



Dear CSA Karate Camp Parents;

Each year it is our goal to give campers a summer to remember! Whether your camper is attending one day, week, or all summer they will gain valuable Martial Arts skills and life lessons, while having a blast! This summer we are excited to expand our Community Service projects, giving campers the opportunity to enjoy fun projects while giving back! We will be including martial arts & crafts, additional guest instructors and activities, and so much more! Campers can also look forward to: Martial Arts training and belt advancement, Wacky Wednesdays, Friday Fun-days, movies on our BIG screen, swimming and splash pad, among other favorites. I am proud to say this is my 23rd summer as CSA Karate Camp Director and along with my Assistant Director, Julie Oros and many great counselors and CIT's, we will provide your child with a safe and fun summer!

As we approach the start of camp it is our goal to make sure all campers are ready and prepared for a wonderful summer. Please read through the information attached and contact us if you have any questions. This packet includes:

- **Sample Camp schedule**
- **What to Pack and what to leave home**
- **Camp Info and Notes**
- **Medication Administration Authorization Form (only to be completed if you child will be taking medications during the camp day)**
- **Carpool map**

We are looking forward to a GREAT SUMMER!

Sincerely,

*Jennifer Lake*

CSA Karate Camp Director

**If you have any questions please email, call, text anytime: 443-621-7544**

CSA is Located at the JCC  
3506 Gwynnbrook Avenue Owings Mills, MD 21117

**[www.CSAKarate.com](http://www.CSAKarate.com)**

# CSA Summer Camp Sample Schedule

CSA Karate Camp is an indoor camp with outdoor activities. This allows us to go outside when the weather is comfortable and stay inside when it is too hot, cool, or rainy. We do not take field trips or leave the campus...we bring the field trips to CSA! It is our goal to make each day new, fun, and exciting. The schedule below is a sampling of our day but doesn't reflect the numerous activities our campers will enjoy throughout the summer!

7:30 - 9:00am	Early Drop off (extra fee)
9:00 - 9:30am	Carpool
9:30 - 9:45am	Check-in and Team Time
9:50 - 10:30am	Session 1 - Warm ups, Stretches, Games, and Relays
10:30 - 11:10am	Session 2 - Karate Basics and Advancement
11:15 - 12:00pm	Session 3 - Lunch
12:30 - 1:10pm	Session 4 - Free Swim and Splash Pad Time
1:10 - 1:20pm	Change
1:30 - 2:00pm	Snack (provided by CSA)
2:10 - 2:50pm	Session 5 - Games, Guest Instruction, and more
3:00 - 3:40pm	Session 6 - Special Activities, Playground, Gym Time, and more
3:45 - 4:00pm	Day in Review with T'ai Chi Cool Down
4:00 - 4:15pm	Carpool
4:15 - 6:00pm	Late Stay (extra fee)

## What to Pack and what to *not* pack:

**Please label all your child's belongings!**

**Pack** one bathing suit (unless participating in instructional swim)

**Pack** one towel

**Pack** or wear athletic (closed toe) shoes

**Pack** sandals/pool shoes (optional)

**Pack** kosher lunch with a drink (Lunches can be refrigerated)

**Pack** sunscreen (should also be applied before camp day)

**Pack** hat and/or sunglasses

**Do not** send anything valuable (i.e. ipads, handheld games, etc.)

**Do not** send money

**Do not** send Pokemon, Magic, or Yugioh cards

**Do not** send toys

**Do not** send Fidget Spinners

**Do not** send any kind of medications with campers (any meds need to be given directly to camp director, assistant director, or EMT Nadav)

## Other Info:

- **Themes** - Below you will find a list of some of our fun Summer Themes
  - Make a Friend **Monday**: Everyday we help to promote lasting friendships
  - Tutu **Tuesday**: Campers can sport their tutus to camp
  - Wacky **Wednesday** (see list below): Dress in the wacky theme below
  - Thoughtful **Thursday**: Campers will participate in a community service project
  - **Friday** Fun-day: We will see each week out with a end of week party

