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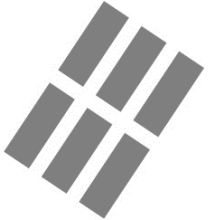


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**2019**

**SUMMER CAMP**

**HANDBOOK**





## **VALENTIN KARATE - Your Family Martial Arts Training Center!**

We are extremely passionate about family, martial arts, and community! We are a family friendly school and many of our adult students have children training in our school. We participate in Relay for Life events, Conduct Food and Toy drives, and try to be as involved as possible in the communities we serve.

**Family owned and operated by the Valentin Family.** Master Valentin prides himself at his school being a TRUE family Martial arts training center and understands the important role that the school has in the community. Through Valentin Karate he has participated with the students at local Relay for life Events where students serve the Survivors dinner, organized numerous food drives, Fundraisers for St. Jude, the Exclusive Supplier of toys for the Meriden Boys & Girls Club, as well as hosting multiple blood drives each year for the American Red Cross.

**Passionate about education and community success!** Valentin Karate has also worked with the Meriden, Southington and Berlin public schools where we teach assemblies on the ABCs of Success & Bully prevention at no cost. Our instructors teach after school programs for the students and donate 100% of the proceeds to the PTO for field trips and other functions. We support all local schools and community events.

### **Are you a total beginner or nervous to start something really cool but new? That's ok!**

Our students come from all walks of life and start at different fitness levels. We love to work with beginners and elite athletes alike. No matter what your starting level is, you'll get a great workout, gain lean muscle, and learn techniques to keep you and your family safe.

In addition to all of those amazing benefits above, our students ALSO experience:

- Boosted Self-Esteem
- Better Teamwork & Goal Setting Skills
- Outrageous Core Strength & Hip Mobility
- Mind Blowing Gains in Fitness & Boundless Energy
- Fit Friends For Life

Students use our classes as a highly effective training tool for personal defense, a stellar boost to weight loss and fitness gains, or even as a stand-alone martial art.

**Master Efrain Valentin** is a lifelong Meriden resident born here after his parents Efrain Sr. and Teresa moved here after marrying. He is the eldest of their nine children and is married to Master Rachel Valentin a teacher in the Meriden school system. He and his wife have eight children.

Master Valentin went through the local school system and graduated from Wilcox Tech and is a licensed plumber in Connecticut. He served the in the Army reserve from 1988 - 2000 where he worked as an electrician and Military Police Officer.

He started training in Tang Soo Do karate at the Academy of Karate under Grandmaster Dr. Robert E. Beaudoin in 1978, earning his Black Belt in 1981 at Moo Duk Kwan headquarters Springfield, NJ in May of 1981 in front of its Founder Grandmaster Hwang Kee. He then opened Valentin Karate in 1989 upon returning from Army reserve training. The first location was on the corner of Twiss and Miller Street. Master Valentin now operates three locations with his wife, children, brothers, sisters, nephews, nieces and staff.

At the age of 21 he was invited to test for his Master's Rank (4th Degree Black Belt) at Lake House Benedictine Monastery, Saint Leo FL.

He was awarded the Master Rank at the age 22 and became the youngest student ever promoted to Master's rank by Grand Master Jae Chul Shin in 1992. A record that still stands today. He was awarded 5th Degree in Anaheim, CA. in 2000, 6th Degree in Orlando, FL. in 2008, 7<sup>th</sup> Degree in Greensboro, NC in 2016 all of these at the prestigious World Tang Soo Do Association World Championships.

Currently, he is the Regional Director for New England in the World Tang Soo Do Association and serves on its Executive committee.

Chief Master Instructor Efrain Valentin Jr. is ranked as a 7th Dan Black Belt and has been teaching since 1985. He is assisted by Rachel Valentin, ranked as a 5th Dan Black Belt, and has been teaching since 1990.

## Meet our Valentin Karate Summer Camp Staff



### Jael Valentin

He is a 3rd degree Black Belt and Master's candidate in Tang Soo Do and has been training since the age of 3. He has been an instructor for 13 years and is currently a full-time karate instructor. He teaches students of all ages from kids to adults, and has been a Valentin Karate camp counselor and junior counselor since 2008. He has received instructor certification for Hyper Bully defense and prevention.



### Yajaira Valentin

She is a 3rd degree Black Belt in Tang Soo Do, and has been training since the age of 8. She has been an instructor/enrollment director for over 20 years. She is currently a Family School-Liaison for the Meriden Board of Education and is entering her 3<sup>rd</sup> year as a VK Camp Counselor. Prior to Valentin Karate she was a Meriden Boys & Girls Club Camp Counselor for 1 year. She holds a Bachelor's Degree in Psychology and a Masters Degree in Elementary Education.



