

# 2016 Summer Camp Packet



# TAEKWONDO

**Hi5 Taekwondo**  
**2203 Francisco Drive, #170, El Dorado Hills, CA 95763**  
**(916)939-1900**  
[highfivetkd@gmail.com](mailto:highfivetkd@gmail.com)



High Five Taekwondo  
2203 Francisco Drive, #170  
El Dorado Hills, CA 95762  
(916)939-1900

## ***Parents***

We would like to officially welcome you to the High Five Taekwondo Summer Camp Program! This program was designed with you and your child in mind!

We ask for your cooperation and to provide a safe, fun and productive week for your child. To avoid any misunderstandings during the week, the Friday before your summer camp week, you will receive a memo outlining the week ahead.

A week of our summer camp consists of physical training, mental training, games, field trips, and more. Each week will hold an exciting new lesson based on Taekwondo philosophy with new challenges for your child.

Through the time your child spends here, we hope to provide them the qualities they need to become successful, productive leaders of tomorrow.

Our teachings are based on the tenets of Taekwondo:



**Courtesy**  
**Integrity**  
**Perseverance**  
**Self-Control**  
**Indomitable Spirit**

These ideals are the foundation of Taekwondo. We can help your child understand and develop these important qualities.

At High Five Taekwondo the lines of communication are always open. We welcome your questions and comments.

It is by working together, that this summer will be a success.

Thank you,

Grandmaster Jong Y. Yi



High Five Taekwondo  
2203 Francisco Drive, #170  
El Dorado Hills, CA 95762  
(916)939-1900

## ***Code of Conduct***

### **General Behavior: Bullying is NOT tolerated.**

All students are expected to abide by the tenets of Taekwondo: courtesy, integrity, perseverance, self-control, and indomitable spirit. Failure to do so, will result in severe consequences. We have zero tolerance for bullying.

**Courtesy:** Students are expected to show proper manners at Hi5 and at home. Please, thank you, your welcome, etc. are all phrases that should become common in their vocabulary. An element of courtesy is respect. Students should demonstrate respect through bowing when entering and leaving the dojang and also through saying “yes am’am” and “yes sir”.

**Integrity:** Students are expected to demonstrate honesty. Students should always speak truthfully when asked about an event and never make up stories. Communication between parents, students, and Hi5 staff is key.

**Perseverance:** Students are expected to always try their best. Students are not expected to immediately achieve a goal: however, they should always put forth their best effort. Laziness and lack of focus are not welcome. A student should always keep trying until a goal is reached.

**Self-control:** Students should always show a certain amount of control. A student should not talk out of turn, or participate in any act that will harm or distract the other students. Students should always keep their hands to themselves. Violating another student’s space will not be tolerated.

**Indomitable Spirit:** Students should always remain positive whether they are having a difficult time reaching a goal or finishing a time-out, students should keep a positive, respectful attitude.

### **Car Rules:**

No food or drink is allowed in the car

No Game boys or other handheld devices are allowed without permission

No standing and students must wear a safety-belt

Observe Dojang conduct and do not distract the driver

### **Field Trips:**

Students are responsible for anything they choose to bring (money, game boys, etc..) They are more than welcome to bring extra spending cash, but is the responsibility of the child.

Students must stay with their group while being on their best behavior.

Students/Parents should receive a memo regarding a field trip with detailed information.

### **Consequences**

The consequence for many violations depends on the situation. The consequence will be appropriate to the severity and continuity of the behavior. Hi5 staff will work together with parents to come to a fair consequence for an action and parents will be notified of any behavior violations.



High Five Taekwondo  
2203 Francisco Drive, #170  
El Dorado Hills, CA 95762  
(916)939-1900

## Summer Camp Outline: Regular (No Field Trip) Day

- 8:00AM - 8:30AM                      Respect & Etiquette Training
- ◆ Practice what to do when called (answering yes ma'am and yes sir!)
  - ◆ Greet Students at the door with a bow
  - ◆ Learn about proper Taekowndo etiquette
- 8:30AM - 9:30AM                      Warm-up: Get loosened up and ready to go!
- 9:30AM - 10:00AM                      Snack
- 10:00AM - 11:00AM                      Taekwondo Training
- 11:00AM - 11:30AM                      Teamwork Training
- ◆ Create field trip teams
  - ◆ Memorize names - Learn about each other
  - ◆ Practice lining up and counting off
- 11:30AM - 11:45AM                      Group Game
- 11:45AM - 12:30PM                      Lunch
- 12:30PM - 1:00PM                      Down Time
- 1:00PM - 1:30PM                      Taekwondo Class
- 1:30PM - 3:30PM                      Activity Stations: will rotate in groups
- ◆ Reading
  - ◆ Numchuck Training
  - ◆ Games: Wii, Nerf Gun, and Indoor Sports
  - ◆ Endurance Training: Conditioning Skills
  - ◆ Arts & Crafts
  - ◆ Technique Training: Target Kicking, Balance Training, etc.
- 3:30PM - 4:00PM                      Snack Time



