



31st Annual Summer Camp

Our camp is a great way to improve your martial arts skills or to introduce you to martial arts for the first time.

Vuong's Martial Arts provides your child with the chance to develop character, learn valuable life skills, make new friends, and discover their inner strength.

Your child will participate in a martial arts class every day during their summer camp session. Their training will enhance fitness, agility, and flexibility and progress your child's abilities in other sports. Using positive reinforcement as our main teaching tool, we help children develop self-confidence, goal setting skills, self-discipline and respect for themselves and others in a fun and active learning environment.

Your Child Will Have Weekly Goals to Strive Toward.

Summer camp sessions will be held at Vuong's Martial Arts Center starting June 19. Campers should pack lunch, refillable water bottle and wear sneakers. Current students attending the camp should wear uniform, sneakers and bring sparring equipment.

Stay Up to Date!

www.vuongs.com

www.facebook.com/VuongsTaekwondo

Questions - Please E-mail vuongsmartialarts@gmail.com



SUMMER CAMP REGISTRATION FORM

Student Name _____ Date of Birth _____

Parent Name _____ Emergency Phone _____

Email Address _____ Name of School _____

- Campers must be going into Kindergarten and older.
- Pack a lunch DAILY, with a refillable water bottle and additional snacks for Full Day campers.

****A late fee of \$2.00 per minute will be assessed for late pick up after 6:00pm for Full Day campers****

\$75 White belt test fee. If your child is ready to test, the instructors will give your child a test form

Select Summer Camp Sessions: Pricing Valid through April 1, 2023

- | | | |
|---|---|---|
| <input type="checkbox"/> Session 1: (June 19 - June 23) | <input type="checkbox"/> Session 4: (July 17 - July 21) | <input type="checkbox"/> Session 8: (Aug 14 - Aug 18) |
| <input type="checkbox"/> Session 2: (June 26 - June 30) | <input type="checkbox"/> Session 5: (July 24 - July 28) | <input type="checkbox"/> Session 9: (Aug 21 - Aug 25) |
| *NO CAMP*: (July 3 - July 7) | <input type="checkbox"/> Session 6: (July 31 - Aug 4) | |
| <input type="checkbox"/> Session 3: (July 10 - July 14) | <input type="checkbox"/> Session 7: (Aug 7 - Aug 11) | |

- \$315 per week for Full Day (7:30am-6pm)
When you register for five (5) weeks or more. Half payment of tuition (Non-refundable) must be made at time of registration and the remaining half will be due by April 1, 2023.

Total Weeks: _____ Total Amount: _____

- \$340 per week for Full Day (7:30am-6pm)

Total Weeks: _____ Total Amount: _____

- \$150 per **day** for Full Day (7:30am-6pm)

Total Days: _____ Total Amount: _____

Tuition is Non-Refundable for Any Reason

We do not pro-rate

Tuition cannot be used towards another program

_____ Parent Initials

Payment due at time of registration

VISA/MC # _____ Exp. Date _____ CV# _____

Name on Card _____ Signature _____

**** Camper Health History must be completed before your child can attend camp (back of form) ****

Office Use:	Amt. Paid \$ _____	Pmt. Type _____	Date _____
	Amt. Paid \$ _____	Pmt. Type _____	Date _____

YOUTH CAMP HEALTH HISTORY
CAMPER

Child's Name: _____

Current residence: _____

EMERGENCY CONTACT INFORMATION:

Emergency Contact
(Parent or Legal Guardian): _____ Phone: _____

2nd Emergency Contact
(Other than Parent Above): _____ Phone: _____

Primary Care Physician or
other provider of medical care: _____ Phone: _____

HEALTH INFORMATION:

Are there any health problems including physical, psychiatric, or behavioral problems of which we need to be aware? YES NO

YES, and youth camp participation was discussed with the camper's healthcare provider including considerations related to risk of COVID-19

Explain health problems and any considerations: _____

Are there any medications, dietary restrictions, allergies, or special needs that we need to be aware of to ensure that your child's camp experience is positive? YES NO

YES, Explain: _____

IMMUNIZATION INFORMATION:
Must list current residence above.

For campers who currently reside **within** the United States, a United States territory, or the District of Columbia: Does the camper have any immunization exemptions because of a parental or guardian objection or medical contraindication? YES NO

YES, List: _____

For campers who reside **outside** the United States, a United States territory, or the District of Columbia: Attach record of vaccination or immunity on Department form MDH-896.

Parent or Legal Guardian's Signature

Date

Camp Activity Schedule

Schedule may vary from day to day

Introducing theme weeks!

Week 1: Olympic Training, Week 2: Demo, Week 3: Disco Dayz, Week 4: Water week
Week 5: Leadership, Week 6: Fun and Fitness, Week 7: Mission Impossible
Week 8: Tournament, Week 9: Mystery

7:30-9:00am	Early Care
9:00-9:10	Prepare for Class
9:10-9:30	Stretch & Exercise
9:30-9:35	Water Break
9:35-10:15	Group Basic Techniques <ul style="list-style-type: none">• Basic Blocks• Basic Punches• Basic Kicks
10:15-11:30	Organized Games
11:30-12:00	Partner Drills (Basic Techniques)
11:30-11:35	Water Break
11:35-12:00pm	Group Self-Defense/Bully Busters <ul style="list-style-type: none">• What Is A Bully?• Defense Against Pushing• Blocks and Holds• Basic Takedown
12:00-1:00	Lunch/Movie
1:00-2:00	Partner Drills (Self-Defense/Bully Busters/Sparring)
<u>Field Trips</u>	
2:00-2:15	Prepare for Field Trip
2:30-4:30	Field Trip Varies Day to Day
4:30-4:45	Return to School
4:45-6:00	Organized Games/Pick-up

Field Trips May Include

Swimming, Go Karts, Movie Day, Moon Bounce, Chick-Fil-A