



UC San Diego
RECREATION

Knock Around Summer Camps 2013



REGISTRATION!
Saturday, March 2, 8:30am

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 their 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 Trish Dorman (Dot) at 858 534 3911 or pdorman@ucsd.edu

In order to participate in any of our Knock Around Summer Camps, all campers must meet the following minimum requirements (each camp will list the age range of its campers):

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

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 Day Camp

Ages 5-11

Heading into its 23rd summer, the Knock Around Day Camp is a coed, full-day camp for children ages 5 – 11. Nestled between Muir and Revelle College in the Main Gym facilities, Knock Around day camp takes advantage of our unique access to UCSD'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 Day 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!

Knock Around Beach Camp

Ages 8-14

Located next to the Scripps Institute 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 4 pm. Before Camp Care is available from 8am – 9am and costs \$30 per two week session. After Camp Care is available until 5pm and cost \$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 UCSD 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 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 and up a more in-depth immersion experience while still maintaining the fun and non-competitive spirit of the Classic Camp. Qualified staff members who bring years of experience in their program area head up each Specialty Camp. Each program runs for a one-week session from 8am – 4:45pm, and has individualized programming in the morning before linking up with the Classic Camp for swimming and games in the afternoon.



Fencing Camp

Ages 7-14

The Jr. Musketeers program teaches the skills of competitive fencing to all levels. The Beginning program emphasizes skills development and immediate application to combative fencing. The Intermediate program enhances skills through individual lessons and combative drills. Both programs stress the learning of competitive skills and good sportsmanship as well as applying skills learned to the development of positive character traits applicable to all areas of life. Prior fencing experience required to register for the Intermediate program. Fencing equipment is provided.

Archery Camp

Ages 7-14

Archery Camp teaches archery skills and teamwork in a safe and monitored environment on our new 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.

Tennis Camp

Ages 7-11

Tennis Camp is a non-competitive experience for campers who have an interest in learning more about the game. The small-group atmosphere and fun and positive environment allows for campers to get a good grasp on the game in a short amount of time. Campers will leave the camp with new and improved skills and a passion for the sport! Some racquets are available, but campers are encouraged to bring their own if they have one.





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!

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 their 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!

Sports Camp

Ages 7-11

The new fast and furious one-week format of Sports Camp will keep campers active and engaged! We will take advantage of the many sporting facilities available on UCSD's campus and provide a sampling of both traditional and non-traditional sports, such as soccer, basketball, and ultimate Frisbee!



New for 2013!



Wacky Science

Ages 7-11

Campers will cultivate a love of science as they participate in one crazy experiment after another in Wacky Science Camp! Basic age-appropriate scientific principles will be taught as the campers get hands-on experience in this safe and engaging program.

Global Kids

Ages 7-11

Aspiring world travelers can now visit multiple countries around the globe without ever leaving San Diego in our new Global Kids Camp! Campers discover a new country everyday and experience different parts of culture, including language, cuisine, celebrations, and sports.



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 slap stick comedy! Guaranteed to be an experience to remember!



Leadership Bootcamp

7th, 8th and 9th Graders

Designed to capitalize on the positive environment of Knock Around, Leadership Bootcamp is 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! Each session offers a theme around which the camp experience is based. Activities are aimed at challenging the campers and propelling them into leadership opportunities through team exercises, specially designed challenges, and hands-on mentorship with the Knock Around Campers. Of course there will still be plenty of time for fun and games as well! This summer we are offering 4 two-week sessions and 2 one-week sessions.



All campers interested in joining the Leadership Bootcamp program must submit a letter of interest explaining what it means to be a leader at camp.

Sessions



Session I - Circus Arts - June 17-21

\$170/\$175

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 slap stick comedy! Guaranteed to be an experience to remember!



