

ADAMSON'S KARATE CAMP INFORMATION

STOP: READ THIS FIRST

Adamson's Karate seeks to develop strong, confident, independent young people. **Parents are not allowed to visit during camp.** Your camper will have a junior counselor directly responsible for them and a head counselor. We have licensed nurses on our Adamson's staff.

FFA LEADERSHIP CENTER OFFICE HOURS ARE FROM 9:00 AM – 5:00 PM.

Phone #: (317) 878-5464 (Please limit calls to emergencies only.)

REGISTRATION WILL BE IN THE OCTAGON BUILDING ON SUNDAY.

You **MUST** provide transportation for your child to and from the camp.

Campers who are eligible for early check in (signed up by June 1st) should arrive at 3:00 pm.

All other campers should arrive at 4:00 pm.

(PLEASE DO NOT ARRIVE BEFORE 3:00 PM)

All medications need to be in a clear Ziploc bag, labeled with camper's name, medication name, time to be given and medication instructions. Medications will be checked in with the nurse upon check-in. If your child receives medications at multiple times per day, please use separate bags for medications for Breakfast, Lunch, Dinner, Bedtime, and/or As Needed. Medications listed on medical waiver **MUST** match medications given at camp.

We will have generic antihistamines and pain relievers/fever reducers on hand.

Shaving cream as well as phones brought to camp will also be turned in at check-in.

ELECTRONICS AT CAMP

NEW! Only campers and staff 16 years and older will be allowed cell phones or electronics at camp. We have a FaceBook page called Adamson's Karate Summer Camp please request to join so you can see the pictures that will be posted each day.

REMEMBER, CAMP COUNTS FOR CLASS HOURS AND AS EXTRA CURRICULAR ACTIVITIES!

Please check with your Sensei on how many class hours they will count camp for.

PICK UP FOR HALF WEEK CAMPERS.

Half week campers need to be picked up on Tuesday evening by 6:00 in the cafeteria. Their belongings will be there waiting with them.

ON FRIDAY MORNING, AT 10:30 AM THERE WILL BE A SPECIAL PROGRAM PRESENTED BY THE CAMPERS.

PARENTS ARE URGED TO ATTEND!

Campers and Senior Instructors will present demos of what they learned over the week.

All campers, including Jr. Counselors and Instructors, are required to attend the program.

You must check out with the head counselor of your child's cabin after the program, do not leave straight from the demo!

YOUR CHILD WILL BE AVAILABLE FOR PICK-UP DIRECTLY FOLLOWING FRIDAY'S PROGRAM.

All campers must be picked up by 12:00 NOON.

A late fee of \$25 will be charged for each 15 minutes after 12:00 noon. Please be prompt!
We will have been there all week with 150 kids and we will NEED to go home.

Remember to check out with your head counselor and to check the lost and found before you leave! Anything left at camp will be donated to those in need.

IMPORTANT NOTICE:

Failure to follow the rules of the camp may result in dismissal from the camp.

Failure to follow the directions of your counselors may result in dismissal from the camp.

Any vandalism will result in dismissal from the camp.

NO Refunds will be given!

PLEASE BRING THE FOLLOWING ITEMS TO YOUR DOJO ASAP:

-Signed Medical Forms with notes concerning medications, allergies, limitations, etc.

-Signed Waiver

THERE IS A DANCE THURSDAY NIGHT!

Don't forget to bring a costume that fits our camp theme for the dance! (Must meet dress code.)

AIRSOFT FAQ

- Must have eye protection that covers the entire eye. Safety goggles, airsoft goggles/glasses, and paintball masks work best. Sunglasses will not be allowed as eye protection.
- SPRING WEAPONS ONLY. No CO2 or electric.
- Everyone must bring their own spring pistol and we encourage you to bring a spring rifle or shotgun as well.
- Must be a black belt or 13 and up to play.
- Biodegradable pellets only.

CHECK THE ATTACHED CHECKLIST FOR A DETAILED LIST OF WHAT YOU NEED TO BRING FOR CAMP:

PLEASE PUT YOUR CHILD'S NAME ON EVERYTHING!

SUMMER CAMP CHECKLIST

PLEASE PUT YOUR CHILD'S NAME ON EVERYTHING!!!

