

TKA SUMMER KARATE CLINIC

Dear _____ :

We have received your application and deposit. We are happy to have you with us and are looking forward to an exciting camp week. We hope the following information will help you in planning for the week.

THE BALANCE OF YOUR CAMP FEE IS DUE BY July 15, 2020. Please forward a check in the amount of \$_____ to TKA, P.O. Box 8611, Gaithersburg, MD 20898-8611.

Round trip bus transportation for those who require it will leave from the Rockville Campus of Montgomery College. We will meet in Parking Lot #2 near the north campus entrance. This facility is on Rt. 355 between Rt. 28 and Shady Grove Road. The buses leave at 12:30 PM sharp on **July 26**. Please be there no later than 12:15 PM. The return time is approximately 11:30 AM on Saturday, **August 1**. The bus fee is \$55.00 for those who sign up **before June 25. Thereafter, the bus fee will be \$60.00.** There are no exceptions.

If you are driving and have not received a map, please contact our office at (301) 840-9262, Tue., Thurs. & Fri. from 10:00AM - 5:00PM (3PM Fridays). The drive is about two and one half hours. Check-in time is 4:00 PM on **July 26**. The Blue Ridge School does not allow anyone to arrive before 3:00 PM. Please arrange your trip to arrive no earlier than 3:00 PM. **Check out time is 8:00 AM on August 1 (strictly enforced). Students who have not been picked up by check out time are usually sent home on the bus. Unfortunately, in such an event, a bus fee of \$60.00 will have to be assessed. If you plan to pick up your camper on Saturday, you must, absolutely, do so by or before 8:00 AM.** If you wish to use the bus one way only, you must pay the full fare of \$55.00 (\$60.00 after July 2) and let us know in writing prior to **July 15**.

Parking is allowed in designated areas. **Cars must be moved from the bus lanes by the time the buses arrive at 3:30 PM.** It should be understood that your car is for arrival and departure **ONLY**. Once there, you are asked not to use it for any reason without prior arrangements with the camp director (Kim Moake). This rule is strictly enforced.

On arrival, students will move into their rooms, tour the grounds and meet the staff and other students. The first workout will be at 8:00 PM. All workouts are mandatory and students should dress out unless otherwise instructed. The dress code at camp requires gi pants, belt, and T-shirt. Students should have gi tops available for certain workouts. At camp, any reasonable shirt is acceptable. Full gi is required on the exam. Please bring adequate clothing, especially gis, for the full week, as no washers or dryers will be available!

Dorm space will be allocated by age and gender. Students may not move into rooms set aside for a different age group without permission from Kim Moake. Permission may be given to move out of the assigned floor at camp only to permit siblings to room together. **Dormitories have been recently renovated.** **STAFF WILL CONDUCT DAILY ROOM INSPECTIONS.** It is very important for you to impress upon your camper that rooms must be kept in perfect condition from the time they arrive until the time they leave the Blue Ridge School. Students will be sleeping in bunk beds. Your student may be sleeping in a top bunk.

The following items are **necessary:** (*sheets, pillows, and towels will not be provided*)

- Blankets or sleeping bag
- Towels
- Flashlight
- At least one gi with belt
- Toilet articles
- Sheets, pillow, pillow cases

The following items are **highly recommended:**

- A light jacket
- T-shirts (the more the better)
- Sandals or flip-flops *
- Extra gis
- Sweatshirt
- *Sneakers* *
- Swim wear
- Sparring equipment

* VA state law requires footwear at all meals.

Bring any karate weapon you wish to study: bo, sai, nunchaku, throwing stars, cane, sword, tonfa, kusari, escrima, yawara and kama have all been offered in the past (no live blades). All weapons must remain in your room when not in class.

The following items are useful, but optional. Most of these may be purchased at TKA ahead of time and some will be available for reduced prices at camp:

- martial arts shoes
- TKA T-shirts
- extra gis
- Mouth guards
- Athletic cups
- Sparring equipment

THE FOLLOWING ITEMS MUST BE LEFT AT HOME:

- Radios
- Tape players
- CD players with headphones
- TV
- Any and all other electronic "noise makers"
- Knives

Instructors may confiscate the listed items and any other items that they deem dangerous or disruptive. *All weapons are to be used ONLY during supervised times.* All items, *especially gis*, should be marked with your name. Use indelible markers whenever possible. Please remember that, regardless of age, you must carry what you bring.

MEDICATION - (Insurance requirement): TKA staff, including medical staff, will not be permitted to administer medication of any kind. Campers must administer their own medication. If a camper is unable to be responsible for his or her own medication, (including schedule, dosage, etc.) he/she will not be permitted to attend the camp.

