

Summer Black Belt Camp

INFORMATION PACKET

April 2017

Welcome Campers!

On behalf of the Camp Steering Committee and all the volunteers who have worked very hard to bring you another terrific Tae Kwon Do camp experience, it is my great pleasure to welcome you to Summer Black Belt Camp 2017!

This packet is provided as a handy reference to activities and services at camp. If you have any questions or concerns, please bring them to your instructor who will bring them to me.

Again welcome and best wishes for a fun, challenging, and safe camp!

Dave Schwartz
Camp 2017 Coordinator

Check-In

1. Check in is available anytime between 3 PM and 11 PM on Thursday, July 20th, and between 7 PM and 11 PM on Friday. Please do NOT arrive outside of these hours. If you experience unavoidable travel delays, please call or text 302-420-4455 BEFORE 10pm.
2. All campers must check-in at the Information Desk in the Charles B. Degenstein Campus Center (#55 on campus map on page 11) to do the following:
 - Sign waiver (see page 9)
 - Obtain meal ticket scan card
 - Get room assignment and key
 - Sign certificate mats!
3. Proceed to dorms. We are staying in the same general area as in 2016 – the area is circled on the map on page 11. These are very nice dorms.

Some notes:

- Parking is available in the lots immediately south of the dorms (see page 13).
- Your access fob will open the outer door to your residence hall only, and your individual room door will be opened by a standard key. Please retain the envelope you receive your keys in for when you return the keys.
- Doors from hallways into suites will NOT lock.
- Room assignments will also be posted in the lobby of each dorm.

What to Bring

Recommended Items

- A fresh T-shirt for each workout
- Minimum three pairs of workout pants (preferably white)
- Belt (more than one is recommended)
- Sunscreen, soap, shampoo, toiletries
- Personal first aid items (athletic tape, band-aids)
- Towels (three recommended)
- Bedding or sleeping bag, pillow, blankets*
- Clothes line and clothes pins or folding clothes rack
- Raingear (for walking to the gym)
- Water bottle
- Laundry detergent
- Nail clippers

Optional Items

- Mouth guard
- Camera
- Alarm clock
- A good book
- Uniform tops
- Bath mat
- Ear plugs

Must-have Items

- Friendship and good spirit!

Please note, regarding uniforms:

Full pants, belts, and white or TKD t-shirts with sleeves are preferred camp attire.

Jackets / tops are according to your own club's traditions.

Please wear the camp T-shirt and white pants to the third workout on Saturday.

Photos will be taken throughout this class and the group photo immediately afterwards.

Suites include a refrigerator and microwave but no dishes or tableware.

Please note, regarding laundry:

Credit card operated washing machines are available in the basement of each dorm. BUT these are always in high demand – you need to plan accordingly!

* In previous years, linens were available through the University. This is no longer the case. You now must bring your own.

PLEASE D O NOT BRING

- Boom boxes or any other sources of loud noise (many of your camp-mates like to sleep!)
- Weapons of any kind
- Anything illegal

Points of Contact

| POSITION | NAME | CELL PHONE |
|----------------------------|---|------------------------------|
| Camp Coordinator | Dave Schwartz | 302-420-4455 |
| Master of Ceremonies | Jerry Orenstein | |
| Workout Lead Coordinator | Jerry Orenstein | 516-356-8829 |
| Facility Coordinator | Chris Kelly | 845-742-2384 |
| Facility Issues | Tamarack Hall: Wellington Casscles Willow Hall: Steve Maus Elm Hall: Matt Vaughan | 845-893-6125 845-559-5299 |
| Lost and Found | Kamran Vaziri | 908-962-1572 |
| Financial Director | Peggie Hyatt | 914-456-4764 |
| Youth Coordinator | Tom Hyatt | 845-742-6673 |
| Senior Auditor | Jim Goldsmith | 303-817-5970 |
| Independent Auditor #2 | Alex Hon | |
| Promotion Director | Dave Schwartz | 973-865-0855 |
| Protocol Director | Jerry Orenstein | 516-356-8829 |
| Social Director for Adults | Ann Dombroski | 845-891-5918 |
| Social Director for Youths | Jenn Casscles | 401-486-4958 |
| New Camper Coordinator | Barb Hauger | 814-442-7173 |
| Surveys | Pete Michaelson | 845-416-8319 |
| T-Shirt Coordinator | Victor Alfonso, Jr | 732-918-6998 |
| Complaint Department | Jerry Orenstein | 516-356-8829 |
| Webmaster | Rod Preble | 719-339-3599 |

Camp Steering Committee: Jim Brady, Frank Coppola, Barb Hauger, Chris Kelly, Pete Michaelson, Jerry Orenstein, Dave Schwartz

Please promptly bring any issues to the attention of the appropriate point of contact, including any questions on A/C, laundry services, food, etc.

