

# KNOCK AROUND



SUMMER CAMPS



UC SAN DIEGO  
**RECREATION**

2021

REGISTRATION!

MONDAY MARCH 8<sup>TH</sup>

# KNOCK AROUND CAMPS

## DESCRIPTION AND REQUIREMENTS

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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.

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

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

## COUNSELORS

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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, and experienced in working with children.

Additionally, We hope to have all counselors vaccinated prior to camp starting in June. Counselors will also be wearing masks all day, every day. Counselors are required to complete a daily symptom and temperature check, and will undergo weekly COVID testing throughout the duration of the summer.

## DAILY SCHEDULE

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7:45–9:00am : Drop-off at Main Gym cul-de-sac

9:00–10:00am : Scheduled activity (i.e. Guitar, Tennis, Dance, Arts & Crafts, or Science, depending on the day)

10:30am–12:00pm : Free-time play

12:15–1:15pm : Lunch

1:30–2:30pm : Scheduled activity (i.e. Gymnastics, Frisbee golf, Aerial Silks, or Fencing, depending on the day)

3:00–3:30pm : Swimming or Free-time play

4:15–4:45pm : Pick-up at Main Gym cul-de-sac

The specific hours of each group's activities will vary. At times, there are changes to this schedule and we will keep you posted throughout the session.

## NEW! HEALTH AND SAFETY REQUIREMENTS

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- Campers MUST pass a symptom and temperature check (below 100.4 degrees F) each morning at drop-off in order to attend camp for the day.

Families self-report that:

- Campers are asymptomatic (no cough, shortness of breath, chills, sore throat, muscle aches or loss of taste/smell)

- No one in household has symptoms

- Campers have not had unprotected contact with anyone diagnosed with COVID-19 for the last 7 days.

- If camper tests positive for COVID-19, they are not allowed to return to camp until they have been cleared by their medical provider and written documentation has been provided to Camp Directors.

- If a household member or close contact tests positive for COVID-19, camper is not allowed to return to camp until the positive individual has been cleared by their medical provider and written documentation has been provided to Camp Directors.

- To protect others, each camper must have a face covering with them at all times and are encouraged to wear them.

- Campers encouraged to maintain at least 6' of physical distancing from other campers and staff.

- Indoor activities require face coverings

- While outdoors, face coverings encouraged. If not wearing a face covering, maintain a distance of at least 6' from others.

- Frequently wash hands for 20 seconds. Use hand sanitizer when hand washing not available. Any child under 9 years old will use hand sanitizer with adult supervision.

- Scheduled hand wash breaks before and after eating

- Stay within their group.

- Avoid handshakes, hugs, fist bumps, or physical contact of any kind.

- If campers are not able to abide by any/all of the above requirements, they will be asked to leave camp for the duration of the summer and registration fees refunded.

## IMPORTANT DATES

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**February 26<sup>th</sup>** – 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)

**March 1<sup>st</sup>** – The registration lottery takes place

**March 2<sup>nd</sup>** – The registration order and directions are sent out to all camp parents

**March 2<sup>nd</sup>–4<sup>th</sup>** – Registration begins for our returning families who have attended for 6+ years

**March 8<sup>th</sup>** – Registration begins for affiliates and 2019 returners with lottery numbers

More information on the registration process can be found on the last page of the brochure.

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

- Be 5 years old prior to the first day 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 and instructional activities
- Have the ability to pay attention without being disruptive
- Understand the consequences of inappropriate behavior
- Have the ability to follow safety instructions
- Have the ability to interact with peer group in a civil manner
- Understand how to respect others and their personal belongings
- Be able to communicate needs to camp staff
- Be able to wear a face covering for the full camp day



## KAREN CALFAS POLAREK KNOCK AROUND CAMPSHIP FUND

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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

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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.

**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](mailto:kshawbullock@ucsd.edu) or (858) 534-3911. All donations are tax deductible.

