



Winter Break Camps

2019-2020

PSA1
6500 Preston Meadow
Plano, Tx 75024

PSA Murphy
330 N. Murphy Road
Murphy, Tx 75094

PSA McKinney
7205 Eldorado
McKinney, Tx 75070

**PSA Winter Camps will be held at PSA1, PSA Murphy and PSA McKinney:
Please look closely at each camp for dates, times and locations**

FlexiPass

We've added more variety of activities and events to make our camps well-rounded, and to ensure we are meeting a larger broader range of kids' needs. We like to think of FlexiPass as a giant clubhouse where kids get to meet new friends and form lasting relationships.

FlexiPass is a camp that makes them want to come back day after day instead of staying home and playing video games or watching TV. From board games to arts and crafts, we will offer many options to go along with indoor sports that keep those heart rates pumping! The sports include basketball, soccer, volleyball, dodgeball, floor hockey, flag football and much, much more. We also will be bringing back "Fun Friday" every week this winter.

This is still the camp you know and love with excellent staff, resources, and facilities, but now have improved to make every day different and exciting. FlexiPass is held indoors at the PSA1, PSA McKinney and PSA Murphy locations with lunch and snacks included in the fee. A ratio of no more than 10 campers to one counselor is always maintained. FlexiPass kids are grouped according to age level for safety and fun.

AGES: 5-year old's who attend school through 14-year olds

Dec. 23, 26 & 27	PSA1, and PSA McKinney PSA Murphy	9:00am-4:00pm 9:00am-4:00pm	Price \$45/day Price \$40/day
Dec. 30, Jan 2 & 3	PSA1, and PSA McKinney PSA Murphy	9:00am-4:00pm 9:00am-4:00pm	Price \$45/day Price \$40/day
December 24 and 31st January 6	PSA1 ONLY	9:00am-4:00pm	Price \$45/day

Before/After Care

For the working parent

Dec. 23, 26,27,30 Jan. 2, 3 & 6	7:30-9:00am/4:00-6:00pm	Price: \$14/day
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There will be no After Care offered on Dec. 24th and Dec. 31st. We will have before care on those days but due to the holidays we will be closing the building at 4:00 pm both days. We will offer FREE BEFORE CARE for anyone who needs it.

ADD on Finish the Day FlexiPass - Register with Sport or Activity

This add on **CAN ONLY BE USED WHEN PURCHASING A 3-hour SPORT OR ACTIVITY. WE**

DO NOT OFFER Finish the Day FlexiPass CAMP BY ITSELF. Campers registered in a 1/2-day Sports Camp or an Activity Camp may purchase a FlexiPass Finish the Day to complete the day.

Campers will attend their Sports Camp or Activity Camp and spend the other half of the day having fun in FlexiPass.

FlexiPass Finish the Day

Ages 5-14 (makes your day 9am-4pm) \$30

Ex. Morning camp 8:30-11:30 then Flexi from 11:30-4:00.

Ex. Flexi camp 9:00-1:00 then afternoon camp from 1pm-4pm

Lunch Care

Ages 5-13 \$5

Lunch Care is for Campers that have a morning and an afternoon camp

Example: Chess in the morning and Volleyball in the afternoon. We will watch over them and feed them lunch between camps 11:30am-1:00pm ALL **WINTER FLEXIPASS PROGRAMS!**

Includes ALL Winter - 49 Fun Filled Days from May 28th -August 9th- PSA1 and PSA Murphy
June 3th-August 14th for PSA McKinney

Lunch and Snack Included - Early birds arriving before 8:30am also receive a light breakfast!

Basketball Camp - Age 5-13- Basic skill improvement with scrimmaging.

These half day camps will develop and improve basketball skills, including shooting, rebounding, dribbling, passing, and team concepts. The players will be broken up based on the criteria that takes into account age, skill level and sometimes if possible, we will have boys and girls split up if our numbers allow. Most of the time the boys and girls will play together as we use the recreation center approach, whoever shows up we divide up and play! Most of our Prep Program coaches are used in this camp and will teach the kids what they need to start on their journey to achieve the highest level of success in basketball. A snack is included in the fee. Campers do not need to bring a ball or a water bottle. Make it a full day with a Finish the Day FlexiPass Add On.

