



# World Tang Soo Do Association Region 9 Youth Black Belt Camp Parent's Guide



Welcome! This manual includes information that will be helpful for you and your child in preparation for our Black Belt Camp. If you have any additional questions or concerns, please contact your instructor. 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.

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 10:15 pm each evening with lights out at 10:30 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 the 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 instructors, assistants, and chaperons
- Stay with your room buddy/buddies
- No fighting, yelling or cursing
- Tell an instructor or chaperon if someone/something is bothering or upsetting you
- Clean up after yourself

Please discuss and reinforce these behavioral expectations with your child. Chaperons 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 dorms are not air-conditioned. Additionally, an extra change of clothes and extra Do Bohk 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 a medical staff on site in case of an injury or emergency. Each parent is **required** to: (1) Submit medical questionnaire form along with camp registration 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 instructor 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 chaperon 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. Make sure your child has a copy of proof of insurance while at 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

The Region 9 Youth Black Belt Camp will be held at **Post University, 800 Country Club Road Waterbury, CT 06708**. Your child will have an opportunity to have breakfast immediately following registration. Please make sure that your child either has breakfast before arriving or takes advantage of the breakfast provided at the camp because the training will begin immediately following breakfast and continue until lunch.

## 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: Saturday - breakfast, lunch, dinner; Sunday - breakfast, lunch.

## Frequently Asked Questions

- 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 (Do Bohks) and equipment for a weekend of martial arts training (including staffs, training knives where appropriate). Campers need to bring sleeping equipment (sheets, blankets, sleeping bags, pillows, etc.) for use in the dorms. 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 7 and 8:45 am. Breakfast is available between 8 – 9 am. You should plan to bring your child into camp and sign him into the registration table. Your child will then be given their room assignment. Any questions or concerns should be addressed to the counselor at the registration table.
- 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 at lunch on Sunday. Campers may leave after lunch is finish and they have cleaned, pack their room and check out with the registration table. **ALL ROOMS MUST BE CHECKED BEFORE STUDENT LEAVES.** Check out starts at 1:30. **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 Regional Director (Master Valentin) or Camp Director (Master Farrelly):  
Master Valentin 203-537-3071; Master Farrelly 203-217-7987.

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 Regional Director or Camp Director.

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. 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 at the registration table. Parents should raise any concerns with the instructors/counselors at the check-in point. After check in you child will be given their room assignment and you can help them find and setup their room, after setting up their room we encourage all campers to have breakfast.

Pick Up: After completion of lunch on Sunday all campers will return to their rooms to pack and clean their rooms, after they have packed and cleaned their room they need to have an instructor check their room. After their room is checked, the students must check out with the registration table in the same place they checked in.

Q. What are the sleeping quarters like?

A. Students will be staying in college type dorms room. These rooms are usually two person rooms. Each floor has its own bathroom and shower facilities.

Q. Are there chaperons and instructors on duty at all times?

A. Yes. From the moment check in starts until your child is picked up, the chaperons 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 chaperons and instructors stationed throughout the camp to provide supervision to campers as well as patrolling the entire camp.

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 Region 9 Youth Clinic Registration Form and allowing your child to attend the Region 9 Youth Black Belt Clinic, 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) Post University (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 State of Connecticut 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 Region 9 Youth Clinic. 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.

## Camp Packing List

- Do Bohk(s) and belt
- Bong (staff)
- 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
- casual clothes for evening
- athletic shorts
- swim suit (optional)
- socks
- sneakers for working out
- shower shoes
- pants and sweatshirt
- pajamas
  
- pillow
- sleeping bag or twin sheets and blanket(s)
- towels, wash clothes, soap, shampoo
  
- toiletries
- sun block
- medications, if any
  
- drinks (water, sports, etc.)
- snacks
- alarm clock
- cell phone and charger
- fan
- lanyard for anything that must be carried with you