

BigRock Aikikai Day Camp Registration Form

General Information

2015-2016

Looking for an exciting activity for your child when regular classes in his/her school are canceled? We've got what you're looking for! BigRock Aikikai martial arts day camps are open to existing Aikido students and new students alike.

Martial arts sports day camp costs - Main Calgary Dojo Location – 7004 5th Street SE, bay G T2H-2G3.

Daily \$75* - Half-days \$40* - Please make all cheques payable to Cold Mountain Aikido

* Snacks are included (fresh fruits and vegetables, granola bars, water and juice), participants must bring their own lunch.

Martial arts day camps are offered for kids aged 5 to 12. Kids outside this age range will be considered on an individual basis. Camp activities will be divided into age groups to ensure a positive learning experience.

Day camp times are 8:00 to 4:30. Early drop-off (7:30) and late pick-up (5:00) are available for an additional \$5/each/day.

Activity Schedule

8:00 – 8:30 Open activities	12:00 – 1:00 Lunch and quiet time
8:30 – 9:00 Morning discussion and Aikido history lesson	1:00 – 1:30 Afternoon discussion and Aikido history test
9:00 – 10:00 Aikido class #1	1:30 – 2:30 Aikido class #3
10:00 – 10:30 Morning snack	2:30 – 3:00 Afternoon snack
10:30 – 11:00 Active and quiet games	3:00 – 4:00 Aikido class #4
11:00 – 12:00 Aikido class #2	4:00 – 4:30 Active and quiet games

* Activities during early drop-off and late pick-up times will be determined on an as-needed basis.

Please see our web site for an up to date day camp listing – <http://www.bigrock-aikikai.com/classes/day-camps.html>

The minimum number of participants needed for a camp to run is 6 (full day participants). If a camp doesn't have the minimum number of participants one week before it is scheduled to start, parents will be informed and the registration fee will be returned. The maximum number of participants accepted in any given camp will be 20.

Please complete the **Day Camp Registration** form below and deliver to sensei along with your payment. Forms can also be mailed to BigRock Aikikai at the address noted above. Any questions, please contact sensei@BigRock-Aikikai.com.

Participants should bring their **dogi** (practice uniform, marked with their name) and a **water bottle**. Participants new to Aikido can just bring a water bottle.

BigRock Aikikai students currently participating in our **Instructor Training Program**, who are older than 12, can volunteer to help at any or all of these day camps at no charge.

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Participant's Agreement & Registration

2015-2016

Name of Participant(s): _____

ALL SPORT, INCLUDING AIKIDO, HAS ITS RISKS

I participate in the sport of Aikido because it is physically and mentally challenging. I understand that Aikido training is practiced without protective clothing or equipment. In consideration of my participation in such programs, activities and events, I hereby acknowledge and am aware of the risks and hazards associated with or related to the martial art of Aikido. These include, but are not limited to, injuries resulting from:

1/On-going physical contact with the instructor and other students; **2/**Striking objects with parts of the body; **3/**Executing strenuous and demanding physical techniques; **4/**Collisions with the wall, floor, other students and instructors; **5/**Extreme changes in temperature; **6/**Tumbling, falling or being thrown to the floor; **7/**Strenuous cardiovascular workouts; **8/**Exerting and stretching various muscle groups; **9/**Executing self-defence escapes and techniques; **10/**Dehydration; **11/**Travel to and from competitive events and associated non-competitive events which are an integral part of the organization's activities

Initials: _____

Furthermore, I am aware:

1/That injuries sustained in Aikido can be severe; **2/**That I may come into close contact with other participants, including the possibility of accidental and unexpected touching; **3/**That I may experience anxiety while challenging myself during the activities; **4/**That my risk of injury is reduced if I follow all rules adopted during training and competition; **5/**That my risk of injury increases as I become fatigued

I AGREE TO BE RESPONSIBLE FOR MYSELF

I am participating voluntarily in these activities, events and programs. I agree that there are risks in Aikido as described above. By participating voluntarily in these events, activities and programs, I am exposed to these risks and hazards. I agree to accept them and be responsible for any injury or other loss which I might receive while participating in these events, activities and programs.

If something happens to me, I release the organizers of responsibility for any claims, demands, actions and costs which might arise out of my participation. In this Agreement I understand "organizers" to mean: BigRock Aikikai, Canadian Aikido Federation, its directors, officers, members, employees, independent contractors, instructors, coaches, volunteers, officials, participants, clubs, agents, sponsors, owners/operators of the facility, and representatives.

I ACKNOWLEDGE MAKING THIS AGREEMENT

I acknowledge that I am physically fit to proceed with this type of vigorous training. I have read and understood the terms and conditions of this agreement, and by signing it voluntarily, I am agreeing to abide by these terms.

Date of Birth of Participant

Date of Registration

Day Camp (specify date)

Full or Half-Day (if half-day, specify morning or afternoon)

Printed Name of Parent or Guardian

Signature of Parent or Guardian

Email of Parent or Guardian

Printed Name of Emergency Contact

Telephone number(s) of Emergency Contact

Additional information (food allergies, health concerns, etc.)

\$75/Daily or \$40/Half-days – Please make all cheques payable to Cold Mountain Aikido