



EAST-WEST TAE KWON DO POTOMAC

Master Instructor: Parshotam Sharma

Dear Parents and Campers,

Welcome to the **23rd** year of East West Tae Kwon Do Summer Camp. We are looking forward to a terrific 10 weeks full of fun. Please take some time to review this important information prior to the beginning of camp. **Please note that remaining balances for camp fees are due in full by May 1st.**

Camp will once again be held at the Sts. Peter and Paul Church at 10620 River Road in Potomac from 9 am to 3 pm Monday through Friday. Students may be dropped off between 9:00 and 9:30. Dismissal from the last activity will be at 2:50. All campers must be picked up by 3:00 – there will be a \$25 late fee for any student remaining after 3:00. Please arrange a carpool with other parents if you are running late.

The enclosed camp application must be completed and returned to Master Sharma prior to the start of camp. If any medications need to be dispensed during camp, please notify Master Sharma with written instructions and complete the “Authorization for the Administration of Medication” form. All medications must be in a pharmacy-labeled container. Medications should be delivered directly to Master Sharma by a parent or guardian. Please do not send medication in your child’s backpack.

It is imperative that all campers’ personal belongings are labeled. Please consider applying sunscreen to your child prior to camp each day and send in extra should it need to be reapplied during the day.

Your child(ren) should bring the following to camp each day:

1. Lunch - Please remember that no refrigeration or heating units are available for lunches;
2. Tae Kwon Do uniform, as well as a set of “play” clothes;
3. Sunblock, if desired;
4. Swimsuit, towel, dry clothes and a bag to carry these in on Tuesday and Thursday swim days.

There will be two Tae Kwon Do practices daily – one at 10 am and the other at 2 pm. Between the two practices, campers will be doing different activities each day:

Mondays – Introduction of students, staff, games and safety rules; Sports Day

Tuesdays – Swimming Day at River Falls Pool. Campers will eat lunch at camp before departing for the pool. Pool rules will be discussed each Tuesday before swimming.

Wednesdays – Cooking, arts & crafts, science projects, and/or model rocket launches

Thursdays – Field Trip Day (Shadowland, Pump It Up, or movies, etc) or swimming at River Falls Pool

Fridays – Tournament, testing, and/or field day; Award Day

Please feel free to contact me or the staff with any questions. I may be reached at our studio number, (301) 869-7072. In case of an emergency, you may call my cell at (240) 481-5711.

Looking forward to another great summer camp!
Master Sharma