

Contact the
Outdoor Adventure
Program for
Registration Information
757-683-3389

Expedition #1
Canoe Camping
June 20 - June 24, 2011
Group Size: 8 Price: \$470

Expedition #2
Backpacking
June 27 - July 1, 2011
Group Size: 8 Price: \$470

Expedition #3
Biking Camping
July 11 - July 15, 2011
Group Size: 8 Price: \$450

Expedition #4
Canoe Camping
July 18 - July 22, 2011
Group Size: 8 Price: \$470

Expedition #5
Backpacking
August 1 - August 5, 2011
Group Size: 8 Price: \$470



Adventure On!

Outdoor Adventure Program
Student Recreation Center
4700 Powhatan Avenue, Suite 1207
Norfolk, VA 23529
Phone: 757-683-3389
Fax: 757-683-3386
www.odu.edu/recsports

T.E.N.T.S.

Team Expeditions for New and Transfer Students

Let your adventure begin at Old Dominion University with T.E.N.T.S., Team Expeditions for New and Transfer Students! In its second year, the T.E.N.T.S program provides an unique orientation program for students entering ODU in the fall of 2011. Sign up for one of five adventure experiences to meet students and staff from the ODU community and push your limits while exploring the outdoors. This adventure based orientation introduces new students to peers and potential mentors and helps ease their transition into college life. Students' experiences during the program provide building blocks for future relationships with members of the University's community. Our trained Outdoor Adventure Program staff and university representatives lead each adventure group through its designed itinerary and previous experience is NOT required for any of the adventures.

T.E.N.T.S. Specifics

Students can choose to attend one of five programs through which they can venture into the outdoors with other new students, upperclass trip leaders and faculty & staff members from Old Dominion University.

Each adventure is an inclusive trip package that includes:

- Five day expedition
- Outdoor equipment
- Food during the trip experience
- Transportation from ODU to expedition
- Technical skill instruction
- ODU faculty/staff members
- Trip leaders



All that you need to bring with you is clothing, footwear, and personal needs. Once registered, our staff will send helpful information to assist with packing and provide further trip details.

How do I register?

T.E.N.T.S. is open to all new students preparing for their first semester at ODU. If you are not yet 18, please be ready to supply our staff with signed parental consent.

Registration for the adventure trips will begin March 1, 2011. Please contact the Outdoor Adventure Program at 757-683-3389 for registration information or visit www.odu.edu/recsports and select "Outdoor Adventure Program". The adventure trips are filled on a first come, first serve basis and the programs are popular, so contact us as soon as possible once you are sure you would like participate. Once trips have reached capacity, we will create a waitlist and if space becomes available we will contact interested students.

Once you have signed up for your adventure trip, we will send you confirmation of your registration. Registration confirmation will include specific trip information, an itinerary and helpful packing list.

What if I have to change or cancel my registration?

If changes in your schedule require you to adjust or cancel your registration, please call the Outdoor Adventure Program so we can update your account. Please note: If you contact us to change or cancel your registration more than two weeks prior to your trip, you will receive a full refund. If you contact us within two weeks or less of your scheduled trip, a refund will not be provided.

