



Welcome to the Capoeira Karkara Kids FUN Summer Camp 2017!

The directors and staff of Capoeira Karkara are thrilled to have your child join the Capoeira Karkara family this summer, our first summer in our beautiful new studio! Our campers will receive instruction in all aspects of the capoeira art form: capoeira martial arts techniques, music, acrobatics, dance, language, culture and history, as well as Brazilian Jiu Jitsu, yoga, arts & crafts, character development games & activities. New for this summer we are incorporating Shred Zone Kids, a high intensity fitness class for the kids to stay extra active and to take their training to the next level. They will explore their surroundings during our field trips and enjoy outdoor sports play and free play at our local parks and pools. The skills they will develop will help the campers to grow not only as capoeiristas, but as young members of our society. Near the end of the summer (**Friday, July 28th at 6pm**), we will celebrate all the fun we have had learning and playing together with our Summer Celebration/Showcase.

To ensure a fun and organized summer for you, your child and our staff, please **read carefully all of the information** in this orientation packet. If you have any questions about the information in this packet, call the academy anytime.

The Capoeira Karkara Kids Campers are expected to:

- Be ready to participate in all activities.
- Abide by our Policies and Procedures.
- Be a caring and cooperative member of the Capoeira Karkara family - and striving to make more connecting choices at camp, home and everywhere they may be, to the best of their ability.

CAMP DIRECTORY

You may call the academy any time throughout the day at **(561) 737-3425**. You may also text Sara.

In addition, you may find the following information useful:

Name	Title	Phone Number	Email
Alberto "Betinho" Conceição	Camp Director	Cell (954) 829-2825	betinho@CapoKUSA.com
Sara Conceição	Camp Director	Cell (954) 829-2995	sara@CapoKUSA.com
Irvin Arthur	Head Counselor	Cell (561) 293-9523	zumbi@CapoKUSA.com
Sherrie Locke	Admin. Assistant	Academy (561) 737-3425	Sherrie.capokusa@gmail.com

CAMP TIMES

Summer camp hours are from **9:00 a.m. to 4:00 p.m.** Drop off begins as early as 7:30 am, and the latest pick-up time is 6:00 pm.

CAMP DATES

Summer camp 2016 runs Monday through Friday for 9 consecutive weeks, beginning on June 5th and ending August 4th.

The Summer Celebration/Showcase will be on Friday, July 28th at 6 pm at the academy.

The last week before school starts, there will be no camp but there will be regular classes that all students can attend. The 2017-2018 *Capoeira Karkara Kids After School Program* begins on Monday August 14th.

DAILY WORKSHOPS & ACTIVITIES

In addition to our daily field trips students will participate in classes each day in on or more of the following areas:

- Capoeira Martial Arts techniques - kicks, defenses, take downs
- Acrobatics & Tumbling
- Music – learning how to sing and play the capoeira instruments (berimbau, drums, tambourines & other percussion instruments) & songs (all in Portuguese!)
- ShredZone Kids High Intensity Fitness Training with Coach Eddy (Capoeira student and parent)
- Brazilian Jiu Jitsu
- Portuguese language
- Capoeira history and culture
- Yoga - including Yoga acrobatics, mindfulness relaxation exercises and flexibility classes
- Arts and Crafts
- Character development games

FIELD TRIPS

On most **Mondays, Wednesdays and Fridays** we will take a field trip to places such as pools, movies, skating, etc. (**See calendar** for details on field trips)

* We will visit Off the Wall Trampoline Fun Center on **Wed. Aug. 2nd**. **The height requirement for this field trip is 46 inches.** If your child does not attend this field trip there will be an **alternate field trip available on that day but please let us know in advance** if your child requires an alternate field trip. See calendar for details. Tuesdays and Thursdays we will visit local parks. On most Tuesdays we will be doing organized sports at the park (basketball or soccer) and roda on most Thursdays. Some parks we visit are splash parks, so please pack attire accordingly.

All children are expected to behave properly and listen to their counselors while traveling. **Departure and arrival times will vary for each trip.** Call the academy for pertinent times. When traveling, the staff-to-camper ratios are consistent with those while at the academy. When deemed necessary, additional staff and/or parent volunteers will be added to the supervision ratios.

GROUPS

Campers will be separated into small groups according to age for many of our activities and trips. There will be some times, however, such as during free play time at the parks and pools, that the children will all be together.

SUMMER CELEBRATION

The Summer Celebration will be held at the academy on Friday, July 29th at 6pm. We expect all campers to attend, as well as family and friends who wish to come enjoy the festivities. We will celebrate all of the fun we had and the kids who want to share what they have learned will be invited to showcase their new skills! If your child will NOT ATTEND CAMP the week of July 25-29, you can STILL ATTEND to participate in the roda, but in order to participate in any other presentations or performances, your child will need to attend that week of camp.

BEFORE/AFTER CARE

Every day from 7:30-9:00 am and 4:00 – 6:00 pm will be quiet play time for all campers as they wait to be picked up, or they can choose to instead participate in the regular class will also be taking place in the evening for non-camp students. **Uniform pants/cord are required for participation in the evening classes.**

For quiet play time, please send to camp with your child items such as books and other quiet and/or relaxing games to keep them entertained while they wait to be picked up. ***NO ELETRONICS PLEASE!***

DROP OFF AND PICK UP

All campers must be signed in and out each day at the front desk. Please do not drop your child off and drive away without coming in to sign your child in, or wait outside at the end of the day and wait for your child to come out. You must come inside the academy to sign your child in and out each day.

