

Evolution Training Center 2017 Summer Camp Information Packet

www.TheEvolutionGym.com / 908-450-0384

2017 Camp Options

1. Cheer Camp
2. Fun Camp
3. Tumble Camp

Cheer Camp

June 26 – June 30

July 17 – July 21

Full Day Only (9am-4pm)

Full Week Only (M-F)

Ages 5-18

Evolution All Stars Cheer Camp is designed to develop confidence, skills and teamwork for children 5-18. Our camp is a dynamic, fun-filled program combining stunts, dance, jumps and tumbling for campers. We customize the cheer routine weekly for campers that attend multiple sessions. The skill level for our camp is designed for Beginner to Intermediate level. No experience necessary. Pizza lunch is provided on Friday.

Athletes will work on basic stunting, pyramids arm motions and passes (age appropriate). Campers will also learn the value of teamwork and participate in theme-based fun, team bonding activities, and arts and crafts. Various awards and prizes will be given.

Campers should be in good physical health and should come dressed in shorts/comfortable apparel, sneakers, and have their hair tied back. Parents are invited to join us on Friday at 3:45 to watch final performances.

Pricing

Full Day/Full Week Only:
\$360/Week

Fun Camp

June 26 – June 30

July 5 – 7

July 17 – July 21

Full Day (9am-4pm)

Half-Day (9am-12pm or 1pm-4pm)

Full Week or Daily

Ages 4-12

Work on cheer basics while tumbling at level in an open gym format. Includes lots of time to spend outdoors and doing fun crafts and games!

Campers should be in good physical health and should come dressed in shorts/comfortable apparel, sneakers, and have their hair tied back.

	FULL WEEK CHEER CAMP ages 5-18	FUN CAMP ages 4-12
9:00am	Greet and Stretch	Greet and Stretch
9:30am	Tumble/Jump/Stunt	Fun and Games
11:00am	Open Gym/Outdoor Activity	Tumble/Jump/Stunt
12:00pm	LUNCH	LUNCH
1:00pm	Cheer Routine	Craft/Recreational Activity
3:00pm	Craft/Recreational Activity	Outdoor activity
4:00pm	Departure	Departure

Pricing

Full Day Options:

\$75/Day

\$360/Week (\$15 Savings)

Half-Day Options:

\$45/Day

\$215/Week (\$10 Savings)

TUMBLE CAMP

July 10 – July 14

July 24 – July 28

Half Days Only (9am-12pm or 1pm-4pm)

Full Week or Daily

Ages 5-18

Come work on your tumbling skills at Evolution's tumble camp and get ready for your cheer season or just learn some new skills. This fun and relaxed camp is where athletes can come in and work on perfecting levels through repetition. Athletes in this camp who have mastered most of the following skills: forward and backward rolls, handstand, cartwheel, round-off, and front and back walkovers - will work on round-off back handsprings, multiple back handsprings, round-off multiple back handsprings, jumps to back handsprings, and entry to back tucks. (Please call for availability on more advanced level skills).

Campers should be in good physical health and should come dressed in shorts/comfortable apparel, sneakers, and have their hair tied back.

AM 9am-12pm	PM 1pm-4pm	Tumble Camp
9:00am	1:00pm	Greet, Stretch & Evaluation
9:30am	1:30pm	Technique & Drill Review
9:45am	1:45pm	Basic Skill Mastery
10:30am	2:30pm	Skill advancement practice & instruction
11:45am	3:45pm	Wrap Up & Cool Down

Pricing

Half-Day Options Only:

\$50/Day

\$230/Week (\$20 Savings)

Camp Information

General Information

Extended Hours

Early drop-off (7am-9am) or late pick-up (4pm-6pm) are available for \$20 per 2 hour accommodation. Please call the gym for more information. PRE-REGISTRATION IS REQUIRED!

