KNOCK AROUND

SUMMER CAMPS 2020

REGISTRATION!
SATURDAY MARCH 7TH 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.

Questions can be directed to:

Director, Katie Shaw-Bullock (Gidget)
(858) 534-3911 or kshawbullock@ucsd.edu

Assistant Director, Ben Brickley (Brick)
(858) 822-0532 or bbrickley@ucsd.edu

In order to participate in any of our Knock Around Camp Programs, 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 college 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.

Daily Schedule

7:45-9:00am : Drop-off
9:00am-12:00pm : Group Activities (Sports, running games, gymnastics, arts and crafts, rock climbing, or any combination thereof)
12:00-1:15pm : Lunch
1:15-1:30pm : Clean-up and dismissal game
1:40-2:20pm : Swimming
2:40-3:00pm : Snack
3:00-4:15pm : Free time in the Rec Gym: Games, balls, coloring, string, etc.
4:15-4:20pm : Clean-up and get stuff to go home
4:20-4:45pm : Pick-up
4:45-5:30pm : After Camp Care

Important Dates

February 26th – The last day to email Gidget or Brick to be included in the lottery (everyone on our email list, including returning campers from summer 2019, has automatically been included)

February 27th – The registration lottery takes place

February 28th – The registration order and directions are sent out to all camp parents

March 2nd-4th – Registration begins for our returning families who have attended for 6+ years

March 7th – Registration opens for affiliates and 2019 returners with lottery numbers at RIMAC Sales

March 16th – Registration opens to the community
Karen Calfas Polarek, Executive Director of Student Health and Wellbeing, was a longtime mentor and friend of the Knock Around Camp. Her two children, Jonathan and Jordan, attended camp for years. Karen was a huge supporter of Knock Around and oversaw its growth and evolution while serving as the Assistant Vice Chancellor for Student Wellness. Karen was passionate about helping students, Staff, and Faculty become the best version of themselves. Her kindness, generosity, and inspiring nature will be greatly missed by all of us here at Knock Around Camp.

Karen Calfas Polarek
February 28, 1962 - March 7, 2019

We, the Knock Around Camp Directors, felt that the best way to honor Karen would be to provide a family in financial need the opportunity to attend summer camp. With the support of Karen’s family, we have created the “Karen Calfas Polarek Knock Around Campership Fund” in her memory. The fund will provide financial support to one or more families interested in sending their children to Knock Around Camp for the summer. Our hope is to grow this into an endowment fund so we can continue to offer camperships in perpetuity.

The total amount we have to give will start at $1,500 and may increase as the corpus of the fund builds.

Those interested in applying should write a letter describing financial need and email to Katie Shaw-Bullock (kshawbullock@ucsd.edu) by February 24th. Note that priority will be given to UCSD affiliates (current students, staff, and faculty). The letter should include:

- Applicant name and on-campus department the parent(s) work for.
- How many weeks/sessions of camp they plan to attend over the summer.
- Why their family is deserving of a campership.

Interested in donating?
If you would like to give to the Karen Calfas Polarek Knock Around Campership Fund, click here. To learn more about this fund, click here. For questions, please contact Katie Shaw-Bullock at kshawbullock@ucsd.edu or (858) 534-3911. All donations are tax deductible.
KNOCK AROUND CLASSIC CAMP  Ages 5-11
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. After Camp Care is available from 4:45–5:30pm and costs $40 per two week session.
Offered Sessions 1, 2, 3, 4, 5, 6 & 7

GYMNASTICS CAMP  Ages 7+
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.
Offered Sessions 1, 2, 3, 4, 5 & 6

BEACH CAMP  Ages 8+
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.
Beach Camp runs from 9am to 4pm. Before Camp Care is available from 8am to 9am and costs $20 per two week session. After Camp Care is available until 5pm and costs $20 per two week session.
Offered Sessions 2, 3 & 5

MUSICAL THEATRE  Ages 7+
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.
Offered Sessions 3 & 5

ISABEL AND JOAQUIN LANCKRIET ROBOTICS CAMP  Ages 8+
Robotics campers will learn the ins and outs of basic programming while building a robot made of Legos. Counselors 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!
Offered Sessions 2 & 4
O N E  W E E K  C A M P S 😊

C A M P S  F O R  5 – 8 Y E A R  O L D S

A R T  C A M P  
Ages 5–8
Designed especially for our 5-8 year old campers, Art Camp will introduce drawing and sketching, watercolor, sculpting, and more! If your camper loves participating in arts and crafts, then this is the camp for them!
Offered Sessions 4A, 4B, 5A & 5B

B U I L D I N G / L E G O  C A M P  
Ages 5–8
Calling all future architects and engineers! We’ll be using LEGOS, paired with the basic principles of science and engineering, to build houses, cities, rocket ships ~ anything your camper can imagine! Campers will have the opportunity to work individually and in teams, fostering teamwork and friendship.
Offered Sessions 2A, 2B, 3A, &3B
This camp is sponsored by Brain Corp