Daily Schedule

| Friday, July 21 st | Saturday, July 22 nd | Sunday, July 23 rd |
|--|--|--|
| 5:55 – 8:00 1 st Workout – TBD | 5:55 – 8:00 1 st Workout – TBD | 5:55 – 8:00 1 st Workout – TBD |
| 8:30 – 9:00 Breakfast | 8:30 – 9:00 Breakfast | 8:30 – 9:00 Breakfast |
| 10:25 – 12:30 2 nd Workout – TBD | 10:25 – 12:30 2 nd Workout – TBD | 10:25 – 12:30 2 nd Workout – TBD |
| 1:00 – 1:30 Lunch | 1:00 – 1:30 Lunch and T-shirt distribution | 1:00 – 1:30 Lunch and Farewell |
| 3:25 – 5:30 3 rd Workout – TBD | 3:25 – 5:30 3 rd Workout – TBD 5:30 – 5:40 Camp Photo | 1:30 – ... Clean-up and Departure |
| 6:00 – 6:30 Dinner | 6:00 – 6:30 Dinner | Please wear white pants and camp T-shirt to the 3rd workout for photos during and after class. |
| 7:45 – 8:45 Seibert Hall Black belt testing and promotions | 7:00 – Late Presentation, swap meet, and PARTY! | |

Workout Locations

Weather permitting, workouts will be held at the central field on the map. In case of inclement weather we will be in the gymnasium, in the James W. Garret Sports Complex (#50 on the map on page 13). All head instructors will be notified via text message as to the location if the weather is in question.

PLEASE SHOW UP EARLY TO EACH WORKOUT AND STRETCH PRIOR TO CLASS!

Social Event Locations

- The Saturday social area for adults is outdoors near the dorms.
- The Saturday social area for minors is the Willow Hall lounge (indoors).

Please pay attention to announcements in case of changes!

Workouts

All classes will start promptly at scheduled time. You should plan to arrive at the workout location at least a few minutes prior to the advertised start time. Workouts are two hours in duration.

The general plan for workouts is as follows:

- Run (Workout Lead discretion)
- Warm-ups
- Basics
- Forms
- Workout Lead's Choice
- Sparring
- 3 - Step
- More Workout Lead's Choice
- Closing Basics

Water breaks are at the discretion of the Workout Lead.

Safety

Number One Rule: NO CONTACT, NO CONTACT, NO CONTACT!

The Workout Lead will be supported by all senior belts in the enforcement of the no contact rule.

Number Two Rule: Use only techniques that you can fully control!

Injuries

In the event of injury, including bleeding of any kind,

1. Stop the activity where injury occurred
2. If necessary, call 911
3. Notify the First Aid Staff
4. Notify the Camp Coordinator
5. Only the First Aid Staff should attend to the injured; all others keep working.
6. If a head injury is suspected, a period of observation will take place before the person is permitted to continue.

Other Safety Rules

Shoes will NOT be worn during any partner drills, including and especially sparring. This applies to martial arts shoes of any kind, including “gorilla feet.” Socks are acceptable if protection is necessary.

Please trim finger nails and toe nails before camp! Historically, most cuts at camp have come from untrimmed nails.

First Aid Supplies

You are expected to provide and administer your own items such as athletic tape, sun block, electrolytic drinks, bandaids, etc.

Water

Water is extremely important in the weather conditions we expect at camp. If you are not familiar with the effects of dehydration or heat stroke, please take some time to educate yourself before camp. Be sure to drink plenty of water when conditions are extreme.

Dr. Tom Nordstrom has written an excellent summary on keeping yourself well-hydrated at camp. This can be found on the camp web site attached to the “Daily Schedule” page.

Meals

- All meals are provided in the Evert Dining Room located in the Degenstein Campus Center (#55 on the map)
- You will need to bring your meal ticket scan card to all meals. You receive your meal ticket scan card when you check in.
- Meals are *served* during the times on the schedule but you may stay in the cafeteria to eat later than these times. Dining hall doors will close at the indicated time.

Communications During Camp

There will be information boards posted in the lobby of each dormitory. Any schedule updates will be posted there and sent via text message to all head instructors.

Please promptly bring any issues to the attention of the appropriate point of contact (see page 4), including any questions on A/C, laundry, food, etc.

When you have concerns at camp, please bring them to your instructor who will then carry it forward. This approach serves two purposes: (1) it keeps your instructor informed as to what is going on, and (2) it keeps the Camp Coordinator – whose time is already in great demand – from being overly burdened. In large organizations, this is also known as “following the chain of command.” At camp, the chain of command is:

Student > Instructor > Head Instructor > Camp Official > Camp Coordinator

Summer Black Belt Camp

RELEASE FROM LIABILITY

In consideration of my acceptance as a participant in Summer Black Belt Camp 2017, I, intending to be legally bound, hereby acknowledge that participation in this martial art event is voluntary. I further do hereby waive, release, and hold harmless Susquehanna University, its officers, trustees, and employees, as well as Summer Black Belt Camp 2017 and all affiliated organizations, sponsors, organizers, officials, volunteers or employees for any injury that may be suffered in the course of participation in activities at Summer Black Belt Camp 2017, whether the result of negligence or any other cause.

