UMD KIDSROCK Summer Camp will provide a variety of activities to stimulate the mind, body and spirit. Each week offers a new mix of activities and themes!

TO REGISTER: STOP BY 153 SPORTS & HEALTH CENTER
CALL 218-726-7128 • VISIT WWW.UMDRSOP.ORG

RECREATIONAL SPORTS OUTDOOR PROGRAM IS A STUDENT SERVICE FEE SUPPORTED ORGANIZATION. THE UNIVERSITY OF MINNESOTA DULUTH IS AN EQUAL OPPORTUNITY EDUCATOR AND EMPLOYER.
CAMP OVERVIEW WEEKLY DAY-CAMP (9:00AM – 4:00PM) FOR AGES 5-15

The Recreational Sports Outdoor Program (RSOP) coordinates the UMD KIDSROCK youth summer camps as part of the RSOP Youth Program. UMD KIDSROCK summer camp program is a week-long day camp offered for ten weeks, including multiple Venture Camps and a Junior Counselor Program, during the summer (June-August). All camps are activity based with experiential and educational components for youth participants.

REGISTRATION DAY EVENT

UMD KIDSROCK summer camp registration begins Saturday, March 21st from 9 AM – 1 PM in SpHC 135. This is an in-person event only (no phone calls) where all participants will receive the Registration Day Discount. After this event, all registrations will occur through RSOP’s Main Office, SpHC 153.

CAMP CONTACTS

Camp Coordinator: JOEL SANDERSON
Camp Coordinator: SHAUNA MAURER
Homebase: UMD RSOP Ice Rink
RSOP Office: Recreational Sports Outdoor Program (RSOP) office is located in Room 153 of the UMD Sports & Health Center.
Summer Office Hours: Mon-Fri 8:00am-4:00pm
Camp Email: kidsrock@d.umn.edu
Camp Phone: (218) 590-3339
RSOP Office: (218) 726-7128
Instagram: @umdkidsrock
Address: UMD KIDSROCK (RSOP)
1216 Ordean Court
153 Sports & Health Center (SpHC)
Duluth, MN  55812
RSOP Website: www.umdrsop.org
Facebook: “UMD Recreational Sports Outdoor Program”

REWARDS & DISCOUNTS

UMD Student & Faculty or Staff Discount – 5% off
This discount is valid for all current UMD Students and Faculty or Staff members throughout the summer, for all RSOP Youth Programs (see our webpage for more details).

Registration Day Discount - 10% off
Everyone that registers on March 21st, 2020 at our Registration Day Event form 9 AM – 1 PM in SpHC 153 will receive 10% off your UMD KIDSROCK total bill. The UMD Faculty & Staff Discount does not apply during this event.

GENERAL CAMP POLICIES

REGISTRATION POLICY
Registration is based upon first come, full payment basis. See the RSOP website for more policy details.

CANCELLATION POLICY
A full refund (less a $20 transaction fee) will be given if written cancellation is made 14 days prior to the camp start date. See the RSOP website for the complete policy details www.umdrsop.org

ADDITIONAL INFORMATION
The University of Minnesota Duluth (UMD) is an equal opportunity educator and employer. To learn more about our available youth scholarships, or to read more about our programs please visit the RSOP website at www.umdrsop.org
UMD KIDSROCK CLASSIC & CLASSIC PLUS CAMPS

UMD KIDSROCK Classic Camps are week-long day camps that provide an exciting environment for children to be active, creative, and learn within small age-appropriate groups. Each week of Classic Camp has a theme with related activities, projects, Special Events & Dress-up days. Classic Plus Camp will participate in similar activities as our traditional Classic Camp, but these campers will have more opportunities for age-appropriate activities and exploration!