Ages 5-13	Dec. 23, 26 & 27	8:30-11:30am	PSA1	Price: \$81
Ages 5-13	Dec. 23, 26 & 27	1:00-4:00pm	PSA McKinney & Murphy	Price: \$81
Ages 5-13	Dec. 30, Jan 2 & 3	1:00-4:00pm	PSA 1	Price: \$81
Ages 5-13	Dec. 30, Jan 2 & 3	8:30-11:30am	PSA McKinney*	Price: \$81

*Mavericks Camp in Murphy Jan 2, 3, and 4th

Elite Basketball School Camp - 5th grade - 8th grade

This camp is designed for boys and girls who have played upper "B" level or "A" level of play in their leagues. This camp will focus on teaching team concepts so the players will have a better understanding of what it takes to make a school team. The concepts that will be taught are; full and half court pressure defense, motion offense, zone offense, set plays, set inbound plays and last second winning plays. The campers will spend the first hour doing skills work, the second hour working on team concepts and will finish up with at least a 30-minute scrimmage. These players will be pushed so they can understand what they will encounter when they try out for their school team. Make it a full day with a ½ Day Flexi add on.

5 th -8 th grades	Dec. 23, 26 & 27	8:30-11:30am	PSA 1	Price: \$81
5 th -8 th grades	Dec. 23, 26 & 27	1:00-4:00pm	PSA McKinney	Price: \$81
5 th -8 th grades	Dec. 30, Jan 2 & 3	1:00-4:00pm	PSA 1	Price: \$81
5 th -8 th grades	Dec. 30, Jan 2 & 3	8:30-11:30am	PSA McKinney	Price: \$81

Volleyball Camp- Age 5-13- Basic skill improvement with scrimmaging.

Come join PSA for a half day volleyball camp. Campers will be divided into groups according to skill level and age. They will be taught the fundamental skills including serving, setting, blocking and hitting. Beginners and experienced players invited. Campers do not need to bring balls or water bottles. We do recommend knee pads if you have them. A snack is included in the fee. Make it a full day with a ½ Day Flexi add on.

Ages 5-13	Dec. 23, 26 & 27	1:00-4:00pm	PSA1	Price: \$81
Ages 5-13	Dec. 23, 26 & 27	8:30-11:30am	PSA McKinney	Price: \$81
Ages 5-13	Dec. 30, Jan 2 & 3	8:30-11:30am	PSA1	Price: \$81
Ages 5-13	Dec. 30, Jan 2 & 3	1:00-4:00pm	PSA McKinney	Price: \$81

Soccer Camp-Age 5-13- Basic skill improvement with scrimmaging.

Instructed by high school coaches, club coaches and some of the best select and college level players, this camp will teach the fundamentals of dribbling, passing and shooting as well as ball control. Campers play a game against the coaches on the last day of camp, so bring your camera! Basic Camp is for Ages 5-13. Shin guards with long socks are required. We will provide a snack, which is included in the fee. Campers do not need to bring a ball. Make it a full day with a Finish the Day FlexiPass Add On. Please make note on where the camp is held as we will use PSA 1 and PSA McKinney. **No cleats allowed.**

Ages 5-13	Dec. 23, 26 & 27	8:30-11:30am	PSA1	Price: \$81
Ages 5-13	Dec. 23, 26 & 27	1:00-4:00pm	PSA McKinney	Price: \$81
Ages 5-13	Dec. 30, Jan 2 & 3	8:30-11:30am	PSA McKinney	Price: \$81
Ages 5-13	Dec. 30, Jan 2 & 3	8:30-11:30am	PSA1	Price: \$81
Ages 5-13	Dec. 30, Jan 2 & 3	1:00-4:00pm	PSA1	Price: \$81

Dance Camp

Dance camp will focus on traditional dance techniques, flexibility, strength, and conditioning in a fun environment. Dancers will learn various routines in Pom, Jazz and Hip-Hop that will incorporate a variety of kicks, jumps, leaps and turns. Enjoy a great time while learning the latest moves of today! No experience necessary. We will provide a snack, which is included in the fee. Make it a full day with a ½ Day Flexi add on.

Ages 5-13	Dec. 23, 26 & 27	8:30-11:30am	PSA1	Price: \$81
Ages 5-13	Dec. 23, 26 & 27	1:00-4:00pm	PSA McKinney	Price: \$81
Ages 5-13	Dec. 30, Jan 2 & 3	1:00-4:00pm	PSA 1	Price: \$81

Ages 5-13 Dec. 30, Jan 2 & 3 8:30-11:30am PSA McKinney Price: \$81

Arts and Crafts Camp

If your child likes to be creative, this is the class for them. Each week the kids will get to experience multiple types of arts and crafts from free drawing, painting, building a structure out of Popsicle sticks, lanyard projects and much, much more. Every day your child will come home with something new they created themselves and can display for the entire family to enjoy. We will provide a snack, which is included in the fee. Please make note on where the camp is held as we will use PSA 1, PSA McKinney and Murphy. Make it a full day with a ½ Day Flexi add on.

