Knock Around

UC San Diego Recreation

Summer Camps

2016

Registration!
Saturday March 5 8am
**Knock Around Camps**

**Description and Requirements**

The Knock Around Camps are built upon our belief that environment dictates a child’s summer experience. Each summer we at Knock Around strive to create a low pressure, high energy, positive environment where children are encouraged to create friendships, explore creativity, and have the time of their lives.

In each of our camps, children are introduced to a wide variety of activities designed to promote teamwork, self-esteem, leadership, cultural awareness, and friendship.

This summer we’re offering a myriad of camp options. Look them over and if you have any questions, feel free to contact Katie Shaw-Bullock (Gidget) at (858) 534-3911 or kshawbullock@ucsd.edu.

In order to participate in any of our Knock Around Summer Camps, all campers must meet the following minimum requirements:

- Be 5 years of age prior to the first day of session
- Be potty trained
- Ability to understand and abide by camp rules and follow direction
- Ability to participate safely and effectively in a variety of physical & instructional activities and communicate needs
- Ability to pay attention without being disruptive
- Ability to understand consequences of inappropriate behavior
- Ability to dress themselves with minimal assistance
- Ability to interact with peer group in a civil manner
- Understand how to respect others and their personal belongings

**Counselors**

Our counselors are positive, energetic, highly motivated UC San Diego students or recent alumni. We believe it is our counselors that separate Knock Around from many other day camps in San Diego. As college students, the counselors can play an active role in each child’s life as a positive role model. They create an energetic and open atmosphere that helps campers feel comfortable to be themselves.

All counselors are:

- Certified in CPR and First Aid
- Familiar with the UCSD campus
- Experienced in working with children
- Positive role models

**Knock Around Classic Camp**  
**Ages 5-11**

Heading into its 26th summer, the Knock Around Classic Camp is a coed, full-day camp program. Nestled between Muir and Revelle College in the Main Gym facilities, Knock Around Classic Camp takes advantage of our unique access to UC San Diego’s vast resources in creating a daily schedule that keeps children active and occupied from the early morning until the late afternoon.

By blending scheduled activities with free-time play, Knock Around Classic Camp provides children the opportunity to learn new skills, develop game strategy, and engage in positive social interactions in a friendly, extended family type of environment. Schedules vary by week but can include such activities as swimming, arts and crafts, gymnastics, global kids, outside performers, camp games, and special events! The Knock Around Classic Camp program runs from 8am to 4:45pm.
Archery Camp teaches archery skills and teamwork in a safe and monitored environment on our rooftop facility. Emphasis will be on learning form and proper shooting technique, and campers will have plenty of time to practice hitting various targets. All experience levels are encouraged to participate! Archery equipment is provided. Archery Camp will take place entirely off site from the main camp in the Warren College area. Campers will utilize the rooftop facility for archery, swim in Canyonview Pool, and play camp games in Warren college.

KNOCK AROUND BEACH CAMP  Ages 8–14

Located next to the Scripps Institution of Oceanography (SIO), our Beach Camp will take the Knock Around philosophy and apply it to the beach. Campers will have the opportunity to take surf lessons, hike to tide pools, learn basics of marine biology, build sand castles, and play on the beach.

Surf instructors and certified lifeguards are present the whole camp day and adhere to a ratio of three children to every one adult when playing in the ocean. All campers who wish to go in the ocean must pass a swim test on the first day of the session.

This camp is for children ages 8–14, and runs from 9am to 4pm. Before-Camp Care is available from 8am to 9am and costs $30 per two week session. After-Camp Care is available until 5pm and costs $30 per two-week session.

KNOCK AROUND GYMNASTICS CAMP  Ages 7–11

Young gymnasts will love our Knock Around Gymnastics Camp! Gymnastics activities will be held in our gymnastics facility in the Main Gym south balcony. Campers will also be included in other Knock Around Camp games, events, and swimming in our indoor natatorium pool. Gymnastics Camp provides expert coaching from our experienced staff to our campers in a positive and non-competitive environment. The camp will focus on introducing new and improving existing gymnastic skills, while creating a fun and memorable summer experience for all campers.

