

Supporting Healthy Youth Development

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

ACSF's high-quality programs use "building blocks" of healthy youth development, which address the full spectrum of young people's needs in order to support their emotional, social, and physical development. Research shows that children need these "building blocks" to grow into healthy, successful adults.

Healthy Youth Development Building Blocks are:

Positive Relationships: Students develop positive relationships with supportive adults and peers.

Skill Building: Students build confidence and develop cultural awareness while learning new skills.

Regular Physical Activity: Students improve mental, physical and cognitive health through regular physical activity. ACSF introduces healthy lifestyle habits through fun, vigorous physical activity.

Safety: Students are provided emotional and physical safety allowing them to develop a sense of belonging and freedom.

Youth Participation: Students participate in decision-making and build leadership skills.

About ABADÁ-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 Mestranda 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.

ACSF offers professional instruction and performance of capoeira at its Mission based Brazilian Arts Center, and at over 40 sites throughout the Bay Area. Its Brazilian Arts Center serves as a vibrant community center for arts and fitness.

ABADÁ-Capoeira San Francisco

Brazilian Arts Center
3221 22nd Street
San Francisco, CA 94110
Phone: 415 206-0650

Email: info@abada.org / Web: www.abada.org

**Artistic Director,
Mestranda Márcia Treidler Cigarra**



Kids' Capoeira & Maculelê Summer Camp 2010

Final Registration due one week prior to start date

Early Bird Special:

\$200 if you register your child before May 1 5th!!

Information & Registration Form

ABADÁ-Capoeira Summer Camp

ACSF is offering three separate one-week camp sessions. ABADÁ summer camps allow students an opportunity to learn the Brazilian arts of **capoeira** and **maculelê** in a structured, yet fun atmosphere.

Daily physical and music trainings are complimented by discussions on the history of the arts, performance videos, and fun outdoor activities. Each session culminates in a "Friday Friends & Family Fest", which includes a demonstration presented by the youth participants!

The Art Forms Explored

Capoeira

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, song, ritual, self-defense technique, and acrobatics.

Maculelê

Maculelê is a traditional Afro-Brazilian dance played with sticks or machetes. Maculelê was created by African slaves in Brazil who worked on the sugar cane plantations. It is believed that during their times of rest between working, they would practice this dance with the machetes which they used for cutting down the sugar cane. The basic movements of Maculelê imitate the movement and motion of chopping the sugar cane.

Camp Instructors

Summer Camp will be led by ACSF instructor Graduado Corrente (Antonio Contreras) and help from Os Elementos (ACSF Teens).

Antonio is a graduate student of capoeira, a lead performer of our ABADA SF performance troupe, having participated in some of the most important events of ACSF. He is also the lead instructor of the innovative Body Brasil Fitness Program at ACSF, and serves as a lead substitute during Mestranda Marcia's travels, Graduado Corrente has been highly involved in teaching capoeira to kids at ACSF and San Francisco public schools, in particular, at the Fairmount Elementary School. Since 2007 Antonio is a member of The Board of Director of ACSF, and heads up the Programs Committee of the Board.

Camp Description

Kids' classes teach basic capoeira and maculelê technique, as well as the musical rhythms, instruments, and songs in Portuguese. Classes are taught using games and exercises emphasizing cooperation, leadership, and skill building.

Classes strengthen physical coordination, as well as musical and mental abilities— building discipline, respect, strength, flexibility, and endurance. Classes are designed for and open to all levels. New students are welcome!

Ages: Children aged 6 – 12- All Levels.

Number of Students: Minimum 10 // Maximum 20

CAMP SESSIONS SCHEDULE

Session One: June 14-19

Session Two: June 21-25

Session Three: June 28-July 2

Session Four: July 5-9

TIMES

Monday - Thursday 9 AM - 3 PM

Friday 9 AM - 4:00

FEES

One Week Session: \$225/per child

Must register one week prior to start date. Limited Tuition Assistance is available for Summer Camps; for more information please call our office at (415)206-0650;

ENROLLMENT PROCEDURES

Enrollment open from **March- June 28th, 2010**. Must enroll one week prior to session start date

To secure your child's place in camp, DROP OFF or send BY MAIL ONLY: 1) full payment, and 2) a completed camp registration form. It is highly recommended that you mail your registration EARLY for best chance of securing space in your preferred week(s) of camp.

You can email registration if you paid online. Must make a note stating that payment was made online.

Registration Form

Please complete and submit with full payment to: ABADA-Capoeira 3221 22nd St. SF, CA 94110

Students Name _____

Students Age _____

Birth date _____

Address _____

City/State/Zip _____

Parents Name or Names _____

Cell/Home Phone # _____

Work Phone # _____

Email Address _____

Doctor Phone # _____

Insurance Company Policy # _____

MEDICINE/DIETARY RESTRICTIONS

EMERGENCY CONTACT Phone # _____

PLEASE CIRCLE SESSION CHOICE(S)

___ Session One: June 14-19

___ Session Two: June 21-25

___ Session Three: June 28 - July 2

___ Session Four: July 5 - 9

MAKE CHECKS PAYABLE TO ABADA-CAPOEIRA SF

Full Refunds, less \$25 per child, are only available until three weeks before the scheduled start date of camp. No refunds for cancellations less than one week prior.

DAMAGE 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. ABADA-Capoeira SF directors and staff work to ensure the safety of participants, are trained in first aid techniques and 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.

Read, understood and accepted by X _____