### Wacky Wednesday Themes

June 14	Week #2	Rockstar Day
June 21	Week #3	Crazy Hat and Hair Day
June 28	Week #4	Pajama Day
July 5	Week #5	Red, White, and Blue Day
July 12	Week #6	Luau Day
July 19	Week #7	Super HERO Day
July 26	Week #8	Into the Jungle Day
August 2	Week #9	Pirate Day
August 9	Week #10	Tie Dye Day
August 16	Week #11	Team Spirit Day
August 23	Week #12	Wacky Day
August 30	Week #13	Backwards Day

### • Food

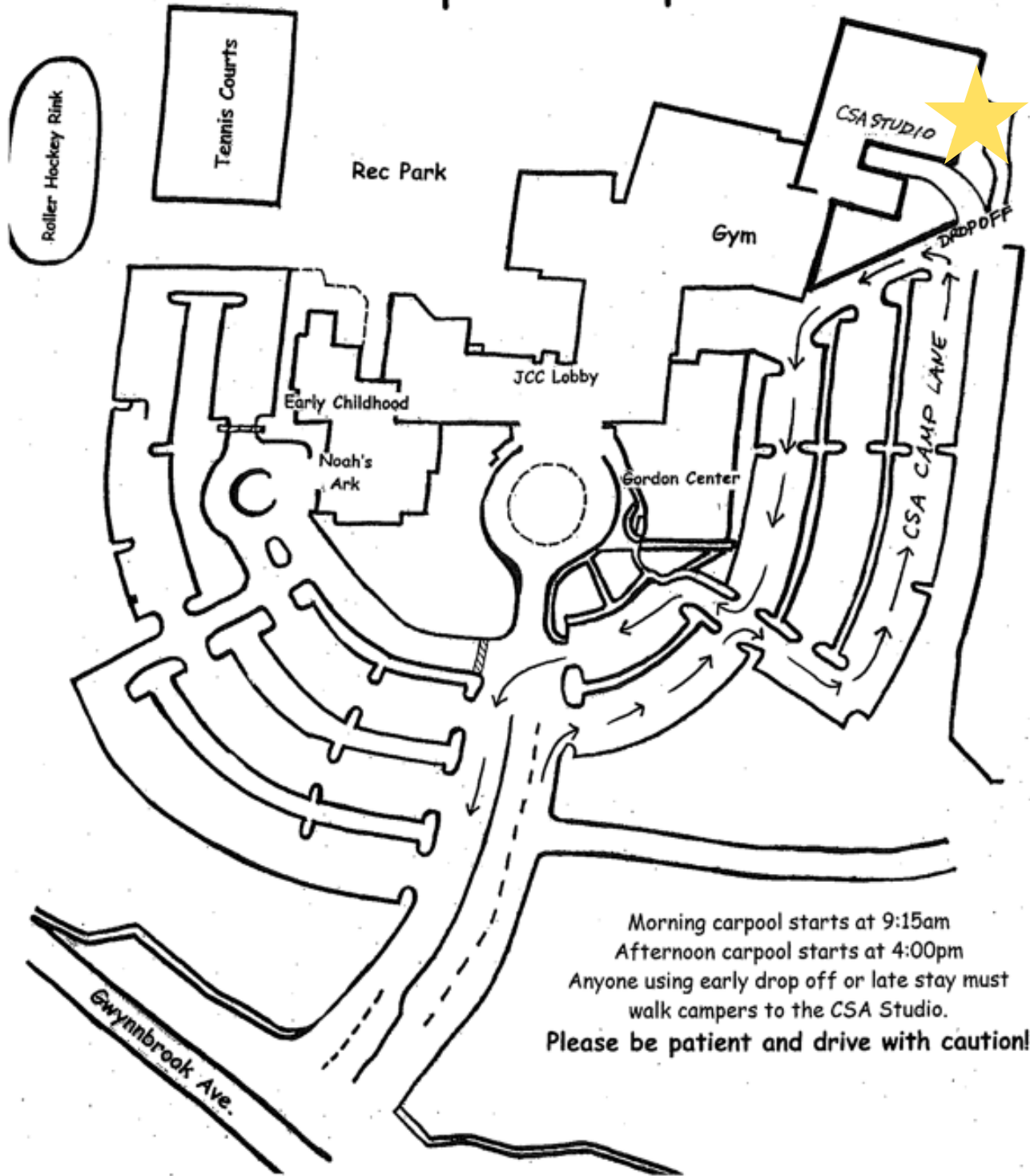
- **Hot Lunches** - MeLatte will offer a hot lunch option for our campers Monday through Thursday (see below for Friday). Click [here](#) to order lunches. The password is "Summer".
- **Pizza Friday option**- We will send a menu home on Tuesday to be returned by Thursday for Pizza Friday.
- **Lunches** - CSA is a NUT FREE camp. We have many campers that suffer from severe nut allergies and to ensure their safety we ask that you refrain from sending any foods with nuts.
- **Snacks** - We provide campers with an afternoon Kosher and nut free snack.
- **Birthdays** - Due to allergies we ask you not send food for birthday celebrations. We will make their day very special and you are welcome to send another fun treat to camp. Contact us to plan.
- **Belt Advancement** - Every Friday campers have the opportunity to test to a new belt level. There is a test fee of \$10 for a stripe advancement or \$20 for a new belt achievement. Please note that testing is not mandatory and notices are sent home Thursdays if your camper is ready to test.

