



Crazy 88 MMA Summer Camp Information
Monday, June 16th to Friday, August 22nd



Letter to the Parents

**We are very excited you will
be joining us for summer
camp this year!**

My name is Vannesa Griffin and I am the Summer Camp Director here at Crazy 88 in Elkridge. I have been coaching kids Brazilian Jiu Jitsu since September of 2013. I have been running the kids program here at Crazy 88 Mixed Martial Arts since July 2016. I have had the privilege to coach kids from day 1 and make them into international champions. I myself am an international competitor and have won three world titles at various belts and styles. I received my black belt in June of 2020 and took 3rd at the World Championships in 2023.

I have been running successful summer camps since 2017. Kids of all ages have enjoyed the camp, a few of have said it was the best summer camp they have ever attended. When working with other camps in the past I noticed there was a lot of "free time" which lead to choas and boredom. I vowed to run a summer camp that was the complete opposite. Our summer camp kids are well behaved because we are constantly providing them with activitites.

Coach Mahoney will be the Camp Director at the Owings Mills Location. They just finished their first successful Summer Camp. We will be adding a camp in the

Severna Park Location this year! Coach Christian Thomas will be the Camp Director at this location.

With 27 years of diverse martial arts training, Coach Mahoney brings a wealth of experience to the table. He holds a Purple Belt in Brazilian Jiu-Jitsu and has a professional Mixed Martial Arts fighting background. Coach Mahoney has been coaching kids martial arts for 20 years. As Head of the Owing Mills Kids Program and Safe Sport certified, he excels at nurturing young athletes and promoting a positive training environment.

Coach Christian is a super student of Brazilian Jiu Jitsu. He began training 5 years ago and began coaching with us 2 years ago. He helped run the Owings Mills Camp last year and is excited to branch out and begin his own camp!

We all prioritize fun in a safe, engaging environment and ensure that the kids leave the camp happier than when they came in. If you are looking for a fun, productive camp for your child to join, **you've come to the right place!**



Daily Backpack Checklist

- Gi and Belt
- Morning Snack
- Afternoon Snack
- Brown Bag Lunch
- Change of Clothes
- Bathing Suit
- Towel
- Flip Flops/Crocs
- Sneakers and Socks
- Sunscreen
- Water Bottle
- Plastic Bag for wet clothes

Sometimes we have to change our plans for the day based on weather or attendance, so please pack your children with everything everyday so they are prepared for a fun filled day!





Daily Sample Schedule

8am to 9am	Drop Off Kids can eat breakfast, play on electronics, and use any of the camp games and toys available.
9am to 11am	Outdoor Time Outdoor games, basketball, water balloons, slip n slide, water guns, splash pad, etc.
11am to 12pm	Card and Board Games/Arts & Crafts/STEM Activity
12pm to 1pm	Lunch Time followed by a Scavenger Hunt
1pm to 2pm	Martial Arts Class This class will be a Gi Jiu Jitsu class
2pm to 3pm	Quiet Time Reading, Naps, Puzzles, and/or Workbook
3pm to 4pm	Afternoon Snack followed by Mat Games
4pm to 5pm	Pick Up Kids get things ready to go home or go to class; electronics are allowed at this time.

Six Benefits of Martial Arts

Self Defense: While there are zero tolerance policies in place in Maryland public schools, that doesn't prevent children from being bullied, it only punishes the act after it happens. We need to ensure our children have the proper tools to defend themselves when we can't be there. Here at Crazy 88 camp, they will start the day learning how to defend themselves. Then we spend the rest of the day having fun!

Build Confidence: Nothing builds confidence like having to work hard and learn something new. We teach our kids to stand up to others and believe in themselves while remaining respectful to others.

Exercise: Brazilian Jiu Jitsu requires kids to use their muscles and their minds together to learn the art. Our kids do a lot of different mobility movements, coordination and agility drills, strength building exercises, and cardio all in the same class for a great way to start their morning.

Focus on Individual Growth: Team sports allow children to rely on the "star players." In martial arts, while there is a team atmosphere to learn teamwork, children are taught that they are responsible for their own growth and learn skills that will follow them throughout their lives.

