

# **AKS SUMMER CAMP 2022**

## **RULES AND GUIDELINES**

**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 an adult 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.)

### **CHECKING IN**

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

Junior Counselors and Instructors will arrive at 1pm on July 17th for our leadership meeting. You **MUST** arrive on time as we have a lot to cover and need to check you in.

Campers staying in the girls cabins arrive at 3pm on July 17th to check-in at the Octagon building. We will have signs and staff to help direct you where to go. Campers staying in the boys cabins will arrive at 4pm.

Our staff will guide your camper to their cabin where the head counselors will help them set up.

**DO NOT ARRIVE BEFORE 3PM AS WE WILL NOT BE READY FOR YOU.**

## **MEDICATIONS**

All medications need to be in a clear Ziploc bag, labeled with camper name, medication name, time to be given and medication instructions. Prescription medications must be in a prescription bottle, box, or have a copy of the prescription label. 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 will also be turned in at check-in.

## **ELECTRONICS AT CAMP**

Only campers and staff 18 years and older will be allowed cell phones or electronics at camp during the day. We have a Facebook page called Adamson's Karate Summer Camp for you to see pictures and videos of camp every day. Simply request to join and we'll add you!

**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.

# **PICKUP TIMES**

Check out will be performed at the octagon this year instead of at the cabins. Our staff will ensure that your camper is packed and will guide them to the octagon for pickup.

Cabin check out for the boys cabins will be held at 10:00am. Check out for the girls cabins will be held at 10:45am.

All full week campers must be picked up by 12:00pm on July 22nd.

Half week campers are picked up on July 19th at 5:00pm.

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

## **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.

Those who get sick or develop a fever will be sent home.

NO Refunds will be given!

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.
- Must be a black belt or 13 and up to play.
- Biodegradable pellets only.

# 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. Extra clothes are encouraged!
- 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 and brush their 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 games) This will be turned in at check-in.

## OPTIONAL ITEMS

- Disposable camera! Go old school and capture some fun memories
- 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.

## SHODAN HOS

- SHODAN HOS: bring all gear you need for boot camps (rubber and wooden nunchaku, headgear, handpads, mouthguard, chest protector, history book, etc.) Class will look a little different outdoors this year, but please bring your gear.

## MEDICATION

- 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 name, medication name, time to be given and medication instructions. Prescription medications cannot be loose in a ziploc bag! They must be in a container with the prescription label in a ziploc marked with the time it needs to be given. 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.

# FINAL REMINDERS

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.