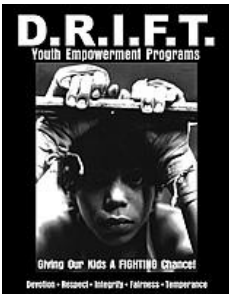




D.R.I.F.T. Program Overview



Our **Bully Beaters Program** will provide your child with insight and knowledge about nutrition, conditioning and basic self-defense tactics. When brought together this camp is designed to empower your child with the tools they will need to **STOP** the average school bullying situation.

Through our **D.R.I.F.T.** Curriculum kids are taught the natural virtues of ***Devotion, Respect, Integrity, Fairness and Temperance!*** These foundational character traits help kids become more self-reliant and self-confident so they can now **D.R.I.F.T.** towards success and away from crime, drugs or delinquent behavior.

In addition, our **Bully Beaters Program** helps **combat both the childhood obesity and school bullying epidemics** by **promoting physical fitness and emotional steadiness**. Our **Bully Beaters Program** provides your child with a **basic understanding of proper nutrition, conditioning and self-defense** so they are empowered to go on and become a **Champion in Life!**

Our **Bully Beaters Program** is run consecutively over a 7-week period. The camp is comprised of 14 sessions, 2 classes per week that meets (call for scheduled days/times). Each 14 lesson camp is limited to **ONLY 10 -12 students** to insure students get the quality instruction they need and the attention they deserve.

This program is offered to local boys and girls ages 9 thru 16. There is one time \$295 registration fee. This fee covers 14 student lessons during the camp, a BCBA tee shirt (a \$15 value) and our **Bully Beaters Program** promotional packet, which contains:

- D.R.I.F.T. Program Overview Sheet
- Lesson Plan with Q & A Sheet
- Student Commitment To Excellence Contract
- Program Rules & Regulations
- Student Nutrition & Fitness Fact Sheet

During the 7-week period **D.R.I.F.T.** students are challenged both physically and mentally. Each class begins and ends with an interactive discussion between coaches and students. During these sessions coaches review previous lessons and solicit feedback from students while encouraging them to succeed.

Occasionally students are given a weekend assignment. Assignments are based on the principals of **D.R.I.F.T.** and are designed to reinforce the natural virtues of **Devotion, Respect, Integrity, Fairness and Temperance!** Assignments may be as simple as using the meanings of the words that spell **D.R.I.F.T.** in a short paragraph, to donating an extra hour of time to help someone in need.

Coaches ascertain whether a student completed their weekend assignment during the review session of the following class. Though weekend character-building assignments are simple in nature, they must be completed (when given) if a student is to successfully complete a **D.R.I.F.T.** youth program. All **D.R.I.F.T.** sessions will end with a physical challenge and quiz/class review. These challenges are designed to chart a student's progress as it pertains to their fitness level and how they are grasping the topics they are being taught.

After successfully completing this camp students receive a Framed Certificate of Completion.

Completing our Bully Beaters Program comes with an added level of responsibility. Graduates of this camp are now considered leaders. He/she must conduct himself/herself in a manner equal to that of a champion!

- No horsing around or foul language will be tolerated whether or not you're at BCBA.
- A BCBA student must show a willingness to help others whether or not you're at BCBA.
- A BCBA student must donate a small amount of their time each month to participate in BCBA Outreach. These events include:
 - Helping serve those less fortunate be it at a local shelter or church.
 - Helping clean up a local public park or monument.
 - Assisting a local merchant or resident with graffiti or snow removal etc.

A BCBA Student may lose his/her gym privileges/status if BCBA is notified of behavior that is insubordinate or unbecoming of a BCBA student whether at home, school or in our community.

BCBA enforces a strict "3 Standing 8 Counts and You're Out" policy! All BCBA coaches have the ability to caution students with a rule breaking Standing 8 Count. At any time during class, while at BCBA, home, school or within the community if a student of BCBA is hit with 3 Standing 8 Count offenses he/she can be suspended or expelled from the gym / program.

Standing 8 Count Offenses Include But Are Not Limited To

- Missing a scheduled class without notification.
- Using improper or foul language.
- Stealing from the gym or another student.
- Disrupting a class or a fellow student's workout or play.
- Not returning gear to its proper places.
- Disobedience towards a coach, parent or peer.
- Showing disrespect towards a coach, teacher, parent, fellow student or community resident.

Offenses That Can Result In Immediate Expulsion from BCBA Include But Are Not Limited To

- Smoking.
- Drinking alcohol.
- Using drugs.
- Gang participation.
- Destruction of property (whether at BCBA, school, home or in the community).
- Stealing from the gym or another student.
- Bullying OF ANY KIND.
- Engaging in any conduct unbecoming of a BCBA student.

This is just an overview of our **D.R.I.F.T. Bully Beaters Program** an intense and highly structured course designed to empower youth with the tools they'll need to turn away from gangs, drugs and delinquency while battling the epidemic that is childhood obesity and school bullying.

Our program breakdown is also available for review on our website – www.BCBA.info.