Cell phones may be used only in dorms or during recreation time. Cell phones are not permitted at any meetings or workouts (this will be strictly enforced). Instructors may confiscate cell phones that are being used inappropriately. Confiscated phones will be returned to the camper before their departure from the camp. TKA staff **WILL NOT** be responsible for any camper's cell phone under any circumstance. For best results, leave cell phones at home.

Please do not bring valuables to camp. We cannot be responsible for any lost or stolen items. TKA will assume responsibility for all valuables given to the camp director that are marked with your name and phone number. Please use an envelope for small items. Your need for spending money will be small. There will be a snack bar which will be open for limited periods. Remember that the best prices of the year on karate merchandise will be available at the TKA Camp Store. Plan your spending money needs accordingly.

Meals will be served cafeteria style at 8:00 AM, 12 noon, and 6:00 PM. A salad bar is provided at lunch and dinner and no one goes away hungry. No visitors are allowed to partake of any meals (sorry, this includes parents).

NO VISITORS ARE PERMITTED ON THE CAMP SITE. Unfortunately, this includes parents and instructors who are not staff or students at camp. You must have Ms. Moake's express, **WRITTEN** permission to come onto the premises. This must be strictly enforced. Parents who drive their children to camp may view the grounds, but everyone except staff and students must leave the grounds by **4:30 PM**.

Insurance companies have become very strict. Please return the "Authorization for Medical Treatment" form. It is imperative that you mail all forms to us prior to **July 15** so that our records will be accurate and up to date. Please do not hold them until the first day of camp or give them to an instructor. **MAIL THEM IMMEDIATELY.** No one will be permitted at camp without my receipt of your medical forms prior to the first day of camp.

During the week of camp, if you need to contact a camper through the Blue Ridge School office please use the following procedures to assure the fastest way to contact your camper:

1. Please!! **EMERGENCIES ONLY.**
2. You must say that it is for a "TKA karate camper".
3. Campers can return calls during breaks in our schedule and at night before lights out.

Blue Ridge School
St. George, VA 22935
(434) 985-2811 - - - Mon. through Fri., 9:00 AM - 4:00 PM only

NOTE: Do not call Montgomery College for directions to the college. College security answers all calls, especially on weekends. The college has nothing to do with this camp. **Be sure to get directions from our office prior to July 26. The TKA office will be closed during the entire week of camp**, therefore, we will not be able to respond to any calls or messages left on the TKA office phone.

If we may help you in any way, please contact us at (301)840-9262, Tue., Thurs. from 10:00AM - 5:00PM, and Fri. 10-3pm. Please keep this letter for reference as no additional literature will follow.

campinfo.D

Sincerely,

Kim Moake
Tompkins Karate Association

TKA, Inc.
P.O. Box 8611
Gaithersburg, MD 20898-8611



TOMPKINS KARATE ASSOCIATION

AUTHORIZATION FOR MEDICAL TREATMENT

I authorize the Camp Director or his representative to act on my behalf in case I, or my child,

_____, am/is the victim of a major accident, injury, or illness when immediate medical or surgical care is needed, provided the Director, or his representative shall, when it is reasonable to do so, make diligent effort first to notify me of the situation and obtain my preferences. If such efforts to contact me are unsuccessful or should expediency make it impractical or dangerous to the health of my child or others to first attempt to contact me, or it is otherwise not possible to obtain my preferences, I authorize the Director, or such staff designated to act in his stead in his absence, to take such actions and give such consent on my behalf as their judgment dictates.

In the event that the Director or his representative must agree to be the guarantor for fees incurred at a medical facility in order for me or my child to receive treatment, I agree to pay all fees that may be charged to that individual. I understand that medical facilities may bill me for any portion of those fees which is not covered by insurance.

The Director or the staff acting in his stead in his absence, and the camp staff have my authorization to obtain from other physicians, hospitals, or health care facilities, any medical information they need to provide me or my child with continuing health care while at the TKA Summer Karate Clinic.

Note: please return a copy of both sides of your insurance card(s) with this form.