Arrival and Departure

Location:

Evolution Training Center

360 Milltown Rd, Bridgewater, NJ 08807

Arrival:

Campers can arrive as early as 8:45am. Anyone arriving before 8:45am will be charged for AM care. Campers/Parents should check in at the front desk upon arrival. Parents checking in their child for AM care or at any other time past 9:15am must park and walk their child in to the check-in desk.

Parents checking campers in for PM camp can arrive as early as 12:45pm.

Check Out:

Check Out is at 12:00pm for half day AM campers and 4:00pm for full day and PM campers. All campers must be signed out at the front desk at the end of their day.

Early Pick-Up or Late Arrival:

If you are picking up early or arriving late to camp, please try and let us know ahead of time.

Camp Attire

Please remember to dress your child appropriately for camp. Campers should wear comfortable clothing and sneakers. Flip flops are not permitted inside the gym.

Potty Training

Children must be fully potty trained in order to participate in our camps.

Lunch and Snacks:

Kids attending the full day camps should bring a labeled lunch daily. Please refrain from packing peanut-based items as well as items that will require refrigeration. Children in the ½ day programs do not need lunch.

** Please pack children sufficient morning and afternoon snacks and drinks. They are very active during the day and tend to be hungry frequently. Extra water is always recommended. A snack vending machine and drink vending machine are available onsite.

Behavioral Guidance

In order to promote your child's physical, intellectual, emotional, and social well being and growth, staff will interact with the child and one another to provide needed help, comfort, support.

We do expect that everyone to:

- Respect personal privacy and belongings

- Respect differences in cultural, ethnic, and family backgrounds

- Promote ways of getting along

- Respect camp safety rules

Behavioral guidance will be constructive in nature, age and stage appropriate, and will be intended to redirect children to appropriate behavior and resolve conflicts. Parents will be notified when persistent behavioral problems are identified.

Medical/Health Information

Medication Policy

Our medication policy is primarily established to accommodate the administration of medications(s) commonly prescribed by physicians for the treatment of short-term illnesses. All staff are CPR and First Aid certified.

Prescription and “over-the-counter” medications will not be dispensed without written consent from the child’s parent.

Keep all medication in the original container with the prescription label / direction label attached.

Medication must be labeled with the child’s name, the name of medication, the dosage amount, and the time or times to be given.

Hand all medication (including inhalers, etc.) to the camp manager. Campers are not allowed to keep medications on their person, in their backpacks or lunch bags.

All medications will be locked up and given to your child at the prescribed time.

Allergies:

Please make sure your child’s allergies as well as how they react are updated in the health history form. Please provide all necessary medication in case of an allergic reaction.

Illness:

If your child is not feeling well before camp, please do not send them. Call the front desk at 908-450-0384 to notify us that your child will be absent. If your child becomes ill during the camp day, they will be brought to the front desk and every effort will be made to contact you. If you can’t be reached, we will call the “Emergency Contact” listed on your registration.

Enrollment/ Withdrawal and Payment Policies

Cancellation policy

Evolution reserves the right to cancel or change program schedules due to enrollment and/or weather conditions.

Refunds will not be given at any time for programs cancelled by participants. Participants who cancel at least 24 hours prior to the start of the day may submit a credit request, which is subject to a \$20 processing fee. There is also a \$100 non-refundable deposit per week per camper (\$50 for weekly ½ day campers). All credits are subject to the director's approval.

Transfer policy

Any participant wanting to transfer camp weeks or camp days must do so by at least 24 hours prior to the start of the camp week or day. Any other transfers are subject to a \$20 processing fee.

Lost and Found

It is highly recommended that you label all items (clothing, towels, lunch boxes, water bottles, etc.) with your child's name. While we make every effort to keep all campers' belongings in their backpack, cubbie or on their person, Evolution will not be held responsible for lost or stolen items. We have a lost and found bin at the main entrance for your convenience. At the end of each week, unclaimed items will be collected and taken to Goodwill. Please make a quick check of your child's backpack at the end of the camp day before leaving. Lost items are much easier to recover on the same day they are lost.

