

# *New Jersey Martial Arts Academy*



## *Karate Kamp Guide*

### **Kamp Facility**

**International Gymnastics Camp  
9020 Bartonsville Woods Road  
Stroudsburg, PA 19360**

Please do not follow directions from online mapping services as they are often inaccurate when it comes to the small back roads in our location. Actually, some of the roads on these mapping services no longer exist.

Please, **do not** use I-80 Exit 299.

I-80 westbound, please use Exit 302.

I-80 eastbound, please use Exit 302B.

*Dear Students and Family,*

*Thank you for your support of New Jersey Martial Arts Academy and choosing our annual weekend Karate Kamp this year. The Kamp facility, International Gymnastics Camp, is family owned as well, and maintains the same high quality standards we expect at NJMAA.*

*The facility itself combines the best of nature's classroom along with beautiful, comfortably air conditioned cabins, world class gymnasiums and training centers, and dining facilities that by far exceeds what most remember what camp food to be like. (They don't have a cook...they have a chef).*

*We look forward to a very exciting weekend filled with fun packed activities and lots of learning. To enhance this experience, the following guide has been developed to assist campers and families during the time leading up to camp, during camp, and post camp. Keep this guide in reach as it may clear up common questions along the way.*

*If at any time additional questions arise, please call the dojo at 973-770-4555 or stop by the pro shop anytime during classes.*

*See you at Camp!*

*Shihan Marvin and Sensei Kelly Carmona  
New Jersey Martial Arts Academy*

# **Registration Procedure**

Registration happens throughout the year in order to make it as convenient as possible.

We have two participation levels available.

**TRADITIONAL THREE DAY KAMP:** This is where you will receive 6 months of training material in one weekend. This option is open to all students age 8 and up. Kampers under the age of 8 are only allowed to attend overnights if a parent/guardian accompanies them. Parents who register for the weekend kamp will receive 6 weeks free training in the dojo prior to attending kamp. (Training at the dojo is optional)

**DAY KAMP ONLY:** This option is perfect for students age 5 and up. Kampers are invited to participate on the Saturday of Kamp Weekend from 7AM (including breakfast) to approximately 8PM (after the line fight). Parents are welcome to drop students off at breakfast and arrive back at kamp around 8PM to watch the line fight. Students are dismissed immediately after the line fight is completed. Students and families are also invited back on Sunday at 1PM for the SHIAI (black belt promotions & kamp celebration)

The cost for the day kamp includes: Student meals (The chef cooks according to the numbers we provide and specified food allergies or dietary restrictions). If parents would like to stay for the day and would like to eat with us, you are more than welcome to register as well.

**The kamp facility is less than 5 miles from the Crossings Outlets in Tannersville, PA so there is plenty of stuff to do for the day! (It may be cheaper to come to kamp though!)**

Registration consists of completing our registration forms and submitting with payment in the Pro Shop. For those of you who will be receiving kamp as a gift, registrations may be mailed to: NJMAA, 1250 SUSSEX TPK, SUITE 228, MOUNT FREEDOM, NJ 07970

We have several payment options:

We hold our Post-Kamp Early Bird Registration for students who attended kamp the previous year starting right after kamp thru 9/30. This registration option is our *least expensive* option.

Open Early Bird Registration:

Pay in Full option. Full payment is made prior to the February 28th Deadline expiring.

**CANCELLATION POLICY:** Students who must cancel their trip for medical reasons will be refunded in full (doctors note required). All other refunds are handled on a case by case basis. A minimum of a 25% cancellation fee will be charge for non-medical cancellations.

*Please remember, students will not be tested for their black belt if they do not attend kamp the year prior to their black belt testing. This is mandatory as kamp the year before is the beginning of their testing year. Participating in kamp the year prior also prepares students for what the year holds for them.*

On occasion, we have limited number scholarships available for kamp. To inquire about the availability of kamp scholarships, please see Mrs Carmona.

***We have a Registered Nurse with us around the clock. She will be responsible for administering medications as required. We have students happily participate in kamp regardless of their health issues including severe food allergies, diabetes, bee sting allergies, etc. Please return health forms with kamp registrations. Kampers are forbidden from self-medicating and will not be permitted to keep prescription or over-the-counter medications.***

# **GENERAL INFORMATION**

## **EMERGENCY PHONE NUMBER AT INTERNATIONAL GYMNASTICS CAMP**

If you need to contact your child or have any concerns during your child's stay at camp, please call the dojo number at 973-770-4555. This number forwards to Mrs Carmona's cell phone 24 hour a day. If no answer, please leave a message.

