



The Maritime Centre for African Dance
PO Box 36152
Halifax, NS. B3J 3S9.

To whom it may concern,

Thank you for enrolling in the Afro-Dance Camp! Our camp has been held across Canada for youths, kids and adults, for the past 6 years and now is in Digby! The Camp focuses on physical activity, cultural enhancement (African), teamwork (with peers), self-esteem workshops, creativity through storytelling and diary writing. As this is the third annual Afro Dance Camp, there will be NEW workshops such as Gumboot/stomp dance, Hip Hop Dance and much more!

Storytelling is an integral part of the African tradition, where oral stories are relayed and passed down from one generation to the next. We are privileged to have a Kenyan Professional Storyteller who will provide an insight into storytelling and encourage our campers to be creative.

The self-esteem workshops focus on building and discovering of self, posture and image related conceptions of society and oneself.

The Afro-Dance Camp showcases different African dances from Zimbabwe, Gambia, Ghana, South Africa, Senegal and the Congo. All the instructors are from the designated regions in Africa. Furthermore, we have Gumboot Dance, Caribbean Dance Instruction and Hip Hop workshops in rotation.

As you can see from the line up, and just the few highlights mentioned above, this camp will be all rounded for the individuals attending. For this reason we have created some guidelines and regulations for the code of conduct for the camp. In respect of each other and our campers, among many other goals, one of our goals is to create a safe, enjoyable, learning environment to nurse cultural and self-development.

Please note that there is a security, non refundable fee of **\$ 150** payable to the Maritime Centre for African Dance Inc due by **May 30th**. **Full payment is due by June 15th, \$ 500 and late payment (after July 1st) is \$ 600.**

Other goals for yourself or your child include:

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1.855.327.5727

- Enriching cultural exposure
- Interaction with peers
- Teamwork, (learning to work in a team with peers through shows at the end of the week)
- Increasing physical activity co-ordination through games, dance and walks
- Visual education and stimulation with regards to instrument playing of marimba, xylophones, mbira (thumb piano) and drumming (djembe)
- Responsibility of self and others, by pairing older children with younger children and providing for periods of big brother or big sister events.
- Encouraging creativity of ideas and vocabulary through poetry
- Increasing self esteem and awareness through self-esteem workshops

There are 8 Camp Leaders (5 Female, 3 Male), who will be in charge of the students. As the camps are divided between Male and Female Camps, the Camp Leaders will be divided as such, that is, female in charge of female students and male in charge of male students. Furthermore, there are participants this year that will be ASSISTANT CAMP LEADERS, trained in first aid, conflict resolution and leadership sensitivity, who will also lead the others in various activities.

Please note that during scheduled daily activities, the participants male and female are mixed into groups, however when living in cabins there is a clear divide in the male and female cabins.

The camp will be held from July 3rd to July 13th at Johnston Christian Park. The participants will be departing at 1pm on July 3rd at the Student Union Building, Dalhousie University. All participants are required to be there an HOUR before the bus departs for check in, loading of bags, introduction to camp leaders and groups. If they do not need a ride by the bus, you may call our main office at the number listed above and below.

Please note that there is also a live presentation of drum and dance by the participants on July 13th at 1pm at the camp site on Johnston Christian Park where all parents, friends and family are encouraged to attend. Directions to the camp site will be given on July 3rd at 12 noon as the participants leave to go to Digby, Nova Scotia. Families are welcome to come watch what the participants have learned throughout the week.

We look forward to seeing you or your child at the camp. Thank you for your co-operation.

Yours sincerely,
MEREDITH O'CONNOR

CAMP CO-ORDINATOR

MCAD INC
1.855.327.5727



MARITIME CENTRE FOR AFRICAN DANCE

REGISTRATION FORM FOR THE AFRO-DANCE CAMP

NAME:.....
 AGE.....
 HEALTH CARD NUMBER.....
 SCHOOL ATTENDED.....
 HOME PHONE NUMBER.....
 EMAIL ADDRESS.....
 MALE / FEMALE (Please Circle One)
 SHIRT SIZE (Please Circle One) Small Medium Large

For emergencies only, we require two contacts:

1) EMERGENCY CONTACT NAME.....
 DAY PHONE NUMBER.....
 NIGHT PHONE NUMBER.....
 RELATION TO CAMP ATTENDEE.....

2) EMERGENCY CONTACT NAME.....
 DAY PHONE NUMBER.....
 NIGHT PHONE NUMBER.....
 RELATION TO CAMP ATTENDEE.....

You are welcome to send money with your children to come with money on your person. This year, we are taking a trip out of the camp site for the day. Please note: please limit the pocket money for your children to \$100. Anything above that is optional, but it is at your/your child's risk. Please note that Maritime Centre for African Dance is not liable for any money stolen or missing from yourself or your child.

SIGNATURE.....

By signing above, I attest to the above mentioned statements.