### Alec Foxx

He is a 3rd degree Black Belt in Tang Soo Do and has been training since the age of 16. He has been an instructor for 10 years with Valentin Karate. He is currently full-time Instructor in our Plantsville School and teaches a morning and afternoon program at some of our local Elementary schools.

**\*\*All Instructors are CPR/First Aid certified\*\***

## General Summer Camp Schedule

(Subject to change)

<u>Monday</u> <b>Arts &amp; Crafts</b>	8:30 AM – 9:00 AM	<b>Camper Drop Off / Free Play</b>
<u>Tuesday</u> <b>Book Mobile</b>	9:00 AM – 9:15 AM 9:15 AM – 9:30 AM	<b>Morning Meeting</b> <b>Sizzle Time - Warm Up</b>
<u>Wednesday</u> <b>Wacky Water Play</b>	9:30 AM – 10:15 AM 10:15 AM – 10:30 AM	<b>Karate Session (not mandatory)</b> <b>Snack (Provided daily)</b>
<u>Thursday</u> <b>Nerf War</b>	10:30 AM – 11:00 AM 11:00 AM – 11:30 AM	<b>Team Building Activities</b> <b>Arts &amp; Crafts / Open Mat</b>
<u>Friday</u> <b>Field-Trip</b>	11:30 AM – 12:00 PM 12:00 PM – 1:15 PM	<b>Summer Reading / Worksheets</b> <b>Lunch &amp; Movie</b>
<b>Pizza Lunch</b>	1:15 PM – 2:00 PM 2:00 PM – 3:00 PM 3:00 PM – 3:30 PM	<b>Team Building / Karate Session</b> <b>Group Games</b> <b>Camper Pick Up / Free Play</b>

**\*\* NO MARTIAL ARTS EXPERIENCE NEEDED TO ENJOY OUR CAMPS\*\***

- Drop off 8:30 AM – 9:00 AM
- Pick up 3:00 PM – 3:30 PM
- Extended hours are available for before and after camp for an additional fee.

**AM Hours: 7:30 – 8:30 A.M**

**Fee: \$25 extra per week**

**PM Hours 3:30 - 5:00 P.M.**

**Fee: \$25 extra per week**

### What should I wear to camp each day?

- Campers can wear comfortable shirts and pants/shorts daily
- Sneakers and/or closed toe shoes ONLY (No Sandals or Flip-flops!!)

### What should I bring to camp each day?

- Uniform pants/shorts, Belt & Valentin Karate T-shirt (to change into for classes)
- Closed toe sneakers (for outdoor play, NO Sandals or Flip-flops!!)
- Weapons/Sparring Gear
- Water Bottles
- Lunch (snack is provided) in clear plastic bags
- Sunscreen
- Library Card (Book Mobile day is every Tuesday)
- School Summer Reading and/or school work

**\*\*Please label all items with camper's name\*\***

**(If any items not needed for that camp week counselors will notify parents)**

### **When do I get my awesome karate camp t-shirt?**

Each camper will be provided with a 2018 summer camp T-shirt upon arriving to camp session (included with registration fee)! You may purchase additional camp T-shirt from previous camp years if sizes are available (price \$15 each).

### **I can't wait to sign up my child for camp! What is the price information?**

- Upon signing up, there is a registration fee of \$50. Each session of camp is at a price of \$225.
- There are many additional discount opportunities when signing up your camper such as: early bird special, family discounts and discounts for signing campers up for more than 4 weeks of camp!

### **Karate Session Training:**

Campers will be participating in 6 sessions of karate classes a week at summer camp! That is 6 additional classes per week. Attendance will be noted! After four weeks of camp, each student **MAY BE ELIGIBLE** to test if camp instructors feel they are prepared. Camp counselors will discuss this belt advancement opportunity on a student-to-student basis and students may advance rank **ONCE PER SUMMER**. Feel free to ask camp instructors for more information.

### **Lunches & Snacks**

- We do provide a daily snack, however Campers can bring their own snacks. They must bring lunches & beverages daily (**except when the daily schedule for camp says lunch is included**)
- Please label all lunch bags. **We advise you send the lunch in a clear gallon Ziploc bag since the lunches are kept in our refrigerator, but please label it!**
- Pizza Fridays are optional for campers for NO additional cost (includes two slices of pizza with juice box)
- Please Note: We do not order food, heat up food, or provide utensils.

