

BOW Sampler Workshop

Wisconsin Lion's Camp, Rosholt

September 18-20, 2026



utdoors- Woman



A Mini-BOW Weekend in Central Wisconsin

Friday September 18

5:30-6:30 pm Check in

6:30-7:30 pm Group Wagon Ride
followed by a Campfire

Saturday Morning, September 19

6:15-6:45 am Stretch & Relax Yoga

7:00-8:00 am Breakfast

8:00-11:30 am Session I (Choose 1)

A. Pontoon Boat Fishing

Learn how to set up and cast a basic rod and reel combo, then board the pontoon boats for a morning of fishing on the 45-acre Lions Lake. Knot tying and lure selection, safety and regulations will all be covered. (A valid Wisconsin fishing license is required.)

B. Dutch Oven Cooking

You can roast, bake, stew, steam, and simmer over coals with just one tool - the humble Dutch oven. Learn how to cook in and care for a Dutch oven in this hands-on class. Your culinary creations will be served for lunch on Saturday.

C. Challenge/Adventure Course

Step a little bit (or a lot) outside of your comfort zone with activities designed to challenge each individual. Try the climbing tower or wall, and low or high ropes. You will be guided by coaches who will help motivate you go further than you think you can!

D. Shotgun Skills

Step up and take aim at some pigeons - clay pigeons, that is. This is a fabulous opportunity for participants who are new to shooting or for those who want to polish their skills. Learn how to comfortably handle a shotgun and have fun learning the shooting game of trap. No experience necessary!

12:00-1:00 pm Lunch

(Continued on page two)

This program is for you if...

- You have never tried some of these activities but have hoped for an opportunity to learn.
- You are a beginner who wants to improve your skills.
- You know how to do some of these activities but would like to try new ones.
- You enjoy the camaraderie of like-minded individuals.

www.uwsp.edu/cnr-ap/bowwi

www.facebook.com/Wisconsin-BOW

Request more info: pfarrell@uwsp.edu

Beginners are Welcome!



Becoming an Outdoors-Woman workshops focus on learning outdoor skills. Workshop activities are balanced between hunting and shooting, fishing and boating, and non-consumptive activities like camping and canoeing. Workshops are designed primarily for women and are learning opportunities for anyone 18 years of age and older.

Our participants range in age from 18-80+

BOW SAMPLER

Class Descriptions

Saturday Afternoon, September 19

1:00-4:30 pm Session II (Choose 1)

E. 3-D Archery Course

Learn about equipment selection, safety, ethics, distance judging, and have lots of time to practice shooting on the 3-D target archery range. Patient coaches will provide one-on-one instruction to get you hitting the target in no time.

F. Rifle and Pistol Skills

This class is geared to first-time or beginning shooters. Learn to shoot a variety of rifles and handguns safely, comfortably, and with confidence. You will have one-on-one coaching from a patient instructor at the shooting range in this safe & empowering class.

G. Nature Journaling & Sketching

You don't have to be a poet or a painter to express your creativity. Treehaven is the perfect setting for inspiration to put your ideas in words and pictures. We'll practice using all the senses to connect with nature, and use creative prompts to help you record your observations in a mini-journal to take home. Sketch pencils, pens, and watercolor pencils will also be provided for the class.

H. Canoeing

Grab a paddle and a personal flotation device (PFD) and get ready to glide on the water. You will get a feel for boating the old-fashioned way while you learn basic paddle strokes, how to enter and exit a canoe, and how canoe with a partner in the boat and remain friends!

4:30-5:30 pm Free Time

5:30-6:30 pm Dinner

7:00-8:30 pm

Evening Program followed by a Campfire

Sunday Morning, September 20

7:00-8:00 am Breakfast

8:00-10:00 am

Guided group hike followed by an optional canoe, kayak or paddleboard float on the lake.

10:00 am Check-out.

We will provide snacks for the road!

How to Register

Choose one class from each session

Session I

Saturday Morning

- ___A. Pontoon Boat Fishing
- ___B. Dutch Oven Cooking
- ___C. Challenge/Adventure Course
- ___D. Shotgun Skills

Session II

Saturday Afternoon

- ___E. 3-D Archery Course
- ___F. Rifle and Pistol Skills
- ___G. Nature Journaling & Sketching
- ___H. Canoeing

Email your class choices with your

- Name
- Address
- Email address
- Best phone number to reach you at to pfarrell@uwsp.edu

Pay the \$299 registration fee
at our secure site online

One Click Online Payment

Please do not email credit card information.

Use the online link to pay or mail a check to
WI BOW, 800 Reserve St, Stevens Point, WI 54481
Check or Money Order payable to UWSP

IMPORTANT

Please read the Workshop Notes on page 3...



WORKSHOP NOTES

BOW SAMPLER

CONFIRMATION

Upon receipt of your registration & payment, you will be sent a confirmation letter, along with directions to the Lion's Camp & a list of suggested clothing & gear to bring.

CANCELLATION

A \$150 processing fee will be assessed to all cancelled registrations. Registrants who do not attend & do not cancel by Friday, August 28, 2026 will be assessed the full program fee. You may send a substitute.

SCHOLARSHIPS

Limited funds are available for scholarships to first-time participants. Please email a request explaining your need for a scholarship. The scholarship recipient registration fee is \$150.00. Preference will be given to students, low-income households, & Wisconsin residents.

LODGING

The Lion's Camp lodging is duplex cabins with modern bath and showers on each side. Rooms will have 5-8 people each. You may request a specific roommate(s). Single rooms are not available for this workshop. If you do not wish to stay at camp, please note that on your registration form. \$50 will be discounted from the registration fee.

SPECIAL NEEDS AND ACCESSIBILITY

If you have any special needs, including dietary needs, please indicate this when registering. We will try to accommodate you. Interested participants with limited mobility are asked to contact the event organizer about accessibility options in advance of the event.

EQUIPMENT

All equipment will be provided. Feel free to bring your own equipment. Instructors will safety check all firearms & bows brought by participants.

WHAT TO BRING

Classes are outdoors & hands-on. For your safety & comfort, it is important for you to bring clothing suitable for Wisconsin's unpredictable weather. A complete list of suggested clothing & gear will be sent with your confirmation letter.

SPECIAL CLASS FEES

There are no special class fee for this workshop but you will need a valid Wisconsin fishing license to participate in the Pontoon Fishing class, or if you want to fish from the docks during free time.

Participants understand that:

- 1) photographs may be taken during sessions & may be used in future support of the program.
- 2) in the event of an unavoidable cancellation, evening programs & instructors may change. BOW will provide excellent alternatives if this situation arises.

Becoming an Outdoors-Woman in Wisconsin is supported by:



College of Natural Resources
University of Wisconsin - Stevens Point



Duplexes



Cabin interior