



AMP

Management

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The Balance Beam

One major difference between the AMP and other after-school or summer camp programs is the inclusion of martial arts related activities. In July we are recommending that you use a balance beam to build martial arts skills. The beam will be used for several sparring and balance developing activities. Our activities are designed around the use of a balance beam that is two inches high, so you can be assured that your students will be safe.

Small children have already acquired some balance from every day activities at home before they are old enough to be involved in the AMP. You will be helping your students to build the skills that they have already developed by encouraging them toward more difficult activities.

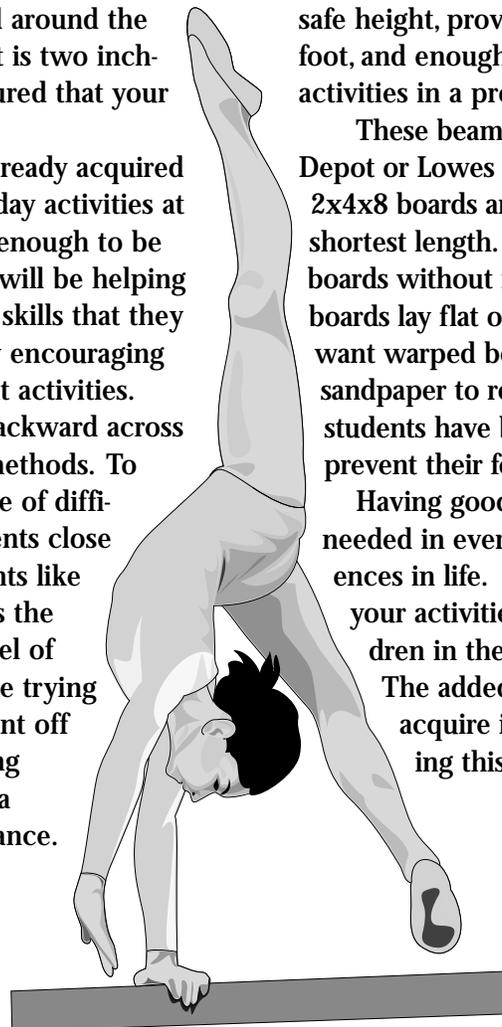
Walking forward or backward across the beam are the easiest methods. To these you will add a degree of difficulty by having your students close their eyes. Rapid movements like running or skipping across the beam also increase the level of skill in balance. Games like trying to push or pull an opponent off the beam while maintaining your own balance call for a greater degree of your balance.

By adding any kind of sparring upon the beam they will develop an even higher level of balance.

We recommend that you purchase several two by fours to be used for your balance beams. The length should be from five to eight feet. These dimensions keep the students at a safe height, provide a wide enough base for the foot, and enough length to work on the varied activities in a productive way.

These beams can be purchased at Home Depot or Lowes at a low price. Pressure treated 2x4x8 boards are \$2.39 each. Eight feet is their shortest length. Look for straight, smooth boards without many knots. Check to see if the boards lay flat on the floor because you do not want warped boards. Also, get some sandpaper to remove any splinters. Since your students have bare feet in class, you want to prevent their feet from getting punctured.

Having good balance is a fundamental skill needed in every activity that a person experiences in life. By adding the balance beam to your activities, you will be aiding the children in the refining of this necessary skill. The added skill that your students will acquire is more than worth incorporating this device in your program.



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Keeping Yourself Charged

The martial arts Instructor is like a big battery. He or she is usually full of energy, a source that brings a charge into the lives of others. Though this is the case, we all know that batteries can run down and even lose their charge. Anybody that has run an AMP Summer Camp knows the effects of long hours with lots of children; some of you may feel like a depleted Duracel.

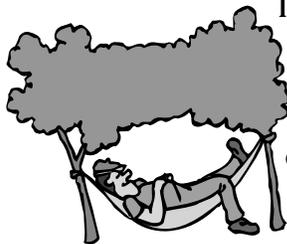


There's lots of potential for burnout during an AMP Summer Camp. It is an energy consuming time. Since this is the case, how do you stay charged? Is there anything you can do to prevent burnout? Because you and your staff are the ones that these children will be looking up to for the summer, you need to be able to maintain a positive charge in your own life.

