



# American Dance Training Camp

The ULTIMATE Overnight Dance Camp!

[www.AmericanDanceTrainingCamp.com](http://www.AmericanDanceTrainingCamp.com)

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2010 REGISTERED CAMPER HANDBOOK, SECTION I

ADTC = MORE THAN DANCE!



# ADTC GOALS FOR CAMPERS

**1. To have fun.** Campers will actively participate in challenging, enjoyable dance & summer camp activities in beautiful locations. To achieve this goal, ADTC provides age-appropriate and entertaining programs, taking advantage of the natural setting of each location. We offer a variety of dance, aquatic, arts, and challenge-based activities.

**2. To know the rules.** Campers will follow clearly stated rules that help to manage the risks involved in learning new skills. To help campers achieve this goal, ADTC will provide well-trained staff and a well-managed camp that meets industry standards. The standards we follow include those of the American Camp Association.

**3. To feel secure.** Campers will both experience and foster **a setting that does not permit bullying, intimidation, or harassment.** To help campers achieve this goal, ADTC will provide adequate supervision and appropriate consequences for misbehavior. Campers are encouraged to be sensitive to the feelings of others, and to report instances of bullying.

**4. To develop strong character.** Campers make daily choices based upon positive values that guide good behavior. To help campers achieve this goal, ADTC provides encouraging, consistent role models who make appropriate choices themselves. The values we teach at ADTC are Appreciation, Dedication, Trust and Caring (ADTC).

**5. To make new friends.** Campers will accept and include others as they learn that differences are strengths to be celebrated. ADTC's staff creates and maintains an environment where everyone is respected and included. We define diversity as the mosaic of people who bring with them a variety of backgrounds as assets to our camp community.

**6. To give back.** We encourage our campers to participate in service activities that benefit their communities. When people participate in efforts to support the global community it makes the world a better place!

**7. To further the development of each camper as a dancer.** Each camper will participate in four dance classes per day in which they learn performance pieces for the Friday night show. Campers will also engage in daily "dance discussions" covering issues important to their development as dancers.

**And for our Leaders-In-Training program participants,**

**8. To learn leadership skills.** LITs will have opportunities to set expectations for, inspire, and motivate others in a positive way. To help LITs achieve this goal, ADTC will teach group management skills and give LITs a chance to take on purposeful roles. The leadership training thread runs through all teen offerings, not just the LIT program.

## Tools to Help Us Accomplish These Goals



# THE ADTC CHARACTER DEVELOPMENT PROGRAM



## The Four Core Character Values: "ADTC"

- A - Appreciation:** To value the worth of every person, including you. To treat others as you would have them treat you  
Similar values: respect, acceptance, empathy, self-respect, and tolerance.  
*Platinum Rule: Treat others as THEY would have you treat them!*
- D - Dedication:** To try our hardest, both in dance and in life. To do what is right, what you ought to do; to be accountable for your behavior and obligations.  
Similar values: responsibility, commitment, courage, and service.
- T - Trust:** To tell the truth, to have integrity, making sure your choices match your values.  
Similar values: integrity, honesty, and fairness.
- C - Caring:** To love others, to be sensitive to the well-being of others, to help others.  
Similar values: compassion, forgiveness, generosity, and kindness.

# THE ADTC DIVERSITY INITIATIVE

## **What is Diversity?**

Diversity is the mosaic of people who bring a variety of backgrounds, styles, perspectives, beliefs, and competencies as assets to ADTC groups and individuals with whom they interact.

## **What is DiverCity?**

"DiverCity" (yes – we meant to spell it with a "C") is where we live at camp – an actual place (your city of residence for the summer!) where campers and staff of different backgrounds, styles, perspectives, beliefs, and competencies live as a community.



# CAMPING PROGRAM PHILOSOPHY



## **Mission**

The mission of the camping program is to build a healthy, interdependent community that enables individuals to grow and mature as persons, as part of a group, and as an integral part of our environment.

## **Objective**

The principle objective of the camping program is to assist members of this community in developing personal, social and dance skills to result in informed decisions, responsible behaviors and constructive actions concerning our lives. In all, understanding relationships with ourselves, others and our environment is the objective. Camping builds self-esteem, confidence, and leadership through "adventure challenge" while dance promotes physical and mental health. We teach:

### **Dance Skills:**

Improve dance technique, respect and appreciation for diverse dance styles, respect for one's own body

### **Personal Development:**

Self-confidence and self-esteem, goal setting, responsibility, personal abilities, new skills

### **Social Development:**

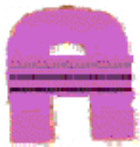
Communication and cooperation, trust, understanding of diversity, enthusiasm

### **Leadership Development for Teens:**

Integrity, communication, flexibility, collaboration, initiative, responsibility

**We teach dance skills, yes, that's one level. But on a higher level, ADTC teaches life skills!**

# CAMP CODE OF CONDUCT: IT'S AS EASY AS ADTC!



Because we have appreciation for others, we respect and treat them as we want to be treated

Campers – please come to camp prepared to discuss why appreciating and respecting others is important in dance class, in a camp environment and in life. If you like, make some notes here:

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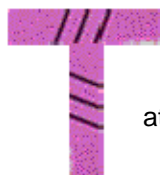
Because we are dedicated and responsible, we do what is right and are accountable for our behavior

Campers – please come to camp prepared to discuss why dedication and responsibility are important in dance class, in a camp environment and in life. If you like, make some notes here:

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Because we are trustworthy and honest, we make sure our choices match our values

Campers – please come to camp prepared to discuss why trust and honesty are important in dance, at camp and in life. If you like, make some notes here:

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Because we care about others, we are helpful and sensitive to their well-being

Campers – please come to camp prepared to discuss why caring for others and being sensitive to their feelings is important in dance, at camp and in life. If you like, make some notes here:

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The Code of Conduct is for campers and staff. Everyone needs to follow the ADTC Code of Conduct.