

Kid's Camp 2014 – Make a Memory

Upon arriving, you are sent down the trail to find your cabin. You will notice a camp fire on the beach sending smoke signals. The big tree with attachments for a zip line, rope swing, and Jacob's ladder. The fragrance of the waving pines begin to excite you. Diversion! You break into a run and start to yell at the first kid you recognize. "Hey wait up" "Where are you going?"

You head for the docks and see canoes and kayaks inviting you for a little cruise. A whistle blows and suddenly you are in your gi, punching and kicking. Kias attach to the wind and drift across the lake. A whiff of supper distracts during the Dojo Kuhn.. At supper's end you exit the mess hall. The sun is dropping into the lake and demands your notice. With the threat of day's end, camp is full throttle! Katas, stilts, trikkes, basketball...Soon shadows cause gather near the fire. In time someone points out the big dipper, then a satellite. Laughter is heard from the cabins. The aroma of buttered popcorn escapes the movie kids. You see others slowly wonder down the trail, you follow. Soon you are cozy in your sleeping bag, still hearing the loons singing their love songs, smelling smoke from the beach as the whisper of roommates talk you asleep... What will you remember? CAMP 2014
Sensei Kiel

Camp Vanasek is located approximately 4 miles northwest of Brainerd.

Fifty acres of private lakeshore property and large sugar sand beach. Camp consists of a modern kitchen and mess hall where all meals are prepared fresh and nutritious by our own staff. Seven rustic cabins are scattered through out the camp. Each cabin will house 4-7 campers plus counselor for younger children. There are rest rooms on both sides of camp and a shower house. The majority of our training and activities are outside. Safety is top of the list, Campers are under constant supervision.

Note: Upon receiving your registration, I will send you a detailed letter of what they should bring and how to pack for camp.

You will also be sent a questionnaire about your child's health, allergies, medications, or other personal issues that you or they may be concerned with.

Register early as there is limited space this year!

Sensei Tim Kiel

****Campers arrange their own transportation to and from camp****

Check in: Wednesday June 18, 1:30-2:00pm (Do not come early)

Check out: Friday, June 20, 6:00-6:30PM

Camp tuition includes: 3 days, 2 nights lodging, Camp tee-shirt, Nutritious meals, All Training Sessions, Use of all equipment, Miscellaneous Entertainment, and a lot FUN!

Cost: Full stay\$165 Day camp only \$130 (till 5:30pm)

Family Discount; Less \$20 each additional camper

Nonrefundable pre-registration of \$50 required by June 7, 2014

Because of camp restructure, we have limited enrollment this year!

Requirements: Must be 7 years or older with traditional Shotokan experience. Have good manners, be willing to share and take turns, and like to play and work hard.

COMPLETE ENCLOSED FORM AND SEND CHECK PAYABLE TO:

**CMK Office
4302 Plaza Lane
St. Cloud, MN 56303**

PLEASE BE PROMT WITH PRE-REGISTRATION DEADLINE

A detailed questionnaire about your child will be sent to you after you register, along with more information about camp and how to pack.

Make new friends	new adventures	self defense on land & water	
games	<i>Talent Show</i>	story telling	Canoeing
Karate	Jacob's Ladder	New Katas	kayaks basketball
Water Balloon Wars	zip line	Yikes! The <i>Trikkes!</i>	<i>Campfire on Beach</i>
Swimming	Rope Swing	Popcorn and a Movie	a real Camp!



Nature walks Obstacle course Stilts Kata with canoe paddle; 'Canoe-Ryu'

CENTRAL MINNESOTA KARATE

320-255-1171