

## Registration Form

One form per child, please.  
Please complete and submit with full payment to:  
ABADA-Capoeira San Francisco  
3221 22nd St. San Francisco, CA 94110

Child's Name: Gender: F / M

Child's Age: Birth date:

Address:

City/State/Zip:

School: Grade (in Fall):

Ethnicity:

Home language:

Parent's Name(s):

Contact #: Mobile / Home / Work

Email Address:

Doctor Phone #

Insurance Company Policy or MediCal #

Medicine/Dietary Restrictions:

Emergency Contact Name & Phone:

PLEASE CHECK SESSION CHOICE (S)

- Session I – June 11 – June 15  
 Session II – June 18 – June 22  
 Session III – July 9 – July 13  
 Session IV – July 23 – July 27

T-Shirt Size: S M L

Cancellations: Cancellations can be made at any time, however, cancellations made later than two weeks prior to the start of the session are subject to a \$30 admin fee per registration. Please read and sign the RELEASE AND WAIVER on the opposite side of this page. Registration is not complete (and you child will not be enrolled) without a signed waiver.

## About ABADA-Capoeira SF

The mission of ABADÁ-Capoeira San Francisco (ACSF) is to preserve, develop, and share the art of capoeira with integrity, and to use capoeira to enrich disadvantaged communities and the lives of people from all backgrounds.

Founded in 1991 by master capoeira artist Mestre Márcia Treidler, ACSF seeks to inspire and empower people — especially youth from disadvantaged backgrounds — to realize their full potential as responsible, confident, productive members of society. By consistently seeking out new creative ways of exploring and sharing the dynamic aspects of the multi-faceted art of capoeira and related arts, ACSF remains a pioneering force in the preservation and development of Brazilian cultural arts.

The Mission of ACSF's Youth Programming is to support healthy development through regular physical and cultural activities led by positive role models in a supportive learning environment.

### ABADÁ-Capoeira San Francisco

Capoeira Arts Center  
3221 22nd Street  
San Francisco, CA 94110  
Phone: 415 206-0650  
Email: [info@abada.org](mailto:info@abada.org) / Web: [www.abada.org](http://www.abada.org)

**Artistic Director,  
Mestra Márcia Treidler "Cigarra"**



**ABADÁ-Capoeira San Francisco**  
CAPOEIRA ARTS CENTER

# Youth Summer Camp

June-July 2018



**Capoeira, Maculelê  
& More!**

**INFORMATION &  
REGISTRATION FORM INSIDE**

# ABADÁ-Capoeira Summer Camp

ACSF is offering four one-week summer camp sessions that give students an opportunity to learn the Brazilian arts of capoeira and maculelê in a structured and fun atmosphere. Students will also take classes with guest artists and instructors to learn skills like acrobatics, percussion, yoga, samba, and Afro-Brazilian dance, and will explore the neighborhood during lunchtime field trips. Sessions culminate with a Friday afternoon performance and party!

## THE ART FORMS EXPLORED

**CAPOEIRA** (pronounced ka-poo-eh-da) is an Afro-Brazilian martial art that originated in Brazil during the slavery era. Capoeira combines dance, music, percussion, songs, ritual, self-defense, and acrobatics.

**MACULELÊ** is a traditional Afro-Brazilian dance played with sticks or machetes, created by the African slaves who worked on the sugar cane plantations in Brazil. It is believed that during their times of rest, they would practice this dance with the machetes which they used for cutting down the sugar cane, and the basic movements of Maculelê imitate the movement and motion of chopping the sugar cane. *(For safety reasons, children are taught the rhythms and movements of Maculelê using plastic bottles in place of the traditional sticks or machetes.)*

## CAMP INSTRUCTOR

**Antonio Contreras** (Instructor Corrente)

*Assistant Director & Head Youth Instructor*



Instructor Corrente with youth students.

Summer Camp is lead by Instructor Corrente, ACSF's head instructor for the youth programs. In addition to teaching at ACSF's Center, Instructor Corrente has been highly involved in ACSF's residency programs, teaching at several Bay Area schools. He is a member of the ACSF Board of Directors.

## Camp Description

Each day of Summer Camp is different, building on the previous day's experiences and introducing new ones. Over the one-week sessions, kids will learn basic capoeira and maculelê techniques, as well as musical rhythms, instruments, and songs in Portuguese. Some days, guest artists will visit to introduce new forms of dance, music, art or educational play. At mid-session an extended lunch is taken at a local park where they can run, have free play or just enjoy the sunshine. Each camp concludes with a performance and party for the kids to enjoy with their parents and family.

Summer Camp is designed for and open to all levels. Classes are taught using games and exercises emphasizing cooperation, leadership, and skill building. Students should bring their own snack and lunch. New students are welcome!

**Ages:** 5 – 12 **All Levels**

Number of Students: Minimum 10 / Maximum 20

**RATES (Includes t-shirt, party on Friday)**

**One Week Session:** \$270 per child

**Early Bird:** \$250 (Please see deadline dates below)

**Multiple Sessions:** \$230 per session

**Sibling Discount:** \$230 per child (Must register and pay in person)

*Limited tuition assistance may be available if minimum enrollment is met. For information please call our office at (415) 206-0650.*

## SCHEDULE

**Monday – Friday:** 9:00am – 4:00pm

Performance is from 3:30 – 4:00pm on Friday!

*After care may be available. Please contact our office in advance to confirm rates.*

## CAMP SESSIONS

**Early Bird Deadline: May 5th**

**Session One:** June 11-15

**Session Two:** June 18-22

**Early Bird Deadline: May 31st**

**Session Three:** July 9-13

**Session Four:** July 23-27

**ENROLLMENT PROCEDURES:** Full payment and completed registration card (one per child) are due at the time of enrollment. Please enroll no later than one week prior to the session start. We highly recommend enrolling early to secure your child's place in preferred session(s).

Register and pay in person, by mail or online by visiting:

<http://abada.org/summer-camp/>

(Web Registrants must still sign the Release Form)

## Waiver and Release for all Camp Participants

**PLEASE READ CAREFULLY**

### PHOTOGRAPHY WAIVER

I hereby give permission for my child to be photographed, videotaped and/or interviewed for ABADÁ-Capoeira San Francisco (ACSF) in promotional materials.

**Initial** \_\_\_\_\_

### OFF-SITE PARTICIPATION

I hereby give permission for my child to participate in scheduled activities and that occur off-site at nearby facilities – e.g. parks, playgrounds, etc. I understand ACSF staff will supervise all activities, including traveling to and from the studio to the off-site location.

**Initial** \_\_\_\_\_

### BEHAVIOR EXPECTATIONS

Participation is contingent upon students following ACSF's expectations and exhibiting positive behavior. Students who do not follow these guidelines may be suspended or removed from the Summer Camp program without refund of enrollment fees.

**Initial** \_\_\_\_\_

### GENERAL WAIVER

I understand that I will be sent important rules for safety and will go over them with my child to be sure they are understood and followed. I accept that there are potentially serious risks and dangers inherently associated with the activities and know that it is important that no student do anything they consider unsafe, and I have so instructed my child. ACSF directors and staff work to ensure the safety of participants and are trained in first aid techniques and to follow established emergency procedures. I understand that there may be, nonetheless, risks and dangers beyond their control, and I accept full responsibility for any losses or damages to me or my child, however caused or alleged to be caused. I intend my signature to be a complete and unconditional release from liability to the full extent allowed by law.

**Initial** \_\_\_\_\_

I have read all of the above conditions and accept them.

Signed: \_\_\_\_\_

Date: \_\_\_\_\_