**WEEKLY THEMES**

**CLASSIC CAMP**
- **Week 1** COLOR WEEK
- **Week 2** ANIMAL WEEK
- **Week 3** CARNIVAL WEEK
- **Week 4** AMERICA WEEK
- **Week 5** DISNEY WEEK
- **Week 6** TALENT WEEK
- **Week 7** MINNESOTA WEEK
- **Week 8** OLYMPIC WEEK
- **Week 9** SUPER HERO WEEK
- **Week 10** LUAU WEEK

**DRESS-UP FRIDAY**
- Most Colorful Camper Day
- Best Animal Costume Day
- Red, White & Blue Day
- Disney Character Day
- Awesome Rock Star Day
- Lumber Jack & Jill Day
- Olympic Games Day
- Super Hero Day
- Hawaiian Day

**SPECIAL EVENT & DRESS-UP FRIDAY**

Every Friday we offer a Special Event based upon the Classic Camp theme of the week, and for every Special Event Friday campers and counselors dress-up in themed costumes and creative apparel. The campers are encouraged to dress-up in their most creative, funny, best outfit and the campers with the best dress-up costume will get to pie a counselor in the face or cover a counselor with silly string!

**WHAT TO BRING TO CAMP!**

Be prepared for camp with this Check List.
- Check the weather forecast and dress accordingly
- Wear active clothing for inside and outside
- Wear closed-toed shoes (runners, sneakers, etc.)
- Your lunch bag and afternoon snack
- Your water bottle (be sure your name is on it)
- A swim bag with swimsuit and towel
- Personal items (medications, etc.)

**SMALL GROUP GAMES**

Small Groups are chosen each week based on the number and age of all registered campers in Classic Camp. The Small Group format allows our camp counselors to provide age-appropriate games and activities in a ratio of 1 counselor for every 7 campers.

**ALL CAMP GAMES**

The last hour of camp every day is scheduled for an All Camp Game that includes all campers from every camp and age group. The All Camp Game is optional and those campers that opt not to participate will have a number of other supervised games and activities to enjoy. All Camp Game favorites are “Doctor, Doctor!” “Chaos Basket-ball” “Ultimate Noodle Tag” “Capture the Bean-bags” and many, many more!

**DAILY CAMP SCHEDULE**

Below is a general outline of the daily camp schedule

**Camper Check-in:**
- 7:30am to 9:00am

**Small Group Games:**
- 9:00am to 11:45am

**Lunch Time:**
- 11:45am to 1:15pm

**Swim Time:**
- 1:15pm to 2:45pm

**Snack Time:**
- 2:45pm to 3:00pm

**All Camp Games:**
- 3:00pm to 4:00pm

**Camper Check-out:**
- 4:00pm to 4:45pm

**Post Camp**
- 4:45pm to 5:30pm

**SUMMER CAMP RULES**

1. Respect your counselors at all times.
   - Be helpful not hurtful
   - Leave all of your toys at home
2. Respect all other camp participants at all times.
   - Treat others the way you would like to be treated
   - No sharing food with other campers
3. Respect the property and rules of all UMD facilities.
   - Always clean up after yourself
   - Leave nature in nature
4. Have fun and try new things.

**Post Camp Additional fee: Daily Fee: $5.00, Weekly Fee: $15.00**

Post Camp time is supervised by the staff counselors as unstructured play-time, and allows parents/guardians to pick up their child after 4:45pm when camp ends; additional late pick-up fees will be assessed after 5:30pm.
DAILY CAMP INFORMATION

CHECK-IN & CHECK-OUT
For Check-in, a camp counselor will have a camp roster sheet for the parents or guardians to sign-in each of their campers. Campers may be signed in as early as 7:30am and each must be signed in before participating in camp that day. For Check-out, a camp counselor will have the same camp roster sheet for parents or guardians to sign-out each of their campers. Only adults listed on the Check-out Approval List may pick up campers.

LUNCH TIME
Every day the campers and counselors will eat lunch from 12:00pm to 1:00pm. We are unable to provide a heating or cooling source for lunches, so please pack accordingly. All campers must provide their own lunch each day and only siblings may share food at lunch. In order to provide a safe eating environment for those campers with food allergies, trading and/or sharing food is prohibited at camp. After campers are done with lunch they are encouraged to join in on games and active play with other campers and the counselors until the conclusion of Lunch Time. Parents are also welcome to visit and join us for lunch anytime!