Ages 5-13	Dec. 23, 26 & 27	1:00-4:00pm	PSA1	Price: \$81
Ages 5-13	Dec. 23, 26 & 27	8:30-11:30am	PSA McKinney & Murphy	Price: \$81
Ages 5-13	Dec. 30, Jan 2 & 3	8:30-11:30am	PSA1	Price: \$81
Ages 5-13	Dec. 30, Jan 2 & 3	1:00-4:00pm	PSA McKinney & Murphy	Price: \$81

Lego Mindstorm Robotics Camp

This class is designed for students with an understanding of robotics, or quick learners. The class will focus on building robots using different sensors and motors to complete a task. Students will be able to program a robot to do human-like tasks such as playing soccer, sumo wrestling, racing, transporting items and processing information using Lego Mindstorms NXT software. A snack is included in the fee. Make it a full day with a ½ Day Flexi add on.

Ages 5-13	Dec. 23, 26 & 27	1:00-4:00pm	PSA1	Price: \$81
Ages 5-13	Dec. 23, 26 & 27	8:30-11:30am	PSA McKinney	Price: \$81
Ages 5-13	Dec. 30, Jan 2 & 3	8:30-11:30am	PSA1	Price: \$81
Ages 5-13	Dec. 30, Jan 2 & 3	1:00-4:00pm	PSA McKinney	Price: \$81

Fun with Science Camp

In this class campers will get hands on experience in Science projects. From Kinetic Loco motor skills to Chemistry, campers will get to have fun learning some of the basic Science facts. A snack is included in the fee. Make it a full day with a ½ Day Flexi add on.

Ages 5-13	Dec. 23, 26 & 27	8:30-11:30am	PSA1	Price: \$81
Ages 5-13	Dec. 23, 26 & 27	1:00-4:00pm	PSA McKinney	Price: \$81
Ages 5-13	Dec. 30, Jan 2 & 3	1:00-4:00pm	PSA 1	Price: \$81
Ages 5-13	Dec. 30, Jan 2 & 3	8:30-11:30am	PSA McKinney	Price: \$81

Martial Arts Camp- This option is offered at PSA 1.

Nerf Wars/ Star War Light Saber Battle/Board Break/Dodge Pad Cam

Looking for something AWESOME for the kids to do over Winter Break? Our Nerf Wars and Martial Arts Camps are off the HOOK!

- Huge Nerf Wars, bring your own Nerf gun (PSA has a few on hand if you don't have one). A Nerf course will be set up for the action to happen!
- Light Sabers, Star Wars style, how cool is that?!!! And you get to keep the lightsaber!
- Nerf Wars/ Star War Light Saber/Board Break/Dodge Pad/ Break a Board Camp:

Huge Nerf Wars, bring your own Nerf gun (PSA has a few on hand if you don't have one). A Nerf course will be set up for the action to happen!

Light Sabers, Star Wars style!! And you get to keep the lightsaber!
DODGE PAD FOR MORE FUN

As a bonus, you get to learn how to break a real board! (Don't worry, you won't get hurt) and you get to keep it! Make sure you get your Instructor to sign it!

To enroll go to your Mysam www.psaplano.org today, call or stop by!

Nerf and Light Saber, Dodge Pad and Break a Board at PSA1

Ages 5-13	Dec. 23, 26 & 27	8:30-11:30am	PSA1	Price: \$111
Ages 5-13	Dec. 23, 26 & 27	1:00-4:00pm	PSA1	Price: \$111
Ages 5-13	Dec. 30, Jan 2 & 3	8:30-11:30am	PSA 1	Price: \$111
Ages 5-13	Dec. 30, Jan 2 & 3	1:00-4:00pm	PSA1	Price: \$111

"Nerf Guns, Light Sabers, Dodge Pad, Board Breaking Galore! All while learning Martial Arts"

We have the BEST CAMPS! If you are looking for something for the kiddos to do, look no further.

