**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!