### **Wacky Water Wednesdays:**

- Will take place every Wednesday of camp, **Weather Permitting**
- Please provide camper with bathing suit, sandals, and towel
- Put sunscreen on your child before they arrive at camp
- Girls must wear a one-piece bathing suit or have an extra t-shirt
- Boys must also have an extra t-shirt along with bathing suit shorts

**\*\*In order for campers to participate in camp water games the child must have a bathing suit or a change of clothes\*\***

### **Field Trips:**

- Field trips are scheduled for Thursdays or Fridays
- All field trips fees are included in camp prices
- Please see field trip schedule for scheduled events
- Parents are welcome to join us as chaperones on field trips at their cost
- Campers must bring a gallon Ziploc lunch bag, if lunch is not included.
- **Campers MUST wear their karate camp T-shirt on the field trip day!**

## **Book Mobile: Tuesdays**

- Once a week the book mobile comes and students are encouraged to sign out books to keep during the week for the reading block
- Library Card – applications available at the library or online at <http://meridenlibrary.org/about/library-cards>

## **Are extra t-shirts, uniforms, gear available?**

Definitely! Valentin Karate White Child size T's are \$25. Additional camp T-shirts are \$15. We are offering uniforms to our campers at a special rate of only \$45. Black or white pants/shorts may be ordered for \$25.

## **Drop-off/Pick-up**

**All parents will sign-in and sign-out their child daily.** Drop-off will be at the side door of the karate school (next to the large parking lot). If someone other than the parent will be picking-up his or her child we must be notified in advance or we will not let the child go until a parent is contacted.

**Walkers and Bikers** must have written permission from their parents before we let them leave.



**Don't miss out on the fun! Sign up now!**

## **Contact Information**

**Valentin Karate Camp** is located at 75 South Colony Street, Meriden, CT. 06450  
**Our phone # is (203) 238-0427**

Email questions & concerns regarding camp to:

**Jael Valentin at [vkjael@gmail.com](mailto:vkjael@gmail.com)**  
**Jill Rodriguez at [jill.valentinkarate@gmail.com](mailto:jill.valentinkarate@gmail.com)**

# VALENTIN KARATE

## 2019 SUMMER CAMP PRICE INFORMATION:

**\*\*All payments must be received prior to/on the first day of the Camp Session\*\***

Members/Non-Members:
<b>One Time Registration Fee: \$50</b>
<b>Price for first 4 Weeks of Camp: \$225 per week</b>
<b>ANY Additional Weeks: \$200 per week</b>
<b>Daily Rate: \$55</b>

Discounted Rates for any Additional Family Members:
<b>One Time Registration Fee: \$50</b>
<b>Price for first 4 Weeks of camp: \$200 per week</b>
<b>ANY Additional Weeks: \$175 per week</b>
<b>Daily Rate: \$55</b>

**\*\*Discounted rates are NOT credited with Chloe's Certificates\*\***

### Camp hours are 9am – 3pm

Extended hours are available for before and after camp for an additional fee:

AM Hours: 7:30 – 8:30 A.M

**Fee: \$25 extra per week**

PM Hours 3:30 - 5:00 P.M.

**Fee: \$25 extra per week**

**A \$5 fee will be applied if campers are dropped off 8 minutes before 8:30 and/or picked up 8 minutes after 3:30 (assuming extended hours have not been purchased)**

Junior Counselor (ages 13-15)/Black Belts:

- 50% discount on camper rates \$112

**\*\* (Please ask for JC role information if interested) \*\***

Volunteer Hours: Students attending camp to acquire volunteer hours for school, are only required to pay field trip fees if they so choose to attend (\$15-\$25 per field trip).



# VALENTIN KARATE

Camper name: \_\_\_\_\_ (please fill out 1 per camper)

School Location (Check):    \_\_\_ Meriden            \_\_\_ Plantsville            \_\_\_ Berlin

PAYMENT OPTIONS:    1. PAY REGISTRATION FEE & WEEKLY SESSIONS IN FULL  
                                  2. PAY REGISTRATION FEE + \$25 WEEKLY DEPOSIT TO RESERVE

Session	Field Trip <small>**subject to change**</small>	Attending <small>(check here)</small>	Before Care <small>(check here)</small>	After Care <small>(check here)</small>	Price <small>**Staff please fill in with parent or guardian**</small>
One Time Registration Fee					\$50
<b>Preview Week</b> June 10 – 14	<b>Carnival Day</b>				
<b>Session 1</b> June 17 – 21	<b>Crystal Bees</b>				
<b>Session 2</b> June 24 – 28	<b>Sky Zone</b>				
<b>Session 3</b> <small>*Discount due to 4<sup>th</sup></small> <b>\$180</b> July 1 – 5	<b>Movies</b>				
<b>Session 4</b> July 8 – 12	<b>Bumper Boats &amp; Mini Golf</b>				
<b>Session 5</b> July 15 – 19	<b>Ultimate Sports</b>				
<b>Session 6</b> July 22 – 26	<b>Apple Valley Bowling</b>				
<b>Session 7</b> July 29 – Aug. 2	<b>Laser Planet</b>				
<b>Session 8</b> Aug. 5 – Aug. 9	<b>Sky Zone</b>				
<b>Session 9</b> Aug. 12 – 16	<b>Rolling Video Games</b>				
<b>Session 10</b> Aug. 19 – 23	<b>Crystal Bees or Movies</b>				
	<b>TOTALS</b>				

