

Fitness Director

Overview

Fitness is a fairly new activity at camp Tamakwa. It was created to help encourage kids to participate in an activity that will get their heart rate up and help teach them about health and fitness. There are countless studies about child obesity and the long-term health issues that stem from living a sedentary life. How cool would it be to nip that trend in the bud this summer at camp? We would love for Tamakwa campers to go home feeling good and with an understanding that physical activity is fun and enjoyable! Your job can help shape campers lives with hopes that they keep on track for a healthy life at home. How cool is that?

Loon Lodge will be your home base, but you are encouraged to use the wonders of Algonquin to accomplish your goal of fun fitness! Be sure to keep Loon Lodge organized and free of lost and found as it is often used for evening program.

Programming

The possibilities of the fitness program are endless. From yoga and dance classes, to circuit trainings and boot camps, to long runs...If kids are active, you are doing your job! On top of physical fitness activities, learning about healthy living can also be part of your program. Talking about healthy eating, muscle and body science, and making healthy choices all falls under the umbrella of fitness.

There are a number of things that can be done for this activity throughout the day and dependent on age groups. In the past, it has been proven that

- JTs like fitness games (i.e. race charades), aerobics and yoga, games/ relays
- Rangers love fitness competitions, and kick boxing
- Voyagers like bigger workouts – training for long trip and the triathlon
- 49ers love Zumba and aerobics and circuits focusing on “target” areas- abs and butt!

It is important that you make sure the programming you have decided for each period is age appropriate and is tailored for children of all fitness levels. It is incredibly discouraging for less fit campers to participate in your program if they feel self-conscious. Make sure you make the program achievable for all campers. Having one of your staff demonstrate a moderate level or alternate exercise is helpful to those campers.

Bonus Things Kids Love at Fitness

- kids love props- they love to use the exercise balls and half balls
- kids love triathlon training! Before the camper triathlons/ JT triathlon (you'll learn more about this at camp) kids will want to work on skills to improve their running and strength.

Awards and Additional Notes

The awards for fitness are fairly new and each is appropriate for the age group for which they were designed (although they can be used in different age groups). For a full break down of awards see the awards sheets for fitness.

Some things that should be included if not already

- Have kids learn the major muscle groups, the basic function of the muscle and what exercise uses which muscle.
- Teach proper nutrition, explain the 5 food groups and how each group affects your body.
- Construct the highest award including knowledge of the above information.
- Idea for cookout: boot-camp style paddle out, work out on an island.
- The kids really enjoyed making smoothies for breakfast with yogurt and fruit—love coming up with ideas for Margot to make camp healthier!

Staff

You will most likely be given another staff member for your activity. This staff member should be utilized to run different programs throughout the day and to take different groups through the days programming. You will be exhausted if you teach 5 fitness classes all day everyday!!!

This person might not have much knowledge of fitness or perhaps a different set of fitness experience and interests. Discuss with your staff their strengths and weaknesses and work together to develop a diverse program.

Great ways to use your staff

- have them teach “alternate” techniques
- le/ if teaching a class, and you are at the front, have your staff next to you teaching a modified version
- Alternate teaching, and walking around and helping kids one on one... or just take part in the class! Kids love it when you exercise with them

Safety

While we always encourage campers and staff to have fun at everything they do, safety is paramount. Fitness is an excellent way to get into shape and learn the fundamentals of working out; however, there are many things that are dangerous.

Weights should only be used under the supervision of the fitness director and should be age appropriate. Work up to weights... fitness tests need to be done first, and then increase intensity or weight every week by 10%.

- Light weights = Upper level Rangers and Pioneers
- Middle weights = Voyageurs and 49ers

Dehydration – make sure campers participating at fitness have plenty of water breaks/ bring a bottle! (otherwise its harder to travel around camp as there are only a few water fountains)

Summary

We know this is a lot of information. We do not expect you to memorize all of it. We do expect you to read it, take notes, and ask questions! We hope you are as excited as we are to have you with us on South Tea!

FITNESS RULES

- Campers and staff must be wearing proper footwear when taking part in fitness classes
- All equipment must be put away at the end of every program day