



World Tang Soo Do Association Region #8 Youth Black Belt Camp Parent's Manual

Welcome! This manual includes information that will be helpful for you and your child in preparation for Black Belt Camp. If you have any additional questions or concerns, please contact your instructor. Depending on which camp your child is attending, there may be slightly different procedures. However, this guide is intended to present you with as much information as possible to best prepare everyone for camp.

What will my child do at Camp?

Each camper will participate in training events geared towards enhancing their Tang Soo Do education. Hour-long clinics occur throughout the camp and range from clinics on hyung (forms) as learned in class at your local dojang to specialty clinics on things such as sword one-steps or escrima sticks. The specialty clinics vary from year to year so campers should consult the registration form for this year's planned activities. Each camper will also participate in lectures designed to augment their understanding of the Code of Conduct of a Black Belt, the annual camp theme and the goals of Tang Soo Do – betterment of one's mind, body and spirit.

On Saturday, one of the sessions is a break-out where the campers may choose an athletic activity in which to participate. The inclusion of such non-martial arts activities is designed to let the campers relax, have fun and learn to work as a team.

Each camper will have a limited amount of free time to socialize with the other campers and get to know students from other dojangs. Each day starts early – at 7:00 am; curfew is at 10:45 pm each evening with lights out at 11:00 pm. In between, campers will enjoy the clinics with caring, well-qualified instructors.

Conduct at Camp

We work to maintain an atmosphere of mutual caring, respect and understanding at camp. Proper participation and conduct by each camper is expected and includes, but is not limited to the following rules:

- Respect others' feelings and property
- Cooperate with each other
- Listen to your counselors and instructors
- Stay with your cabin buddy/buddies
- No fighting, yelling or cursing
- Tell a counselor if someone/something is bothering or upsetting you
- Clean up after yourself

Please discuss and reinforce these behavioral expectations with your child. Counselors and instructors supervise all activities. Conflicts and problems are rare. Behavioral redirection is seen as an opportunity for learning and approached accordingly. **However, if a camper continually disrupts the program or poses a safety risk to himself/herself or others, the WTSDA reserves the right to suspend and/or dismiss the camper from the camp without reimbursement.** In such case, the parent will be notified to pick the child up within an appropriate amount of time to remove said child from the camp.

Weather Conditions

Weather can be unpredictable. Evenings may be cool. Each camper should have warm clothes and heavy enough sleeping equipment to allow for cool evenings. Alternatively, in warmer weather, campers should be prepared with light clothes (and maybe even a fan) as the cabins are not air-conditioned. Additionally, an extra change of clothes and extra dobohk is a good idea in case of rain. Activities will take place rain or shine. While every effort will be made to keep the students dry, a sudden rain cloud could make for a wet camper. In such a case, an extra change of clothes is recommended.

Medical Information

Each camp has an infirmary and medical staff on site in case of an injury or emergency. Each parent is **required** to: (1) note any special medical information on the camp application; (2) provide insurance information; (3) sign the waiver. The provision of insurance information is required in the rare event that a camper needs medical attention beyond that which is provided on site. In such an event, the camper's own insurance information will be provided to the care provider.

Each camper who uses any medication, prescription or non-prescription, must ensure that they bring enough to camp for their entire stay. All medications must be in their original containers. All campers taking any medication must notify their cabin counselor immediately upon arrival at camp. (This information will be taken from the camper's application and put on the list given to the counselor). While at camp, medications will be held and dispensed by either the counselor or medical staff; parents should specify their preference. Individual campers may hold emergency medications, such as heart medication, inhalers and bee sting pens after the cabin counselor is notified of such a need.

Please also note on the camp application if your camper has any allergies. If your camper has a food allergy, arrangements can be made with the dining staff with advance notice. If your child has food allergies, please provide a list of what your camper can eat, as well as a list of what your camper cannot eat, along with the camp applications.

Remember in order to ensure that each counselor and instructor is familiar with your camper's medical requirements all important information must be disclosed on the camp application.