Session II - Food & Fitness- June 24-July 5

\$315/\$325

Campers will learn all about different types of food and techniques for preparing healthy and delicious meals and snacks. Practical in the kitchen experience will give campers a chance to prepare a meal for their peers. Throughout the session campers will also learn about maintaining a healthy, active lifestyle and participate in sports and fitness activities



Session III - Outdoor Adventure - July 8-19

\$370/\$380

Outdoor Adventure Camp will allow campers to experience the outdoor lifestyle of San Diego while working with their peers to complete basic survival challenges. Campers will learn fundamental camping skills, such as pitching a tent and reading a compass. The two week session will wrap up with an overnight camping trip with UCSD Outback Adventures, which guarantees lots of fun-filled memories!



Session IV - Ocean Life & Conservation - July 22-August 2

\$370/\$380

Dive into the world of the deep blue sea and explore its many mysteries! Campers will be immersed in basic marine biology and visit the Birch Aquarium as part of their quest to understand the challenges that ocean conservationists face. They will also get a chance to experience the thrill of the waves with trips to the beach and kayaking in Mission Bay.



Session V - Shutterbug and Multimedia - August 5-16

\$350/\$360

Say cheeeese! In this session we will explore digital media through both photography and video. As a group, the campers will decide on a theme to create the infamous camp movie, then work together to film, edit, and present their final take to the rest of camp!



Session VI - Becoming Leaders - August 19-23

\$170/\$175

Campers will get a taste of what it takes to become a Counselor at Knock Around in this intensive session. The group will have just one week to create the ultimate carnival experience for the Knock Around Campers, including selecting the theme, creating a shopping list, setting up games, crafting decorations, picking out prizes, and scheduling for the Counselors. On Friday they will see all their hard work pay off as the crowd floods in with a wave of excitement for the most anticipated event of the year!

How to Register

The form on the inside cover must be used for all Knock Around Camps registration. Please fill out the form completely. Please be sure to include a phone number and email address. There are NO mail-in or fax-in registrations; we will only accept walk-in registration.

Registration dates - UCSD faculty/staff/students or returning families from 2012 registration will take place on **SATURDAY, March 2, 8:30am**, at the RIMAC Sales Desk (see map and driving directions below). Open registration for community members will begin on April 1.

Eligibility for registration - In order to process your registration, you must have proof of affiliation to UCSD (bring your official UCSD I.D. card) or you must have had a camper attend one session of summer 2012. We will check our records.

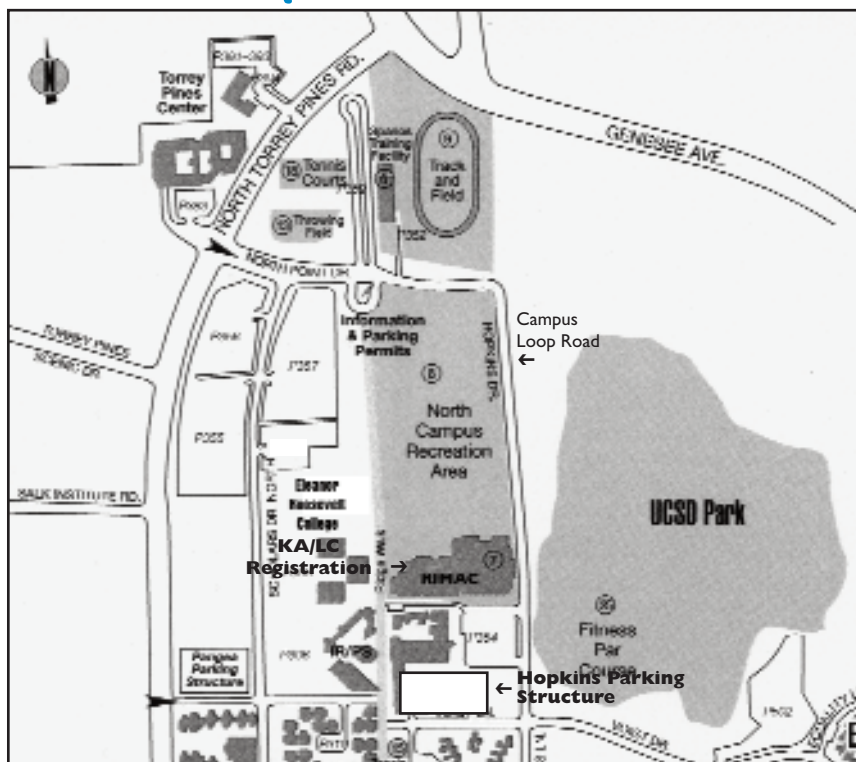
Refund policy - Refund requests must be made no later than two weeks prior to the first day of the session. **NO REFUNDS** once camp has started. To make a refund request, please email: pdorman@ucsd.edu. Refunds will be charged \$40 per child for each session, which will be deducted from your registration fee.

