



KAIZEN JUDO KAI 柔道
COMBATIVE JUDO KAI BUDOKAN

SUMMER CAMP PARENT HANDBOOK

Introduction

Welcome

Welcome to the Kaizen Judo Kai Camp Program! Our staff is dedicated to providing quality camp experiences to youth, and we understand that each child is unique and has their individual rate of development. We share the goal of providing a safe environment in which children can have fun while learning and enjoying new experiences, while also continuing to develop their own skills and interests.

The Kaizen Judo Kai Camp Program is dedicated to improving participant's quality of life and helping children reach their full potential. We are dedicated to continuing the growth of your child and to creating friendships and memories that will last forever. Thank you for choosing to spend your vacation with us.

We look forward to having your child become a part of our camp. Please read through this information guide prior to your child's camp experience, as it may answer many of the frequently asked questions about our program.

Program Goals

Beyond safety and supervision, our goal is to provide every child with special, positive, and growth-oriented opportunities. Kaizen Judo Kai summer camp is dedicated to meet the following goals. Campers will:

- Goal: Feel accepted by peers and staff as an important contributor to our camp community. Outcome: Campers will share a summary of what their camp group did during the day at PM Wrap Up.
- Goal: Learn valuable skills that are applicable to self-defense, self-respect, self-acceptance. Outcome: Campers will participate in kinesthetic learning each day with a hands-on activity such as kickboxing, cardio conditioning, yoga and meditation, judo and readiness for judo tournaments,
- Goal: Understand the importance of values such as sharing, respect and discipline. They will gain confidence, self-esteem, and appreciate oneself and others. Outcome: campers will participate in challenges and activities that promote individualism and teamwork through our specialty martial arts.
- Goal: Be provided with a safe environment in which campers feel comfortable in trying new things in martial arts. Outcome: Campers will feel comfortable with staff and participate in all activities during the specialty activities.
- Goal: Gain a better understanding of the subject being introduced in camp. Outcome: Campers will be able to explain their camp day and the details of the subject of their camp.
- Goal: Develop independence and enhance decision making and strategies skills. Outcome: Campers will choose activities to participate in during the later portion of the camp day.

Kaizen Judo Kai Camp Mission Statement

The Kaizen Judo Kai Camp program is dedicated to fostering development in children in areas such as social interactions, self-discipline, self-respect, and self-efficacy in a positive and safe environment, while always ensuring that each child is treated in a respectful and caring manner.



KAIZEN JUDO KAI 柔道
COMBATIVE JUDO BUDOKAN

SUMMER CAMP PARENT HANDBOOK

Non-Discrimination Clause

Kaizen Judo Kai Summer Camp program is open to all persons regardless of race, religion, gender, creed, color or national origin.

Location

Kaizen Judo Kai; 6195 Lake Murray Blvd, La Mesa CA 91942.

People to Contact

Camp Registration Information : Front Desk (619) 333 – 8373

Camp Director: Klodeta Abdoli (619) 980-4124, info@kaizenjudo.com

Camp Curriculum and Program Director: Saeid Abdoli (619) 908-0112, saeidsensei@kaizenjudo.com

Camp Hours of Operation

9:00 a.m. – 4:00 p.m.,

Camp Hours: 9:00 a.m. – 4:00 p.m.,

P.M. Hours: 4:00 p.m. – 6:30 p.m.

Camper Readiness

Is my child ready for summer camps?

Summer camps are a wonderful experience that enrich the lives of youth. It is important that the camper is ready for the experience to make their time at camp successful and enjoyable. Things to think about when determining if your child is ready for the camp environment includes, but is not limited to, the following:

- Does your child put his or her own clothes on without assistance?
- Does your child listen to instructions?
- Does your child ask an adult for help when needed?
- Does your child perform all toileting independently?
- Does your child feel comfortable in loud and busy environments?
- Does your child cooperate with his or her playmates?
- Does your child respond reasonably well to changes?
- Does your child enjoy making friends?

These questions should be asked by the parents in order to assist with determining readiness. If the answers are primarily “no,” then it might not be the right time for your child to get the most out of a camp experience. That’s okay! Each child is



KAIZEN JUDO KAI 柔道
COMBATIVE JUDO BUDOKAN

SUMMER CAMP PARENT HANDBOOK

different and camps may not be the right fit for every child or at every stage of life. Campers may feel more comfortable being able to ask an adult for help, when he or she can adapt to changes, and when he or she is able to follow instructions. This is important in setting up campers for success.