The WTSDA does not carry medical insurance for campers while attending camp. Please review your own health insurance plan to be certain that your child has proper coverage. In the event your child needs medical assistance from a medical facility, you and your medical insurance provider will be responsible for such costs. Feel free to make sure your child has a copy of proof of insurance while camp for the weekend. In the event of illness or injury where the child cannot continue to participate in the weekend's events, the parent will be notified to pick up the child within a reasonable amount of time.

Camp Information

Your child (studio) will be assigned to one of the following camps. Be sure to check with your instructor as to which camp your studio is assigned:

May 21 to May 23, 2010 – Camp Green Lane, 249 Camp Green Lane Road, Green Lane, PA, www.greenlane.com

June 4 to June 6, 2010 – Camp Saginaw, 740 Saginaw Road, Oxford, PA 19363, www.campsaginaw.com

Qualifications of Counselors and Instructors

In order to teach in the World Tang Soo Do Association, instructors are required to pass an Instructor's Certification program. Furthermore, instructors participate in regularly scheduled instructor classes, training camps and seminars.

Studio and club owners are also required to undergo a criminal background check and child abuse clearance. Each studio and club owner must submit a copy of their criminal background check (and child abuse clearance if it is a separate process in their state) from their state of primary residence 60 days before the start of camp. This allows the WTSDA to review the background information provided. Studio owners who have incidents in their background that would impact their ability to provide a safe environment for your child will not be permitted to attend a youth camp.

Registration and Fees

As stated in the camp application, all campers must be registered by the deadlines noted on the application. Please follow the directions on the application to ensure your child is registered properly. The fees include lodging and the following meals: Friday – dinner; Saturday – breakfast, lunch, dinner; Sunday – breakfast, lunch. Parents are invited to a BBQ lunch on Sunday for an additional charge and must register and pre-pay on the application.

Frequently Asked Questions

- Q Why does my child have to lose a day of regular school to attend this weekend?
- A Being a Black Belt in the WTSDA is an important responsibility. We ask that you report to your child's school that they need a half-day off for this important camp. This is the only way we can train your children to be black belts both technically and mentally. The challenge of this effort will enhance your child's courage, pride and confidence. There are over 1,000 youths in a two-weekend course who will attend this event. This is only asked of your children once per year, and it is a very important part of their training to achieve their goal of Black Belt.
- Q What does my child need to bring?
- A Your child needs all toiletries and clothing for a weekend away from home. Campers will also need all uniforms (dobohks) and equipment for a weekend of martial arts training. Campers need to bring sleeping equipment (sheets, blankets, sleeping bags, pillows, etc.) for use in the cabins. A suggested checklist of items to bring is included at the end of this guide.
- Q What if my child forgets to bring something?
- A Instructors/counselors and other campers can usually provide extras of most items. However, each camper should take care to use a checklist when preparing for camp to make sure they remember items that are specific and particular to each camper.
- Q What time do I drop off my child?

A Drop-off and check-in is between 4 and 6 pm. Dinner service begins at 5:30 pm. You should plan to bring your child into camp and drop him/her off at the designated drop off point where a counselor will check each camper in and escort him/her to his/her cabin to begin the weekend. Any questions or concerns should be addressed to the counselor at the check-in point.

Q What day is camp over? What time do I pick up my child?

A Camp is over on Sunday. Parents are responsible for picking up their own child or ensuring that they have arranged for a ride home with another camper. All parents (friend and other relatives too) are invited to the Graduation Ceremony that is held Sunday morning. Campers may leave as early as the completion of the Graduation Ceremony (which typically begins at 11 am and is completed around 12 pm), but they should be picked up no later than 2:30 pm. Any child not picked up by 3:00 pm will be taken to the local police station by camp staff.

Q What if I am running late to pick up my child?