SWIM TIME
Campers have the option to swim every day at camp! Swim Time is an option; all campers that choose not to swim will be able to hang-out in Homebase for indoor play-time and game-time supervised by the counselors. Swim Time is supervised by camp counselors and monitored by certified RSOP Lifeguarding staff. All campers that do not pass the Summer Camp Swim Test will be provided with a personal flotation device. Separate shallow and deep water swim tests will be administered weekly. Campers may bring their own flotation devices. All personal flotation devices (puddle-jumper, lifejacket, etc.) must be certified by the US Coast Guard (USCG) and properly fit the child.

SNACK TIME
The snack during Snack Time is free to all and completely optional every day. Campers may choose not to have the snack we provide, and all campers are encouraged to pack a snack of their liking to enjoy during the afternoon all-camp Snack Time. For afternoon snacks we typically provide the following items on a randomized daily basis: Honey Maid Graham Crackers, Rold Gold Twists/Stick Pretzels, Nabisco Nilla Wafers, Pepperidge Farm Goldfish Crackers, Kettlecorn Popcorn, Nabisco Ritz Crackers, Sunshine Cheez-It Crackers, and at times a Freezer-Pop, Popsicle or Ice Cream Sandwich (other options available as needed).

BUDDY SYSTEM
All campers that for any reason need to separate from the main group of campers (restroom break, drink of water, etc.) must find a fellow camper (“buddy”) then find a camp counselor to escort them to where the two campers need to go. The Buddy System ensures that no camper is left alone or wanders off from the camp group, and that a camper and counselor are not ever alone together. Our camp staff have been well trained to utilize this system and are very willing to accommodate any needs or requests that a camper has as long as they have a buddy and ask a counselor.

EARLY CHECK-OUT & DAILY NOTES
During Check-in, adults dropping off campers are asked to inform the camp counselor with the Check-in Roster Sheet if the camper has an early check-out time, is going home with another camper or any other special circumstance that day. This information will be noted to all staff and will help us to provide a smooth transition for a timely pick-up. If plans change after Check-in you can call our camp phone (see Camp Contacts). During Check-out, our staff may have notes concerning the camper’s behavior, minor accidents or injuries, as well as special event reminders happening the next day or that week. So it is important to always Check-in and Check-out your campers using our camp roster sheet with one of our camp counselors.
CLIMBING CAMP  AGES 8-12  WEEKS 1, 2, & 6
Climbing Camp is a week-long venture camp that provides campers with firsthand experience and practice climbing indoors and outdoors for beginner to intermediate skilled climbers. Basics of knot tying, harness fit, route finding and climbing skill ranging through 5.8 will be mastered throughout this session. KIDSROCK will provide all necessary climbing equipment, however, campers are encouraged to bring their own climbing gear to camp. All personal climbing gear must be inspected and approved by a camp counselor before a camper is allowed to use it at camp. Campers will utilize the indoor climbing walls at UMD and take climbing trips to Ely’s Peak, Silver Cliff and Whooppee Wall.

ADVANCED CLIMBING CAMP  AGES 10-14  WEEK 3 & WEEK 7
Advanced climbing camp is a week-long venture camp that provides campers with prior climbing knowledge and experience the opportunity to further develop skills learned in regular Climbing Camp and also build new skills that will further round out the climbing experience. Mock sport leading, practicing correct falling, rappelling, placing traditional climbing protection in rocks, and anchoring concepts are all topics that may be covered throughout the week. Campers with stronger climbing skill will receive coaching on routes up through 5.10 and beyond indoors while delving further into the transfer of those skills from indoor climbing to outdoor climbing. We will be climbing at similar sites as the regular climbing camp but seeking out more difficult routes to further challenge campers.