The International Gymnastics Camp Director can be reached at 570-629-0244

## **SPENDING MONEY**

Our kamp is an all inclusive kamp. There should be no reason students need money at kamp. We do not run a canteen, so there would be nothing for students to purchase.

## **KAMP DROP OFF/PICK UP**

WEEKEND KAMPERS: Kampers (other than those testing for black belt) may arrive at kamp any time after 3:30PM on the Friday of kamp weekend. Dinner is usually around 6:00PM. If you are going to be late, please plan on eating prior to arrival. If you are running late, feel free to call and leave us a message!

Upon arrival at the kamp, please report to kamp registration. You will receive your t-shirt, team assignment, and cabin assignment.

You/your parents can bring you and your belongings to your assigned cabins and set your things up.

At the conclusion of kamp, parents are invited back for the SHIAI, which begins at 1PM. Students will have all their belongings packed at their cabins on Sunday prior to Lunch.

Please take your child's belongings to your car prior to the Shiai. They will not need anything once they are packed. Check to see they have everything they came with. We will have a lost and found at the dojo at the end of kamp.

DAY KAMPERS: Kampers arriving on Saturday should arrive by 8AM (if you would like to join us for breakfast). Please report to the registration booth for their t-shirt, team assignment and medication check-in. We usually have a cabin available for day campers to put their belongings, use the rest room and relax during quiet time. You will be directed there as needed. Student's belongings aside from karate equipment should be kept in the day kamp cabin until needed. Pick up of day kampers is no later than the conclusion of the line fight on Saturday night. Parents are invited/encouraged to attend the line fight. The line fight usually begins around 8PM. **PRIOR TO LEAVING, PLEASE CHECK OUT WITH MRS CARMONA.** We ask you NOT to just take your children and leave before letting us know-especially if you are leaving earlier in the day! Day kamper belongings will be in their cabin for pick up.

Day kampers are invited back on Sunday for the SHIAI, which begins at 1PM Check to see they have everything they came with. We will have a lost and found at the dojo at the end of kamp.

## **CABINS**

The cabins at kamp are air conditioned and quite comfortable. The number of bunks vary from cabin to cabin. Cabins assignments are done by male/female, age/rank. Younger kampers will be kept together, with junior black belts assigned to stay in their cabin. Adults students and senior black belts are also assigned to specific cabins for ongoing monitoring. Cabin requests cannot be guaranteed.

# ***Suggested Packing List***

## **Clothing**

- \_\_\_ 2 Karate T-Shirts (in addition to the one they get)
- \_\_\_ 1 Full White (formal) Gi (uniform)
- \_\_\_ 2 Gi pants (if available)
- \_\_\_ 4 Underwear (may get wet/sweaty)
- \_\_\_ 1 Old shoes
- \_\_\_ Pajamas (one warm)
- \_\_\_ 1 Pr sneakers (for running/outside)
- \_\_\_ 4 Pairs socks
- \_\_\_ Warm jacket
- \_\_\_ Raincoat/poncho
- \_\_\_ Sweatshirt/medium weight jacket

## **Please Do Not Bring To Camp:**

- Cell Phones, Sidekicks
- I-pods, DVD players
- Hair dryers, curling irons, etc
- Electronic Games
- Watches or Jewelry

We would not want to see any of these items stolen!

## **Non-Karate Equipment**

- \_\_\_ sleeping bag or bed roll (two blankets, two sheets)
- \_\_\_ pillow
- \_\_\_ plastic bag for wet clothing
- \_\_\_ laundry/garbage bag – they will be smelly!
- \_\_\_ toilet articles in Ziploc bag
  - \_\_\_ comb \_\_\_ hairbrush \_\_\_ soap \_\_\_ toothbrush \_\_\_ toothpaste
  - \_\_\_ shampoo \_\_\_ unbreakable cup
- \_\_\_ towel and washcloth for bathing
- \_\_\_ beach towel for water gun fight
- \_\_\_ non-aerosol insect repellent (**A MUST!**)
- \_\_\_ sunscreen (**A MUST!**)
- \_\_\_ flashlight & extra batteries and bulb
- \_\_\_ disposable camera
- \_\_\_ water gun