MEDICAL HISTORY

- a) Have you had any major body injuries in the past before?
- b) If so, do you take medication for your injuries?
- c) Do you suffer from any body ailment?.....
- d) Do you take any medication?.....
- e) If you take medication what specifically is your medication for?.....
- f) If you answered yes to (d), how many times a day do you take your medication?
.....
.....
- g) If you have any other allergies, please notate them at the bottom.
.....
.....
.....
- h) If you have any other pertinent medical history/information please notate
.....
.....
.....
- I) Are you allergic to peanuts?

PLEASE READ AND SIGN BELOW:

I have attested that the above medical information is the true and correct with my signature below. Furthermore, 3 medication boxes, (prescription), will be clearly labelled One will be kept by myself or my child, the other to the camp Leader and one more to the Director. I understand that should any medical emergencies occur as a result of not taking the medication or taking too much of the medication, I will not hold the Camp Leader,

the Afro-Dance Camp or the company itself, the Maritime Centre for African Dance liable. I understand that I/my child is accountable for taking the medication. If, under circumstances myself/my child refuses to take the medication, (as prescribed by my child’s doctor) during the camp, the child/myself will be sent back home at myself/my **child’s financial expense.**

I attest and agree to all the above information as per my signature below:

NAME OF THE STUDENT.....

ARE YOU OVER THE AGE OF 19?.....

IF NOT, GUARDIAN FULL NAME:.....

SIGNATURE:.....

(Please sign only if you are over the age of 19)



LIABILITY FORM FOR PARENTS/STUDENT OF
LEGAL CONSENT (OVER THE AGE OF 19)

I understand, that in the event of anything, physical harm, or otherwise, occurring to my child/myself (if you are over the age of 19), that I will not hold the Maritime Centre for African Dance responsible or accountable for that fact. Furthermore, I have understood the rules pertaining to the camp for my child/myself, as included in this package by signing below. I understand that the regulations and rules and regulations guide the code of conduct for the camp and are for the benefit of all the students involved. I understand that, were the rules not to be followed, that I am liable to have my child/and or myself, (if over the age of 19), sent back from the camp at my expense, financially.

I consent to my child adhering to the code of the behavior by my signature below. In addition, I agree to the disciplinary actions outlined in this camp package, under the Disciplinary Action section.

I agree to send **three packages** of medication for the 7 days with my child/myself. One package of medication will be kept by the designated Camp Leader and the other by the Camp Director. This is solely for mine or my child's benefit.

I also understand that should anything go missing, or be damaged, in mine or my child's luggage, I will not hold the Maritime Centre for African Dance responsible or accountable for those missing materials or equipment, (which is not exclusive, but including CD Player, and MP3 player). Anything that I or my child brings to the camp shall be bought at my discretion and if it does go missing, I/my child will be accountable for any damage or missing materials.

I agree to all the statements highlighted in this passage as per my signature below.

NAME:.....

STUDENT NAME:.....

SIGNATURE:.....
(IF UNDER THE AGE OF 19, PLEASE HAVE A PARENT OR GUARDIAN
SIGN AND PRINT THEIR NAME)

DATE:.....



FOOD GUIDELINES AND ALLERGIES

For parents and individuals of legal consent, please find the menu attached to the camp package.

We need for you to outline whether your child is vegetarian and/or if they have any other food allergies. This information will be kept by the designated Camp Leader in their filing cabinet. Please note that it is **CRUCIAL** to indicate any allergies that are associated with distant contact of the product. You are welcome to circle any menu items that your child or yourself, (if you are of legal consent) would be allergic to.

For parents and individuals of legal consent, please find the menu attached to the camp package. Please send the menu back if there are any specific requirements, or include the requirements in the registration package.

We need for you to outline whether your child is vegetarian and/or if they have any other food allergies. This information will be kept by the designated Camp Leader in their filing cabinet. Please note that it is **CRUCIAL** to indicate any allergies that are associated with distant contact of the product. You are welcome to circle any menu items that your child or yourself, (if you are of legal consent) would be allergic to.

PLEASE NOTE: This is a peanut free environment, please ensure that you do not bring **ANY** peanuts or food that contains peanuts. If this policy is not respected, the individual will have to leave the camp.



GENERAL INFORMATION FOR AFRO-
DANCE CAMP

In this package you will find the following items:

REGISTRATION FORM
MEDICAL FORM
LIABILITY FORM FOR PARENTS/STUDENTS OF LEGAL CONSENT (OVER
THE AGE OF 19)
FOOD GUIDELINES AND ALLERGIES
MENU
REGULATIONS AND DISCIPLINARY ACTION
SCHEDULE ACTIVITIES FOR THE AFRO DANCE CAMP
SUGGESTED LUGGAGE TO BE BOUGHT TO THE CAMP

Please note that the following needs to be included in the package to be sent back:

REGISTRATION FORM
MEDICAL FORM
LIABILITY FORM

The forms are to be sent to the following address:

Maritime Centre for African Dance Inc
P O BOX 36152
Halifax, Nova Scotia
B3J 3S9

Forms can also be emailed to admin@mcafricancamps.com, to MCAD's Administrator.

