Camp Nugget
Providing Positive Physical Activity Experiences

- 4 week summer program
- 45 plus children, ages 5 - 12 years with various disabilities
- Small group instruction
certified teachers
university students studying to be APE teachers
Welcome to Camp Nugget

Quality Program instruction
3 hours each day M-F

Quality instruction in:
- Aquatics
- Fundamental Motor Skills
- Physical Fitness
- Lead-up Games
- Cooperative Activities/Sport
- Relaxation
- Social Skills/Behavior
Schedule Camp Nugget

Quality instruction

- 9:00-9:30 Greeting Camp Warm-up
- 9:30-10:00 Individual Group Lesson
- 10:00-10:15 Snack & Social Time
- 10:15-10:45 Group Activities
- 11:00-11:45 Aquatic lesson
- 11:45-12:00 Behavior Reflection
Physical Activity is for Everyone!
Inclusion not Exclusion

- Positive physical activity experiences are important & beneficial for all children

- Children with disabilities need to be afforded the same opportunities as all children to enjoy & successfully participate in physical activity
Group Warm-up to Promote Movement
Quality Instruction is a Priority
Fundamental Motor Skills
Building Blocks to Quality Movement
Health Related Physical Fitness
Healthy Lifestyle!
Lead-up Games & Sport
Foster Social Interaction
Cooperation Activities

Learn Appropriate Social Skills

Camp Nugget Overview presentation
Lavay
Aquatic Quality Instruction
Learn to Swim
Aquatic Group Instruction
Based on Ability

Shallow pool learn to swim
Deep pool learn strokes

Water Safety - Receive Ability Swim Certificate
Relaxation
Fun Creative Activities that Promote Movement
Closure: Social Skills & Appropriate Behaviors

Parents told of child’s behavior for the day
Major Benefits

- **Practical experiences** for university students studying – Certified APE Teachers in Schools

- **Quality instruction** to children with various disabilities

- **Community service** & excellent university public relations tool
Camp Nugget Valuable University Learning Experience For

Provides a valuable educational experience to

- University Students preparing for careers in APE
- Physical Education Majors enrolled in an summer introductory APE course
Junior Counselor Program
Young Adults Learn Leadership Skills
AWARDS CEREMONY

Friday Last Day of Camp

Schedule

- **Group Activities**
  9:00 - 10:30 room 62

- **Award Ceremony**
  PE building E Gym

- 10:45 - 11:30

- **Certificates swim, fitness**

- **Lunch provided**
  11:30 parent involvement
Important Events

- Camp Group Photo (First Friday of Camp) Camp Nugget T-shirt day

- Japanese Garden visit

- Awards Ceremony Cooperative Games last day of Camp, the actual ceremony is in the East Gym 10:30
10 Legal Protections For Children with Special Needs Workshop

Join the Author of the Highly-Acclaimed Parenting Book, Good Parents Worry, Great Parents Plan, for the 10 Legal Protections for Children with Special Needs Workshop!

Date: Thursday, June 25, 2015
Time: 9:30am-11am
Location: Camp Nugget at California State University Long Beach- PE 62

Parents who attend will learn:

• How to make sure your child is financially, emotionally, and physically taken care of the way you want and by who you want.
• How to protect your child’s eligibility for essential governmental benefits.
• What is a conservatorship and what the alternate options are for helping your child manage their finances and physical care once they become an adult.
• What a Special Needs Trust is and whether it’s something your family needs.
• How to make sure your spouse and other children are also taken care of.
• How to leave behind more than just your money.

Plus, attendees will receive a free copy of Good Parents Worry, Great Parents Plan!

FREE TO ATTEND
Complimentary Parking

REGISTER TODAY!
Call: 562-985-5434
Email: Chhs-events@csulb.edu

Brought to you by:
Susan Berkman
Office of Estate Planning

ABOUT THE WORKSHOP PRESENTERS
Joshua and Laura Meier, Local Attorneys and Parents of Four Children

JOSHUA AND LAURA MEIER are top Orange County Family Trust Attorneys and the founding partners of Meier Law Firm. Laura Meier is the author of the highly-acclaimed parenting book Good Parents Worry, Great Parents Plan (2014). The Meiers conduct Estate Planning Workshops throughout Southern California and have helped thousands of families protect their families through guardianships, wills, trusts, special needs trusts, and estate planning. The Meiers have been featured on NBC, ABC, CBS, FOX, Worth, The Fiscal Times, ParentingOC, OC Metro, and more. Visit meierfirm.com To learn more.
Scholarships are Available

Full & partial scholarships are available based on financial need

Thanks to the generous donations & grants from:

- Boeing Employee Community Fund
- Josephine S. Gumbiner Foundation
- BJ’s Restaurants
- The Vicki & Peter Pellerito Pledge
Visit Camp Nugget Website

http://www.csulb.edu/CampNugget

- Brochure
- Up to date information
- All forms are on the site
- Donations
Discussion & Questions
Contact us
campnugget@ymail.com
After School Adapted Physical-activity Program (ASAPP)

T/Th 3:45 to 5:00 PM School Year
Children Special Needs 5-12 yrs
Download brochure at website

www.csulb.edu/ASAPP