Camp registration rules:

1. You may register your own family member(s) or send someone in your place, but you cannot do both; i.e, Cathy Smith is enrolling her son Gavin for camp. She cannot bring her neighbor's registration form.
2. No one can save a space in line for someone else.
3. RIMAC facilities open at 7:30am on Saturdays. If you arrive early, please form a line and registration will start at 8:30am.
4. Registration order is set on a first come, first served basis; spaces are limited.

For more information please contact Trish Dorman at pdorman@ucsd.edu or (858) 534-3911.

Map to RIMAC



Driving Directions: From I-5 (Interstate 5) to Genesee Avenue:

Go west on Genesee. Turn left (south) on N. Torrey Pines Rd. (far left lane). At the first light (Northpoint Drive), turn left. At the first stop sign (Scholars Drive North). Follow Scholars Drive around on the Campus Loop Road past the fields and RIMAC. Enter the Hopkins Parking Structure on your right.

Knock Around Waiver

OFFICE USE ONLY

Member Number _____

Participant's Name (Please Print) _____ Member Number _____
Last First

UNIVERSITY OF CALIFORNIA, SAN DIEGO
Activities & Programs

Waiver of Liability, Assumption of Risk, and Indemnity Agreement

Waiver: In consideration of being permitted to participate in any way in activities indicated on the reverse side of this form, hereinafter called "Activities & Programs", I, for myself, my heirs, personal representatives or assigns, do hereby release, waive, discharge, and covenant not to sue The Regents of the University of California, its officers, employees, and agents from liability from any and all claims including the negligence of The Regents of the University of California, its officers, employees and agents, resulting in personal injury, accidents or illnesses (including death), and property loss arising from, but not limited to, participation in The Activities.

Signature of Participant Date Signature of Parent/Guardian of Minor Date

Assumption of Risks: Participation in "Activities & Programs", carries with it certain inherent risks that cannot be eliminated regardless of the care taken to avoid injuries. The specific risks vary from one Activities to another, but the risks range from 1) minor injuries such as scratches, bruises, and sprains 2) major injuries such as eye injury or loss of sight, joint or back injuries, heart attacks, and concussions to 3) catastrophic injuries including paralysis and death.

I have read the previous paragraphs and I know, understand, and appreciate these and other risks that are inherent in The Activities. I hereby assert that my participation is voluntary and that I knowingly assume all such risks.

Indemnification and Hold Harmless: I also agree to INDEMNIFY AND HOLD The Regents of the University of California HARMLESS from any and all claims, actions, suits, procedures, costs, expenses, damages and liabilities, including attorney's fees brought as a result of my involvement in The Activities and to reimburse them for any such expenses incurred.

Severability: The undersigned further expressly agrees that the foregoing waiver and assumption of risks agreement is intended to be as broad and inclusive as is permitted by the law of the State of California and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

Acknowledgment of Understanding: I have read this waiver of liability, assumption of risk, and indemnity agreement, fully understand its terms, and understand that I am giving up substantial rights, including my right to sue. I acknowledge that I am signing the agreement freely and voluntarily, and intend by my signature to be a complete and unconditional release of all liability to the greatest extent allowed by law.