Please note that the camp is taking place at Johnston Christian Park, Digby Nova Scotia. Transportation and accommodation is included in the fee. Transportation will be provided to and from the camp. It is essential that the participants come early to have the roster check and seating arrangements for the traveling.

Accommodations are provided by Johnston Christian Park. You or your child will be sharing accommodations with other individuals. There are separate cabins for Males and Females. In each cabin, there are 5 students and one Camp Leader. Please note that the Camp Leaders are qualified with first aid and CPR, social services children's check, and psychological training for conflict resolution and privacy policy. The Camp Leaders will be responsible directly for the health and well being of yourself or your child.



MANDATORY NECESSITIES THAT PARTICIPANTS BRING IN THEIR BAGS:

(These items are MANDATORY for ALL participants). If participants do NOT bring these items, they will still have to participate in the activities.

- FLASHLIGHTS +1
- AAA BATTERIES +2
- EXTRA BLANKETS +1 (Please bring extra for your comfort at night)
- BATH ROBE +1
- SHOWER SLIPPERS +1
- INSECT REPELLENT +2
- LONG PANTS +6
- WARM BLANKET +2
- SNEAKERS (FOR RUNNING) +2
- RAINCOATS +2
- SNEAKERS +3
- HAT/CAP +2
- SHORTS +3
- SWIMSUIT +2
- BEACH TOWEL +1
- SUN TAN LOTION +1
- SHIRTS +10
- SOCKS(pairs) +10
- PYJAMAS +2
- SLEEPING BAGS +2
- MEDICATION (if any) +3
- BLANKETS +1
- PILLOWS +1
- WATER BOTTLE +2
- NOTEBOOK +1
- PENS/COLOUR PENCILS
- CAMERA, (disposable is an option)
- EMPTY FILE (loose · leaf paper suggested)
- TOWEL
- SOAP

You can bring your own snacks to the camp as well. However, please do not bring more than a small bag of snacks.

Please note that children can bring a limited luggage of 2 bags. One of which should be a backpack that they can carry around for their nature walks. Please note that students are responsible for their own material. For example, MP3 Players, Games or Disc-mans may be bought along to the trip, but the students are essentially responsible and accountable if any of their materials go missing.

NO ELECTRIC ITEMS ARE ALLOWED DURING WORKSHOPS, (cell phones, laptops, Mp3 players) - if found on the participants during workshops, they will be suspended. The mentioned 3 devices are the only options for students to bring to the camp.. There are no **LAPTOPS** or **CELLPHONES** allowed to the Camp.

You are welcome to send money with the children. Please note: please limit the pocket money for your children to \$100. Please note that Maritime Centre for African Dance is not liable for any money stolen or missing from yourself or your child. By signing below, I attest to the afore mentioned statements. Money can **NOT** be given to the Camp Leader or Assistant Camp Leaders to keep. The participants are responsible for their own monies.



RULES AND REGULATIONS FOR THE AFRO-DANCE CAMP

The following are the rules and regulations for the youth and students for the camp:

- Zero Tolerance for drugs of any form, (expulsion will follow at student's expense if this rule is broken)
- There will be no shared cabins overnight unless it is with your designated roommate.
- For your own safety, no one is allowed to leave their cabins after 11pm.
- No physical fighting permitted, if this rule is broken, the students involved will be removed from the camp at their parents' expense.
- Each student is required and makes entries into their notebooks for self development. A notebook is required for the trip to DIGBY.
- If on medication, each student is required to bring TWO sets of their medication, and provide one for the Camp Leader, and one with the Camp Co-ordinator.
- NO ELECTRIC DEVICES, such as cellphones, Mp3 players and laptops are allowed while in workshops or meals, if found on the participants, they will be suspended for the week.
- Each participant will have allocated phone times to call home, and on the date of departure, each parent will have a number to call their participants, in case of any emergency.
- ONCE registered for the camp, each participant has to stay for the FULL duration of the camp, unless there are any emergencies, or other arrangements have been made.
- Each Student is required to attend all workshops as provided for them in a group setting.
- NO Smoking is allowed.
- Students are expected to respect themselves and others throughout the whole camp through their actions, activities and words.
- No verbal abuse toward one another or camp leaders will be tolerated. Any such action may lead to being expelled from the camp.
- Responsibilities such as cleaning camps and kitchens may be assigned to groups from time to time throughout the week so that the children learn responsibility.
- Each Student has to be sure to check with their camp leader before leaving to go anywhere outside of the camp area.

PLEASE NOTE: For any minor offences that do not warrant expulsion, camp students will be corrected by either sitting out on events or writing highlighting why they shouldn't have done what they did in the form of an essay. If participants are expelled from the camp, parents will be called to pick them up in DIGBY, NOVA SCOTIA at their own expense.