

CAMP REBEL (2025)

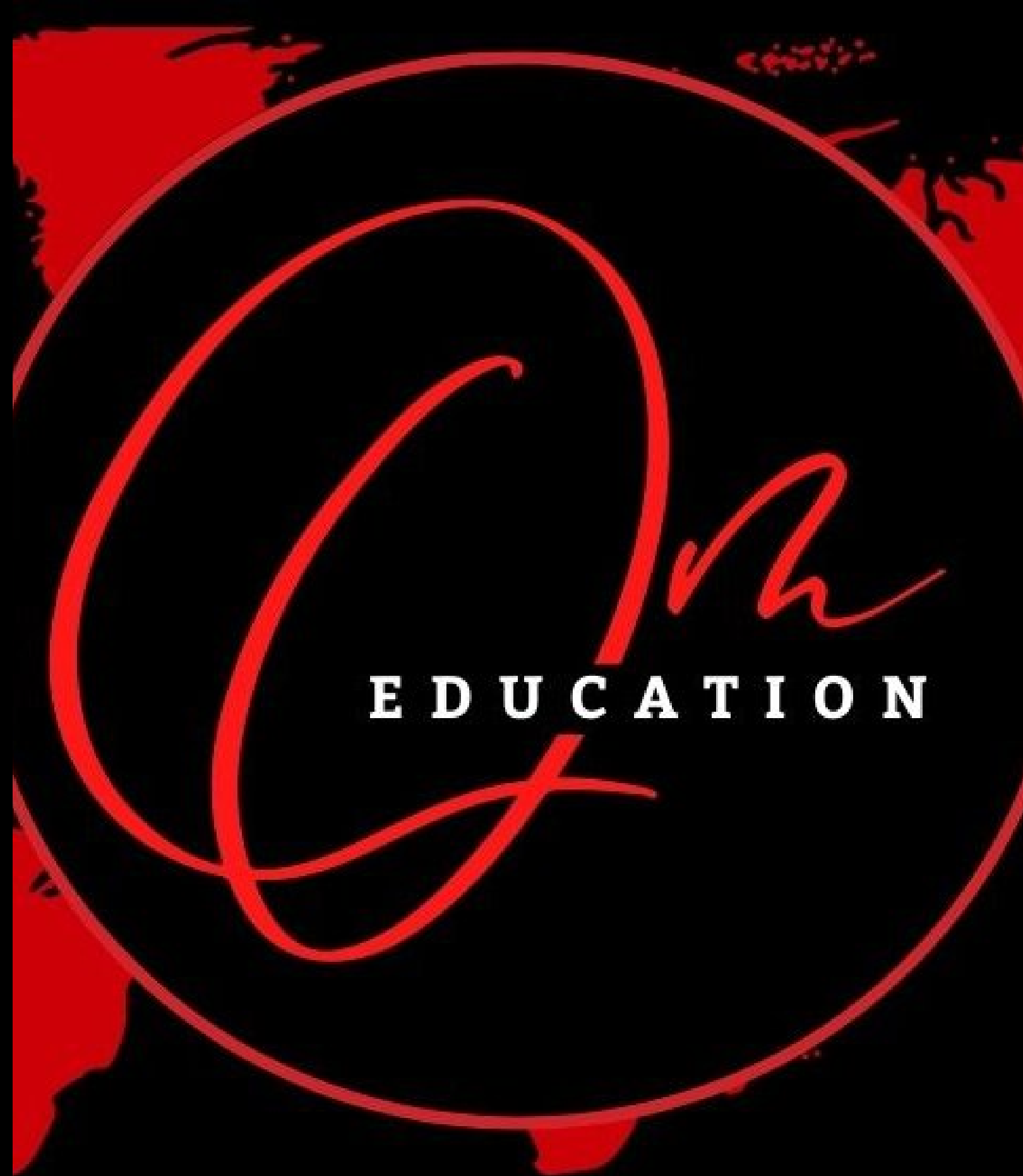


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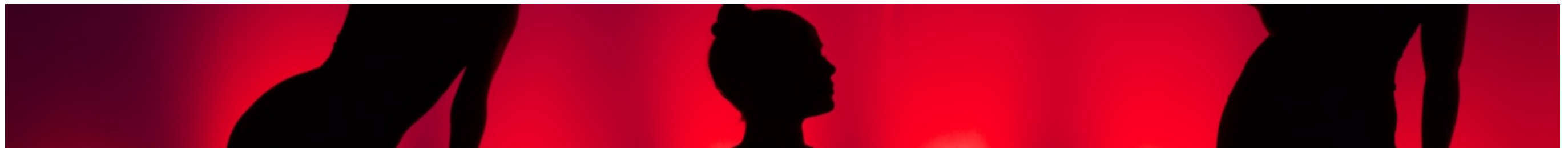