Scheduling

Making up a schedule is the beginning of planning both your work time and your leisure time. Making a schedule is easy, but following it is the hard part. The importance behind a schedule is organizing the few hours that you have each day in a productive fashion. Following a schedule requires discipline, and you will definitely have to have a lot of discipline during summer camp. Here are some ideas for you to include in your schedule:

1. REST Since you will be burning a lot of energy during the summer camp and possibly in evening classes, you have to get a proper amount of sleep.



2. MEALS Food and water are a major source of energy, so you need to plan for breakfast and dinner. Energy shakes can supplement your meals to keep you going through the day. Notice lunch is not mentioned; follow your



AMP Instructional Packet and you'll be eating lunch when the kids eat lunch.

3. EXERCISE

Keeping yourself in shape is a very important aspect of keeping yourself fresh. Exercise will help relieve you of the stresses you encounter during the day. Early morning and weekend workouts are ideal.



4. LEISURE Make sure that you take a little bit of time to smell the roses. You need to have a life beyond the summer camp. On evenings and weekends, spend some time with your family, go out on a date, or just treat yourself to some quiet time.

This is an extremely important part of your schedule; don't neglect it because it will rejuvenate you.

5. AMP INSTRUCTION

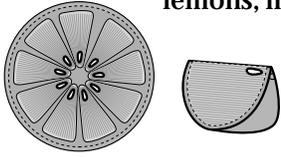
Follow the instruction in your monthly packet. The day is already planned out, so ten to twelve hours of your day is already taken care of. You may wish to integrate instruction with your own program, but use the pre-planned calendar as much as you can. Taking advantage of pre-planned activities gives you more time for other things.



Keeping Yourself Charged

Turning Negatives Into Positives

The old saying, "When life hands you some lemons, make some lemonade" is truly necessary during summer camp because there will be some negative things that you will have to handle.



1. RAMBUNCTIOUS CHILDREN

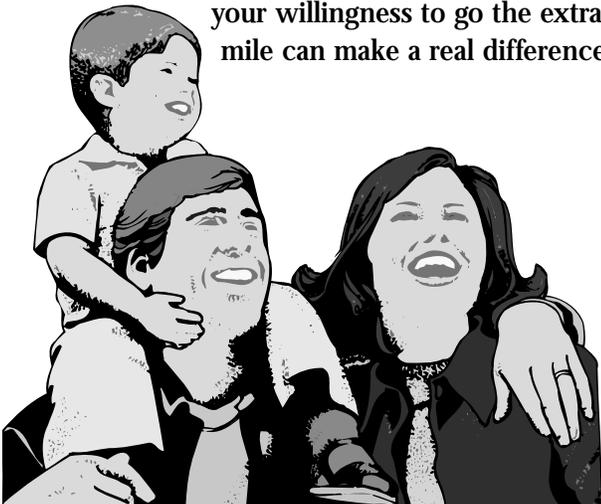
Enjoy the kids and allow yourself to feed off of their energy as much as you can.

Take the time to let the children help you to be young at heart again. By having fun with them instead of being irritated by their childishness, you relieve stress.



2. LONG HOURS Yes, each day of summer camp is has long hours and you could get bogged down in them. Another way of looking at it is to understand how much of an advantage you have in the summer camp to teach the children. Because of the long hours, you have more time to influence them positively. In addition, children who enroll in the summer are candidates for being a part of your AMP for the school year or at least a part of your evening program.

3. TOO MANY HATS You will not only be a martial arts instructor during this time. In many instances you will be the only dad or mom that a child will have. You may have to be both the dad and the mom, but in modeling good behavior, you will have influenced the child positively for a lifetime. This is one of those cases where your willingness to go the extra mile can make a real difference.



Organize Your Staff

You cannot run a summer camp all alone; you need the support of an organized staff. There are a variety of responsibilities that need to be given to other talented members of your staff. Summer camp is not the time to be a hero by taking on every task in the program. The following are some things we recommend.