KNOCK AROUND SPECIALTY CAMPS

Knock Around Specialty Camps are designed to give campers ages 7+ a more in-depth immersion experience while still maintaining the fun, non-competitive spirit of the Classic Camp. Qualified staff members bring years of experience in their program area and head up each Specialty Camp. Most programs run for a one-week session from 8am to 4:45pm, and have individualized programming in the morning before linking up with the Classic Camp for swimming and games in the afternoon. The exceptions to this are Archery Camp and Musical Theatre Camp. Read on to learn more!

ARCHERY CAMP  Ages 7–14

Archery Camp teaches archery skills and teamwork in a safe and monitored environment on our rooftop facility. Emphasis will be on learning form and proper shooting technique, and campers will have plenty of time to practice hitting various targets. All experience levels are encouraged to participate! Archery equipment is provided. Archery Camp will take place entirely off site from the main camp in the Warren College area. Campers will utilize the rooftop facility for archery, swim in Canyonview Pool, and play camp games in Warren college.
**FENCING CAMP**  
**Ages 7–14**

The Jr. Musketeers program teaches the sport of fencing to all levels. The program emphasizes skills development and immediate application to competitive fencing. Fencers will enhance technique through individual lessons and drills. We stress the learning of competitive skills and good sportsmanship as well as applying skills learned to the development of positive character. Fencing equipment is provided.

**CREATIVE WRITING CAMP**  
**Ages 8–10 and 10–12**

Creative Writing Camp will foster in kids a new, more positive relationship with the written word and work towards developing campers own ‘voice’, all the while embellishing writing skills that will help them achieve greater success with school assignments. Campers will learn to creatively think outside the box while completing various individual and group projects. As part of the Knock Around family, the order of the day will be fun and friendship!

**RACQUET SPORTS CAMP**  
**NEW FOR 2016**  
**Ages 7–11**

Racquet Sports Camp is a non-competitive camp for kids who have an interest in learning more about tennis and badminton. The small-group atmosphere and fun and positive environment allows for campers to get a good intro to both sports in a short amount of time. Campers will leave with new and improved skills and an appreciation for each racquet sport! Some racquets are available, but campers are encouraged to bring their own.

**HIP HOP DANCE CAMP**  
**Ages 7–11**

This high energy Dance Camp will get kids moving while teaching basic hip hop techniques. Campers will learn the basics of body control, memory, and quick pick-up. No previous dance experience required!

**FIELD SPORTS AND GAMES**  
**Ages 7–11**

If your camper is looking for one week of all the best games and sports that Knock Around has to offer, this camp is for them! Campers will participate in a variety of traditional and non-traditional sports and the most popular Knock Around Camp games. Participants should be energetic and prepared to be active the entire day!
ROBOTICS CAMP  NEW FOR 2016  Ages 8–14

Knock Around is proud to present its first ever Robotics Camp! Campers will learn the ins and outs of basic programming while building a robot made of Legos. The Midnight Mechanics team from UCSD’s Preuss School will guide your camper to the ultimate goal of completing a functional robot that will compete in an end-of-session contest. Not to be missed!

MUSICAL THEATRE  NEW FOR 2016  Ages 7–11

Campers will sing, dance, and act out some of their favorite musical numbers in this creative camp! Young performers will develop an appreciation for musical theatre while working together to produce an end-of-session theatrical performance for parents. We will be offering 2 two-week sessions of Musical Theatre Camp this summer.

Martial Arts  Ages 7–11

Martial Arts Camp will provide a nurturing environment that helps campers grow both physically and mentally into confident young adults. Instructors will provide a fun workout where campers learn discipline and increase their stamina, flexibility, muscle strength and coordination. Campers will be encouraged to help each other and to reach individual goals through teamwork and group training.

Circus Arts  Ages 7–11

Circus Arts Camp will introduce campers to circus and performing arts in a safe and non-competitive environment. Activities will include aerial silks, juggling, slack lining, unicycling, face painting, and mime! Guaranteed to be an experience to remember!
Leadership Camps:
Classic and Variety • New for 2016!

For Campers Entering 7th, 8th and 9th Grade

Designed to capitalize on the positive environment of Knock Around, our Leadership Camps offer a unique opportunity for young teens to interact with great role models as well as form friendships with their peers in a low pressure, active environment. In response to the growing demand of our Leadership Camp program, we have added a “Variety Camp” option in addition to our Classic Leadership Camp program. Leadership Variety Camp will be less theme-based and more focused on playing games and diversifying campers’ experiences on campus. Of course we will still have our Classic Leadership program, full of the activities, leadership opportunities, and off-campus adventures the campers have come to love!