A If for some reason you are running late and cannot make alternative arrangements for your child to be picked up on time, you must:

1. Call the Camp Director for your child's camp to alert the staff that you will be late:
Saginaw – Master Godwin 302-367-7100; Green Lane – Master Vaughn 610-955-9418.
2. Provide an estimate as to how late you will be so that proper arrangements may be made.
3. If you are able to reach your child (they have a cell phone with them at camp), please call them to let them know and have them inform their counselor.
4. Be prepared to pick up your child at an alternate location such as the local police station or other location as directed by the camp staff.

Q My child is getting promoted on Sunday. May we and other family members attend?

A Family and friends are welcome to the Graduation Ceremony. In fact, the presence of family and friends makes the ceremony more enjoyable for each camper. The ceremony begins around 11 am so you should arrive around 10:30 am so that you have time to park and get a seat. There is no limit on the number of family members who may attend. Photographs are permitted.

Q What qualifications do the Instructors and Counselors have?

A All instructors are certified WTSDA instructors. All instructors and counselors are required to submit a criminal background check to the WTSDA prior to acceptance as an instructor or counselor. Volunteers who have questionable backgrounds that might impact the ability to provide your child with a safe environment will not be accepted as instructors or counselors.

Q What do I do if my child has special needs (medical, dietary)?

A Please note on the camp application any special needs, including the need for medication, special medical attention or dietary restrictions. In the case of dietary restrictions, please provide both what your child can and cannot consume in advance with the camp application.

- Q How can I get in touch with my child in case of an emergency?
- A If your child has a cell phone with them at camp, feel free to call them. Also, please alert the camp staff at the emergency contact number provided in this manual and/or the camp application.
- Q How can my child get in touch with me in case of an emergency?
- A If your child has a cell phone with them, they will be free to call you. Also, as part of the camp application, you are required to provide contact information. In the case of an emergency camp staff will call you at the number(s) listed on the application.
- Q What medical information do I need to provide?
- A As mentioned earlier, please list any information that might impact the way a staff member should treat your child in a medical emergency. This includes medical conditions and/or disorders, prescription and non-prescription medications taken, allergies, and any other information you believe is important.
- Q What if my child gets sick/injured?
- A Each camp has medical personnel on location. In the event of a minor injury (scraped knees, etc.) where treatment can be administered by such staff, it will be administered and you may be notified by telephone. In the event of a more severe incident requiring additional attention, appropriate medical staff at a local hospital or treatment center will see to your child.
- Q What if the weather is bad?
- A Most activities take place rain or shine. There are indoor facilities to accommodate most activities in the event of rain. While bad weather may cause the schedule to be modified, your child should be prepared for any weather event. Rain gear, additional changes of clothes, clothes for warm and cool weather should all be included in what your child brings to camp.
- Q What is the drop off and pick up procedure?
- A Check in: As mentioned previously, there will be a check-in point at each camp. Campers will be dropped off at this central point and will be checked in by an instructor/counselor. Parents should raise any concerns with the instructors/counselors at the check-in point. After dropping your child off at the check-in point, you will be directed to the camp exit. The counselors will escort campers to their cabins to get settled, meet their cabin mates and head to dinner.
- Pick Up: If you are on site for the graduation, your child should bring all materials to your car in the parking area. If you do not attend graduation, your child can be picked up at the same location where they were checked in on Friday. Be sure they are aware that they must carry all their own equipment to and from the cabin.
- Q What are the sleeping quarters like?
- A All cabins are wood structure with bathroom and shower facilities. Each cabin will have between 10 and 16 campers and two counselors. All will sleep on bunk beds. Please see the applicable camp website for photo information on each camp.

Q Are there counselors and instructors on duty at all times?

A Yes. From the moment check in starts until your child is picked up, the counselors and instructors are on duty. They will be with the campers during meals, activities and during the night. During the evening free time, there are counselors and instructors stationed throughout the camp to provide supervision to campers as well as patrolling the entire camp. Camp staff is also on site and on duty the entire weekend to assist the WTSDA instructors, counselors and campers.

Q Should I provide my child with food/drinks to bring?

