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NEWS RELEASE

Camp High Hopes' new Giant Swing sends campers on a thrill ride 40 feet in the air

Sioux City, IA - 3-2-1... WOOSH! That's the sound of Camp High Hopes' campers flying through the air, 40-feet above the ground on the camp's newest activity, the Saddleback Giant Swing. On Monday, the camp for people with disabilities, special needs, and chronic illnesses cut the ribbon on the new, high-flying adventurous activity with the Siouxland Chamber of Commerce and the South Sioux City Area Chamber of Commerce & Tourism. It's the newest addition to the 90-acre facility on the eastern edge of Sioux City.

The Giant Swing consists of three 50' telephone poles that are placed in a triangular position. A camper is secured using a harness and a team pulls the camper to the top of the pole (or as far as they wish to go). As the team counts down to one, a clip is released, and the camper soars through the air, above their friends, and over a ravine. The camper then swings relaxingly back and forth until they come to a stop.

The swing is camp's newest activity and the only one like it in Sioux City. The swing is in addition to the Monkey Climbing Tree and part of the ever-expanding high-ropes course offerings at the camp. Regardless of ability or disability, the Giant Swing is adaptable to everyone. That makes it the perfect therapeutic recreation tool to help campers build their self-esteem and overcome fears.

"At Camp High Hopes, we believe in using therapeutic recreation to push our campers to new heights," says Chris Liberto, Camp High Hopes' Executive Director. "The Saddleback Giant Swing is the first of its kind in Sioux City and is the next step in helping our campers achieve what they never thought possible."

Several businesses, groups, and individuals, including Dairy Queen of Siouxland, MidAmerican Energy, and Women United, made the Giant Swing possible through grants and donations.

Interested in trying the new, high-flying adventure ride for yourself? The ABEE (Adventure Based Experiential Educators) certified Giant Swing will be available to businesses, individuals, and other organizations who are interested in renting the camp's facilities.

Camp High Hopes offers barrier-free, recreational experiences that are fun, safe, and adaptive for children, teens, and adults with disabilities in the tri-state region. For more information on Camp High Hopes, call 712-224-2267 or visit www.camphighhopes.com.

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