Extended Hours Fee (If staff is available):

AM Hours: 7:00 – 8:30 A.M      Fee: \$25 extra per wee      # of weeks: \_\_\_\_\_      Price: \_\_\_\_\_  
 PM Hours 3:30 - 5:00 P.M.      Fee: \$25 extra per wee      # of weeks: \_\_\_\_\_      Price: \_\_\_\_\_

**TOTAL AMOUNT PAID AT REGISTRATION** \_\_\_/\_\_\_/\_\_\_ : \$ \_\_\_\_\_

**TOTAL BALANCE OWED:** \$ \_\_\_\_\_

**\*\*All Sales are final. There will be no refunds for missed Camp Sessions/Days\*\***

**\*\*Office staff: please attach credit card receipt/check#/cash receipt to camper's registration & provide a staff initial for summer camp records\*\***

**NOTE: THIS FORM IS TO BE FILLED OUT BY OFFICE STAFF WITH PARENT/GUARDIAN. Staff Initials:** \_\_\_\_\_

# VALENTIN KARATE – 2019 REGISTRATION

## Camper

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ Gender: M or F

Date of Birth: \_\_\_\_\_ Grade as of Sept. 2019: \_\_\_\_\_

## Parent/Guardian # 1 Primary

Full Name: \_\_\_\_\_

Address: \_\_\_\_\_ Town: \_\_\_\_\_ CT Zip: \_\_\_\_\_

Primary Phone: \_\_\_\_\_ Secondary Phone: \_\_\_\_\_

Email: \_\_\_\_\_

## Parent/Guardian # 2

Full Name: \_\_\_\_\_

Address: \_\_\_\_\_ Town: \_\_\_\_\_ CT Zip: \_\_\_\_\_

Primary Phone: \_\_\_\_\_ Secondary Phone: \_\_\_\_\_

Email: \_\_\_\_\_

## Emergency Contact

Full Name: \_\_\_\_\_ Relationship to Camper: \_\_\_\_\_

Primary Phone: \_\_\_\_\_ Secondary Phone: \_\_\_\_\_

**Preferred health care Facility** (nearest one if none preferred):

**Family Doctor** (Physician on staff if none entered): \_\_\_\_\_ Phone #: \_\_\_\_\_

**Medical History you feel pertinent:**

**Allergies** to (insects, food, material, etc.):

What should be done:

**I authorize Valentin Karate to have medical treatment performed in case of emergency.**

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Witness Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**We are a State of CT Licensed camp. A current physical with 36 months is mandatory and must be on file with us prior to the camper attending camp.**

**We can provide a form if needed.**

## VALENTIN KARATE Field Trip Permission Form

<b><u>Name of Camper:</u></b>	
<b><u>Parent/Guardian:</u></b>	<b><u>Phone #</u></b>
<b><u>Emergency Contact:</u></b>	<b><u>Phone #</u></b>
<b><u>Physicians Name:</u></b>	<b><u>Phone #</u></b>

### **2019 SUMMER CAMP FIELD TRIPS**

Please check off and initial all field trips your child will attend.

<b><u>Session</u></b>	<b><u>Field Trip</u></b>	<b><u>Check Here</u></b>	<b><u>Initials</u></b>
<b><u>Preview</u></b>	<b>Carnival Day</b>	*****	*****
<b><u>Session 1</u></b>	<b>Crystal Bees</b>		
<b><u>Session 2</u></b>	<b>SkyZone</b>		
<b><u>Session 3</u></b>	<b>Movies</b>		
<b><u>Session 4</u></b>	<b>Bumper Boats &amp; Mini Golf</b>		
<b><u>Session 5</u></b>	<b>Ultimate Sports</b>		
<b><u>Session 6</u></b>	<b>Apple Valley Bowling</b>		
<b><u>Session 7</u></b>	<b>Laser Planet</b>		
<b><u>Session 8</u></b>	<b>Sky Zone</b>		
<b><u>Session 9</u></b>	<b>Rolling Video Games</b>		
<b><u>Session 10</u></b>	<b>Crystal Bees or Movies</b>		

**Please have your child bring their lunch in a clear Ziploc bag with their name on it!**

I give permission for Valentin Karate to take my child on field trips for the summer camp and I authorize my child to take part in all normal activities conducted at Valentin Karate. The campers will be transported by New Britain Transportation.

I authorize emergency medical treatment for my child in the event of an accident or illness during the field trip.

<b>Parent/Guardian Signature</b>	<b>Date</b>
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75 South Colony St. Meriden, CT 06450

To: