

Kaizen Karate



Summer Karate Camp 2012 Student Handbook

P.O. Box 8731, Silver Spring, MD 20907
301-938-2711 • info@kaizenkaratemd.com

HOURS

Before care: 7:30am-9:00am

Camp day: 9:00am – 3:30pm

After care: 3:30pm-6:00pm

7:30am-8:30am - you will need to ring the door bell to gain access to the facility or walk around back and knock on the downstairs door. We understand this can be somewhat inconvenient especially if parents are in a rush in the morning but our main priority is providing a safe facility that is secure for the children. Please allow a few extra minutes in the morning for drop off.

8:30am-9:30am there will be a greeter at the door to welcome campers.

After 9:30am (late arrival) – please ring the doorbell to gain access to facility and the front office will buzz you in.

3:00pm-3:30pm – pick-up time. Children should be picked up downstairs in main room and signed-out.

3:30pm-6:00pm – after care. Students must be registered for after care online or parents can pay by cash if after care is needed unexpectedly due to traffic or other unforeseen circumstances. Students who register before March 31st receive free before and after care and do **not** need to sign up online for the service.

What should I bring to camp each day?

- Water Bottle
- Sunscreen
- Sun glasses
- Lunch (please keep in mind that the building where we host our camp observes Kosher rules and has asked that we not bring meats, pork, or shellfish)
- Hat
- Comfortable walking shoes
- Karate Gear – uniform and sparring gear (yellow belt and up only)
- Swim suit, towel, and other pool items
- Nutritious Snack(s) – 1 for before lunch / 1 for after care
(Camp does *not* provide snack due to potential food allergies that are common amongst campers)

What should I wear to camp each day?

- Everyday campers should to come dressed in shorts, t-shirt & sneakers. No flip flops or open-toed shoes! Flip-flops or sandals are permitted during pool time.

- Everyday campers will need to bring their uniform pants, t-shirt, belt & any other items needed for there karate classes. Students who are new to karate will have the option of ordering a uniform and sparring gear if desired.
- PLEASE LABEL **ALL** ITEMS WITH STUDENTS FULL NAME.

Fridays remember to bring your karate uniform for belt promotion / demonstration (check calendar for the date of scheduled exams).

What NOT to bring to camp each day?

- Weapons - pocket knives, swords or other martial arts weapons
- Large amount of money - we ask that campers limit the amount of money they carry to a minimum
- Video games – including PSP or other hand held devices
- iPods – no mp3 players of any kind are allowed

Drop-off / Pick-up

All parents will sign-in and sign-out their child daily. Parents can drop-off their children at the front door with the greeter. Children do not have to be signed in if they are dropped off with the greeter. At pick-up, all parents must sign-out their children.

If someone other than the parent will be picking-up their child we **must** be notified in advance by email or in writing, otherwise, 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.

Daily Schedule:

- For full day campers doors open at 9:00am – pick up is between 3:00-3:30-pm
- Before care starts at 7:30am and ends at 9:00am. After care starts at 3:30pm and ends at 6:00pm.
- Full day campers should arrive at camp around 9:00am so they do not miss karate classes or other activities that start at 9:30am.
- **If your child is not picked up by 3:30pm, a flat fee of \$10 will be a charged for extended care for that day only. This fee will need to be paid at the time of pick up.**

Lunches & Snacks

- Campers will provide their own lunches & beverages, except when announcements are sent home regarding cooking in kitchen at camp site or ordering pizza
- All lunches should be in coolers to prevent food from spoiling
- PLEASE LABEL LUNCH BOXES
- Please Note: Due to strict food guidelines at Tifereth Israel, we will eat lunches outdoors. We do not order food, heat up food or provide utensils for campers.
- Due to severe food allergies we ask that NO PEANUT BUTTER be brought to camp in lunches
- If you have questions about what can be provided in a lunch feel free to call the Synagogue at 202-882-1605