Discipline: Martial arts fosters a culture of respect and discipline. All classes have a set structure that is easy for the children to follow. Crazy 88 coaches strictly enforce the rules and hold the children accountable for their actions. We strive to instill a strong self of self-discipline in all the children we teach.

Improve Focus and Concentration: Martial arts requires focus to improve. Crazy 88 coaches help children with their concentration skills by explaining things loud and clear and giving assistance as needed. When the children's focus begins to dwindle, the coaches work on redirecting their focus to get them back on track. We give them concentration skills that follow them into the classroom for improved grades.



Competition Team Program

We will have a program for children who actively compete. The Competition Team portion of the day will take place in the afternoons beginning at 1pm. Competitors are encouraged to do the full day camp to be a part of the fun activities and field trips in the morning.

Competitors are also encouraged to stay for evening classes. The recommended rank for this program is gray and white belt based on the curriculum. There will be a separate class for beginners that will take place from 1pm to 2pm.

The tentative schedule for the Competition Team program is as follows and will be held Monday - Friday.

1pm - 2pm	Advanced Gi Class This will be the main afternoon class of the day. Those who elect to do the Half Day Competition Team Program would start their day at this time.
2pm - 3pm	Break Time/Snack/Academics/Film Study
3pm - 4pm	Drilling or Workouts
4pm - 5pm	Break Time and Electronics
5pm - 7pm	Regular Training We would encourage kids to stay and train at least 2 times per week in the regular night classes to remain in sync with the curriculum and to have extra training partners.



Activities We Offer

Mat Games

Sprout Tag, Sharks and Minnows, Dodgeball, Capture the Flag, Laser Tag + Inflatables, Castle Tag, Tic-Tac-Toe, and Four Square.

Card Games

Exploding Kittens, Uno, Speed, Spoons, Taco vs. Burrito, Throw Throw Burrito, and Fluxx (Multiple Versions).

Board Games

Chess, Checkers, Sorry, Monopoly, Connect 4, Battleship, Operation, Clue, Jenga, Dino Battle, Don't Break the Ice, Mouse Trap, and Galactquest.

Building

Legos, Magnetic Tiles, Snap Circuits, Lincoln Logs, Train Tracks, and Fort Building Kits.

Arts & Crafts

Slime, Origami, Lava Lamps, Marshmallow Shooters, Spaghetti Towers, Sand Art, Nunchucks, Tie Dye, Homeade Ice Cream, and Oobleck.

Outdoors

Water Balloons, Lawn Darts, Slip n Slide, Water Guns, Yard Pong, Basketball, Lawn Bowling, Corn Hole, and Giant Jenga.

Academics

Scavenger Hunts (Puzzle Clues), Jeopardy, Brain Games, Summer Workbooks, Reading, Kahoot, Blooket, Logic Puzzles, and Jigsaw Puzzles.



Frequently Asked Questions

Who is allowed to attend the camp?

The camp is intended for children aged 6 to 13 and we accept both members and non-members of Crazy 88.

When does the camp begin and end?

We run for 10 weeks during the Howard County (Elkridge) and Baltimore County (Owings Mills) and Anne Arundel (Severna Park) Public School System Summer Break with the only day off being Friday, July 4th.

Where are the camps being held?

The camps are being held at Crazy 88 MMA in Elkridge, Owings Mills, and Severna Park.

How do I register my child?

All you have to do is follow the link we will provide when you reach out to one of the Summer Camp Directors. We require that you read through all the materials and fill out the paperwork in full before your child begins camp.

How should I pack my child's lunch?

We have a morning snack between 10 and 11am, lunch between 12 and 1pm, then an afternoon snack between 3 and 4pm. We do not allow refrigeration or use of the microwave. We recommend non-perishable food and/or thermoses to keep food warm. We also ask that you not send any products containing nuts.

What kinds of field trips do the campers take?

We frequent local playgrounds, parks, and libraries. During bad weather, we stay indoors and do laser tag/nerf wars and bounce houses.

Contact Us

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