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 professionals
Welcome to Camp Nugget

Program instruction is
3 hours each day M-F
Follows a block plan

Quality instruction in:

- Aquatics
- Fundamental Motor Skills
- Physical Fitness
- Lead-up Games
- Cooperative Activities/Sport
- Relaxation
- Social Skills/Behavior
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
Aquatics 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

Provides a valuable educational experience to

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

All Located on Camp Nugget Website

- **DATES & TIMES** Important Dates 2016
- DROP OFF & PICK UP safety -note
- **PARKING 30** minute Drop off and Pickup lot 3 ramp area 2016
- **PLANNING AND RELEASE FORMS** medication, allergies 2016
- WHAT YOUR CHILD SHOULD BRING activity -snack
- SWIMMING: suit under clothes– sunscreen before-sandals
- SCHEDULE: **Show block plan on website** 2016
- STAFF

- **RELEASE FORMS- CHILD PLANNING FORM** Located on Camp Nugget Website

- **REGISTRATION:** cost total $400.00 -25.00 deposit paid- last part of meeting registration answer questions

- **AWARDS CEREMONY JULY 15** need parent help with providing & serving food/ice

Nugget Parent orientation Sum 2016
Important Forms

Returned if you have not already I have record. Forms Located on Website

- **Camp Nugget Parent Information letter** (White form) please read first

- **Camp Nugget Planning Information** (Yellow form)

- **Camp Nugget 1-1 Support** if Needed for Your Child (Salmon form)

- **Camp Nugget Release Waiver of Liability and Assumption of Risk and Hold Harmless Agreement** (White Form- see both sides)

- **Photo and Videotape permission** (Blue form)

- **Parent Swim Assessment Form** (Purple Form)

- **Procedures & Accidental Fecal Release (AFR) Form**
Parking
Designated area

- Must park in designated area
- **Map** follow directions
- Parking Lot 3 upper ramp:
  - **MAP** Designated passenger 30 minute loading & unloading

- See Camp Nugget Signage
- See detailed *Parking information handout*
Drop off and Pickup
Purchase Parking

- **Camp Nugget Drop off & Pick up:** Room 60 at 9:00 AM - Parents or an adult must escort children to Room 60 - Escort 18 or older - provide a note if not legal guardian

- **Purchase a Parking Permit** Cost for the 4 wk session is $28.50. Go to Cashier’s window in Brotman Hall building in front of lot 3. You will be allowed to park in any general parking stall. The closest parking would be The closest is Parking Structure 1.

- **Bring Parking Permission Request form signed by Lavay** Fill out the information

**Website**

- [http://daf.csulb.edu/maps/parking/index.html](http://daf.csulb.edu/maps/parking/index.html)
Important Events

- Camp Group Photo 6/24 (First Friday of Camp)
  Camp Nugget T-shirt day
  provided that day

- No Camp Monday July 4th

- Japanese Garden visit 7/8

- Awards Ceremony 7/15
  Cooperative Games last day of
  Camp, the actual ceremony is in the East
  Gym 10:30

Special events on Fridays, please have your child wear his or her T-shirt.
Parent Special Needs Seminar
Thurs June 23: Free attend & parking provided
www.csulbgiftplanning.org

CSULONG BEACH
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.
AWARDS CEREMONY
Friday JULY 15

Schedule

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

- **Award Ceremony**
  PE building East Gym

- **Certificates**

- **10:45 - 11:30**

- **Lunch 11:30**

parking provided
Camp Nugget
Website
http://www.csulb.edu/CampNugget

- Donation
- Brochure
- Up to date information
- All forms are on the site

Monthly schedules
Important dates
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 website

www.csulb.edu/ASAPP
Camp Photo

Next Years Mailing list

- The camp photo will be emailed to you if we have your email if not you will not receive the photo!
- To view and download Summer 2014 Camp Nugget group photo
- Also placed on next years mailing list. Any changes send an email to campnugget@ymail.com

Provide:

- Name
- Address
- Phone number(s)
- Preferred email address
- Childs Name and date of birth

And any other information that you want us to know

Nugget Parent orientation Sum 2016
Discussion & Questions
campnugget@ymail.com
562/985-7969