

Blue Springs Police Department

Community & Youth Outreach Unit

PHONE (816) 228-0178 FAX (816) 228-0242

2015 "Girls on Fire" Camp Application

For Residents of Blue Springs, Mo or attend the Blue Springs School District
Girls ages 12-17

Monday-Friday

8:30 a.m. to Noon

Summer 2015

June 29th - July 2nd 2015 (Note: 4 days)

July 13th - July 17th

July 27th - July 31st

Location: The Blue Springs Fitness Center
1300 N 7 Highway
Owner – Kurt Mueller

Name: _____
Age: _____ Birthdate: _____ Grade (Spring 2014): _____
Home Address: _____ Home Phone: _____
City, State: _____ Zip: _____
Parent(s) Name: _____ Work Phone: _____
Alternative Emergency Contact: _____ Phone: _____
Adult T-Shirt Size: Small Medium Large X Large XX Large

MEDICAL INFORMATION

Medication: _____ Times: _____ Medication: _____ Times: _____
Medication: _____ Times: _____ Medication: _____ Times: _____
Any medical, physical, or mental complications or limitations? YES / NO
If yes, please explain: _____

If you believe your child may not be able to participate in physical activities, please consult your physician for approval before attending.

Consent Waiver: I, the undersigned parent or guardian of the above-named child, do hereby grant authority to the staff of the Blue Springs PD to render a judgment concerning medical assistance in the event of an accident or illness during my absence. I voluntarily allow my child to participate in the **Girls on Fire** and do hereby release and waive any and all rights, claims, or actions that myself, my child, or anyone acting on behalf of my child's interest may have against the Blue Springs Police Department and/or the City of Blue Springs, its staff, host facility, and directors. I also agree that photos during camp may be taken and used for promotional purposes by the Blue Springs Police Dept. *([Blue Springs Fitness Waiver, separate](#)).

Liability Waiver: I, the undersigned parent or guardian of the above-named child, do hereby agree to release all liability and claims against the Community & Youth Outreach Unit of the Blue Springs Police Department and/or the City of Blue Springs and agree to hold harmless any liability against the Community & Youth Outreach Unit, any sponsoring organization, facility, instructor, or any other party involved, due to injuries, accidents, negligence, or any other circumstances arising from participation in this program.

Parent Signature _____ Date: _____

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GIRLS ON FIRE SPRING BREAK CAMP

Girls ages 12 - 17

8:30 to 12 PM

Summer Break 2015

*Blue Springs Police Department Community & Youth Outreach Unit, in partnership with the Blue Springs Fitness Center, is offering a free, half day, week long summer Workshop for girls' ages 12 to 17 for residents or students of the Blue Springs School District. The **Girls on Fire Summer Camp** will address the unique set of challenges facing young girls by encouraging healthy relationships, discipline, self-esteem, and health & wellness. Through a series of interactive presentations and physical fitness activities, girls will be introduced to concepts and healthy practices that will enhance their self esteem. Guest presenters include officers from the Blue Springs Police Department, nutritional experts, personal trainers, to name a few. We will participate in physical activity such as Cardio, Circuit Training and Weight Lifting.*

During the week, youth will learn to:

- The rewards of Discipline
- Legal Aspects of Behavior
- Make better decisions
- Maintain a healthy lifestyles
- Build Self-Esteem
- Build and develop character
- Healthy Relationships Matter

Camp Information:

You are responsible for your own transportation to and from the Camp.

Camp starts at **8:30 a.m.** and lasts until **Noon** each day. The earliest a participant may be dropped off is **8:15 a.m.**

- Your child needs to be dropped off at Blue Springs Fitness Center, which is located at 1300 N. 7 Highway Blue Springs Missouri. The BSPD Staff or its designated contractors will provide all services on site.
- **Each child should bring a Water Bottle.**
- Appropriate dress 1st day will include a plain solid white t-shirt (no logos, advertisements, or writing), shorts (**NO SHORT SHORTS**) and **tennis shoes**. All jewelry must be removed before arriving. Any violation of the rules (which will be reviewed the first day) will be cause for dismissal.
- Please put youth's name on any item brought.
- If you have to have a Cell Phone it will be taken and secured until after the class! **NO EXCEPTIONS!!**
- **NO OTHER ELECTRONIC DEVICES OR VALUABLES**
- Discipline will be enforced and youth may be asked to leave if they are unable to follow the rules!!

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Community & Youth Outreach

2015 "Girls on Fire" Spring Break Camp

0830-1200 hours

CAMP CHECK-OFF

Registration / Office Equipment:

- Registration Forms / Paperwork
- Extra Packets
- Shirts
- Digital Camera

- Water Bottles
- Videos
- Clipboards
- Sharpened Pencils / Pens
- Pencil Sharpener
- Name tags

- Highlighters
- Scissors / Tape
- Stapler / Staples
- Legal Pads / Plain Paper
- Certificates
- Easel / Markers
- Computer

Logistics

- Ice / Water