Leadership Classic

Themes:

Session II - Sports & Games - June 20 - 24
Session III - Food Frenzy - June 27 - July 8
Session IV - Outdoor Adventure - July 11 - 22
Session V - Shutterbug & Multimedia - July 25 - August 5
Session VI - Ocean Life & Conservation - August 8 - 19
Session VII - Becoming Leaders - August 22 - 26

Leadership Variety

Sessions 2-7 will be less structured and without themes. The goal of the Leadership Variety Camp program is to explore the greater UCSD campus and expose our kids to all that campus has to offer! Activities include tours of campus facilities, the Outback Challenge Course, gymnastics, group games in secret (shh!) campus locations, Price Center lunch outings and so much more!

Both Leadership Classic and Leadership Variety Camp will frequently join up to participate in group games and activities. This summer we will be offering 4 two-week sessions and 2 one-week sessions of both Leadership Classic and Leadership Variety Camp.
Knock Around Junior Counselor Program

Designed for high school students who would like to further enhance their leadership abilities and learn what it is like to be a counselor at Knock Around Camp. All Junior Counselors will be placed into a group alongside two full-time counselors and asked to take on certain responsibilities, including: dynamically interacting with the campers, facilitating games and projects, monitoring the safety of camp, and participating in various camp activities. In exchange, Junior Counselors will gain positive workplace experience, leadership skills, an environment to grow creatively, and the extreme satisfaction that comes with being a mentor to younger children. Space for the Junior Counselor program is limited and prospective participants must meet the following criteria to be considered for the program:

- Participant must have completed at least one year of high school
- Participant must complete and return the application to Gidget by March 18
- Participant (even if returning from last summer) must be available to participate in a training day on Saturday, May 7 from 9am–3pm
- Participant must be available to participate in one of two camp work days: Friday, June 3 from 4–6pm or Friday, July 22 from 4:30–6:30pm
- Participant must complete CPR/First Aid certification prior to the first day of their scheduled session

Due to the popularity of the Junior Counselor program, we unfortunately cannot guarantee a spot to everyone who wishes to participate. We will notify the prospective participants by April 29 as to whether they have been selected for the 2016 Junior Counselor program. Participants selected as Junior Counselors will be assigned to a group for a minimum of two weeks according to their schedule and our program needs.

The following program costs for training and CPR/First Aid certification apply to all participants selected as Junior Counselors and are payable by check (made out to UC Regents) on the day of training:

- First Year Junior Counselor with Training and CPR/First Aid Certification: $195
- Returning Junior Counselor with Training only: $50
- Returning Junior Counselor with Training and CPR/First Aid Recertification: $90

Applications will be available starting on February 8 and are due back by March 18.

Please have the prospective participant email Gidget at: kshawbullock@ucsd.edu to receive an application or with any questions.
Knock Around Camps Registration Form

Camper information  Please print clearly. One registration form per camper

Camper name: FIRST ___________________ LAST ___________________

Male ___________ Female ___________ Birthdate ____________________________ Grade Fall 2016 ___________

T-shirt size  Kid’s sizes:  [ ] Small  [ ] Medium  [ ] Large

(check one)  Adult sizes:  [ ] Small  [ ] Medium  [ ] Large  [ ] X-Large

Parent’s name: FIRST ___________________ LAST ___________________

Parent’s name: FIRST ___________________ LAST ___________________

Mailing address  ____________________________________________________________

City/State ________________________________________________________________ Home phone __________________________ Work phone __________________________

Campus mail code ___________________________________________ Email __________________________

Affiliation:  Select proper affiliation below. You must bring proof of affiliation to registration day (UCSD ID).

☐ UC San Diego Staff  ☐ UC San Diego Faculty  ☐ UC San Diego Student  ☐ Returnee 2015

Knock Around Classic Camps (Two-Week Sessions)

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Knock Around Specialty Camps (One-Week Sessions)

*Musical Theatre Camp only offered in two-week session(s)

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*First price for UC San Diego affiliates/second price for non-UC San Diego affiliates