



## Dress Code

- ☹ Flexible pants must be worn each day: taekwondo is a kicking art and shorts do not properly cover students. Flexible pants include sweats, exercise pants, and warm-up/running pants – not jeans.
- ☹ T-shirts should be worn on top. Each group will be assigned a color, so wearing t-shirts that match that color are preferable, if available. T-shirts should have sleeves and must be waist length.
- ☹ Clothing with references to drugs, alcohol, sex, inappropriate language or references, or rock music should not be worn. Instructors and staff reserve the right to monitor and reject any inappropriate clothing.
- ☹ Taekwondo is a barefooted art, so any shoes may be worn to and from camp. The last day will be outside, weather-permitting, so please have the camper wear socks and gym shoes.

## Lunch and Snacks

Students should be fed breakfast before arriving at the Pilsung studio. Students have two choices for lunch: bringing a lunch from home or buying a lunch from the selected provider each day (\$8 for days selected). Food selections will be ordered generically in bulk, but camper may choose from the variety offered. We will have a small refrigerator and cooler available for lunches brought from home. We do not have a microwave for heating lunches.

Students will be provided a healthy beverage at the beginning of each day and may refill their bottle at the water fountain as frequently as desired. Campers will also be offered a healthy afternoon snack. Please refrain from sending any sugary beverages or snacks with your campers.

If camper has any food allergies, please specify allergy, reaction level (mild vs extreme), reaction, and prevention or medication on the medical history form.

## 2008 Food Vendor and Camp Selection

Campers may choose to bring a lunch from home or pay for a lunch ordered from the following vendors. Please note days/vendors camper wishes to eat and include payment with camp fee. Food choice must be made in advance with registration – food will be preordered before students arrive.

Camp Item	Specifics	Price	#	Total
Pilsung Student	Testing fee not included	\$165 /child		
New Student	Testing fee not included	\$185 /child		
New Testing Student	Testing fee included	\$215 /child		
Monday	Pasquale's Pasta	\$8 /meal		
Tuesday	Qdobas	\$8 /meal		
Wednesday	Chinese Take-out – variety	\$8 /meal		
Thursday	Pizza – variety toppings	\$8 /meal		
Friday	Cookout – park or studio	\$8 /meal		
<b>Camp Fee Total</b>	Camp fee + food choices			

## Authorization for Camper Pick-up

The following people have permission to pick-up \_\_\_\_\_  
Camper's Name

1.

Name	Relationship	Phone
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2.

Name	Relationship	Phone
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3.

Name	Relationship	Phone
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Parent or Guardian's Signature \_\_\_\_\_

- If either parent is not authorized to pick camper up by court order, we will need a copy of the court document. These will be kept private and stored in your child's file.

# 2008 Camper's Medical History

Does your child experience problems with any of the following conditions?  
If so, please circle and list medications taken regularly:

Allergies: \_\_\_\_\_

Asthma: \_\_\_\_\_

Diabetes: \_\_\_\_\_

Heart: \_\_\_\_\_

Orthopedic Problems \_\_\_\_\_

Seizures \_\_\_\_\_

Ear/Nose/Throat \_\_\_\_\_

Other: \_\_\_\_\_

Glasses or Contacts

Please list any other medications taken regularly by your child: \_\_\_\_\_

\_\_\_\_\_

Camper's doctor/pediatrician: \_\_\_\_\_ Phone # \_\_\_\_\_

Instructors and staff are not responsible for lack of care in conditions not disclosed.

## Medication and Medical Policy

Please do not bring any medications to be dispensed during the day unless it is a doctor's prescription and has directions printed on the bottle. We are unable to dispense any over the counter medications.

If any medication is needed, please see Instructors or Staff for storage and dispensing. All medications must be in the original prescription bottle with a current label attached to it.

Should anything happen to a camper, their parents and/or doctor will be contacted. For emergencies, campers will be brought to Community South, the closest hospital.