



TNT Gymnastics, Summer Camp Jr. Counselor, Volunteer Program

Thank you for your interest in our Jr. Camp Counselor program at TNT. During your child's time volunteering they will get to experience what "being a real coach" feels like. Summer Camp is the best way to interact with children who are registered and excited to learn new skills, games, and more! We have children ages 3 - 12 years enrolled in camps with all different skill capabilities, backgrounds, and cultures. Our goal is to provide a safe and an exciting environment for all children entering TNT. Please see the below "job duties" / responsibilities that we expect from our Jr. Counselors. Please feel free to reach out if you have any questions or concerns.

Our Philosophy:

- Our gym was created to help children achieve their individual dreams, build their self esteem, and to instill in every child that walks through our door that Fitness Can Be Fun! Our mission is to treat each child individually and help that child reach his or her full potential, not only in gymnastics, but in life. The dedication, confidence, and focus learned in our facility will help them soar into the future and become successful adults. This being said, we are committed to the total development of your child!

Dress Code:

- All counselors / volunteers must be in the appropriate dress code during their session.
- Black / Gray shorts, pants, or yoga leggings.
- TNT shirt / jacket. The TNT "Staff" / Logo must be easily recognizable.
- TNT will provide a summer camp staff shirt, along with another Logo shirt. All TNT branded items are acceptable.
- Hair must be pulled back out of face for safety purposes.
- It is optional if you would like to keep shoes / socks on or go barefoot.
- No excessive or hanging jewelry that can get snagged by a child or caught on equipment. Only studs as earrings.
- No Jeans / Cargo pants.
- No hats.

Summer Camp Schedule:

- We have children that participate (9-12) for half days and full days (9-3). We also offer extended day from 8-9 AM and 3-6 PM.
- Here is a mock daily schedule:
 - 8-9 AM: Extended Day
 - 8:45-9 AM: Early Morning Check-In
 - 9:00-10:00 AM: Warm-Up + Gymnastics stations
 - 10:00-10:30 AM: Morning Snack + Bathroom Breaks
 - 10:30-12:00 PM: Gymnastics + Fitness Stations
 - 12:00-1:00 PM: Lunch + Craft + Bathroom Breaks
 - 1:00-2:55 PM: Gymnastics Obstacles + Fitness Challenges + Pit Playtime
 - 2:55-3:00 PM: Camp Pick Up
 - 3:10-6:00 PM: Extended Day

Snack / Lunch Time:

- Jr. Counselors will assist lead staff during snack / lunch time. They will help refill snacks, make sure all kids have napkins, and pass out snacks if needed.
 - If your child has a food allergy please notify us.
- Depending on what time your child starts, they will not be on the floor more than 4 consecutive hours without a 30 minute break per the state of FL child labor laws.
 - **Example:** If your child is “on the schedule” to volunteer 9-12, then at 12:00 or 12:20 they would take their lunch time. During this time they are uninterrupted and have the opportunity to eat among the staff, make personal calls, etc..
- TNT does not provide lunch for any campers or staff members. All counselors will need to provide their own lunch too. We do have a refrigerator and microwave in the camp room that they can use. We do not allow campers to use these as it is restricted for just staff / inventory.

Summer Camp Themes / Activities:

- Each week there is a certain theme for the campers. All of the crafts, games, movies, and activities will be centered around that theme.
- Every Friday we allow staff and campers to dress up to match that week's theme! It s a fun way to get silly with the kids.
- Our campers do not take field trips, we have outside vendors that come to us; therefore, your child will not be going off campus for any reason.