I have Medical/Health Insurance

I have Dental Insurance

Policy # _____

Group # _____

Company _____

Address _____

I have **NO** Medical/Health Insurance

I have **NO** Dental Insurance

Signature of Camper: _____

Signature of **Parent/Guardian** of Camper: _____

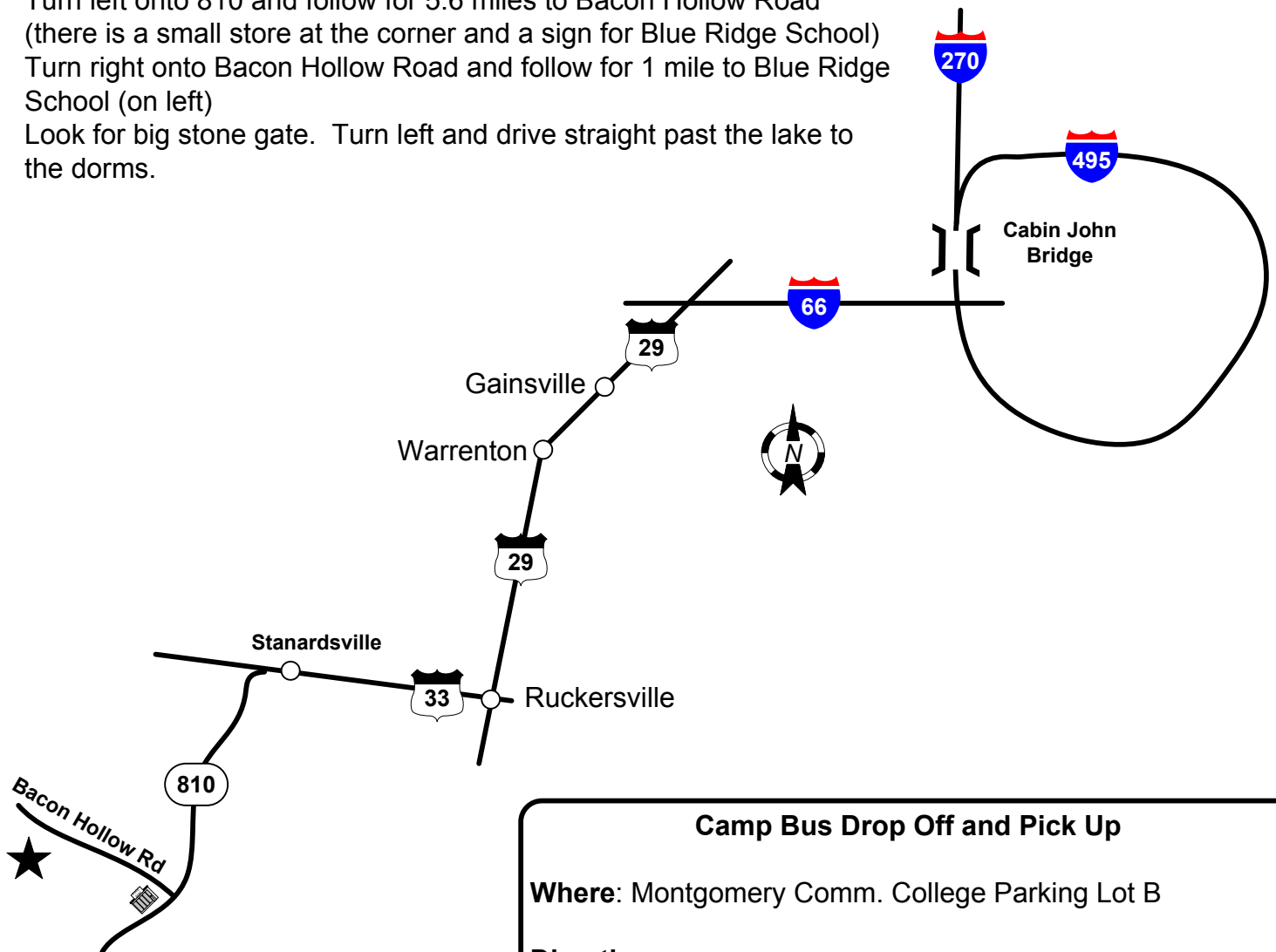
Date: _____

**Please complete, sign, date, and mail this form to:
(this form must be in office 7 days prior to camp)**

**TKA, Inc.
PO Box 8611
Gaithersburg MD 20898-8611**

Directions to TKA Summer Camp at Blue Ridge School

- Take 495 to Northern Virginia via Cabin John Bridge (outer loop)
- Follow 495 to Route 66 West (~6 miles from Cabin John Bridge)
- Route 66 west (~20 miles) to Route 29 South towards Gainsville
- 29 South through Gainsville and Warrenton (use bypass) to Ruckersville (~56 miles)
- Turn Right onto Route 33 towards Stanardsville (use bypass) to Route 810 Dyke Road (~6 miles)
- Turn left onto 810 and follow for 5.6 miles to Bacon Hollow Road (there is a small store at the corner and a sign for Blue Ridge School)
- Turn right onto Bacon Hollow Road and follow for 1 mile to Blue Ridge School (on left)
- Look for big stone gate. Turn left and drive straight past the lake to the dorms.



Camp Bus Drop Off and Pick Up

Where: Montgomery Comm. College Parking Lot B

Directions

From 270 – Take Shady Grove Road towards 355.

Right on 355 south for ~2 miles to North Campus Drive (just past Campus Shopping center).

Turn right on North Campus Drive and follow to Parking lot 2 (on your right across from the football fields).