

SoLa Gymnastics Summer Camp 2020

Information Packet

Welcome to a great, educational, fitness based, family oriented, and fun program. Listed is helpful information that will enhance your child's camp experience.

1. **SoLa Gymnastics, 114 Lafferty Drive, Broussard, LA 70518**

2. **Phone Number: 337-422-7077.**

3. **Ages 5-12**

4. **Registration.** You may either register online or register with the office. **At the time of registration there is a \$50 deposit due to secure your spot. This deposit is Non-refundable.**

5. **Lunch.** Children will be required to bring their lunches Monday through Friday. Please pack a lunch, drink (no can sodas please) and **at least two snacks** per day. We have a refrigerator and a microwave available.

Snacks. We will have two snack times during the day. One at 10:00 a.m. and one at 2:45 p.m. Children should pack healthy snacks with their lunches. Children will drink water with snacks, unless they bring something from home. Additionally, please let us know of any food allergies that your child may have. We are a nut-aware program, however, we cannot guarantee a "Nut-Free" environment.

7. **Drop-off and Pick-up.** You will be required, daily, to sign in and out as you drop off and pick-up your child. Until our staff recognizes the adults at pick-up please be prepared to show ID, this procedure will be followed closely for your child's security. Please be patient with us and understand the need for this process.

8. **Movies.** All of our movies that are shown will be rated G. We will not show any films that

are not rated G.

9. **Wet & Wild Days.** On select days we will have water activities, send your child with a beach towel, swimsuit, and sunscreen. Activities may include, slip and slide, water balloons, and sprinklers, just as long as it is wet. We will let you know a day in advance so you can send the proper clothing.

10. **Discipline.** It would certainly be the ideal situation if we did not have to discipline anyone's child. However, children need to learn that there are consequences for their bad behavior.

- Step one: Give a warning. The child will be told to stop the behavior that is not acceptable, or else they will go to time out. A note will be sent home to the parents.
 - Step two: Send them to time out. If they do not listen to the warning, they will be placed in time out. (Time outs are one minute for every year they are old). A note will be sent home to the parents.
 - Step three: Explain why. Once in time out, it will be explained to them why they are in time out and that they are to stay there until the coach comes to get them.
 - Step four: When your child's time is up, the coach will explain again why they were placed in time out, and they will be asked for an apology. Once they have given the apology, they may leave time out. .
- If a child continues to misbehave during the day, parents will be called to come and pick them up. If a parent must be called, the child will have to be picked up within one hour. **There is no refund for children who are sent home due to bad behavior.**
- If a child continues to exhibit bad behavior upon their return, they may be suspended for 1 day from camp, depending on the offense. **Again, there is no refund for children who are suspended from camp due to bad behavior.**
- If, after a suspension, a child continues to exhibit bad behavior, they will be permanently suspended from participating in camp. **There will be no refund for the week the child is suspended. Additional pre-paid weeks may be refunded at the discretion of the SoLa Gymnastics.**

11. **Is there something else we should know about your child?** Help us to better serve you by emailing us at solagym@gmail.com once you have registered. Is there a medical condition, fear, concern, etc.?

12. **Dress Code.** Please send your child to camp in comfortable clothing that has no snaps, zippers or buttons, as these can get caught on equipment in the gym. **Girls should not wear dresses or skirts and their hair should be pulled back.** T-shirts and shorts with elastic waist bands are preferable and the most comfortable for the activities that they will participate in. Girls may pack a leotard for the gymnastics instruction time, however, it is not required.

13. **No Electronics.** This includes ipods, cell phones, game boys or Nintendo DS, etc. Any child caught using these items will forfeit them.

14. Please do not allow your child to bring blankets, pillows or their personal toys.

15. **Fees.** There is no Registration Fee for Camp.

Payment

You may pay by cash, check or credit card. - **We do not provide statements at the end of camp for tax purposes.** If you need a record of your payments, please keep a copy of your checks and/or credit card slips and receipts. We email you a copy of each receipt and you may log into your account online to view charges and payments. - Space is limited and spots are only reserved by payment in full.

Late Pick-up: (after 3:15pm) Late fees are imposed daily at \$1.00 for every minute, or portion thereof, that you are late. Fees for being late are not discounted in any way. We do understand traffic and things that come up that you did not expect. Please also understand the importance of our late fees to pay staff for something that neither you, nor we, had planned on. **The late pick-up fee will be added to your account and is due by the end of the week.** Late pick-ups require additional pay for our staff. We are budgeted to the line, so the extra cost is yours. Our staff is needed to teach other classes, teams, or have other things to do after work.

- The doors will not be unlocked in the morning until 8:30 a.m. Please do not drop your kids off before 8:30 a.m.

16. **Sick Children.** Parents, your children must be fever free for 24 hours before returning to camp. If they have been vomiting or had diarrhea, there must also be a 24

hour period that they are vomit/diarrhea free before they return to camp. By law, we are not allowed to administer any medication. Should your child need to take medication, you will have to come to administer it during the day.

17. **Injury.** If a minor injury occurs, a parent will be contacted immediately. We will allow the parent to make the decision to pick-up their child or allow them to stay the rest of the time. If, however, it is decided by the camp counselor that further medical attention is needed, a parent will be asked to pick-up their child. **We do all we can to prevent incidents, but realize it is impossible to prevent them all.** Make sure that you completed all required health information on your child's registration form to better help us serve you and your child.

Thank you for choosing SoLa Gymnastics for your Summer Camp needs. We look forward to spending the summer with your child! ☺

Sample Daily Schedule

*not guaranteed on any given day

7:30-8:30am Drop off (movie)

8:30 – 9:00 Warm-up/Group Cardio Game

**9:00-10:00 Gymnastics/Ninja Course/Agility
Instruction 1**

10:00-10:15 Snack 1

10:15 – 11:00 Outside/Water Activity/Tie Dye

**11:00-12:00 Gymnastics/Ninja Course/Agility
Instruction 2**

12:00 – 1:00 Lunch

1:00 – 2:00 Pit Rotations/Vault Rotation/Rope Climb

2:00 – 2:45 Organized Cardio Game

2:45 – 3:00 Snack

3:00-3:15 Pick-up