If you are running late in the morning you must call the academy at (561) 737-3425 to let us know. Some morning field trips require that we leave at or shortly after 9:00 am and we would not want to leave your child behind! If you intend to pick your child up before 4:00 pm please let us know to make sure when we will be returning to the academy.

Students may be picked up by authorized persons listed on the registration form ONLY. If someone other than the person/people listed on the form will be picking up your child, you must let us know in advance

and send in a signed and dated note authorizing that person to pick up your child. Anyone unknown to the staff will be required to show a picture I.D. that matches the information we have on file before leaving with your child.

Please arrive no later than 6:00 pm. **You will be charged \$10.00 for every 15 extra minutes you are late to pick up your child.** Your card on file will be charged automatically for this amount. If you do not have a card on file you will be required to pay cash up front.

ELECTRONICS

WE DO NOT ALLOW ELETRONICS AT ANY TIME DURING CAMP HOURS! If you need to contact your child at any time throughout the day, you may call the academy.

FOOD

- Campers will have a morning snack around 10:00 am, lunch around 12:00 pm and afternoon snack around 3:00 pm. All food must be provided by home and please, nothing that needs to be refrigerated or heated up.
- Healthy snacks and drinks are available for purchase at the academy. Spending money is optional.
- We have water fountains at the academy and most places we go will have water fountains, but please pack extra water and/or juice for your children.
- If your child has any food allergies or unusual dietary needs, please make sure that is clearly stated on your registration forms.
- We feel that fueling our children with nutrition-filled wholesome foods (avoiding too much sugar and artificially processed ingredients) will help your child feel and perform their best.

UNIFORMS/ATTIRE

All campers, teen volunteers, instructors and staff are REQUIRED to wear the camp shirt every day to camp and to all off-site trips. Comfortable, loose shorts or pants may be worn. No skirts please. To participate in all regular classes in the evenings, students **must wear their pants/cord** and may wear the camp shirt instead of the regular class shirt during the summer only. After summer ends, camp shirts may only be worn to classes on Fridays and Saturdays.

Shoes appropriate for outdoor playground play must be worn each day.

Please apply sunscreen at home each morning before camp. If you **do not want** our staff to re-apply sunscreen during the camp day, you must notify us in advance.

ITEMS TO BRING DAILY

On each camp day, campers should carry a tote or backpack with the following items. All items must be labeled with the camper's first and last names.

- A bag lunch
- Extra drinks and snacks (at least 2 extra snacks per day) and a refillable water bottle.
- Sneakers, play shorts, and camp shirt
- Sunscreen (we appreciate donations that we can use for the group)
- Towel and swimsuit
- Books or any other appropriate quiet time game or activity
- Capoeira uniform pants and cord (for those participating in evening classes)

Pocket knives, or any other items that may be construed as weapons, are forbidden anywhere in the academy.

PLEASE NO ELECTRONICS!

DISCIPLINE

Our number one rule is RESPECT. This includes self-respect, respect for fellow students, respect for instructors, and respect for the space we train in. Parents are expected to help implement this rule with their participating children.

Unacceptable behavior is defined as behavior that is disruptive to the group's wellbeing or harmful to others (or one's self) i.e., hitting, punching, biting, threatening or inappropriate language. Our staff will use behavior management techniques such as redirection, conflict resolution and positive reinforcement when handling behavior situations.

A child with disruptive behavior will be given an opportunity to correct him/herself.

If the behavior is not corrected, the child will be removed from the group for a specified time period depending on the age of the child. Parents will be informed if their child's behavior is disruptive and will be expected to work cooperatively with the CKCAC staff to correct the behavior. CKCAC reserves the right to dismiss a child from the program when behavior problems continue to disrupt the program and/or the camper is not able to positively function within our group size and counselor-to-camper ratio. There is no refund for a child who is asked to leave camp.

HEALTH

Any **limitation in the ability to participate** due to a medical **condition must be noted** on the Registration Form. Failure to identify any health condition will result in CKCAK treating the student as if he/she has no existing health condition.

SICK POLICY: No child is to be brought to camp in the morning with any of the following symptoms: high fever, diarrhea, vomiting, abnormal behavior. If in doubt about your child, please keep your child at home.

If your child exhibits any of these symptoms during camp, you will be called to come pick up your child as soon as possible. Please alert the office when your child develops a communicable disease (chicken pox, etc.) so that we can notify the other families.

LICE: Please help us prevent the spread of head lice as much as possible by ensuring the following: If your child has medium-long hair tell them to tie it up and make sure to send them with extra hair ties. Teach children not to share combs, brushes, hair accessories, hat, headsets, or any other personal headgear. Conduct regular checks of your child. If you find lice or nits on your child, please remove them completely before returning to camp.

PAYMENT INFORMATION

If you paid a down payment to reserve your spot, that amount will be credited to your last camp payment. If paying in full, payment must be received by the Friday before camp starts. If making weekly payments, you must pay in full by the Friday before the week you are enrolling.

REFUND POLICY: The registration fee and down payment are non-refundable. If you voluntarily withdraw from camp, and you have paid in full or have authorized us to charge your card for your payment, your money will be refunded in the following manner: Two weeks prior to beginning a session: 75% refund. One week prior to the session: 50% refund. No refunds will be granted once a session has started.

MEDICAL REASON FOR CANCELLATION: We understand that serious medical issues may arise over the summer. Please call us as soon as possible to inform us of your need to cancel that would prevent your child from participating for an extended period of time. We will ask that you submit a written excuse from your child's physician.

DECLINED PAYMENTS: There is a \$15.00 charge for all declined payments.

Thank you for your trust in us. We promise to give our 100% to make sure your child is safe, having fun, and learning all summer long!