Camp Supervisors: Colton McNeely, Dallas McNeely
Top Rated Instructors! Braedon Bourgiou, Harsha Velmurugan, Claire Teterud, Rebekah Constant

How to register:

- Go to psaplano.org and click on Online Registration
 - If you have a DASH profile; sign on with your user name and password
 - If you do not have a DASH profile; enter your email under New Customer Registration and click the Sign Up button you will then be prompted to create an account.
- Call PSA at 972-208-5437 to register by phone

- Come to PSA1, PSA Murphy or PSA McKinney and register with one of our Customer Service Representatives.



Invite a Friend:

Did you know once you sign up for a camp you can send emails inviting all of your camper's friends? In your DASH account click the invite button! If you need help or instructions call the front desk staff and they can help, 972-208-5437.

PSA CAMP POLICIES

PSA is accredited by the state of Texas as a licensed child care facility and must follow strict standards before allowing any child into our camps. Each child needs to be registered in DASH, and have filled out all online forms, specifically the “**CAMPER INFORMATION FORM**”, before they can attend camp. PSA Camps operate June, July and August; Winter Break and Spring Break.

Camps are operated at various times between 8:30am-4pm.

Before & After Care Opens at 7:30am and Ends at 6pm

Appropriate Clothes for Camps

Please wear appropriate clothing for an active camp day. We require tennis shoes for court play; no flip flops or sandals. If your child does not wear appropriate shoes, we will have to call you to bring some to PSA, as we cannot let them play activities due to the fact they could hurt themselves. Jeans are not something we recommend for play during the camp day.

Check-In, Check Out and Late Pick-Up Policies

1. Before Care check-in will not start prior to 7:30 am as we must assure the facility is prepared to receive children.
2. You are expected to pick your child up no later than 6:00 pm from After Care as PSA is a recreational game facility starting at that time.
3. Parents are given a 15 MINUTE GRACE PERIOD to pick up kids from camp.
4. After that, a \$1 a minute late fee, will be charged, payable to PSA.
5. Camp check-in will start no earlier than 15 minutes prior to the stated time in the camp brochure for your child's camp.
6. Add-On 1/2 day and Before and After care passes can be purchased to extend your child's camp day at any time.
7. We highly recommend an adult bring the child into PSA for the morning check-in.
8. There will be computer stations set up for all camp check-ins during the summer.

9. If someone other than the child's parent is responsible for pickup, PSA requires a note from the parent with that person's name.
10. PSA will not release a child to an unapproved person.
11. No child will be allowed to walk out of PSA to a waiting car.
12. Supervisors and staff will stop children who are seen walking out without a parent to make sure they are leaving with one. This is for their safety.

Communication

- PSA communicates mostly through email
- In case of an emergency, we will make phone calls

Discipline and Guidance Practices

Our understanding is that children participating in competitive situations will not always react in the proper way. We look upon ourselves as teachers and mentors to these kids and will work with them to teach them how to better react to certain situations. It is up to the camp director to decide if or when a child should be removed from camp for disciplinary actions. The campers must respect the counselors and other campers at all times. We will deal with indiscretions on a one-on-one basis. Actions that would be deemed removable offenses from camp on a temporary or permanent basis may include: hitting, biting, bullying, wandering away from their group without permission or not listening to counselors or staff on a continual basis.

1. Discipline must be individualized and consistent for each child, appropriate to the child's level of understanding, and directed toward teaching the child acceptable behavior and self-control.
2. A counselor may only use positive methods of discipline and guidance that encourage self-esteem, self-control, and self-direction, which include at least the following:
 - a. Using praise and encouragement of good behavior instead of focusing only upon unacceptable behavior
 - b. Reminding a child of behavior expectations daily by using clear, positive statements
 - c. Redirecting behavior using positive statements
 - d. Using brief, supervised separation or time out from the group when appropriate for the child's age and development, which is limited to no more than one minute per year of the child's age.
 - e. There must be no harsh, cruel, or unusual treatment of any child.

The following types of discipline and guidance are prohibited:

1. Corporal punishment or threats of corporal punishment
2. Punishment associated with food, naps, or toilet training
3. Pinching, shaking, or biting a child
4. Hitting a child with a hand or instrument
5. Putting anything in or on a child's mouth

6. Humiliating, ridiculing, rejecting, or yelling at a child
7. Subjecting a child to harsh, abusive, or profane language
8. Placing a child in a locked or dark room, bathroom, or closet with the door closed;
and
9. Requiring a child to remain silent or inactive for inappropriately long periods of time
for the child's age.

