

KNOCK AROUND



SUMMER CAMPS



2023

REGISTRATION!

MONDAY MARCH 13TH

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.

Summer 2023 will run from June 20th–August 18th

Session 1 – June 20-23 *no camp Monday, June 19th

1B - June 26-30

Session 2 – July 3-7 *no camp on Tuesday, July 4th

2B - July 10-14

Session 3 – July 17-21

3B - July 24-28

Session 4 – July 31-August 4

4B - August 7-11

Session 5 – August 14-18

Director, Katie Shaw-Bullock (Gidget)

(858) 534-3911 or kshawbullock@ucsd.edu

Assistant Director, Ben Brickley (Brick)

(858) 822-0532 or bbrickley@ucsd.edu

DAILY SCHEDULE

7:45–9:00am, Drop-off

9:00am–12:00pm, Scheduled group/specialty activities (i.e. Art, gymnastics, rock climbing, fencing, dance, etc.)

12:00–1:15pm, Lunch

1:15–3:00pm, Individual Group Swim & Snack time(s)

3-4:00pm, Free time in the Rec Gym

4-4:45pm, Pick-up

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

All campers must comply with the UC COVID-19 Vaccine Mandate (<https://returntolearn.ucsd.edu/vaccination/overview/index.html>).

Campers must also be fully up to date on all other vaccinations by the first day of session enrolled.

All families and campers must follow current CDC, state, county and campus guidelines to reduce the spread of Covid-19. These guidelines can and do change and we will monitor those changes camp progresses. Here are the current guidelines.

Families self-report daily that in the last 10 days

- Camper has not tested positive for covid
- Campers are asymptomatic (no fever or chills, cough, shortness of breath or difficulty breathing, fatigue muscle or body aches, headache, loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea)
- Campers have not been a close contact with anyone diagnosed with COVID-19
- No one in their household has been diagnosed with a COVID-19 infection
- 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 only allowed to return to camp after following the latest guidance found here: <https://returntolearn.ucsd.edu/campus-guidelines/exposure-contact-tracing/index.html#>.
- 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

• 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.



IMPORTANT DATES

February 24th – The last day to email Gidget or Brick to be included in the lottery (everyone on our email list, including returning campers from summer 2022, has automatically been included)

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

March 6th – Registration begins for our returning families who have attended for 6+ years

March 13th – Registration begins for affiliates and 2022 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 in compliance with the UC COVID-19 Vaccine Mandate
- 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



KAREN CALFAS POLAREK KNOCK AROUND CAMPSHIP FUND

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.

Interested in applying? Those interested in applying should write a formal letter in PDF format describing financial need and email to Katie Shaw-Bullock (kshawbullock@ucsd.edu) by February 22nd. 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; and why their family is deserving of a campership.

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 activities such as swimming, arts and crafts, gymnastics, science, rock climbing, and lots of camp games!

Offered Sessions 1, 2, 3, 4 & 5



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 1 & 3

ARCHERY CAMP

Ages 8+

Archery Camp teaches archery skills and teamwork in a safe and monitored environment. 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 Warren field for archery, swim in Canyonview Pool, and play camp games in Warren college.

Offered Sessions 2, 3, 4 & 5

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 campers 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

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.

Offered Sessions 1, 2, 3 & 4

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





FENCING CAMP

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 2A, 2B, 3A & 3B

SPORTS CAMP

Ages 7+

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 1A, 2A, 3A, 4A, 4B, & 5

AQUATICS CAMP

Ages 8+

If your camper's favorite time of day is swim-time, then this is the camp for them! Camp focus will be on fun and games in the pool. Campers may have the opportunity to engage in inner-tube water polo, diving lessons, kayak jousting, stroke practice, and lots of pool games throughout the week. Campers must be able to pass a swim test in order to participate.

Offered Sessions 1A, 1B & 5

ART CAMP

Ages 7+

In partnership with the brand new UC San Diego Crafts Center, campers will have the opportunity to participate in woodworking, jewelry making, ceramics, mixed media, and so much more! Not to be missed!

Offered Sessions 1B, 2B, 3A, 3B, 4A, 4B & 5

FANTASY/SCI-FI CAMP

Ages 7+

Does your camper love to play Magic or Dungeons and Dragons? 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 1A, 1B & 5

TENNIS CAMP

Ages 7+

Tennis Camp is a non-competitive camp for kids who have an interest in learning more about the game. The smallgroup 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 1A, 2A, 2B, 3B, 4A, 4B, & 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 sessions of Leadership Camp.

SESSION 1 – OCEAN LIFE AND CONSERVATION JUNE 20–30 **No Camp June 19th*

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 JULY 3–14 **No Camp July 4th*

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 17–28

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. We will 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 JULY 31–AUGUST 11

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 14–18

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 24th
- Participant (even if returning from last summer) must be available to participate in a training day on Saturday, June 3rd from 9am–3pm.
- Participant must complete CPR/First Aid certification prior to the first day of their scheduled session. CPR class(es) are available to those selected to the JC program.

- Participant must abide by all of the health and safety requirements, including being compliant with the UC Covid-19 vaccine mandate.

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 21st as to whether they have been selected for the 2023 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 27th and are due back by March 24th. Please have the prospective participant email Gidget at: kshawbullock@ucsd.edu to receive an application or with any questions.



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 2022 registration will take place digitally on or before March 13th.

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 2022.

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 17th. Returning families who have attended 5 years or fewer and new affiliates will register digitally beginning on March 13th. 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 2022 for the first time, so they will have two tickets in the lottery). Returning families and affiliates from summer 2022 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 February 27th and will send out the order numbers (for the March 13th registration day) on February 28th. If you know of a summer 2022 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 24th 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 or 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.
3. If you did not attend camp in summer 2022, you are not automatically included.
4. If you are a new affiliate or a family returning from 2021 or earlier, you must email us to be added to the email and lottery list.

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