P L A Y G O O N D  G A M E S  C A M P  
Ages 5–8
Campers will learn the rules and basic skills needed to play games such as basketball, kickball, handball as well as camp favorite games! Playground Games Camp is designed for the camper that likes to run around and be physically active ~ and engage in some friendly competition, too!
Offered Sessions 3A, 3B, 4A, & 4B

W A C K Y  S C I E N C E  C A M P  
Ages 5–8
Campers will cultivate a love of science as they participate in one crazy experiment after another in Wacky Science Camp! Basic age-appropriate science principles will be taught as the campers get hands-on experience in this safe and engaging program.
Offered Sessions 5A & 5B

C A M P S  F O R  7 – 1 2  Y E A R  O L D S

C I R C U S  A R T S  
Ages 7+
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!
Offered Sessions 1, 2A & 2B

F A N T A S Y / S C I – F I  C A M P  
Ages 7+
Does your camper love to play Magic or Dungeons and Dragons? Are they interested in medieval sports, such as archery and jousting? In Fantasy/Sci-Fi Camp we will be participating in these activities and so much more! If your camper loves learning about fantastical places and engaging in medieval-like role play, this is the camp for them!
Offered Sessions 3A & 3B

F E N C I N G  C A M P  
Ages 7+
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.
Offered Sessions 1, 2A & 2B

H I P  H O P  D A N C E  C A M P  
Ages 7+
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!
Offered Sessions 4A & 4B
Outdoor adventurers will love to explore the outdoors in this fun, nature-inspired camp. Rock-climbing, gardening, hiking, and basic outdoor skills will be taught by our counselors and Outback professionals. If your camper likes outdoor adventure, then this is the camp for them!

**Offered Sessions 4A & 4B**

Tennis Camp is a non-competitive camp for kids 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 intro to tennis in a short amount of time. Campers will leave with new and improved skills and an appreciation for the game of tennis. Some racquets are available, but campers are encouraged to bring their own.

**Offered Sessions 3A & 3B**

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!

**Offered Sessions 5A & 5B**
CAMPS FOR 8 AND UP!

AQUATICS CAMP  
Ages 8+

If your camper’s favorite time of day is swim-time, then this is the camp for them! Though campers will learn the basics of each swim stroke, the focus will be on fun and games in the pool. Inner-tube water polo, diving lessons, synchronized swimming, kayak jousting, and lots of pool games will keep your campers occupied throughout the morning. Campers must be able to pass a swim test in order to participate.

*Offered Sessions 2A, 2B, 5A & 5B*

ARCHERY CAMP  
Ages 8+

Archery Camp teaches archery skills and teamwork in a safe and monitored environment at our new ECRA field. Emphasis will be on learning form and proper shooting technique, and campers will have plenty of time to practice hitting various targets. 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 ECRA field for archery, swim in Canyonview Pool, and play camp games in Warren college. Archery Camp runs from 9am to 4pm. Before Camp Care is available from 8am to 9am and costs $10 per one week session. After Camp Care is available until 5pm and costs $10 per one week session.

*Offered Sessions 2A, 2B, 3A, 3B, 4A, 4B, 5A & 5B*

CREATIVE WRITING CAMP  
Ages 8+

Creative Writing Camp will foster in kids a new, more positive relationship with the written word and work towards developing campers own ‘voice’, 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!

*Offered Sessions 4A & 4B*
LEADERSHIP CAMPS

FOR CAMPERS ENTERING 7TH, 8TH, AND 9TH GRADE

Designed to capitalize on the positive environment of Knock Around, Leadership Camp 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 of Leadership Camp, and 2 one week sessions.

SESSION 1 – OCEAN LIFE AND CONSERVATION JUNE 15–19
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 2 – FOOD AND FITNESS JUNE 22–JULY 2 *No Camp July 3rd
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 3 – OUTDOOR ADVENTURE JULY 6–17
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 UC San Diego Outback Adventures, which guarantees lots of fun-filled memories!

SESSION 4 – LEADERSHIP AT THE BEACH JULY 20–31
You asked, we listened - a full session of Leadership Camp based entirely at the beach! Located next to Scripps Pier, our leadership campers will have the opportunity to take surf lessons, hike to tide pools, learn the basics of marine biology, build sand castles, and spend the day at the beach. Much like traditional Beach Camp, all campers who wish to go in the ocean must pass a swim test prior to the first day of the session.

SESSION 5 – SHUTTERBUG AND MULTIMEDIA AUGUST 3–14
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 much anticipated camp movie, then work together to film, edit, and present their final take to the rest of camp!

SESSION 6 – THE BEST OF KNOCK AROUND AUGUST 17–21
Campers will partake in the best-loved games, activities, and field trips in this dynamic session! In a nod to Leadership Variety Camp, leadership campers will have a say in the day-to-day activities and games played within their group and camp as a whole. A great way to celebrate the end of summer!
KNOCKAROUND ADVENTURE TRIPS
FOR CAMPERS AGES 14 AND UP
Designed for older campers ready to take their camp experience to the next level, these Adventure Trips run in partnership with Recreation’s Outback Adventures and are sure to challenge teens while providing them leadership opportunities and fostering environmental stewardship. Adventure Trip participants will spend four nights camping in the wilderness with a group of nine students and three guides and counselors. During the expedition, the group will travel by canoe along the Colorado River or by foot in the San Jacinto Mountains. Both options are sure to challenge and inspire while fostering community within the group. Students will also learn technical skills such as minimum impact camping, wilderness navigation, and backcountry cooking.

