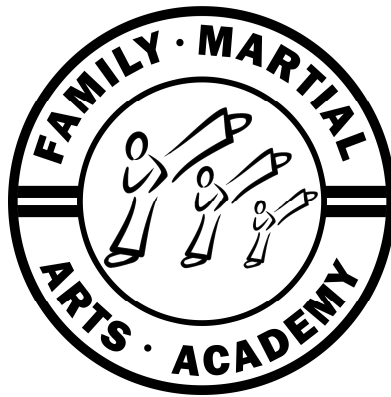


Family Martial Arts Academy



SUMMER KARATE CAMP

**Student Handbook
2010**

CAMPER HANDBOOK

What Should I Bring to Camp each day?

- Sunscreen
- Sunglasses
- Hat
- Water Bottle
- Lunch
- Nutritious Snack
- Comfortable walking shoes
- Library card
- Boxing Gloves & shin protectors, and sparring gear if you have it.

What should I wear to camp each day?

Official Camp uniform is our yellow Summer Karate Camp T-Shirt and karate pants.

On **Friday**, remember to bring your karate top for promotion class.

I Love Camp! Can I add another week? How much does it Cost?

Yes, you can add as many weeks as we have available.

Pick-up an “Add-A-Week” form from your camp instructor. Complete the form and bring it to our office. We will let you know if the weeks you are interested in are available.

Camp costs \$180 per week.

There are NO ADDITIONAL Registration FEES! When adding weeks!

CAMPER HANDBOOK

How do I order boxing gloves or shin pads?

We keep many gloves in stock. Students will be hitting the heavy bags everyday as part of their training. The best way to keep their hands safe is for each student to have their own pair of boxing gloves.

***Kid-sized Gloves: \$30; Adult-sized Gloves: \$35; Shin/instep pads start at 9.95
(depending on style)***

Lunches/Snacks

Campers must bring their own food and drink. Note there will be no cooking, heating, microwaving or any other on-site food preparation of your child's food. Children must bring their own utensils.

Water bottles can be refilled during the camp day.

Are extra T's and uniforms available?

Definitely! We recommend at least 2 T's and uniforms. Child size T's are \$15, adult size T's are \$18. Camp uniforms are available at the dojo for \$30. Just pants are available for \$20. See one of our staff members to purchase any of these items.

Drop-off/Pick-up

All parents will sign-in and sign-out their child daily. Drop-off will be at the back door of the karate school which can be accessed using the driveway between Pino's and the tailor. If someone other than the parent will be picking-up their child we must be notified in advance or we will not let the child go until a parent is contacted.

Walkers and Bikers must have written permission from their parents before we will let them leave.

CAMPER HANDBOOK

Weekly Promotions

Promotions/Graduation will be held every Friday during the 1:00 class time. Campers are required to wear their full uniform including gi top. Those who attended all of their classes during the camp week will be promoting to the next stripe on their existing belt or to their next belt depending on where they are in the program. Campers will not be allowed to promote if they have missed more than one class during the week or if their behavior is consistently below what is considered acceptable in a Martial Arts environment.

Family and friends are always welcome to come watch and take pictures. Please be courteous and remove your shoes and put them in the shoe room. Thanks!

The Camp Instructors are AWESOME! Is tipping allowed to show our appreciation for a job well done?

Yes. FMAA Summer Camp Instructors always go beyond the call of duty for our campers so if you would like to show your gratitude, tipping would be greatly appreciated. Please put your tip in an envelope with the counselor's name on the front and we will be sure he/she receives it.

Electronic Devices

We do not allow any electronic games with out our director's prior permission. In the past, games have been left behind, or lost so better to leave them home.

If your child will be carrying a cell phone, please let us know and give us the phone number of your child's phone. The phone should be kept in the camper's bag or in the office during the camp day. For safety reasons we will allow campers to take phones along on walking trips, however, if the child is being unsafe with their phone or if it distracts them from participating in the day's activities, our head counselor will hold the phone for them until the end of the day.

Contact Information

Family Martial Arts Academy is located at 17 North 4th Ave.
Highland Park.

Our phone # is 732-296-1677.

Our website is www.SafeKarate.com .

Email Camp Director, Sensei Yvonne @Yvonne@safekarate.com.

You can reach our head counselor, Sensei Dovi at: dovi@safekarate.com