- Two pairs of shoes: One pair of sneakers or **sandals that strap on for working out** AND one pair of sandals, flip flops, etc. that can get very wet.
- A change of clothes for every day. (We recommend shorts and t-shirts) **Please check the dress code to see what is appropriate to wear for camp.**
- Their karate belt. **(They MUST wear their karate belts during the morning and afternoon classes!)**
- Something appropriate to wear to the dance on Thursday night. **(Costumes that follow the theme AND our dress code!)**
- Raincoat or poncho
- Swimsuit(s) **(NO bikini type swimsuits for girls and NO speedo type swimsuit for boys)**
- Towels (3 are recommended)
- Sleeping bag and pillow or sheets, blanket and pillow.
- Dirty clothes bag (preferably a large mesh bag)
- Comb, toothpaste, deodorant, shampoo, soap, washcloth, towel, etc. (Everyone is required to shower, brush teeth daily! Otherwise it's gonna be a gross week)
- A water bottle (with their name on it!) **Every child MUST have a water bottle.**
- Sunscreen AND bug spray
- Flashlight with extra batteries
- 1 can of aerosol **NON-MENTHOL** shaving cream. (One can per child for the shaving cream fight) This will be turned in at check-in.
- OPTIONAL ITEM: disposable camera
- OPTIONAL ITEM: water gun (Almost everyone at camp, including the counselors will have some kind of water gun. Anything from a water-pistol to a backpack super-soaker is acceptable!) **PLEASE PUT YOUR NAME ON THESE. Water guns can only be used at specific times when allowed by counselors and are NOT allowed to be used indoors.**
- **WEAPONS FOR CLASSES:** If you sign up for a class that uses weapons, **and you have weapons at home**, please bring them. (bo, kama, si, airsoft, etc.) Also, if you sign up for a class where you will need your sparring gear, then bring it. If you are not sure what to bring, check with your sensei.
- **SHODAN HOS:** bring all gear you need for boot camps (rubber and wooden nunchaku, headgear, handpads, mouthguard, chest protector, history book, etc.)
- **MEDICATIONS:** if your child will need to take medications during camp, please make sure that they are listed correctly on their medical waiver. If there are any changes to medications between turning in the waiver and summer camp, please let us know! Information given on waiver **MUST** match medications given at camp. All medications need to be in a clear Ziploc bag, labeled with camper's name, medication name, time to be given and medication instructions. Medications will be checked in with the nurse upon check-in. If your child receives medications at multiple times per day, please use separate bags for medications for Breakfast, Lunch, Dinner, and/or Bedtime.

DO NOT SEND SNACKS WITH YOUR CHILD. SNACKS WILL BE AVAILABLE AT CAMP. THE FFA CAMP DOES NOT ALLOW CAMPERS TO HAVE SNACKS. DO NOT BRING POCKET KNIVES, BB GUNS, HATCHETS, SLINGSHOTS, PAINTBALL GUNS, ETC. DO NOT BRING BALLOONS. (THE FFA CAMP DOES NOT ALLOW WATER BALLOON FIGHTS.) DO NOT BRING JEWELRY OR OTHER VALUABLES TO CAMP.

THE DRESS CODE FOR CAMP IS AS FOLLOWS:

T-shirts, shorts, shoes or sandals are to be worn at ALL times, except while swimming. No spaghetti-strap tank tops will be allowed. Tank tops with sleeves at least three-fingers thick will be allowed, however no undergarments should be showing underneath. No suggestive, harassing, or degrading t-shirts will be allowed. NO bare-midriff tops. Shorts must not be too short and shirts must not be too low cut. All undergarments should be covered.

ADAMSON'S KARATE CAMP REGISTRATION AND MEDICAL INFORMATION

Camper: _____ Sex: _____ Age: _____ Belt Rank: _____

Home Address: _____ T-shirt size: _____

City & State: _____ Zip Code: _____

Parent or Guardian's Name: _____

Primary phone: _____ Secondary Phone: _____

These should be numbers that we can call in case of an emergency.

Insurance Company: _____ Policy #: _____

If someone other than a parent is picking up your child from Camp; Name: _____

Phone number(s): _____

We will have an antihistamine (Benadryl) on hand. Check here if this is OK to use _____.

If not, please check here _____ and bring your antihistamine of choice to the Nurse's Station at check-in.

We will have Ibuprofen _____, Children's Tylenol _____, and Children's Aspirin _____ on hand. Check which you prefer. If none, please check here _____, and bring your pain reliever/fever reducer of choice to the Nurse's Station at check-in.

List all medications and dosages here:

My child is allergic to the following:

Are there any limitations that we should know about?

Are there any eating habits that we need to know about? (Vegetarian, Kosher, etc.)

LIABILITY WAIVER AND CONSENT FORM

I hereby voluntarily register myself or my child to participate in Adamson's Karate Camp. I agree that this registration form and liability waiver pertains to all activities at the camp. I also agree that it pertains to travel to and from the camp. I do hereby assume any and all risks of attendance or participation by myself or my family and I do hereby assume complete responsibility for any and all damages or injuries (including death), or losses or thefts of personal property that I or my family might sustain or incur, if any, while attending or participating in said camp. I do hereby fully and forever agree to waive all claims, demands, or rights of action, present or future, against the camp's principles, promoters, operators, sponsors or employees or their representatives, agents or assistants individually or otherwise, for any damages, injuries (including death), or losses or thefts of personal property that I or my family might sustain resulting from or arising out of our attendance in said camp. I fully understand that the only medical treatment immediately available will be basic first aid. I agree and consent that any pictures furnished by me or taken of me in connection with said camp can and may be used for publicity; promotion or television and I waive any and all compensation in regard thereto.

I hereby give my consent for _____ to be treated in case of emergency upon the direction of the FFA staff, Shihan Doug Adamson, or any member of Adamson's Karate staff and they may choose the caregiver of their choice.

Signature of Parent or Legal Guardian