1. USE TALENTS Some of your staff members may be good at organizing and running games. Another staff member might be good at reading in front groups. Some are good at arts and crafts. Utilize the varied talents within your staff members.

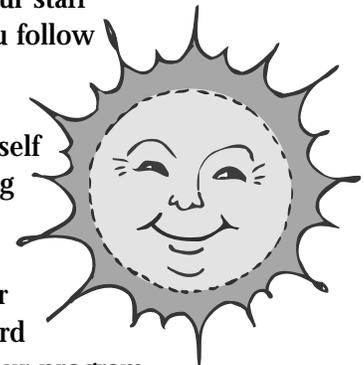


2. DELEGATE It's your show, so you must direct the members of your staff by matching them with their appropriate talents. You must make it clear to each member of your staff what roles they have to take on for the programs to operate efficiently.

3. COMMUNICATE Always have an open door policy that allows communication with you to be easy. Let the staff make suggestions or give constructive criticism that will help everyone maintain their energy and prevent unresolved anger.

Conclusion

Summer Camp should be run in such a fashion that you are not draining yourself because you are a source of energy for your staff and the students. If you follow these simple principles which have been discussed, you'll save yourself from burning out during the summer camp. By avoiding the pitfall of burnout during summer camp, you'll look forward to what it can do for your program every year. Keep your battery charged, so you can keep going and going and going.



Positive Discipline

Every baby is a cute baby...right? Well, maybe some are not so cute, but you would never tell an excited parent such a thing. Even when kids get older, it is hard for parents to hear anything negative about them. Most parents feel that their children's behavior is a reflection on themselves, so they become defensive if someone tells them their child has misbehaved. Here are some tips to help make these confrontations go more smoothly.

Once you are alone with the parent (for privacy), begin by telling him what you, the other employees, and the child's peers enjoy about his daughter. By beginning with a positive, you will lower his defenses. After all, he should know from the start that you see the same good things as he does.

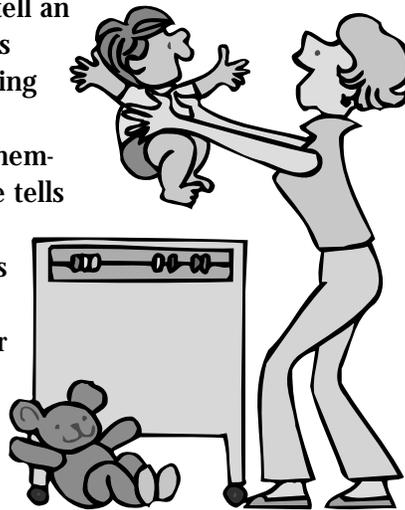
Next, let him know that there has been a problem regarding his daughter's behavior. Explain that you are not angry at the child, you are just angry at the behavior. Present the facts of what happened, rather than an emotional response to what happened. Your thoughts and feelings about the problem are important, but the parent might not be able to acknowledge them, and such a discussion will not lead to a resolution.

Explain what steps have already been taken to deal with the problem. Clearly, the first step is not to approach the parent. Before you do that, you will have spoken to the child and tried to work it out between the two of you. If you call the parent right away every time there is a problem, you will seem like an alarmist and it will be hard for the parent to take you seriously. But if you can present the steps that have already been taken in an organized manner, the parent will be more likely to understand why you called him in.

Tell the parent that you have called him at this point because you hope that parental mediation can solve the problem. Some parents will be open to participating in a healthy discipline process. If the parent truly hears you and is open to you, you should have success. Other parents will not listen to you no matter how perfectly you present the issue.

In either case, it is important that you explain what the future consequences will be if the poor behavior doesn't change. A parent who is open to the discipline process will use this information to intervene and redirect his child. A parent who is defensive should have this information so he is not surprised when you call him again to tell him that you must continue in the discipline process with or without his cooperation.

Hopefully you are dealing with the kind of parent who is interested in his child's growth and maturation. The AMP wants to work with families, not against them, and even discipline should be a joint effort.



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