If the answers are “yes,” the camper may be better prepared for a happy, enjoyable experience in the camp environment, and get more out of what the camp day has to offer.

If you have any questions regarding your child’s readiness for camp, feel free to contact a Camp Director to have your questions answered.

Registration, Transfer, and Payment

Do you accept a deposit for registration?

Payment can either be made in full at the time of registration or a deposit can be made with installments scheduled on predetermined days to pay the rest of the fees.

Deposits are \$75 for members/\$100 non-members per week long camp, and \$20 for members/\$35 for non-member per daily camp. Deposits are due at time of registration.

Installments for Summer 2019 are scheduled for processing through our registration system July 15th, and July 31st. Dates shown on your credit card statement may reflect differently depending on weekend dates and time of processing.

Does Kaizen Judo Kai offer financial assistance?

Unfortunately, we are unable to offer financial assistance.

What is the Kaizen Judo Kai Camp refund policy?

If Kaizen Judo Kai cancels the camp, we will provide a full refund for you and you will be notified within 5 days of the camp start date so that other arrangements can be made.

Cancellation Policy: For all camps, including week long and the Daily Camps the following applies.

The Week Long Camp – Kaizen Judo Kai requires 48hours in advance for cancellation. Kaizen Judo Kai will grant a refund minus a \$50.00 processing fee.

The Daily Camp will be a \$10.00 processing fee per day.

Refunds requested on the same day of signing up for camps will follow the refund/cancellation policy as outlined above.

How do you determine if a child is eligible for a camp?

Campers must be at least 6 years old by the first day of the session for which they are enrolled, potty trained

For specific questions about age requirements, please contact the camp directors.



KAIZEN JUDO KAI 柔道
COMBATIVE JUDO BUDOKAN

SUMMER CAMP PARENT HANDBOOK

What if the camp I want for my child is already full? Is there a waiting list?

Our online registration is open to all and you may add your camper to the waiting list. Camps that are full and offering a waiting list will show up when you log in to the registration system. Please continue to check back frequently by logging into the registration system to see if a spot has opened up for your camper. We will do our best to notify parents from the waiting list when a spot becomes available. You may also contact our Camp Director for more details on waiting list.

Drop Off, Pick Up, and Transportation

Where do I drop off and pick up my camper?

You should bring your child to the indoor room. The drop-off hour is between 8:25 and 8:55 am. You will park and sign in with our staff inside of the Kaizen Judo Kai.

Picking up your child hours are between 4:00 p.m. – 4:30 p.m., at the same location.

Do I need to bring my ID to pick up my camper?

Yes. Camp staff reserve the right to request identification from any parent/guardian or other individual picking up a camper. This is for safety purposes.

What if I am not the person who will be picking up my camper?

Anyone picking up a child must be authorized on the Camper Health History Form and must present a picture I.D. If someone not listed on the Camper Health History Form will be picking up for the day, you may make note of the name of the individual picking up on the sign-in and out sheet with your child's camp counselor.

Do you provide transportation between camp and home?

No, we do not pick up campers from home or drop off campers to their home.

Important times:

- 8:25 a.m. – Drop Off opens.
- 8:30 a.m. – Camper sign in begins and campers participate in camp warm-up.
- 8:55 a.m. – Drop Off closes.
- 9:00 a.m. – Review camp rules.
- 9:00 – 9:15 a.m. – Campers begin activities.
- 4:00 p.m. – Pick up opens
- 4:30 p.m. – Camp closes.

What if my camper is going to be absent?



KAIZEN JUDO KAI 柔道
COMBATIVE JUDO BUDOKAN

SUMMER CAMP PARENT HANDBOOK

If your camper will be absent from camp, please call or e-mail the Camp Director. There will be no credits or refunds for missed days of camp. Klodeta Abdoli (619) 980-4124, info@kaizenjudo.com

What if I am going to be late picking up my camper?

Camp Hours are 9:00am-4:00pm. It is suggested that you contact the Front Desk at 619.333.8373 and notify our staff that you will be late to pick up.

What if I need to add or delete someone from my authorized pick-up list?

Please make the necessary changes on your camper's health history. If you need assistance, please contact the Front Desk for assistance at 619.333.8373. If the change needs to be made the day of, then please notate the information on the sign in sheet during sign in that day.

What if I need to drop off my camper late or pick up my camper early?

Please communicate the details with our staff for the week for drop-off and pick-up. Make arrangements at least 1 day in advance. It is extremely important that campers arrive at camp no later than 8:55 a.m. every day, unless otherwise specified. There will also be no credits or refunds if a camper is dropped off late, misses most of curriculum, or is picked up early. Please contact the camp director prior to needing an early pick-up. If you must pick up your child due to an emergency, please contact the front office, who can relay your message to the camp director or lead staff.

Am I required to sign my camper in and out daily?

Kaizen Judo Kai requires that all children are to be properly signed in and out by an adult age 18 or older, so that children can be properly assigned to Kaizen Judo Kai staff in the morning and properly signed out to the adult after camp.

What is the pick-up procedure if there is an emergency at camp?

If there is an emergency, such as a fire, lockdown, etc., we will notify the parents by email and/or phone call. We will let the parents know when it is safe to come pick up their camper and provide parents with further instructions.

Preparing for Camp

How can I get a camp daily schedule?

The camp daily schedules are posted on the camp portion of our website at kaizenjudo.com. Camp daily schedules can be obtained at the front office. The front desk can make a copy of the schedule for you. These schedules are subject to change. The schedule gives you an idea of what your camper will be doing and what they need to bring in order to be prepared for their activities.



KAIZEN JUDO KAI 柔道
COMBATIVE JUDO KAI BUDOKAN

SUMMER CAMP PARENT HANDBOOK

What should my camper wear to camp?

Campers can wear sandals but most of our activities will be indoors and the camper will be barefoot when on mats. Skirts and dresses should not be worn to camp. We will be engaging in activities that require running, yoga, meditation, kickboxing and judo, so we suggest that campers wear clothing appropriate T-shirt and light pants. Also, GI is required for the camper that will be worn during the martial arts activities. If your child has one, please ensure you bring it along, otherwise, we also offer GI for purchases at a wholesale price. Please contact front desk or Camp Director for more info.

What should my camper bring to camp?

We will offer lunch, twice a day healthy snacks, refreshments and fresh fruits. Review the Menu and let us know for any food allergies we need to worry about. Campers don't need to bring anything but the GI.

What shouldn't my camper bring to camp?

Expensive clothing, jewelry, CD players, iPods, money (unless otherwise specified), toys, games, cards, alcohol, drugs, personal sports equipment (unless required by Kaizen Judo Kai), vehicles, animals, weapons, cell phones, etc. Kaizen Judo Kai is not responsible for lost or stolen items. Campers are responsible for the belongings that they bring with them to camp.

Certain items, if brought to camp, may result in immediate removal from the camp, such as weapons, alcohol, and drugs.

What if my camper loses something at camp?

If a camper loses an item on-site, there are lost and found bins. If an item was left at the dojo, please ask the front desk if it may have been brought into the office for safe keeping. There are also bins that are used daily at the camp stations that serve as individual camp lost and found. Labeling items, keeping items together in a backpack, and not bringing expensive items are a good way to help prevent loss. Kaizen Judo Kai is not responsible for items that are lost or stolen.

How do I get the additional camp waiver?

These waivers will be available at the front desk before the camp session begins. Waivers will also be available Monday morning of the session by Front Desk. Campers must have the waiver completely filled out by a parent in order to participate. There cannot be any exceptions made.

Supervision of Campers

Who is watching my camper?

Our staff are credentialed specialty teachers, some are already working at schools in local school districts. All our staff is 18 years of age or older. All are trained in CPR and first aid. We make sure your child will be safe in the event of an emergency. All of our staff is devoted to working with and providing care for the children in our camps.

What trainings does the camp staff receive?



KAIZEN JUDO KAI 柔道
COMBATIVE JUDO KAI BUDOKAN

SUMMER CAMP PARENT HANDBOOK

All new camp staff members are required to attend our training prior to working in our program. Those who are designated as lead instructors have been with Kaizen Judo Kai before. Lead staff also attend training sessions prior to the start of camp. During the training sessions, the leads learn the policies, the procedures, leadership skills, how to properly perform head counts, how to sign campers in and out, and their responsibilities. Training sessions also focus on developing and improving interaction skills with children and how to respond to disruptive behavior in a positive way.

Can camp staff accept presents?

Our staff are very dedicated and work hard; however, it is our policy that camp staff cannot accept gratuities. If instead you wish to offer feedback on a staff member's job well done please contact the Camp Director

What happens if my camper has a discipline problem at camp?

Our camp staff is trained to deal with discipline problems in a respectful and positive manner in order to resolve the misbehavior. Our staff speaks with the camper, allows the camper to share his/her view of the issue and any relevant information, allows the camper to take time out to think about their actions, and then let the child return to the activity. The following steps are generally used for our discipline plan:

1. The camper is given a verbal warning, which may or may not involve a timeout depending on severity.
2. The camper is given a written behavior report, which one copy is given to the parent and another copy is given to the camp director. With a behavior report, the camper will sit out during part of an activity and reflect upon their actions with the guidance of a staff member.
3. If the camper receives three behavior reports, suspension or expulsion from the camp program may result depending on the severity. We do our best to work with the camper to help resolve the issue before implementing a suspension or expulsion.

What if my camper needs to take medication during the camp day?

The Camp Director, or staff member with Camp Director authorization, will administer your child's medication as directed. In order to administer the medication, we must have the following:

1. The camper's medication needs to be brought to camp and given to the Camp Director in a paper bag in its original container. Please label the bag with the camper's name, and camp. Please do not pack the medication in the child's backpack or in the child's lunch.
2. The medication must be prescribed by a doctor and in its original prescription bottle with your child's name printed on the label. Include written instructions from a physician as per quantity, time to administer, any other directions, and written clearance giving Kaizen Judo Kai permission to administer the medication. Please specify if refrigeration is necessary.
3. A completed medication release form (available from the Camp Director) must be completed every session or for the summer for campers who register for multiple sessions. This medication release form must be on file with the Camp Director before medication can be administered to your child.
4. No over the counter medication will be administered unless approved on the Health History form or with parent's written consent.



KAIZEN JUDO KAI 柔道
COMBATIVE JUDO BUDOKAN

SUMMER CAMP PARENT HANDBOOK

5. Please pick up your child's medication after the last session for which your camper is enrolled. If it is not picked up in a timely manner, Kaizen Judo Kai may dispose of the medication.

What if my camper needs special accommodations?

If your camper requires special accommodations, such as special medical needs, please contact the Camp Director prior to registering for camps to discuss if we are able to provide suitable accommodations for a successful camp experience. Our goal is for our campers to be successful and feel included at camp, however, we must also work within the limitations of our training and resources.

What if my camper becomes ill or injured while at camp?

If your camper becomes ill during camp, we will contact the parent to pick the camper up. If the legal guardian cannot be contacted, Kaizen Judo Kai staff will begin contacting the emergency contacts listed on your child's medical form. Camp is not designed to handle ill children, so it is the parent's responsibility to pick his/her child up in a timely manner. If your child becomes injured while at camp, Kaizen Judo Kai staff will take whatever steps necessary to obtain medical care for your child. For a minor injury an accident report will be filled out. If we cannot reach the parent, and if it is necessary, emergency personnel will be called or your child will be transported to the hospital in an Kaizen Judo Kai vehicle. Any expenses for emergency medical care are the responsibility of the parent.

What is the camp's bathroom procedure?

Our campers utilize the buddy system. No camper is to go to the restroom without a buddy.

What if I need to speak with my camper while he/she is at camp?

Some situations may arise in which it is necessary to get a hold of your child during camp. Please call the front desk staff. They will do notify your child.

How do I communicate with the Kaizen Judo Kai staff?

Communication between parents and our staff can either be informal or formal. We value communication with parents as it gives staff valuable insight. Vital information to relay to camp staff may include changes in the family, including: moving, hospitalization of a family member or friend, altercations in the parents' relationship, etc. Such factors may influence a camper's behavior and relationship with peers, so this information is beneficial to staff in order to best provide for the child's needs.