High Five Taekwondo  
2203 Francisco Drive, #170  
El Dorado Hills, CA 95762  
(916)939-1900

## SUMMER CAMP REGISTRATION APPLICATION

### Basic Information

Mother of Child: \_\_\_\_\_ Cell # \_\_\_\_\_ Work # \_\_\_\_\_  
Father of Child: \_\_\_\_\_ Cell # \_\_\_\_\_ Work # \_\_\_\_\_  
Employer(s): \_\_\_\_\_ Position(s) \_\_\_\_\_  
Home Address: \_\_\_\_\_ City, State \_\_\_\_\_ zip: \_\_\_\_\_  
Email Address: \_\_\_\_\_ Home Phone: \_\_\_\_\_  
How did you hear about us? \_\_\_\_\_

### Children's Information

Name: \_\_\_\_\_ M | F Age: \_\_\_\_ DOB \_\_\_\_\_ School: \_\_\_\_\_  
Medication/Dosage: \_\_\_\_\_ Allergies: \_\_\_\_\_

Name: \_\_\_\_\_ M | F Age: \_\_\_\_ DOB \_\_\_\_\_ School: \_\_\_\_\_  
Medication/Dosage: \_\_\_\_\_ Allergies: \_\_\_\_\_

Name: \_\_\_\_\_ M | F Age: \_\_\_\_ DOB \_\_\_\_\_ School: \_\_\_\_\_  
Medication/Dosage: \_\_\_\_\_ Allergies: \_\_\_\_\_

### Emergency/Medical Information

Child(ren)'s Physician: \_\_\_\_\_ Phone #: \_\_\_\_\_ Ext. \_\_\_\_\_

Hospital Preference: \_\_\_\_\_ Other Relevant Infor: \_\_\_\_\_

Health History (Please explain any condition we should be aware of):  
\_\_\_\_\_  
\_\_\_\_\_

List all known allergies (insect stings, drugs, food, etc):  
\_\_\_\_\_  
\_\_\_\_\_

### Drop off & Pick up List - Please list up to 3 people who may pick up your child without written consent from the parent.

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_ Cell # \_\_\_\_\_

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_ Cell # \_\_\_\_\_

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_ Cell # \_\_\_\_\_



High Five Taekwondo  
 2203 Francisco Drive, #170  
 El Dorado Hills, CA 95762  
 (916)939-1900

**Camp Schedule**

Week	Activities	Field Trip
___ Week One (June 13 - 17)	Movie/Bowling/Crazy Chemworks	Regal Cinemas (\$5) / Folsom Lake Bowling (\$10) / Get ready to lose your mind in the vast and exciting world of Chemistry!
___ Week Two (July 25—29)	Indoor/ Outdoor Sports	Nimbus Dam Recreational Area / Granite Arch Climbing Center (\$20)

\_\_\_\_\_ Subtotal (# camp weeks) x \$299

\_\_\_\_\_ Additional Child (10% off)

\_\_\_\_\_ Subtract \$30 if registering with non Hi5 Student (Friend's Name: \_\_\_\_\_)

\_\_\_\_\_ Registration (circle):

- ◆ \$30 Hi5 Student (Included FREE camp t-shirt and sling pack)
- ◆ \$90 New Student (Included membership, Free Uniform, Free camp t-shirt and sling pack)

\_\_\_\_\_ + Field Trips

\_\_\_\_\_ Total Due (\*Full payment required with registration)

Camp T- Shirt:     CH: \_\_\_\_\_     AD: \_\_\_\_\_

**Please read carefully and sign below**

I agree to obey instructions and understand that High Five Taekwondo is not liable for any personal damages, losses, or injuries in schools or on field trips. I will not use the knowledge from High Five Taekwondo except to protect the honor or well being of others or myself. I permit High Five Taekwondo to use photographs of me/my relative in Hi5 publications, websites and publicity material. I permit High Five Taekwondo to use sunscreen/first aid and to transport my child(ren). I, the undersigned, act as parent or legal guardian for the above applicant and fully understand the responsibilities. I understand that High Five Taekwondo Summer Camp will retain this application whether or not it is approved and I authorize High Five Summer Camp to verify the above information.

