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www.MARTIALARTSinSC.com

Tips & Reminders for Ninjas and Parents!

- ✿ Ninja Camp 2011 starts next week from Wednesday, August 3rd to Friday August 5th.
- ✿ Drop-Off for Days 1 & 2 of Ninja Camp 2011 (Wednesday, 8/3 & Thursday, 8/4) is 8:00 am at the Dojo. Please come to the front desk and sign in when you arrive. Please do not drop your Ninja off any earlier than 7:50 am as our Instructors need time to set up for the days' activities and challenges.
- ✿ If your Ninja is late, he/she may miss out on some fun and important activities and challenges, including group photos and challenges that they will need to complete in order to earn their Ninja Camp badges.
- ✿ Pick-Up for Days 1 & 2 of Ninja Camp 2011 is 12:00 pm at the Dojo. Please be ON TIME as our Instructors need time to prepare for their later lessons. If someone other than a parent will be picking your Ninja up from Camp, please let us know when you drop them off in the morning.
- ✿ Ninjas should wear comfortable clothing to Ninja Camp and bring sneakers (no flip-flops) since some activities will be conducted outside. A Ninja Camp T-shirt will be given to each Camper on Day 1 and they should wear their shirt to each day of Camp if possible.
- ✿ Between all of the physical challenges, snacks, and crafts, you can count on your Ninja getting dirty/wet/sweaty. Don't send them to Ninja Camp in their Karate uniform or Sunday Best.

- ✦ We recommend that Campers wear sunscreen for all 3 days of Camp, especially Friday.
- ✦ On Days 1 & 2, Campers will be given a snack at the Dojo and on Day 3 they'll have a picnic lunch by the beach. If your Ninja has any food allergies, please let one of the instructors know before camp begins (our snacks will not include peanut butter).
- ✦ **Drop-Off for Day 3 of Ninja Camp (Friday, 8/5) is 8:00 am at the grassy area in front of Ole Hanson Pool.** Please find an Instructor with a clipboard to sign your Ninja in.
- ✦ Ninjas will spend a good portion of Day 3 down in the sand at the beach. It is most important that Campers arrive ON TIME on Day 3 so that you won't miss us when we move from the Drop-Off spot.
- ✦ Campers will not be swimming at either the pool or beach but will be part of an **EPIC Water War!** **On Day 3 they should wear their swimsuits/trunks under their Ninja Camp T-shirts and bring a FILLED Squirt Gun or Super-Soaker. They should also bring a towel.**
- ✦ **Ninjas should all wear sunscreen for Day 3** and can wear a hat and rash guard for extra protection from the sun.
- ✦ Pick-Up for Day 3 will be back up at the grassy area by Ole Hanson Pool. **Please be ON TIME and remember to sign your Ninja out before you go.**

Ninja Sleepover

- ✦ The Ninja Sleepover 2011 is scheduled for Saturday, August 6th at 8:00 pm ~ Sunday, August 7th at 8:00 am.
- ✦ Drop-Off for the Ninja Sleepover is at 8:00 pm at the Dojo. Please do not drop Ninjas off before 7:50 pm or any later than 8:30 pm.
- ✦ **Ninjas should wear comfortable clothing and bring sneakers, a sleeping bag or warm blankets, and a pillow.** Ninjas can bring pajamas to change into if they want.

- ✦ **Ninjas can bring a non-student Buddy or sibling with them to the Sleepover, but the Buddy must be signed up by Wednesday, 8/3 and have parental consent. Buddy must be between the ages of 4 and 12 years old.**
- ✦ **A Pizza Party will be included in the Sleepover. If your Ninja doesn't like pizza, we recommend they bring a sack dinner or eat prior to arrival.**
- ✦ **Pick-Up is 8:00 am sharp on Sunday.**
- ✦ **For our younger Ninjas, Early Pick-Up can be arranged for 10:30 pm on Saturday. Please let an Instructor know if you'll be picking your Ninja up early.**
- ✦ **Enjoy the night off and have some fun grown-up time!**

A Little Bit About NINJA CAMP 2011: HERO QUEST

Each year we pick a new theme for Ninja Camp. This year, the theme is "Hero Quest", and Campers will take part in activities and challenges designed to instill in them the traits of a true hero. To earn their Ninja Badges they'll have to demonstrate Self-Defense Techniques in a realistic scenario, Stealth, Speed & Agility, and a Weapons Form that they'll be learning on Day 2. Traits of a true hero are not all physical, however, and Campers will be rewarded for demonstrating Teamwork, Respect, Focus, Self-Control, Camaraderie, and Effort.

With all of the new activities and challenges combined with the Camper-favorites of past camps, this year's Ninja Camp is sure to be the best yet (and we've been doing this a long, long time!)

We'll have a lot of great photos from Ninja Camp and the Ninja Sleepover up online at www.MARTIALARTSinSC.com, or to see all of the photos, be sure and "friend" us on Facebook at [Facebook.com/USSDMartialArtsSC](https://www.facebook.com/USSDMartialArtsSC).

If you have any other questions, you can see your Instructor or call (949) 361-9111. See you next week!