



# SUMMER QUEST 2025

June 23th to August 22rd

**WELCOME FWU PARENTS!!!**



We would like to officially welcome you to the FWU Summer Quest. This summer, we will work together to provide a safe, fun, and productive day for your child. Each day we will split time between martial arts training, and themed enrichment activities.

While at Fort Washington United, your student will receive 3-5 classes / day in Self-Defense, Striking, Grappling, and in Physical Fitness. Summer Quest is more than just a camp to occupy your child. It is a full spectrum athletics and development experience for students to transform their martial arts skills and stimulate their minds with beneficial STEM enrichment topics, a summer long reading program, weekly educational trips, and one-of-a-kind indoctrination to public speaking. Each week, participants will receive an orientation on the topic of the week that will be reinforced each day with corresponding activities, reading, and trip. The culminating event at the end of the week will be presentations done by each child to their group of peers on what they learned & liked best about the topic.

By the end of the camp students will be stronger, more engaged readers, and will have built confidence not only in martial arts but public speaking as well.



These are your daily responsibilities with the Summer Quest. Below, you will find information on our dress code, health requirements, and items your student(s) must bring to be able to participate in our summer camp.

Please read carefully.

**Orientation:**

Parents may attend one of the 2 orientations provided from 12-1:30 pm:

May 17, 2025

June 14, 2025

**Please label all items brought to camp with your student's name.**

**We are not responsible for any lost items.**

● **Drop Off**

Students should be dropped off between 6:30-8:45 AM (for a before care fee of \$100/week OR a drop-in fee of \$25) and between 8:45-9:00 AM for everyone else.

When dropping off your student(s), you must enter the academy and sign them in. A student must be signed in/ out by an adult 18 years of age or older every time he/she comes. After students sign in they should put away all of their belongings on the designated shelves.

● **Pick Up**

When picking your student(s) up, you must be prompt. The regular pick-up time starts at 6:30 PM until 6:45 PM. This is when evening classes start. **If sending an adult that is not on your summer camp membership form** to pick up your child, please ensure they have your child's **4-digit pick-up code**, and a **photo ID** or they will not be able to leave the facility with your child. No exceptions will be made. If our staff members have not personally met someone on the membership form (father, mother, etc.) they will be required to show a photo ID.

If a child is picked up early, they cannot return until 5:30 pm for evening classes (medical appointments, etc. are exceptions).



- **Points**

Students will receive daily points based on behavior and achievement. Points may swing by 1,000 or more per day (negative or positive).

To receive points from Friday presentations, the student must stay for the time they award the points after presentations.

- **Diet**

We encourage you to send your student(s) with healthy and nutritious snacks. A day of FWU Summer Quest can be very tiring. They need the support of a good lunch to stay focused and energetic. Please do not pack any soft drinks in your student's lunch. FIELD TRIP DAYS, it is especially important to have a drink that will hydrate the body. Soft drinks do not provide the body with proper hydration.

- **Food sharing**

- Students will not be given extra food.
- They will not share food.
- Only what is packed at home will be eaten.

- **Water Park Wednesdays**

On Wednesdays, we will make a trip to the pool TBD, and your child must bring a bathing suit, a towel, flip flops and/or water shoes, socks & sneakers.

- **Dress Code**

Students **MUST** wear the FWU Summer Quest 2023 t-shirt to attend field trips. Please refer to the calendar to see the field trip location of the week. On Non-Field trip days, T-shirt with Grappling pants, or MMA shorts are highly recommended. During all classes throughout the day, students should either wear a Gi with a correctly tied belt or a rashguard set. Each child will receive 1 summer camp t-shirt at the start of camp.

Additional t-shirts are available for purchase at the front desk.

- **Students may not wear:** Jewelry, makeup, hair products, shirts that have been cut to show stomach, clothing with inappropriate graphics, shorts over six inches above the knee, skirts and dresses.

- **Field Trips**

May require a fee based on venue. Parents will be notified at least 1 week in advance.



- **Health Requirements**

Please do not send your student(s) to Summer Camp unless he/she is well and able to play outside. **Students must be free of lice, fever, vomiting, and diarrhea for 24 hours without medication before they may return to summer camp.** We will send home students whom we consider to have a contagious illness. If your student is sick and unable to attend, please notify us.

- **Hand Washing**

We remind you that during your student(s) stay, they will encounter many other student(s) and surfaces. Hand washing is the best way to prevent the spread of illness. Please take the time to teach your student(s) how to thoroughly wash their hands with soap regularly, especially before eating and after using the restroom. We will reinforce this practice daily.

- **Water**

At Summer Quest this year, FWU's water membership will be included in the tuition price. Students must bring their own water containers with their name marked clearly.

- **Personal Care**

Students should be clean, showered, and if age appropriate, wearing deodorant. Fingernails must be kept at a short length to participate in the classes at FWU.

- **Packing**

Students should not bring toys or electronic equipment except when special permission is given. Students are welcome to bring books but they are responsible to keep track of them.

- **Friday Presentations**

Parents and family are invited to attend the Friday presentations. The time is approximately 3:30 PM but please confirm with FWU staff as each weekly schedule could vary slightly. No one will be admitted early. Door will be locked until students are ready.

- **Phones**

All communication for any student will be done with an academy phone for the entire day. No personal cell phones are allowed until the end of the day at 6:30pm. Phones must be in a bag or at the front desk.



## Daily Checklist

- Gi Uniform & Belt
- Boxing Gloves
- Rash Guards (or T-Shirt) & MMA Shorts
- Athletic Bag
- Sneakers & socks (Campers will not be permitted on trips without them. Crocs are not authorized)
- Lunch Box (Do not pack food that requires heating)
  - No Grocery bags
  - Forks/spoons (We cannot provide them)
  - At least 2 snacks
  - Soft drinks not recommended
    - ONLY Hydration drinks on field trip days
- Change of clothes

### Please also bring:

\*\*If your child forgets any of these items, they will be replaced at the following price

\*Please make sure your student(s) is not allergic to the product you pack for them. Some bug sprays have been known to cause a rash. Please apply products to your child at home. FWU staff will not apply rub-on lotion to students. If students are fair skinned & require re-applications, please pack a spray-on sunblock.

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| ➤ Flip Flops          | \$5.00  |
| ➤ Mouthpiece          | \$2.50  |
| ➤ Mouthpiece Case     | \$2.50  |
| ➤ Sports Water Bottle | \$2.50  |
| ➤ Summer Camp shirts  | \$25.00 |

### Wednesdays (Swim day)

- **Summer camp shirt**
- Swim Suit (plastic bag for wet clothes - recommended)
- Towel
- Sunblock\* (spray-on recommended)
- Bug Spray\*

### Thursdays (Field Trip days)

- **Summer camp shirt**