Swimming

- Pool Information: www.kmsc.kempmill.org
 - Swimming will take place at Kemp Mill Swim Club located at 11805 Stonington Place, Silver Spring, MD 20902
 - Pool phone number is 301-593-7506
 - Please have your child dressed in there bathing suit when they arrive at camp on our pool days: **Monday & Wednesday – 12:30pm-2:00pm**
 - Put sunscreen on your child before they arrive at camp
 - Campers must have a towel

Equipment Orders

You can order through our website www.kaizenkaratemd.com and then click “store” to place your order. All sparring equipment and uniform orders will be sent directly to your house. Please allow **2-3 weeks** for orders to arrive.

T-shirts, individual mouth pieces, and individual cups will be given directly to the student during class time.

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

- Yes, you can add as many weeks as we have available.
- Visit our website at www.kaizenkaratemd.com and click on “Summer Camp” tab to register for additional days at camp. Space is limited so please remember to register early!!

Karate Summer Camp - tuition rates

1 week: \$215

2 week: \$430

3 week: \$645

avg: \$215/wk

4 week: \$800

5 week: \$1000

6 week: \$1200

7 week: \$1400

avg: \$200/wk

8 week: \$1400

9 week: \$1575

10 week: \$1750

avg: \$175/wk

Before Care/ After Care*

\$10 - before care / day

\$10 - after care / day

\$15 - before & after care / day

*must register online for before / after care

Sibling Discount

\$10 off per child per week

1st child must pay full tuition rate, discount applies to each additional child

We no longer accept checks. Tuition can be paid online through our website at www.kaizenkaratemd.com by clicking on “class registration” OR by cash

Contact Information

Camp Director: Viran Ranasinghe - “Coach V”

Camp Phone: 301-938-2711

Email: info@kaizenkaratemd.com

Website: www.kaizenkaratemd.com

Camp Site:

Tifereth Israel

7701 16th Street, NW

Washington DC 20012

Tifereth Israel Office: 202-882-1605

Mailing address:

Kaizen Karate

PO Box 8731

Silver Spring, MD 20907



Kaizen Karate

Summer Camp Registration 2012

Please Turn in this form on the 1st day of camp. DO NOT send in mail!

General Camper Information		
Camper's Full Name:		
Date of Birth:	Age:	
Height:	Weight:	
Street Address:		
City:	State:	Zip Code:
Phone #:	Email:	
Mother's Full Name:		
Cell #:	Email:	
Father's Full Name:		
Cell #:	Email:	
Emergency Contact:	Relationship:	
Phone #:	Email:	
Authorized Pick - up		
Name:		
Contact #:	Relationship:	
Name:		
Contact #:	Relationship:	
Before & After Care (circle if you need before or after care)		
Before Care \$10 YES NO	After Care \$10 YES NO	Before & After Care \$15 YES NO
Note: free if you registered before March, 31st 2012!		

* Please register online for before care / after care if signing up for camp after March 31st *

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Kaizen Karate

Release and Waiver of Liability and Indemnity Agreement

(Read Carefully Before Signing)

In consideration of being permitted to participate in any way in the Martial Arts Program indicated below and/or being permitted to enter for any purpose any restricted area (here in defined as any area where in admittance to the general public is prohibited), the parent(s) and/or legal guardian(s) of the minor participant named below agree:

1. The parent(s) and/or legal guardian(s) will instruct the minor participant that prior to participating in the below martial arts activity or event, he/she should inspect the facilities and equipment to be used, and if he/she believes anything is unsafe, the participant should immediately advise the officials of such condition and refuse to participate. I understand and agree that, if at any time I feel anything to be UNSAFE; I will immediately take all precautions to avoid the unsafe area and REFUSE TO PARTICIPATE further.
2. I/We fully understand and acknowledge that:
 - a. There are risk and dangers associated with participation in martial arts events and activities which could result in bodily injury partial and/or total disability, paralysis and death.
 - b. The social and economic losses and/or damages, which could result from these risk and dangers described above, could be severe.
 - c. These risks and dangers may be caused by the action, inaction or negligence of he participant or the action, inaction or negligence of others, including, but not limited to, the Releasees named below.
 - d. There may be other risk not known to us or are not reasonably foreseeable at this time.
3. I/We accept and assume such risks and responsibility for the losses and/or damages following such injury, disability, paralysis or death, however caused and whether caused in whole or in part by the negligence of the Releasees named below.
4. I/We HEREBY RELEASE, WAIVE, DISCHARGE AND CONVENANT NOT TO SUE the martial arts facility used by the participant, including it owners, managers, promoters, lessees of premises used to conduct the martial arts event or program, premises and even inspectors, underwriters, consultants and others who give recommendations, directions or instructions to engage in risk evaluation or loss control activities officers, agents, employees, all for the purpose herein referred to as "Releasee"... From all liability to the undersigned, my/our personal representatives, assigns, executors, heirs and next to kin for any and all claims, demands, losses or damages and any claims or demands therefore on account of any injury, including but not limited to the death of the participant or damage to property, arising out of or relating to the events caused alleged to be caused in whole or in part by the negligence of he releasee or otherwise.
5. I/We HEREBY acknowledge that THE ACTIVITIES OF THE EVENT(S) ARE VERY DANGEROUS and involve the risk of serious injury and/or death and/or property damage. Each of THE UNDERSIGNED also expressly acknowledges that INJURIES RECEIVED MAY BE COMPOUND OR INCREASED BY NEGLIGENT RESCUE OPERATIONS OR PROCEDURES OF THE RELEASEES.
6. EACH OF THE UNDERSIGNED further expressly agrees that the foregoing release, waiver, and indemnity agreement is intended to be as broad and inclusive as is permitted by the law of the Province or State in which the event is conducted and that if any portion is held invalid, it is agreed that the balance shall, notwithstanding continue in full legal force and effect.
7. On behalf of the participant and individually, the undersigned parent(s) and/or legal guardian(s) for the minor participant executes this Waiver and Release. If, despite the release, the participant makes a claim against any of the Releasees, the parent(s) and or legal guardian(s) will reimburse the Releasee for any money which they have paid to the participant, or on his behalf, and hold them harmless.

I HAVE READ THIS RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT, ASSURANCE, OR GUARANTEE BEING MADE TO ME AND INTEND MY SIGNATURE TO BE COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW.

Martial Arts School – KAIZEN KARATE

Student Signature _____

Parent or Guardian Signature (if minor) _____

Printed Name of Participant _____

Address of Participant _____

Received by _____

Registrar Signature

Printed Name

Date



Kaizen Karate

Summer Camp 2012

Calendar

June 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10	11	12	13	14	15	16
17	<b style="color: red;">Camp Begins Pool Day	19	20 Pool Day	21	22	23
24	25 Pool Day	26	27 Pool Day	28  Great Falls	29  1:00pm Belt exams & demonstrations KARATE	30

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July 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Pool Day	3	4 NO CAMP	5	6	7
8	9 Pool Day	10	11 Pool Day	12	13 1:00pm Belt exams & Demonstrations	14
15	16 Pool Day	17	18 Pool Day	19	20	21
22	23 Go Green Week Pool Day	24	25 Pool Day	26 Homestead Farms	27 空手道 1:00pm Belt exams & Demonstrations	28
29	30 Pool Day	31				

August 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Pool Day	2	3	4
5	6 Pool Day	7	8 Pool Day	9	10  1:00pm Belt exams & Demonstrations	11
12	13 Pool Day	14	15 Pool Day	16	17	18
19	20 Pool Day	21	22 Pool Day	23  Air & Space Museum	24  Last Day of Camp 1:00pm Belt exams & Demonstrations	25
26	27	28	29	30	31	