Signature of Participant Date Signature of Parent/Guardian of Minor Date

Participant's Age (if minor): _____

Any questions regarding this waiver should be directed to UCSD Risk Management (858) 534-3820

CAMP EMERGENCY INFORMATION FORM

*Note: Please complete separate form for each child

▼ Child Information

PLEASE PRINT IN INK

CHILD'S NAME	
BIRTHDATE (MO/DAY/YR)	AGE GRADE IN FALL <input type="checkbox"/> FEMALE <input type="checkbox"/> MALE
HOME ADDRESS	
CITY/STATE/ZIP	
PARENT'S NAME(S)	
WORK PHONE (MOTHER)	(FATHER)
HOME PHONE	CAN YOUR CHILD SWIM? <input type="checkbox"/> YES <input type="checkbox"/> NO

▼ Affiliation to UCSD

STAFF _____	FACULTY _____	STUDENT _____	COMMUNITY _____
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▼ Parent/Guardian Authorization

I, the undersigned parent having legal custody/guardianship of _____ ("said minor") give permission for said minor to attend any Knock Around Camp program activities supervised by the authorized Knock Around camp staff and attest that said minor is physically able and mentally prepared to participate in all activities as described in program brochures. I hereby voluntarily and knowingly assume all risks and dangers inherent and incidental to the activities for which I have given my permission and thereby will not hold the UCSD Recreation Dept. liable for any injuries incurred during these activities. I hereby authorize the UCSD Recreation Dept. and Knock Around Camp staff as agent for the undersigned, the consent with respect of said minor to any x-ray treatment, and hospital care which is deemed advisable by, and is to be rendered under the licensed under the general or special supervision of any physician and surgeon licensed under the provisions of the Medical Practice act on the medical staff of any hospital. It is understood that this authorization is given in advance of any specific diagnosis, treatment or hospital care being required but is given to provide authority to the above described agent to give specific consent to any and all such diagnosis, treatment or hospital care which a physician, meeting the requirements of this authorization, may, in the exercise of his/her best judgement, deem advisable. I understand that UCSD Recreation Dept. is not responsible for payments incurred due to said medical care. I further acknowledge that I have read the description and requirements for camp eligibility and have registered my child with the understanding that he/she meets these minimum requirements.

DATE _____
SIGNATURE _____

CHECK ONE:

PARENT LEGAL GUARDIAN PERSON HAVING LEGAL CUSTODY

▼ Miscellaneous Information

REQUIRED BY STATE LAW NAME OF HEALTH INSURANCE CO.
POLICY NUMBER
FAMILY DOCTOR
ADDRESS
PHONE #

▼ Health Record

VACCINES (APPROXIMATE DATE IMMUNIZED)	DISEASES
DPT	CHICKEN POX
TETANUS	MUMPS
ORAL POLIO	MEASLES
MUMPS	GERMAN MEASLES
RUBELLA	
LIST ALLERGIES, SERIOUS INJURIES, DISEASES, OPERATIONS AND ANY RESTRICTIONS ON PHYSICAL ACTIVITY:	

▼ Medication Administration

IF YOUR CHILD IS ON ANY MEDICATION, PLEASE LIST:	
MEDICATION	DOSAGE
ANY SPECIFIC INSTRUCTIONS RELATED TO CARING FOR YOUR CHILD _____	

▼ Emergency Information

AUTHORIZED PERSONS, OTHER THAN PARENTS, TO BE CALLED IN CASE OF AN EMERGENCY:

NAME	PHONE #	RELATIONSHIP

▼ Child Release Authorization

PERSONS AUTHORIZED TO PICK UP CHILD FROM THE FACILITIES:

NAME	PHONE #	RELATIONSHIP

Child in custody of:

both parents mother only father only other

Special circumstances _____

BRING COMPLETED FORMS TO CHECK-IN TABLE ON THE FIRST DAY OF CAMP.