A Meals will be provided by the camp. However, campers may enjoy having a few snacks between activities and in the evening. As the activities are all athletic in nature, it is recommended that such snacks be healthy ones. Your child may enjoy having his or her own supply of water or Gatorade (or similar) in addition to the drinks provided by the camp.

Insurance and General Liability Information

By signing the 2010 Camp Green Lane Registration Form and/or the 2010 Camp Saginaw Registration Form and allowing your child to attend the Region #8 Youth Black Belt Camp, you hereby agree to the following:

GENERAL RELEASE: I hereby agree for myself and/or my child (or children, as the case may be) and our respective heirs, assigns and legal representatives, to indemnify, defend and hold the (i) World Tang Soo Do Association (WTSDA) and its officers, directors, board members, employees, volunteers, agents, independent contractors, instructors, counselors, participating studios, regional director(s), (ii) other participants and (iii) Camp Green Lane and/or Camp Saginaw (collectively, the "Staff) harmless from any and all claims and causes of action of any nature for any and all personal injury or illness, including, but not limited to death, which may occur to me and/or my child or which may be aggravated during or by any activity during the course of the program in which I have decided to allow myself and/or my child to engage. I further waive any and all claims or causes of action, which I and/or my child may now or hereafter have against the Staff which may at any time arise directly or indirectly related to my and/or my child's participation in the program. I further expressly understand and agree the foregoing indemnity, release and waiver is intended to be as broad and inclusive as permitted by the Laws of the Commonwealth of Pennsylvania and that if any portion thereof is held invalid, illegal or unenforceable, it is agreed that the balance shall, notwithstanding, continue in full force and effect.

ASSUMPTION OF RISK: I, individually and/or on behalf of any minor child, expressly and specifically assume any and all risk of injury, illness, death or property damage resulting from my Tang Soo Do (TSD) activities. Further, I, individually and on behalf of my minor child, understand that TSD activities are strenuous and dangerous and should be engaged in only by persons in good health. I understand that I should consult a physician before enrolling myself and/or my child in the TSD program. I understand the risks involved and accept all of the risks.

MEDICAL RELEASE: I, individually and/or on behalf of any minor child, further hereby release the Staff from any claim whatsoever which may arise as a result of any first aid, treatment or services or assistance provided to me in connection with any injury that arises from activities at Camp Green Lane or Camp Saginaw. I take full responsibility for my and my child(s) welfare and safety during TSD or TSD related activities. I hereby give permission for emergency medical treatment to be administered as deemed appropriate.

INSURANCE: I understand that I am expected to have my own health insurance to cover me and my child. I understand that the WTSDA does not carry insurance to cover injuries and losses that may befall me and/or my child. I understand and agree that should medical attention be required, I and/or my insurance provider shall be responsible for all costs associated with such medical attention.

PHOTOGRAPHIC RELEASE: I consent on behalf of myself and my minor child, to be photographed and to allow WTSDA to use any or all photos of myself and/or my minor child at its sole discretion.

RULE ACKNOWLEDGEMENT: I understand that myself and my minor child are required to obey all rules and regulations governing this seminar and failure to do so may result in me and/or my child's expulsion from this seminar without a refund. I further understand and agree that all fees paid hereunder are NONREFUNDABLE.

Camp Packing List

- dobohk(s) and belt
- bong
- dan gum, jang gum and any other weapon needed for break-out sessions (such as nunchucks)
- sparring gear

- notebook and pen for note taking during lectures
- bag to carry stuff around in camp

- undergarments
- t-shirts
- athletic shorts
- swim suit and sports equipment (optional)
- socks
- sneakers for working out, shower shoes
- pants and sweatshirt
- pajamas

- pillow
- sleeping bag or twin sheets and blanket(s)
- towels, wash clothes

- toiletries
- sunblock
- medications, if any

- drinks (water, sports, etc.)
- snacks
- alarm clock
- cell phone and charger
- fan
- lanyard for anything that must be carried with you