Texas Administrative Code, Title 40, Chapters 746 and 747, Subchapters L, Discipline and Guidance

Electronic Devices

We do not recommend or encourage kids to bring electronic devices to camp. With that said, we do understand that many of these children carry cell phones today as a way to communicate with parents when they are not with them. We also realize that these mobile devices also serve as music players and game devices and they can keep a child's attention for a long period of time. Realizing this we ask that you talk with your child about keeping their device in a secure bag if they feel they must have it with them. We also will only allow these items out during certain parts of the camp day which would include; before camp begins, rest period and after camp ends while they wait for a parent or guardian to pick them up. The idea of being at our camp is to get away from the electronic devices and to just be kids playing with other kids. We understand the kids enjoy visiting with others about games they have and it is a social ice breaker, but we require the kids to be responsible for their gaming system. PSA will not assume any liability for lost or damaged items. We do recommend once again bringing some sort of carry bag to place any personal items in and to clearly have their name marked on the item.

Food and Nutrition

PSA Provides:

1. A light breakfast for campers registered in the Before Care is offered from 7:30am to 8:30am.
2. Morning snacks in morning camps and in the Finish the Day FlexiPass
3. Lunch to campers that are in Flexi Pass or who have Finish the Day FlexiPass to a ½ day camp.
4. Afternoon Snack for campers that are in a 1:00pm-4:00pm, ½ day camp or FlexiPass.
5. Lunch Care is required for campers attending 2 different camps in a day. Lunch care is the bridge between morning and afternoon camps and includes lunch.

Menus will be posted daily. We follow the State of Texas School-Aged Program guidelines. Food allergies and religious eating restrictions will be addressed on an individual basis and will require a signed statement from the parents, and an Emergency Plan from the child's doctor. There is to be no outside food or drinks brought into PSA.

Health of the Child

PSA would prefer not to dispense medication. In order for PSA to dispense any medication to a child, parents must complete a form before leaving your child for the day. The form must be clear on the dosage and the time the medication is to be dispensed. It is the parent's responsibility to retrieve the remaining medicine on Friday. All medications left on Friday will be thrown away. If your child is not feeling well, please do not bring them to camp. To protect children from communicable illnesses, campers should be symptom-free for 24 hours before returning to camp.

These include:

- Fever over 100.4 degrees. Campers must be fever free for 24 hours without medication before re-entry.
- Undetermined rash and fever
- Undiagnosed scaly patches
- Nausea, vomiting or diarrhea
- Red, draining eyes
- Intense itching with signs and symptoms of secondary infection
- Open, draining lesions
- Lice, nits on shaft of hair, until treatment is verified

If a child is injured during the camp day, we will treat to the best of our ability within reason. If it is something that needs more than rest or a Band-Aid, the parent or guardian will be contacted as soon as possible. Please make sure to provide emergency contact numbers on your application. In serious injuries, an ambulance will be called. If a child becomes sick during the camp day, we will make every effort to see if rest can help the situation. If any of the above symptoms are present, we will have to contact the parent or guardian and isolate the child from camp.

Immunization Records

The State of Texas requires PSA to have a copy of children's TB test and immunizations. 744.613.

If your child attends school and they have the copies on site, you may sign the waiver on your forms,

- a) You are up to date
- b) School Name, address and phone number.

Refund Policy

Two weeks prior to the start date of the camp – 75% credit to your DASH account

Within two weeks of the start date of the camp – **No refunds**, no exceptions (includes injuries, schedule changes, etc...).

FlexiPass Camp – No refunds, no exceptions.

Transportation, Water Activities, Field Trips and Animals

PSA does not normally provide transportation, water activities, and field trips or have animals. If the case arises, we will require a signed permission slip from the parent. The parent would have all details before occurrence.

Parents Have the Right to:

View Emergency Preparedness Plan

Visit PSA any time during hours of operation without prior approval to observe your child

View the Minimum Standards and the operation's most recent licensing inspection report

Contact: PSA Program Administrator: Craig Sklar- csklar@psaplano.org

PSA Senior Director of Sports: Teresa Federspiel- trfed@psaplano.org

DFPS Licensing Office: 469-229-6900

To Report Suspected Child Abuse: 1-800-252-5400

Texas law requires caregivers to report suspected child abuse or neglect to the Texas Department of Family and Protective Services or law enforcement.