General Job Duties for Jr. Counselors:

- Most of our Jr. Counselors will serve as an extra set of hands out on the floor for kids ages 3-6 yrs. The following tasks are what they will typically assist with throughout a normal day.
 - Helping kids find cubbies and put personal belongings away
 - Labeling shoe cubbies for campers
 - Assist during warm-up's and help keep all kids engaged.
 - Move with their designated group event to event.
 - Help guide children through out the designated obstacles / stations.
 - Help remind children their “job” at each spot / station.
 - Assist with craft set up / break down.
 - Assist with room or floor set up / cleaning.
 - Walk children to the bathroom and escort them back to the group.
 - Help with food, drinks, and napkins during snack / lunch time.
 - There is a designated “allergy” table for kids with certain allergies. Senior counselors will handle the food and drinks items for those designated children who have strict requirements.
 - Help choose camper of the day.
 - Monitor kids during games and obstacles. If any children are “out” of a game, help keep them grouped together and not climbing on outside equipment.
 - Report
- **Tasks that are “Off Limits” to Jr. Counselors:**
 - TNT is not a licensed daycare facility; therefore, we cannot help children change or assist them in the restrooms. If a child has an accident, then the Jr. Counselors must contact a Sr. Counselor and we will handle from there.
 - We do not allow Jr. Counselor's to spot skills that they have not had previous training on. This is from a safety standpoint for the counselors and the campers. I will reach out to parents and notify them of

possible training opportunities. We are always encouraging on the spot training with approval from the manager.

- They cannot be alone with the children at any time. A Senior counselor must be within range of the appropriate activities and within eyesight at all times.
- They cannot have their phones or electronic devices out with them on the floor. We will provide a cubby for the counselors to keep their personal items.
- They cannot demonstrate skills out on the floor for campers. This is for the safety of the counselors.
- They cannot heat or cool food for campers.
- Counselors are not to reprimand children for tasks that they witness. They should report anything concerning or unsafe to a senior counselor for investigation and problem solving.
- Counselors are not to pick up children unnecessarily. We do not want to show favoritism to the younger groups or specific children.

Availability / Travel Times:

- Please list by day the general times your child is available to volunteer. We will then incorporate them into our schedule for documentation purposes. This will help track hours for any programs needing records of volunteer hours. If at any point the availability changes, please email to Lauren at TNTGYM.LP@gmail.com. All volunteering sessions will be added into our scheduling system at www.whentowork.com.

Email for scheduling website. All emailed schedules and notifications will come from this site:

_____@_____.COM

- Monday: _____
- Tuesday: _____
- Wednesday: _____
- Thursday: _____
- Friday: _____

- I know that my child will be unavailable during the following dates / times:

- _____



Consent Form / Waiver
Jr. Counselor, Volunteer Opportunity at
TNT Gymnastics & Fitness Summer Camp

Today's Date: _____

- ❖ I, _____ (Jr. Counselor) have read and understood the above information in regards to my volunteer opportunity during requested summer camp times at TNT Gymnastics. I have been instructed and informed that if I am in need of any further instruction, assistance, and/ or guidance that I am to receive that from the lead instructor assigned to the TNT session that I am actively volunteering in at that time. I understand that if I violate / disregard any of the rules and / or instruction given by a TNT coach during my volunteer assignment at any session, that I can be removed from the volunteer list immediately.

- ❖ I, _____ (Parent Name) have read and understood the above information in regards to my child's volunteer opportunity at TNT Gymnastics. I understand that if my child is not working within the general rules and policies that TNT reserves the right to substitute, replace, or eliminate my child's volunteer position during summer camp at TNT. I have discussed this with my child, who has expressed consent and understanding to me.

- ❖ I, _____ (Parent Name) As legal the guardian of _____ (Jr. Counselor Name), I hereby consent to all student(s) participating in the this facility's program(s). I recognize that potentially severe injuries can occur in any activity involving height or motion, including tumbling and related activities including cheerleading, tumble tramp, trampoline, stunting, pyramids, dance, swimming, martial arts, gymnastics and physical activity in general. I understand that it is the express intent of all staff and personnel to provide for the safety and protection of my student(s) and, in consideration for allowing my student(s) to use these facilities, I hereby **COVENANT NOT TO SUE and FOREVER RELEASE** this facility, affiliated and partner companies and organizations, property owners and lessors, staff, contractors, subcontractors, teachers, coaches, owners, directors and other members involved in this facility's program(s), from all liability and for any and all damages and injuries suffered by my student(s) during instruction, supervision, and/or control during any and all classes or extra activities.

Jr. Counselor Signature: _____ Date: _____

Parent / Guardian Signature: _____ Date: _____