



Crazy 88 MMA Summer Camp Information
Monday, June 17th to Friday, August 23rd



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.

This year we are adding a Summer Camp in Owings Mills run by Coach Daniel Mahoney. Coach Mahoney has been running an aftercare program to ensure the children are continuing their development after school hours with martial arts.

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 Owings Mills Kids Program and Safe Sport certified, he excels at nurturing young athletes and promoting a positive training environment.

We both 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 10am	Martial Arts Class
10am to 10:30am	Morning Snack and Mat Games
11am to 1pm	Backyard Time: Outdoor games, basketball, water balloons, slip n slide, water guns, splash pad, etc.
1pm to 2pm	Lunch Time followed by a Scavenger Hunt
2pm to 3pm	Quiet Time Reading, Naps, Puzzles, and/or Art
3pm to 4pm	Afternoon Snack and Arts and Crafts or 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 mornings. Competitors can participate in the first half of the day or they can stay for the full day and participate in the fun activities we have planned.

Competitors are encouraged to stay for evening classes as well. 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 9am to 10am.

The schedule for the Competition Team program is as follows.

	Monday	Tuesday	Wednesday	Thursday	Friday
9am - 11am	Gi BJJ Class	Gi BJJ Class	Field Trip	Gi BJJ Class	Nogi BJJ Class
11am - 12:30pm	Break Time: Lunch and Free Play	Break Time: Lunch and Free Play	Break Time: Lunch and Free Play	Break Time: Lunch and Free Play	Break Time: Lunch and Free Play
12:30pm - 1pm	Strength and Conditioning	Q&A, Film Study, and/or Drilling	Strength and Conditioning	Q&A, Film Study, and/or Drilling	Strength and Conditioning
1pm	Half Day Pick Ups	Half Day Pick Ups	Half Day Pick Ups	Half Day Pick Ups	Half Day Pick Ups

A photograph of two children standing in front of a white vertical-slat fence. In the foreground, a young boy with light brown hair and a blue t-shirt is looking towards the camera with a slight smile. In the background, another child with dark skin and short hair, also in a blue t-shirt, is looking back over their shoulder. The scene is outdoors on a green lawn.

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, Magentic Tiles, Snap Curcuits, 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) Public School System Summer Break with the only day off being Tuesday, July 4th.

Where are the camps being held?

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

How do I register my child?

The first step is to declare your weeks on the Weekly Reservation Form and pay the non-refundable registration fee. Before your child attends camp, the tuition must be paid in full and all the paperwork must be turned in. We require a notarized waiver and immunization records.

How should I pack my child's lunch?

We give time after martial arts class for a snack, then lunch around noon, and then another snack around 3pm. 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 have done field trips to local parks, playgrounds, and libraries. We also try to get to indoor activities like trampoline parks, laser tag, indoor playgrounds, and more!

Contact Us

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