BIKING CAMP  AGES 9-12  WEEK 5 & WEEK 8
Biking Camp is a week-long venture camp that provides campers with firsthand experience, training, knowledge, skills, and practice in road biking and trail riding for all levels and abilities. KIDSROCK can provide some bike equipment, however campers are asked to bring their own bike helmet, bike (capable of changing gears), and personal cycling gear to camp. All personal gear must be inspected and approved by a camp counselor before a camper is allowed to use it at camp. Campers will ride their bikes around UMD Campus, through Hartley Park trails, Lester Park trails, and the many other local bike trails of Duluth. All campers registered for Biking Camp must be able to ride for 10 minutes without stopping and demonstrate the bike safety skills taught within the first two days of camp before they are allowed to continue to participate in longer distance trail rides and road tour rides.

LAKE AND RIVER CAMP  AGES 10-12  WEEK 9 & WEEK 10
Lake and River Camp is a week-long venture camp that provides campers with hands-on water-based experiences that expand knowledge of our local resources and recreational opportunities. Open to all levels and abilities, this camp will allow participants to practice paddle sports such as canoeing, kayaking, and paddle boarding while enjoying other lake and river activities. KIDSROCK will provide all necessary paddling equipment, however campers are asked to bring their own personal swimming gear (closed-toed water shoes (NO sandals such as crocs, keens, etc.), swimsuit/rash guard, towel, etc.) to camp. We provide life jackets, but your child can bring their own. All personal floatation devices must be inspected and approved by a camp counselor and must be certified by the US Coast Guard (USCG) before a camper is allowed to use it at River Camp. All campers registered for River Camp must pass the Summer Camp Swim Test(s) before they are allowed to continue to participate in Lake and River Camp activities. This week is structured as a progression, beginning our week with water safety concepts on-campus, transitioning into basic paddling skills and ending with cumulative experiences off-site at Island Lake, UMD’s Surf Shack on Lake Superior and at the St Louis River, at UMD’S Outpost, 1 mile east of Carlton, MN.
GET CREATIVE: EXPLORATIONS IN ART & DESIGN  AGES 8-12  WEEK 1

“Get Creative” is a week-long camp led by faculty members from UMD’s Department of Art & Design. Not only will campers “get creative” in the UMD studios but they will visit the Tweed Museum of Art to gain inspiration for their own creations. Each day of the week will include a different project that introduces campers to areas of studio art and graphic design. Campers will make and create in the world around them while learning art and design “FUN”damentals. Although the students will spend at least one of the mornings on ipads, they will also be working with other more “traditional” materials in the studio areas.

SPANISH CAMP  AGES 6-9  WEEK 2

This week, campers will gain vocabulary, expand their knowledge of communities and cultures where Spanish is spoken, and become more comfortable in the target language through fun activities led in Spanish indoors and outdoors. Two levels will be offered: beginning (children with little to no experience with Spanish) and intermediate (children who have attended at least one year of immersion school in Spanish language, or comparable experience). Campers will spend the morning in the College of Liberal Arts enjoying activities planned by UMD Spanish Faculty and UMD Spanish Club Students.

STEM IN ACTION: PHYSICS & ELECTRICAL ENGINEERING CAMP  AGES 9-14  WEEK 3

Lights, magnets, action! In this week-long exploration camp, campers will get the opportunity to play with LED’s, magnets, hot glue and other materials using science and engineering to get things rocking, lighting up, and moving! This camp will involve lots of experiments, where campers will take home examples of their work to show off to their friends and family. Come join faculty and staff from UMD’s Physics and Electrical Engineering Departments for some fun physics and electrical engineering projects!

COSMIC KIDS CAMP  AGES 6-8  WEEK 5

Cosmic Kids Camp is a week-long exploration camp that provides younger participants with an experience that is out of this world. Campers will adventure through the cosmos in the Marshall W. Alworth Planetarium guided by astronomy experts and enthusiasts. This camp is tailored to younger participants through activities and crafts. Serving as an introduction to the night sky, students will explore the stars, constellations, planets, and beyond! Campers will spend the morning in the Planetarium enjoying activities planned by UMD Planetarium Staff.