Please do not send the following to camp:

Any expensive electronic games / devices or other valuable items

Excess money (small amounts for snack machines are fine)

Collectables

Guns, knives or weapons of any sort - fake or real

** Cell phones - We understand that most children carry a cell phone. Please have your child leave their cell phone in their backpack or check it in with the front desk. It may be used while in the locker area or front desk area, but are easily lost inside the gym activity area and are not permitted.



Evolution Training Center, LLC / Evolution All Stars, Inc.

Medical Treatment Authorization and Liability Release

360 Milltown Road, Bridgewater, NJ 08807 1-908-450-0384 www.TheEvolutionGym.com

I, the undersigned parent or guardian, do hereby grant permission for my daughter/son, _____, to participate in the activity of cheerleading and tumbling gymnastics at Evolution Training Center, LLC (ETC) / Evolution All Stars, Inc. In order that my daughter/son may receive the necessary medical treatment in the event she/he may sustain injury or illness during participation in this activity, I hereby authorize the cheerleading coach or other supervisor to obtain medical treatment for my daughter/son for any such injury or illness during the activity. I understand that this activity involves risk to the participant. I further acknowledge and understand that due to the nature of this activity, which involves inversion and rotation of the body, there is a possibility that my daughter/son may sustain physical illness or injury (minimal, serious, or catastrophic), in connection with her or his participation. I further acknowledge and understand that my daughter/son is assuming the risk of such illness or injury through her/his participation, and I further release Evolution Training Center, LLC, and its staff, agents, employees and representatives and Evolution All Stars, Inc. from any and all claims for personal illness or injury that my daughter/son may sustain during participation in said activities. I further understand that Evolution Training Center, LLC and Evolution All Stars, Inc. has established rules and regulations pertaining to conduct, behavior and activities of all students and cheerleading participants, by which my daughter/son must abide during participation in said activities, and that my daughter/son and I will be responsible for her/his failure to abide by those rules and regulations. I further grant permission to ETC and EAS to photograph my daughter/son during the aforementioned activities for use in publications and advertisements to promote ETC, EAS and affiliated companies.

ACTIVITY DESCRIPTION: CHEERLEADING AND TUMBLING ATHLETICS including but not limited to tumbling, stunting, jumping, cheerleading, dancing, conditioning and related exercises/ physical activities. Instruction can be done in a camp, clinic, class or team practice setting. This Authorization also releases ETC and EAS along with any school facility that may be rented for the annual cheerleading competition.

This release is in effect from the date this is signed. This form must be kept current and it is the participant's parent's or guardian's responsibility to notify ETC, and EAS in writing, with any proposed changes. DATE: _____

Participants Name: _____ Grade: _____ Age: _____ Birth Date: _____

Phone: _____ Address _____

City: _____ Zip Code _____ : _____ Parent Cell Phone: _____

Parents' Names: Mother _____ Work # _____

Father _____ Work # _____

Parent E-Mail Addresses: 1) _____ 2) _____

Student E-mail Address: _____

Please List any Custody Restrictions: _____

MEDICAL INFORMATION STATEMENT

My daughter/son is in good physical condition and currently is under no restrictions with regard to physical activity. If my child is in need of Medical attention, and I can not be reached immediately, I grant permission for my child to receive the necessary medical attention by a health care provider selected by ETC.

EXISTING MEDICAL CONDITION(S): _____

MEDICATION(S): _____ ALLERGIES _____

MEDICAL INSURANCE COMPANY: _____ POLICY #: _____

DOCTOR'S NAME: _____ PHONE: _____ PREFERRED HOSPITAL: _____

EMERGENCY CONTACT NAME (NOT SELF): _____ PHONE: _____

I/we have read and fully understand all of the above information and attest that given medical information is correct.

PARENT/ LEGAL GUARDIAN SIGNATURE

DATE

PARTICIPANT'S SIGNATURE

DATE