Parent's Signature: \_\_\_\_\_ Date: \_\_\_\_\_ Approved by: \_\_\_\_\_

Course Type: \_\_\_\_\_ Weeks      Starting Date: \_\_\_\_\_ to \_\_\_\_\_



High Five Taekwondo  
2203 Francisco Drive, #170  
El Dorado Hills, CA 95762  
(916)939-1900

## ***Daily Checklist (1)***

These are your daily responsibilities with the High Five Taekwondo Summer Camp. Below you will find information on how your child(ren) should dress, health requirements, and things they must bring, to be able to participate in our summer camp. Please read carefully.

**Please label all items with student's name. We are not responsible for any lost items.**

### **Drop Off:**

Students should be dropped off between 8:00am and 8:30am. (For certain field trips the children will need to be dropped off at an earlier time. We will alert you in a memo. In such cases, do not be late, we cannot wait) When dropping off your child(ren), you must enter the school and sign them in. A student must be signed in every time he/she comes. When students arrive, they should bow to the dojang, flags, instructors, and students. After putting away their belongings, students should return to the door to wave goodbye to their parents. Pick up is from 4 - 6PM. If you are picking your child up early, please notify the staff with a memo, or call.

### **Pick up:**

When picking your child(ren) up, you must be prompt. Students are to be picked up between 4 - 6PM. A student must be signed out by someone on his/her "safe pick-up" list. If parents are not going to pick up their child(ren), they should notify the summer camp staff in advance. A ten minute grace period will be granted for parents arriving after 6PM. If a child is picked up any later, a charge of \$10 will be due when the parent arrives.

Please pack a HEALTHY lunch and 2 snacks DAILY for each child as follows:

#### **Lunch Box**

- ◆ 1 large drink or 3 small drinks (Soft-drink are not allowed)
- ◆ 2 snacks
- ◆ Lunch (Sharing lunches is not permitted)

#### **Backpack**

Uniform - not needed for field trips but current High Five T-shirt is needed

Field Trip - Sunscreen, Bug Spray, an extra pair of clothes (If a special item is needed on a field trip we will alert you in a memo.)



High Five Taekwondo  
2203 Francisco Drive, #170  
El Dorado Hills, CA 95762  
(916)939-1900

## ***Daily Checklist (2)***

### **Dress:**

Students **MUST** wear a High Five Taekwondo Summer Camp t-shirt on each field trip attended. Most are on Tuesdays and Thursdays, with occasional Mondays. On Non-Field Trip days, the summer camp T-shirts with Taekwondo white pants are highly encouraged. During classes, students should wear a clean and wrinkle-free uniform and a correctly tied belt. Instead of their uniform top, students may wear their summer T-shirt or High Five t-shirt. When attending a field trip for swimming, students must wear a bathing suit. Girls are encouraged to wear a one piece bathing suit under their regular clothing: boys should wear swimming trunks (not Speedos or jammers) and their summer camp T-shirt.

### **Things students should not wear:**

Jewelry, sleeveless shirts, shirts that reveal the stomach, shirts with inappropriate graphics, shorts over six inches above the knee.

### **Health Requirements:**

Please do not send your child(ren) to Summer Camp unless he/she is well and able to play outside. **Children must be free of fever, vomiting, and diarrhea for 24 hours without medication before they may return to summer camp.** We will send home children whom we consider to have a contagious illness. If your child is sick and unable to attend please notify High Five Taekwondo.

### **Hand Washing**

We remind you that during your child(ren)'s stay, they will encounter many other children and surfaces. Hand washing is the best way to prevent the spread of illness. Please take the time to teach your child(ren) how to thoroughly wash their hands with soap regularly, especially before eating and after using the restroom. We will encourage this practice at the dojang.

### **Diet**

We encourage you to send your child(ren) with healthy and nutritious snacks. A day of High Five Taekwondo summer camp can be very tiring. They need the support of a good lunch to stay focused and be energetic. Please do not pack any soft drinks in your child's lunch. On field trip days especially, it is very important to have a drink that will hydrate the body. Soft drinks do not provide the body with the proper nutrients.

**Personal Care:** Students should be clean, showered, and if age appropriate, wearing deodorant.

### **Packing:**

Students should not bring toys or electronic equipment, except when special permission is given. Children are welcome to bring books, but they are responsible to keep track of them.

\*Please make sure your child(ren) is not allergic to the product you pack for them. Some bug sprays have been known to cause a rash.