



2023 Young Adults Camp

July 17-21

9:00am - 3:00pm



Young Adults camp is open to students age 12-18, and 11 year old Red Belts and Black Belts. These students have greater capabilities that need to be encouraged and challenged to bring out the more mature martial artist we know is inside these students.

This camp it is an excellent way for new students to establish a solid foundation in Taekwon-do fundamentals, and for experienced martial artists to improve their minds and bodies. Emphasis will be placed on the cerebral side of Taekwon-do and on deepening an understanding of the higher concepts within Taekwon-do training while still working on age-appropriate physical conditioning.

Activities will take place in our large, bright, air-conditioned space, as well as outdoors. A typical day at camp includes two Taekwon-do lessons, team building games, and talk about Taekwon-do concepts and theory. Campers have a lunch hour which includes time for games.

Camp meets Monday through Friday, 9:00am-3:00pm. Doors will open starting at 8:45 if you wish to drop your child early. We will spend some time in the Taekwon-do school and some time outdoors in the park. Please arrive on time as some mornings we will be leaving the school to go to the park right away. All travel to parks or other outdoor sites will be by walking.



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Camp Guidelines

- Participants must bring:
 - Snack, lunch and refillable water bottle
 - A towel to sit on
 - Campers will arrive in street clothes and will bring their belt and Taekwon-do uniform (dobok).
 - Campers will need to wear appropriate shoes for walking to the park and possibly for practice in the park
 - Masks are not required but anyone wishing to wear a mask may do so
- Activities will take place outside and in our large, bright, air-conditioned space
- Campers may choose to join one or both weeks of Juniors camp along with Young Adults camp.
- Being outside means we will be paying extra attention to keeping everyone hydrated, so campers should not bring a small water bottle.
- Campers will be walking to the park and possibly practicing outside in shoes, therefore flip flops or crocs are not allowed at camp. The shoes they wear need to be comfortable for walking and practice.
- Campers should arrive with sunblock applied, they can re-apply as needed.
- In case of rain we may still go outside so campers are welcome to bring a jacket or cap. Campers should keep in mind that white or light-colored shirts can become transparent when wet.
- Participants should be dropped off each day at Glen Ridge Taekwon-do between 8:45-9:00am. Pick up will be at the same location at 3:00pm. Young Adult campers may travel to and from camp on their own.
- Campers will sign themselves in and out each day.

If you have any questions please feel free to contact Master Giletti at MasterGiletti@glenRidgeTKD.com



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Camper's Name _____

Age & Birthdate _____ T-shirt size: _____

*Child Small, Medium, Large
Adult Small, Medium, Large, XL, XXL, XXXL*

July 17-21, 2023 _____

\$450 for GlenRidgeTKD students whose membership is current

\$500 for campers who are not current GlenRidgeTKD members or current members or whose membership is lapsed or on Summer freeze.

Parent/Guardian's Name _____

Address _____

City, State, Zip _____

Phone _____

Contact email: _____

(email is our main method for non-emergency contact)

In case parent is not available in an emergency, please provide another contact.

Name: _____ Phone: _____ Relation: _____

In case we want to use balloons in camp is your child allergic to latex? Yes No

Please list any other information about your child that will ensure they have the best experience at this camp:



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PARENT/GUARDIAN'S AUTHORIZATION: All information on this form is correct and complete to the best of my knowledge, and my child has my permission to engage in all activities as part of the day camp at Glen Ridge Taekwon-do (GlenRidgeTKD). Permission is granted to GlenRidgeTKD to use any photos or video in which my child may appear for the purpose of publicity. In the event of an emergency, I hereby give permission to the physician selected by GlenRidgeTKD to secure proper treatment for my child in the event that I cannot be reached. All reasonable care will be given to ensure camp participants a safe and healthy experience, however, Glen Ridge Taekwon-do and its staff and employees are not responsible for any illness or injury, accidental or intentional that occurs to the participant during any of GlenRidgeTKD summer camps. In case of injury, participant should submit to their personal insurance policy. For the health of all camp participants, please notify GlenRidgeTKD if your child has been exposed to any communicable diseases or has symptoms of COVID-19.

All campers and staff may wear masks but they are not required to. If camper is sick they must be free from fever, vomiting or diarrhea for 24 hours before attending camp. People with COVID-19 should isolate for 5 days and if they are asymptomatic or their symptoms are resolving (without fever for 24 hours), follow that by 5 days of wearing a mask when around others to minimize the risk of infecting people they encounter.

Parent/Guardian Signature _____ Date _____

Name (please print): _____