**Camp Staff and Leadership Team Training 2019 #2 (90 minutes):**

**45 minutes lobby:**

* Interest doesn’t guarantee a spot. Committing to one week, five days of helping with camp
* Team hours:
  + Leadership - 8:15 AM - 3:30 PM
  + Staff - 8:00 AM - 4:00 PM
* Team uniform requirements
  + M, F - AMA T-shirt or sweatshirt (tie-dye on Friday!)
  + Rest of week - participate in spirit days!!
  + Black belts for staff M, F - optional for rest of team
* About fifty percent of campers are current students, fifty percent people who haven’t done karate before
  + We also get repeat campers who haven’t ever taken classes
* Day schedule
  + No screen time - crafts!
  + 8:00am: Staff & Delta Team Meeting
    - Listen to Ms. Zoë, prep activities for the day
  + 8:45am: Drop-Off (Lobby: Coloring/Reading, Mat: Dodgeball/Tag)
    - Ms. Zoë will assign roles - examples include coloring with kids, greeting kids, showing them where to put shoes, helping run game on mat
  + 9am: Rules and warm up game
    - Assist as necessary, particularly with your squad
    - We give “squad points” (beans) to students for doing well in challenges, courtesy and respect, etc during camp. Delta can totally award points!
    - We also look for a camper of the day from each squad every day, who’s done the best job showing listening, courtesy and respect, and trying their best
  + 9:30am: Theme of the Week Activity
    - Assist as necessary
  + 10:00am: Snack & Mat Chat
    - Supervise kids getting shoes on, gather equipment as needed for park
  + 10:15am: Outdoor Karate Training & Games at the Park (weather permitting)
    - Walking to park protocol - crossing flags
    - Stay behind first person and in front of last person
    - Cross streets between crossing flags
    - Respect people in neighborhood - move to side on sidewalks
  + 11:30am: Theme of the Week Games
    - Help as necessary
  + 12:00pm: Lunch and stories - half of team on lunch break
    - Team that’s watching kids isn’t eating
    - Talk to kids - don’t just talk to each other!
  + 12:30pm: Obstacle Course - other half of team on break
    - Lead of obstacle courses will assign jobs
  + 1:00pm: Theme of the Week Arts & Crafts
    - Usually split camp here, and half of team is helping with craft while the other half is helping with game
    - Examples of crafts include slime and tie-dye
  + 1:30pm: Classic Games & Theme of the Week Activity
    - Help as necessary
    - Examples include hide and seek, Don’t Wake (Yoda), etc.
  + 2:30pm: Karate Weapons Training
    - Help as necessary
    - Pro tip: it’s super helpful if helpers know the forms/weapons, so talk to an instructor before camp starts!
  + 3:00pm: Camper Pick Up
    - Talk to campers about their days, help them find their things and parents, clean up!
* Leadership Team Rules (not in any particular order)
  + Leader, not a camper
  + Camper expectations
    - How to encourage good behavior and handle bad behavior
    - Delta don’t discipline
  + How can I help?
  + If you have nothing to do, find a job
    - Make a friend/talk to a camper - build rapport
  + Read the situation (don’t interrupt)
    - Especially when an instructor is leading or with a child
  + Use courtesy and respect at all times
    - Use Mr. and Ms, example of Matt and Oliver as friends
  + Be a role model
  + Be a good finder!!!
  + Cell phone usage
  + Appropriate body contact and bathroom procedure
  + First aid / accident procedure
    - Sympathy / minor / major

**45 minutes training on mats**

* Ninja bowling!!
  + Camp is fun. If the campers see us having fun, they’re more likely to have fun too!
* Mock camper welcome, going onto dots, brief focus anchors
* Stretch and practice projection
* Good-finder drill - easily in awe
  + Basic kicks on paddles or wavemasters
  + Delta take turns being at front and finding things students do well
  + Share some things with the class that students did well
* Leadership drill
  + In small groups, practice leading basics
  + Remember you’re teaching students who don’t know any karate
  + Practice being confident, clear with instructions
* Bad behavior drill
  + Staff member talking, other staff being bad kids, delta practice quietly reprimanding or referring to staff
* Obstacle course - practice setup, following instructions, assigning jobs, etc
  + Staff run course, delta participates
* Backup activity: hide and seek!