- **Camp T-shirts** - All campers will receive a CSA Karate Camp T-shirt. We ask that campers wear their shirts, past or present, on Fridays.
- **CSA Store** - Throughout the summer campers earn points as prizes for games, contests, or just going over and above. Each Friday we open the “CSA Store” giving campers the chance to “purchase” prizes with their earned points.
- **Facebook** - We have a **CSA Summer Karate Camp** page on Facebook. We use this page for announcements, reminders, and more. Click [here](#) to join our FB page.
- **Swim** - Campers will be swim tested by JCC lifeguards their first day of camp. The evaluation will result in your camper earning a swim band to signify their swim level and where they are permitted in the pool. It is very important that you child wear their swim band to camp each day.
  - Red - Beginner or non swimmer stays in area where they can touch
  - White - Intermediate swimmer stays in shallow and middle part of the pool
  - Blue - Advanced swimmer can swim anywhere in the pool including the deep end

**Please Note:** *Campers can retest at any time and we stress that not earning a higher band is only for their safety.*
- **Drop off and Pick up** - Please check procedures below and see map
  - **Early drop off:** walk campers in to the CSA studio or to the studio door
  - **Carpool morning drop off:** staff will get campers out of cars from the carpool line
  - **Carpool afternoon pick up:** you will receive a CSA Carpool Sign which must be displayed in your drivers side window or hanging from your rear view mirror. If you have children in different camps you will need to display signs and/or numbers for those camps. You will wait in carpool line and we will walk campers out to the car when they approach the curb. It is important that drivers stay in the car and that we place children in the car from the curb side.
  - **Late stay pick up:** you will walk to the CSA studio door for pick up

**Note:** *no parents or adults will be permitted in the studio 9:00AM - 4:30PM*
- **Transportation** - Busses will run the weeks of June 26 - August 18 and are available to those that have preregistered for the bus with Stacy Deems
- **Camp Registration and Payment** - It is mandatory that all online forms are complete prior to your camper starting. If you want to log in and check, click [here](#) and check your status bar. Both your status bar and your children’s should be green. If status bar is red, yellow, or blue you will need locate where information is missing and complete. You will also receive an email with an invoice to make final payment for camp. You can pay directly through the invoice or make payment with cash or check.

# CSA Summer Karate Camp Carpool Map



Morning carpool starts at 9:15am  
Afternoon carpool starts at 4:00pm  
Anyone using early drop off or late stay must  
walk campers to the CSA Studio.  
**Please be patient and drive with caution!**

# MEDICATION ADMINISTRATION AUTHORIZATION FORM

Department of Health & Mental Hygiene (DHMH)  
Center for Healthy Homes and Community Services (CHHCS)  
(410) 767-8417 Toll Free 1-877-4MD-DHMH ext. 8417

Return completed form to Jennifer Lake by or before first day of camp

I. CAMP OPERATOR			
<p>This form must be completed fully in order for youth camp operators and staff members to administer the required medication or for the camper to self administer medication. A new medication administration form must be completed at the beginning of each camp season, for each medication, and each time there is a change in dosage or time of administration of a medication.</p> <ul style="list-style-type: none"> <li>• Prescription medication must be in a container labeled by the pharmacist or prescriber.</li> <li>• Nonprescription medication must be in the original container with the instructions for use. Nonprescription medication includes vitamins, homeopathic, and herbal medicines.</li> <li>• An adult must bring the medication to the camp and give the medication to an adult staff member.</li> </ul>			
II. CAMP INFORMATION			
YOUTH CAMP NAME			
PHYSICAL ADDRESS			
CITY		STATE	ZIPCODE
III. PRESCRIBER'S AUTHORIZATION			
CHILD'S NAME		DATE OF BIRTH	
CONDITION FOR WHICH MEDICATION IS BEING ADMINISTERED:		EMERGENCY MEDICATION <input type="checkbox"/> YES <input type="checkbox"/> NO	
MEDICATION NAME	DOSE	ROUTE	
TIME/FREQUENCY OF ADMINISTRATION		IF PRN, FREQUENCY	
IF PRN, FOR WHAT SYMPTOMS			
KNOWN SIDE EFFECTS SPECIFIC TO CHILD			
MEDICATION SHALL BE ADMINISTERED <i>(NOT TO EXCEED 1 YEAR)</i>		FROM	TO
PRESCRIBER'S NAME/TITLE		This space may be used for the Prescriber's Address Stamp	
TELEPHONE	FAX		
ADDRESS			
CITY	STATE		
PRESCRIBER'S SIGNATURE <i>(Parent cannot sign here)</i> <small>(ORIGINAL SIGNATURE OR SIGNATURE STAMP ONLY)</small>			DATE
IV. PARENT/GUARDIAN AUTHORIZATION			
<p>I request the authorized youth camp operator/staff to administer the medication or supervise the camper in self administration if authorized as prescribed by the above prescriber. I certify that I have legal authority to consent to medical treatment for the child named above, including the administration of medication at the facility. I understand that at the end of the authorized period, an adult must pick up the medication, otherwise it will be discarded. I authorize camp personnel to communicate with the prescriber as allowed by HIPAA.</p>			
PARENT/GUARDIAN SIGNATURE			DATE
HOME PHONE #	CELL PHONE #	WORK PHONE #	
V. AUTHORIZATION FOR SELF ADMINISTRATION AND SELF CARRY			
<p>I consent that the child named above is able to self administer the medication listed. I authorize self administration of the above listed medication for the child named above under the supervision of an authorized youth camp operator/staff member. The child named above may self carry emergency medication if indicated below.</p>			
PRESCRIBER'S SIGNATURE	SELF CARRY EMERGENCY MEDICATION (Check One) <input type="checkbox"/> YES <input type="checkbox"/> NO <input type="checkbox"/> Not emergency medication	DATE	
PARENT/GUARDIAN'S SIGNATURE	SELF CARRY EMERGENCY MEDICATION (Check One) <input type="checkbox"/> YES <input type="checkbox"/> NO <input type="checkbox"/> Not emergency medication	DATE	