I certify that I have adequate health insurance for my personal needs. In the event of an injury, I understand that medical attention, other than basic first aid, will not be provided. If needed, professional emergency medical response will be solicited on my behalf. Any and all medical expenses are my sole responsibility.

I have been advised, and fully understand, that martial arts is a physically challenging activity which by its very nature involves risk. I have been advised of the risks involved in participating in these activities, which include but are not limited to physical stress, contact with other participants, and falling which may result in injuries that include but are not limited to: loss of eye, loss of joint function, sprains, broken bones, concussion, paralysis, and even death. I assume those risks for myself or on behalf of my minor child. I further agree that if my or my child's participation results in his/her injury or death, that I will not hold any of the above entities liable. I also agree to bring any health or safety concerns to the attention of the instructors.

I understand this waiver of liability is intended to be legally binding.

Participant Name _____ Home / cell phone _____ E-mail (optional) _____

Street Address _____ City _____ State _____ Zip Code _____

Emergency Contact _____ Relationship to Participant _____ Home / cell phone _____

Signature (parent or legal guardian if under 18) _____ Date _____

Check-Out

1. Please return your completed camp survey during check-out. We depend on your feedback to make future camps the best experience possible and to address any unresolved issues that you may have encountered.

2. Please be a good citizen and help us maintain our excellent relationship with our host facility by:
 - Placing all garbage in hallway containers
 - Leaving your room as clean and tidy as possible; take home all personal items
 - Turning off all lights and air conditioning; closing windows

3. Please return your room key and meal ticket scan card to the university staff in the original envelope you received them in at the Degenstein Campus Center Information Desk where you checked-in. Failure to do so will result in additional fees to your instructor.

Thank you for participating!

Photos will be posted or linked to from the camp web site soon after camp.

Please watch the camp web site next February for the opening of registration for Camp 2018.

www.SummerBlackBeltCamp.com

Campus Map with Markings for Summer Black Belt Camp 2017

Susquehanna
UNIVERSITY

514 University Avenue
Selingsgrove, PA 17870

www.susqu.edu



Parking Key

- A** Admissions Visitors
- F** Faculty and Staff
- G** General (Permit Required)
- B** Persons with Disabilities
- V** Visitors
- S** Students
- I** First-Year Students
- C** Commuter
- Green Circle** Green Parking/Carpool
- Red Circle** Emergency Phone

- R** Reserved
 - E** General Parking 7 a.m. to 5 p.m.
- Faculty and staff parking from 7 a.m. to 5 p.m.
 - General parking from 5 p.m. to 2 a.m.
 - No parking from 2 a.m. to 7 a.m.
 - Commuter/non-resident student permits are valid in all student spaces

- | | | |
|---|---|---|
| 23. Facilities Management and Central Receiving | 45. Blough-Weis Library | 69. Arlin M. Adams Center for Law and Society |
| 24. TRAIT | 46. 9/11 Memorial Garden | 70. Student Housing |
| 25. Science-in-Motion Program Office | 47. Hassinger Residence Hall | 71. Natural Sciences Center |
| 26. Liberty Alley Apartments | 48. Nicholas A. Lopardo Stadium | 72. Susquehanna Children's Center |
| 27. Sigma Kappa Sorority | 49. Reunion Plaza | 73. North Residence Hall |
| 28. Tau Kappa Epsilon Fraternity | 50. James W. Garrett Sports Complex | 74. Art Studio |
| 29. Student Housing | 51. Print Shop | 75. University Communications |
| 30. Student Housing | 52. Smith Residence Hall | 76. Sigma Alpha Iota Sorority |
| 31. Student Housing | 53. Reid Residence Hall | 77. Office of Admissions |
| 32. Hill House | 54. Aikens Residence Hall | 78. Office of Financial Aid |
| 33. Pine Lawn | 55. Charles B. Degenstein Campus Center | 79. Alumni House |
| 34. Chaplain's Residence | 56. Douglas E. Arthur Plaza | 80. Granada Townhouses |
| 35. Phi Mu Alpha Sinfonia | 57. Cunningham Center for Music and Art | 81. Hong Kong Townhouses |
| 36. Student Housing | 58. Bogar Hall | 82. Jakarta Townhouses |
| 37. Zeta Tau Alpha Sorority | 59. Selingsgrove Hall | 83. Kathmandu Townhouses |
| 38. Presser International House | 60. Seibert Hall | 84. Lima Townhouses |
| 39. Kappa Delta Sorority | | 85. Montreal Townhouses |
| 40. Faculty/Staff Residence | | 86. New Orleans Townhouses |
| 41. Student Housing | | 87. Alice Springs Townhouses |
| 42. Alpha Delta Pi Sorority | | 88. Buenos Aires Townhouses |
| 43. Douglas E. Arthur Football Practice Field | | 89. Cape Town Townhouses |
| 44. Tennis Courts | | 90. Dakar Townhouses |
| | | 91. Edinburgh Townhouses |
| | | 92. Florence Townhouses |
| | | 93. Department of Public Safety |
| | | 94. Commons House |