COSMIC ADVENTURES CAMP  AGES 9-12  WEEK 6

Cosmic Adventures Camp is a week-long exploration camp that provides campers with an experience that is meant for the stars! Campers will explore the cosmos in the Marshall W. Alworth Planetarium guided by astronomy experts and enthusiasts. Throughout this week, campers will learn about our universe through fun creations and cosmic investigations! Campers will spend the morning in the Planetarium enjoying activities planned by UMD Planetarium Staff.
**WATER WONDERS: SCIENCE & ENGINEERING CAMP**

AGES 11-14  WEEK 7  
Explore, learn, get wet! Water Wonders: Science & Engineering Camp is a week-long exploration camp with a focus on water quality (studying microscopic organisms), hydrology (learning how water changes the landscape), forestry (managing forests to maintain water quality) and stream science (observing and measuring a local creek). Learn how UMD scientists and engineers work with water by trying out different careers! Students will work with faculty and staff from UMD’s Swenson College of Science and Engineering Departments for the week.

**SPORTS CAMP**

AGES 8-12  WEEK 8  
This week-long camp provides campers with the opportunity to gain a new appreciation for a variety of sports in a non-competitive environment. Each day will be focused on an individual sport, where campers learn and practice the basic skills through drills, games and light competition. Examples of sports may include soccer, badminton, disc golf, spike ball, ultimate (frisbee) or other court and net sports. Recreational Sports Intramural Staff will lead participants in morning activities.

**PHARM CAMP**

AGES 8-12  WEEK 9  
This week-long camp provides campers with fun and interactive hands-on learning about medicine and pharmacy! Campers will identify medicinal plants on a nature hike, learn how to compound their own ointment, solve pharmacy cases, and more! Campers will spend the morning in the Pharmacy School enjoying activities planned by UMD Pharmacy faculty and student staff.

**JUNIOR COUNSELOR PROGRAM**

AGES 15-17  ALL SUMMER  
The Junior Counselor (JC) Program offers 15-17 year olds an opportunity to experience the responsibilities of camp operations in a fun learning environment. There is a $60.00 workshop fee that will cover general supplies, staff training, CPR/First Aid training and certification, and weekly staff costs involved with this program. The JC Program is designed for high school students who would like to further enhance their leadership skills and learn what it is like to be a UMD KIDSROCK counselor, while earning volunteer hours. All Junior Counselors will be placed into a camp group, alongside our full-time camp counselor staff, and assist with daily responsibilities, tasks and duties of summer camp. These duties including: dynamically interacting with the campers, facilitating energetic games and projects, monitoring the safety of camp and participating in the various camp events. In exchange, Junior Counselors will gain positive workplace experience, American Red Cross Certifications, and leadership skills in a fun creative environment. Due to the popularity of the UMD KIDSROCK JC Program, we unfortunately cannot guarantee a spot to everyone who wishes to participate. The $60.00 workshop fee applies to all participants of the Junior Counselors workshop, and is due on or before the UMD KIDSROCK Jr Counselor Workshop in June. For more information and those interested in applying to be a KIDSROCK JC Program this summer, please email kidsrock@d.umn.edu with your questions or visit the RSOP website.
## UMD KIDSROCK - 2020 CAMPS

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UMD KIDSROCK 2020

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CLASSIC CAMP (ages 5-10) $180
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BIKING CAMP (ages 9-12) $220
RIVER & LAKE CAMP (ages 10-12) $220
GET CREATIVE: EXPLORATIONS IN ART & DESIGN (ages 8-12) $200
SPANISH CAMP (ages 6-9) $200
STEM IN ACTION: PHYSICS & ENG. CAMP (ages 9-14) $200
COSMIC KIDS CAMP (ages 6-8) $200
COSMIC ADVENTURES CAMP (ages 9-12) $200
WATER WONDERS: SCI-ENCE & ENGINEERING CAMP (ages 11-14) $200
SPORTS CAMP (ages 8-12) $200
PHARM CAMP (ages 8-12) $200
POST-CAMP $15

Pick up and Drop off Area: 7:30 – 9:00 AM
15 Minute Pick up and Drop During Camp Hours, 9:00 AM – 4:00 PM or Inclement Weather
Free Long Term Parking
KIDSROCK Home base, SpHC Ice Rink