BLACK CANYON CANOE JUNE 22–26 $450
This introductory canoe trip takes us to the Black Canyon on the Colorado River, just south of the Hoover Dam. Participants will learn to navigate up-river while honing their paddling skills. The impressive canyon is filled with treasures: remnants of old silver and gold mines, a myriad of hot springs, and the occasional Bighorn Sheep.

SAN JACINTO BACKPACK JUNE 29–JULY 3 $450
Mount San Jacinto rises over 10,000 feet, providing backpackers with incredible views of Joshua Tree National Park, San Bernardino Mountains, and the Salton Sea. Participants will have the chance to practice route-finding and group management on trail while hiking towards the summit. The hard work of carrying all the necessary gear on your back is rewarded by gaining confidence and of course the spectacular views from the mountain. No prior backpacking experience required – our guides will take you step by step along the way.
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 have previously attended Knock Around Camp as a camper. Those applying who have not previously attended camp must be referred by a Knock Around Camp family or current employee.

• Participant must complete and return the application to Gidget by March 20th.

• Participant (even if returning from last summer) must be available to participate in a training day on Saturday, May 30th from 9am–3pm

• Participant must be available to participate in one of two camp work days: Friday, July 17th from 4–6pm or Friday, August 21st from 4–6pm

• 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 15th as to whether they have been selected for the 2020 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 14th and are due back by March 20th.

Please have the prospective participant email Gidget at: kshawbullock@ucsd.edu to receive an application or with any questions.
How to Register

The registration form must be used for all Knock Around Summer Camps registration. Please fill out the form completely. Please be sure to include a phone number and email address.

Registration dates — UC San Diego faculty/staff/students or returning families from Summer 2019 registration will take place on SATURDAY, March 7th, 8am, at the RIMAC Sales Desk. Open registration for community members will begin on March 16th.
*Not sure where to go to register? See the map and driving directions to RIMAC on the following page.

Eligibility for registration — In order to process your registration, you must have proof of affiliation to UC San Diego (bring your official UC San Diego ID card) or you must have had a camper attend one session of Summer 2019.

Registration Information — Returning families who have attended Knock Around Camp for 6+ years will be given priority registration. You do not need to attend registration on March 7th. You will receive specific registration instructions via email by February 14th. Returning families who have attended 5 years or fewer and new affiliates will register in person on Saturday, March 7th. We will be doing a lottery in advance of registration day and sending out each family’s order # ahead of time. Please read through our detailed registration instructions and information below.

Registration Instructions — Each family will receive one lottery ticket for each year they have attended Knock Around Summer Camp, plus one additional. (i.e. the Shaw-Bullock family has attended camp for five summers, so they will have six tickets in the lottery; the Brickleys attended last summer for the first time, so they will have two tickets in the lottery). Returning families and affiliates from Summer 2019 will be entered into the lottery based on the number of summers they have attended camp. If you are a new affiliate and have yet to attend camp, you will be entered into the lottery one time. We will hold the lottery on Thursday, February 27th and will send out the order number for the March 7th registration day by Friday, February 28th. If you know of a summer 2019 returner and/or new UCSD affiliate that is not on our email list, please let them know to email us so they can be added to the lottery. Additionally, if you are receiving this email and will not be present on Saturday, March 7th, please let us know so you can be removed from the lottery. Anyone not a part of this list that contacts us after February 26th will automatically be added to the end of the lottery list.

Refund policy — Drop/refund requests made at least 4 weeks prior to the start of the session you are dropping will incur a fee of $40/session/child. Requests made between 2 and 4 weeks prior to the session you are dropping will incur a fee of $80/session/child. There will be NO REFUNDS given for requests made less than 2 weeks prior to the session you are dropping.

To make a refund request, please email kshawbullock@ucsd.edu or bbrickley@ucsd.edu

We are also no longer able to give credits for dropped sessions. If you have a credit on your account already, it will remain on your account until you choose to use it.

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, and register them.
2. Only one lottery number per family. This is good for all children in your family with the same lottery number.
3. There are NO mail-in or online registrations; we will only accept walk-in registration.
4. Your lottery number cannot be given to a friend or colleague; your number is unique to you and is not transferable.

For more information please contact:
Katie Shaw-Bullock (Gidget) at kshawbullock@ucsd.edu or (858) 534-3911

Ben Brickley (Brick) at bbrickley@ucsd.edu or (858) 822-0532
Driving Directions

From I-5 (Interstate 5) to Genesee Avenue:
Go west on Genesee. Turn left (south) on N. Torrey Pines Road (far left lane). At the first light (North Point Drive), turn left. Continue on around Campus Loop Road past the fields and RIMAC. The Hopkins Parking Structure will be on your right.