## **Karate Equipment**

- \_\_\_ Gear bag with fighting gear (everything marked with name)
- \_\_\_ Bo/Sai (if they have them)
- \_\_\_ XMA equipment (if they have them)
- \_\_\_ Karate Belt

*We have plenty of water available for students to drink at all times but you may send an ice chest with non-carbonated drinks like Propel or Gatorade for your child to drink. Mark your ice chest and drinks with permanent markers. Everyone's Gatorade looks the same when you set it down!*

# **Health and Mental Well-Being**

## **INTRODUCTION**

Our program keeps pace with an ever-changing world, health and safety remain cornerstones of our program. We believe that sound health and safety principles must always permeate every activity. Safety should be planned, respected, and practiced by all. When safe practices are followed, participants can feel relaxed and confident. This is our philosophy at New Jersey Martial Arts Academy.

## **MEDICATIONS/MEDICAL EMERGENCIES**

All medication **must** be turned in at the Kamp Registration. Contents and dosage of the medicine must be in the original Pharmacy container and in zip lock bag marked with the camper's name. Campers are told that if they feel ill or get hurt that they are to tell let one of the black belts know immediately. The black belt will see to it that the camper sees the nurse.

### **Prescription Medications**

All medications sent to Karate Kamp **must be in the original bottle from the pharmacy.** The bottle must be labeled with the following:

Child's name

Name of Medication

Instructions for use must be included

Name of Physician and Physician's phone number

The instructions for use of all medications must **also** be included. Medicine dispensing information must be signed by the parent to be valid.

### **Over-the-counter Medications**

All medications sent to Karate Kamp **must be in the original bottle from the manufacturer.** The bottle must be labeled with the following:

Child's name

Name of Medication

Instructions for use must be included

Over the counter medication can and only will be dispensed by the nurse if the above criteria are met. There must be a signed note from the parent indicating dose to be given.

Example: Permission to give Mary Jones Tylenol (2 tsp.) every four hours if she complains of knee pain.

In case of a medical emergency, kampers will be taken to the nearest hospital, and parents/emergency contact will be made immediately.

## **ALLERGIES/MEDICAL CONCERNS:**

Allergies, sensitivities, and medical issues are taken very seriously at camp. We kindly asked that parents/guardians of campers with medical concerns be proactive and communicate these concerns through the kamp registration form.

Parent/guardians are welcome to elaborate about symptoms, needs, accommodations, and procedures as an attached document. Prior to attending camp please check with your doctor about any updates, and also check the expiration date on any medications.

**Kampers with Epi-Pens**, are encouraged to bring two. One to be worn in an Epi-Pen holder or belt pack and the other will be kept with our nurse. Epi-Pens will be returned to kampers at the end of kamp.

**Campers with any medical concerns are encouraged to wear a Medical Alert bracelet.**

**BIRTHDAYS**

Let us know if your child will have a birthday during camp as it will be included in the camp's celebrations.

**HOMESICKNESS**

**A special message to parents.** When children are going to camp, it is reasonable to assume that until they get to camp and become adjusted to the group camp environment, they may experience some form of anxiety either mild or severe. This anxiety is often homesickness.

Homesickness is very real and is just as painful as a stomachache or headache. Understanding parents must realize however that it is something which all children may need to experience as a part of normal growth and development.

At the same time, we recognize this can be a difficult experience for parents knowing their son or daughter may be homesick at camp. Therefore, we ask for both your assistance and cooperation in dealing with homesickness to ultimately ensure a very positive camping experience for your child.

**BEHAVIOR**

Kampers are expected to act and behave according to the code of the black belt first and foremost. They are expected to actively participate in all kamp activities. The black belts will do everything they can to help each student adjust to their new environment. However, students who exhibit unsuitable behavior will not be permitted to remain at camp. Unsuitable behavior includes, but is not limited to, consistent non-participation in activities, uncooperative behavior, fighting, theft, abusive language, or endangering the safety of others.

Any camper who displays unsuitable behavior will have a conference with the Shihan Carmona. The Shihan or Mrs Carmona will notify the family and discuss the situation with them. Shihan may request that the student leave camp due to the exhibited unsuitable behavior. The parents/guardians will be responsible for the immediate departure of the student from camp.

*If there is anything else would like to share about your child as it relates to this kamp? (list medications here)*

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**Completed by:** \_\_\_\_\_ *(parent/guardian)*