

Youth Jiu Jitsu 2019

Participant Reference Guide

- **Description:** Brazilian Jiu Jitsu is an exciting and beneficial martial art for youth. Translated as “The Gentle Art”, Brazilian Jiu Jitsu uses posture, positioning, and knowledge to subdue an opponent with leverage instead of violence. Students will gain self-confidence, physical fitness, and a feeling of accomplishment by learning simple principles and techniques that improve their skills quickly. This class is an introduction to the art, with an emphasis on fundamentals, bullying prevention, and having fun while learning.
- **Session Dates:**
 - Jan 7 - March 11 (8 weeks – no practice 1/21 and 2/18)
 - April 1 - May 20 (8 weeks)
 - June 17 - Aug 5 (8 weeks)
 - Aug 19 - Oct 14 (8 weeks)
 - Nov 4 - Dec 23 (8 weeks)
- **Ages:** 8-14
- **Gender:** Boys and girls combined
- **Cost:** \$55 per child per session
- **Registration Opens:** 8 weeks prior to session
- **Registration Closes:** When capacity is reached, or one week after the first class of the session
- **Practice Schedule:** Every Monday, 6pm-7pm
- **Match Schedule:** None; scrimmage during practice
- **Location:** Astoria Recreation Center (1555 W Marine Dr., Astoria, 97103)
- **Uniform:** None provided; wear athletic clothing, shoes will be removed
- **Instructor:** Morgan Tisdale, volunteer
 - **Phone:** 503-896-6825
 - **Email:** radvideoonline@gmail.com
- **Staff Contact:** LeRoy Woodrich, Recreation Coordinator
 - Phone: 503-325-7275
 - Email: lwoodrich@astoria.or.us
- **Communication Expectations:** Participants will be contacted via email by LeRoy Woodrich, Recreation Coordinator, prior to the start of the session. Please ensure your contact information is up to date.
- **Drop Off and Pick Up Policy:** Please check in with your participant’s coach when dropping off or picking up. Parents and guardians of children ages 11 and younger should remain with their participant during practices and games. It is the parent and guardian’s responsibility to ensure children are picked up by the appropriate party – please let your coach know of any pick-up changes.
- **Inclement Weather Policy:** In the case of severe weather, please check the Astoria Parks website (www.astoriaparks.com). Notifications regarding schedule changes will be posted on the website by 3pm the day-of, and appear on the homepage and the main-page for the affected sports. Last-minute cancellations may still occur, determined by the instructor, in which case staff will do their best to notify participants via a phone call.
- **Survey:** At the end of the season, participants will receive a short survey via email. As we are continually striving to increase the quality of our programs and improve customer service, we truly value your feedback. Please let us know how we did!