



**Where is camp located?**

Camp Kicks is located on the beautiful campus of Mercersburg Academy. The campus is situated in the mountains of south-central Pennsylvania, and spans over 330 acres featuring contemporary dormitories, dining facilities, and athletic venues. The rolling hills encompass an expansive campus that includes eight athletic fields, a working farm, and wildlife habitat areas. There is so much to do, one week might not be enough!

**Who will be staffing the camp?**

Camp Kicks will be staffed by our own excellent Kicks Karate instructors. Instructors from each of our locations will be present at different times during the week. Your child will have the comfort of familiar faces, as well as meeting new people from within the Kicks family. This may be of special consideration for first time over-night campers. We will also have CITs, or Counselors in Training. These are the teens from within our school who have shown leadership skills both in their training as martial artists, and on a personal level with the children.

**How does my child get to camp?**

The drive to Mercersburg is a short 75 minute drive from our area. Plan to arrive on campus for *registration between 11:00-11:30am on Sunday*. Follow the Kicks Karate signs to registration. Items due at registration include: *medical form* and *prescription drug form*. Parents are invited to help campers settle in and tour the campus. *Departure* will be between **9:30-10:00am on Friday**.

**What do we bring to camp?**

All toiletries, including towels, soap, shampoo, etc. and linens (sleeping bags are acceptable). Pay laundry facilities are available on each floor.. Students should bring: uniform(s), t-shirts, shorts, sweatshirt, swimsuits, 2 pair of athletic shoes, etc. Spending money varies, but typically campers bring \$20-\$25 for snacks or other drinks and sodas. There is a school store that is open during the day in case you forgot any essentials.

**What type of food will be served?**

The campers will be served tasty, well-balanced meals, professionally prepared at the Ford Dining Hall. Breakfast may consist of a hot entree in addition to bagels, toast and fruit. Milk and juice are also available. Lunch always contains a salad bar and a rotating, kid friendly, main course and side items. There is Grilled Cheese, Pizza, Turkey and Pasta, just to name a few. Dinner is another well-rounded meal with a hot entree with vegetables and a full salad bar.

**What is a typical day's schedule like?**

All campers will rise early in the morning between 7-7:30am. They will enjoy breakfast before we start our busy day at camp. Each day will feature a morning and evening karate class along with other sporting activities in the afternoon. Campers will have a wide variety of activities to choose from including: arts & crafts, movies and games. We will have pool time scheduled each day as well.

**What are the rooms like?**

The air conditioned dorms are modern and comfortable. Campers are housed 2 or 3 to a room with counselors placed strategically on every floor. Campers will be assigned roommates based on age. Each camper will have a bed, dresser, and/or closet to store their gear. Every dorm also includes a lounge area where students can gather to watch TV, play games and eat snacks.