## KNOCK AROUND VARIETY CAMP Ages 5–12

By blending scheduled activities with free-time play, Knock Around Variety 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 will include such activities as swimming, arts and crafts, gymnastics, fencing, tennis, Frisbee golf, science, aerial silks, and lots of camp games! The Knock Around Variety Camp program runs from 8am to 4:45pm every day.

**Offered Sessions 1, 2, 3, 4, 5**



## 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 8am to 4:45pm.

**Offered Sessions 1, 2, 3, 4**



## FANTASY/SCI-FI CAMP 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 1 & 3**



## MUSICAL THEATER 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 2 & 4**

## 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 8am to 4:45pm.

**Offered Sessions 1, 2, 3, 4, 5**



# 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 five two-week sessions of Leadership Camp.

### SESSION 1 – OCEAN LIFE AND CONSERVATION JUNE 21–JULY 2

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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 – THE BEST OF KNOCK AROUND JULY 6–JULY 16 *\*No Camp July 5th*

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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!

### SESSION 3 – OUTDOOR ADVENTURE JULY 19–30

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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. If COVID-protocol allows, we are hoping to wrap up the session with an overnight camping trip with UC San Diego Outback Adventures, which guarantees lots of fun-filled memories!

### SESSION 4 – SHUTTERBUG AND MULTIMEDIA AUGUST 2–AUGUST 13

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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 5 – LEADERSHIP AT THE BEACH AUGUST 16–27

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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.

# 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 22<sup>nd</sup>
- Participant (even if returning from last summer) must be available to participate in a training day on Saturday, May 29<sup>th</sup> from 9am–3pm. There is a good chance that this training will be via Zoom, but we will know more as the date approaches.
- Participant must be available to participate in one of two camp work days: Friday, July 16<sup>th</sup> from 4–6pm or Thursday, August 25<sup>th</sup> from 4–6pm
- Participant must complete CPR/First Aid certification prior to the first day of their scheduled session.
- Participant must abide by all of the health and safety requirements, including wearing a face mask and passing a daily symptom and temperature check.

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 23<sup>rd</sup> as to whether they have been selected for the 2021 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 22<sup>nd</sup> and are due back by March 22<sup>nd</sup>. Please have the prospective participant email Gidget at: [kshawbullock@ucsd.edu](mailto:kshawbullock@ucsd.edu) to receive an application or with any questions.

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# HOW TO REGISTER

Parents will receive a digital form that must be filled out and submitted on their registration day, before 6pm. You will receive the digital registration form a few days prior to your registration day/time. We will begin registering on the following business day, in lottery order.

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 or 2020 registration will take place digitally on or before March 8<sup>th</sup>.

**Eligibility for registration** — In order to process your registration, you must have proof of affiliation to UC San Diego or you must have had a camper attend one session of Summer 2019 or 2020.

**Registration Information** — Returning families who have attended Knock Around Camp for 6+ years will be given priority registration. You will receive specific registration instructions via email by February 19<sup>th</sup>. Returning families who have attended 5 years or fewer and new affiliates will register digitally on March 8<sup>th</sup>. 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 in 2019 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. Summer 2020 will NOT count as an additional year of eligibility. 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 **March 1<sup>st</sup>** and will send out the order number for the March 8<sup>th</sup> registration day on March 2<sup>nd</sup>. If you know of a summer 2019 or 2020 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 have opted not to attend camp this summer, please let us know so you can be removed from the lottery. Anyone not a part of this list that contacts us after February 26<sup>th</sup> 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. Note: The refund policy will be subject to review on a case by case basis.

To make a refund request, please email [kshawbullock@ucsd.edu](mailto:kshawbullock@ucsd.edu) or [bbrickley@ucsd.edu](mailto:bbrickley@ucsd.edu)

We are also no longer able to give credits for dropped sessions.

## Camp registration rules:

1. Only one lottery number per family. This is good for all children in your family with the same lottery number.
2. 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](mailto:kshawbullock@ucsd.edu) or (858) 534-3911

Ben Brickley (Brick) at  
[bbrickley@ucsd.edu](mailto:bbrickley@ucsd.edu) or (858) 822-0532