



Camp Sant Sipahi

May 24th, 2009

Dear Parent,

Waheguru ji ka Khalsa Waheguru ji ki Fateh

It is my great pleasure to introduce to you our 2nd annual Gatka Camp now known as Camp Sant Sipahi. The camp material and activities are designed to ignite the Sikh Spirit within the Sikh Youth as well as embrace the Sant Sipahi lifestyle. The camp activities and programs will consist of Gatka, Simran, Nitnem, Fitness Exercises, Kirtan as well as group discussions and workshops. The camp will be held at L.E. Smith Center in Rockville, MD from July 15 (Wed) thru July 18th (Sat) 2009.

The camper age limit is 13 and above and the camp will be a host to about 40 campers. The campers will be supervised by about 10 sewadars (counselors) who will conduct Gatka sessions as well as other camp activities. Gatka Ustaad Bhai Jaspreet Singh Ji from California and his students will be conducting classes for intermediate and advanced students along with local instructors. We have also invited female instructors to motivate and encourage the female campers.

Camp is not possible without the help and guidance of parents. We will require about 5-6 full time sewadars at the camp to help with cooking and serving meals, medical needs as well as any help with camp activities. If you would like to volunteer and are able to stay overnight at the camp please contact Prabhjit Singh or myself.

The camp fee this year will be \$75 per camper to cover camp expenses and air fares for instructors. If you would like to donate any amount other than the camp fee to help with camp expenses please feel free to contact us and your Sewa will be greatly appreciated. If for any reason you are unable to pay camp fees, feel free to contact us and appropriate arrangements will be made.

The camp will also require daily balanced, healthy meals/snacks (vegetarian). We hope to distribute the meal and snack sewa among parents of the campers attending. We request that no food from chain restaurants be ordered to supplement a balanced meal.

Please feel free to contact us about any questions, concerns, or suggestions.

Waheguru Ji ka Khalsa Waheguru ji ki Fateh

Sincerely

Sunmit Singh

(240) 838-4848

sunmits@gmail.com



Camp Sant Sipahi
July 15-18, 2009

Attendee Registration Form

First Name _____, Last Name _____

Male ___ Female ___

Age: _____ yrs. Date of Birth ___/___/_____

Guardian 1 _____ Guardian 2 _____

Address _____ City _____ State _____ Zip _____

Telephone Home: () _____

Work: () _____ Mobile: () _____

School: _____ Grade/Year _____

In Case of emergency contact:

Name _____ Relationship _____

Telephone Home: () _____ Mobile: () _____

Medical Information

Physical Disabilities (if any) _____

Doctor / Physician Name _____ Phone #: () _____

Medication which Camper is currently taking, times, how often and why taking:

Medication #1: Name: _____ Time to take: _____ How often: _____

*For more than one medication please list at the bottom of the page

Please list any known allergies:

Meal Restrictions:

List any special needs:



List any physical limitations:

Medical Insurance: Yes ___ No ___ If Yes, Attach a Copy of both sides of Insurance Card

No. _____ Pre-Authorization Phone _____

If No, How Would You Like Us to Treat Medical Needs and Emergencies?

I, the Undersigned (and my Parent), agree to the following:

I understand that this is a fully supervised camp and I agree to uphold the dignity of the Sikh Religion and maintain all group standards set forth, at all times.

I hereby grant permission for my child/ myself to be transported by the Camp Sant Sipahi for activities, including sports and field trips. I understand that notice of such outings will be available on demand prior to any trip. In case of medical emergency, I understand that every effort will be made to contact my emergency contact(s) or me. If I or someone on the emergency form cannot be reached, I give the Camp Sant Sipahi permission to secure the medical treatment necessary for my child; including hospitalization, injection, anesthesia, or surgery (at my own or my parent's expense). I further release any of these persons from any liability for such decisions or actions, which may be taken on my behalf.

Enclosed is a Check/Cash of \$75 for the Camp Registration fee. Please make all checks payable to The Sikh Youth Commission, Inc.

Applicant's Signature _____ **Date:** _____

Parent's Signature _____ **Date:** _____



Things to bring

Pillow
Blanket and/or sleeping bag
Bed sheets
Fan

Toiletries:

Towels, Toothpaste, Toothbrush
Soap, Shampoo
Comb/Brush

Clothes:

Undergarments
Socks
5 changes of clothes {Sweatshirts, shirts, pants, shorts, etc.}
Lightweight jacket
Turban (mandatory)
Scarf/Chunni/Dastaar (mandatory)
Chola/Kurta Pajama

Miscellaneous:

Flashlight
Glasses/contact lenses
Athletic shoes
Appropriate outdoor sports wear
Raincoat/umbrella
Insect repellent
Hangers
Medicine if necessary {please disclose on the registration form}

Notes to Parents: Please do not send the following items:

Gum, candy, cookies, and other treats, radios, tape players, video games, TV, matches, lighters or other dangerous items.

Campsites are not responsible for anything lost by the campers.

Please bring appropriate and comfortable clothing for Gatka (Track pants, sweatpants, sneakers etc.)