NC 28439

Ransom Community Park-Location 2694 General Howe Hwy. Riegelwood, NC 28456

Riegelwood Community Park-Location 142 Waccamaw Road Riegelwood, NC 28456

Sandyfield Park-Location 1811 Woodyard Rd, Riegelwood, NC 28456

St. James Community Park-Location 1000 Carver Moore Rd. Lake Waccamaw, NC 28450

Tabor City Recreation Complex-Location 229 Complex St. Tabor City, NC 28463

Activity 1: "Countdown Begins"

Go to any county park with an adult or the whole family and have FUN!!!

Park: _____

10 Jumping Jacks

10 Push Ups

10 Squats

10 Crunches

10 Jump Ropes

5 Jumping Jacks

5 Push Ups

5 Squats

5 Crunches

5 Jump Ropes

9 Jumping Jacks

9 Push Ups

9 Squats

9 Crunches

9 Jump Ropes

4 Jumping Jacks

4 Push Ups

4 Squats

4 Crunches

4 Jump Ropes

8 Jumping Jacks

8 Push Ups

8 Squats

8 Crunches

8 Jump Ropes

3 Jumping Jacks

3 Push Ups

3 Squats

3 Crunches

3 Jump Ropes

7 Jumping Jacks

7 Push Ups

7 Squats

7 Crunches

7 Jump Ropes

2 Jumping Jacks

2 Push Ups

2 Squats

2 Crunches

2 Jump Ropes

6 Jumping Jacks

6 Push Ups

6 Squats

6 Crunches

6 Jump Ropes

1 Jumping Jacks

1 Push Ups

1 Squats

1 Crunches

1 Jump Ropes

Activity #2: Nature 101

NC State Bird: _____ Park Name: _____

NC State Flower: _____ Park Name: _____

NC State Mammal: _____ Park Name: _____

NC State Tree: _____ Park Name: _____

American Alligator: Park/Location Near Park _____

Venus Fly Trap: Park Name: _____

Wood Stork: _____



Lake Waccamaw is home to NC largest natural freshwater lake.
How many acres is this body of water? _____

What swamp supplies water to Lake Waccamaw?

Lake Waccamaw State Park was established in what year?

What NC Native America Tribe Artifacts have been found in Lake Waccamaw? _____

If walking the shoreline of Lake Waccamaw. How many total miles would you walk? _____

Activity #3: "RELAX"

Park : _____

With an adult go to any county park and find a beautiful relaxing spot and read your Book. Would love to know the choice of book you read and why?

Activity #4: "Roll The Dice"

Park : _____

With an adult go to any county park and bring a pair of dice. See how much fun you can have rolling a pair of dice with the exercises below.

Roll 2 Dice	Roll 2 Dice
If You Rolled	Do This Exercise # of Reps for Each Exercise
2	Jumping Jacks
3	Push-Ups
4	Crunches
5	Squat Jumps
6	Jog in Place
7	Plank
8	Arm Circles
9	Squats
10	High Knees
11	Dolphin Kicks
12	Donkey Kicks

Activity #5: "Park Perfect"

Illustrate and write a summary about your favorite park memory!

The page contains two rectangular boxes for student input. The upper box is a large, empty rectangle with a thick orange border, occupying most of the page's vertical space. The lower box is a smaller, empty rectangle with a blue border, positioned at the bottom of the page. These boxes are provided for the student to illustrate and write a summary of their favorite park memory.

Congratulations You Have Completed the
CCPR: Jr. Recreation "Buddy" Booklet!!!!

Fill out the Information Below and take to the Columbus County Parks & Recreation
Office or by Mail:

606 N. Thompson St.

Whiteville, NC 28472

Phone: 910-640-6624

Hours: Monday—Friday 9am—4pm

CCPR: Jr. Recreation "Buddy" Information:

Child's Name: _____ Birthday: _____

Parent/Guardian Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone:: _____ Email: _____

Jr. Recreation "Buddy" will receive:
email newsletters, upcoming events and program information.

Thank You for Being Part of Columbus County Parks & Recreation
Buddy Program!

(Don't Forget to Follow CCPR Facebook & Webpage)