INTRODUCTION

Camp Rebel is a summer dance program organized by *Ocean Miller Education*. The program aims to encourage wellness, inspire creativity, foster confidence, and build community through the art of dance. Designed for participants ages **5 to 65**, Camp Rebel offers an inclusive and enriching experience for all generations.

The program features dance styles from various regions, including The Islands, Latin America, Asia, and Africa. Each week will focus on a specific region, culminating in a final performance that showcases the cultural diversity explored throughout the summer.

Camp Rebel aims to provide a memorable summer dance experience that celebrates cultural diversity and artistic expression. Through careful planning and execution, the program will inspire creativity, build confidence, and foster a strong sense of community among participants of all ages.



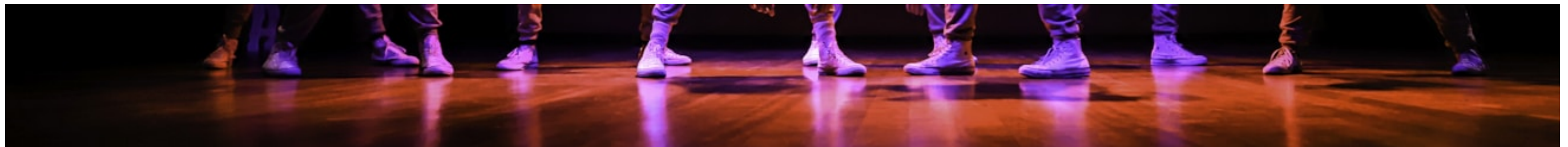
OBJECTIVES

1. **Promote Holistic Wellness:** Support mental, emotional, and physical health through mindful movement and joyful expression.
2. **Inspire Creative Expression:** Encourage self-discovery and emotional release through choreography and dance.
3. **Build Confidence & Resilience:** Strengthen self-esteem and individuality through supportive, empowering experiences.
4. **Foster Community & Belonging:** Create a safe, inclusive space rooted in connection, respect, and support.
5. **Celebrate Cultural Diversity:** Explore global dance traditions to build cultural awareness and appreciation.
6. **Develop Leadership & Performance Skills:** Offer opportunities to grow artistically and take on leadership roles through performance.



DELIVERABLES

1. ***Dance Workshops:*** Focus on a specific regional cultures each session
2. ***Choreography Sessions:*** Develop routines based on the weekly theme.
3. ***Performance Opportunities:*** additional rehearsals may be required leading to a final event.
4. ***Final Showcase:*** A public performance for family, friends, and the community.
5. ***Cultural Activities:*** Activities that complement the dance instruction and enhance cultural understanding.



CAMP REBEL TEAM



PROGRAM DIRECTOR

The Director ensures the smooth delivery of the program from the planning to evaluation phase by:

1. Developing and updating weekly schedules for classes, rehearsals, and performances
2. Ensuring high participant engagement through effective strategies
3. Approving and overseeing instructor recruitment, training, and choreography
4. Supervising sessions to ensure dancers are performance-ready
5. Enforcing health, safety, and program standards
6. Monitoring program quality and implementing improvements
7. Building and maintaining partnerships with dance professionals and organizations
8. Expanding collaborations to enhance program visibility and opportunities



PROGRAM MANAGEMENT

Team 6:30

Team 6:30 is a dynamic crew of ambassadors, leaders, and cultural connectors who ensure every beat of the program runs smoothly. Established in 2020, Team 6:30 champions both the **logistical execution** and **cultural integrity** of the program. Their responsibilities include:

1. Program Support
 1. Assist instructors with materials, music, and space setup to ensure smooth daily sessions.
2. Event Support
 1. Coordinate special events, manage sound/stage logistics, and boost engagement through games and challenges.
3. Community Engagement & Ambassadorship
 1. Welcome all participants warmly while promoting Camp Rebels' core values of inclusion, expression, and cultural pride.



FACILITATORS

The Camp Rebel Facilitators ensure effective delivery of the program schedule by:

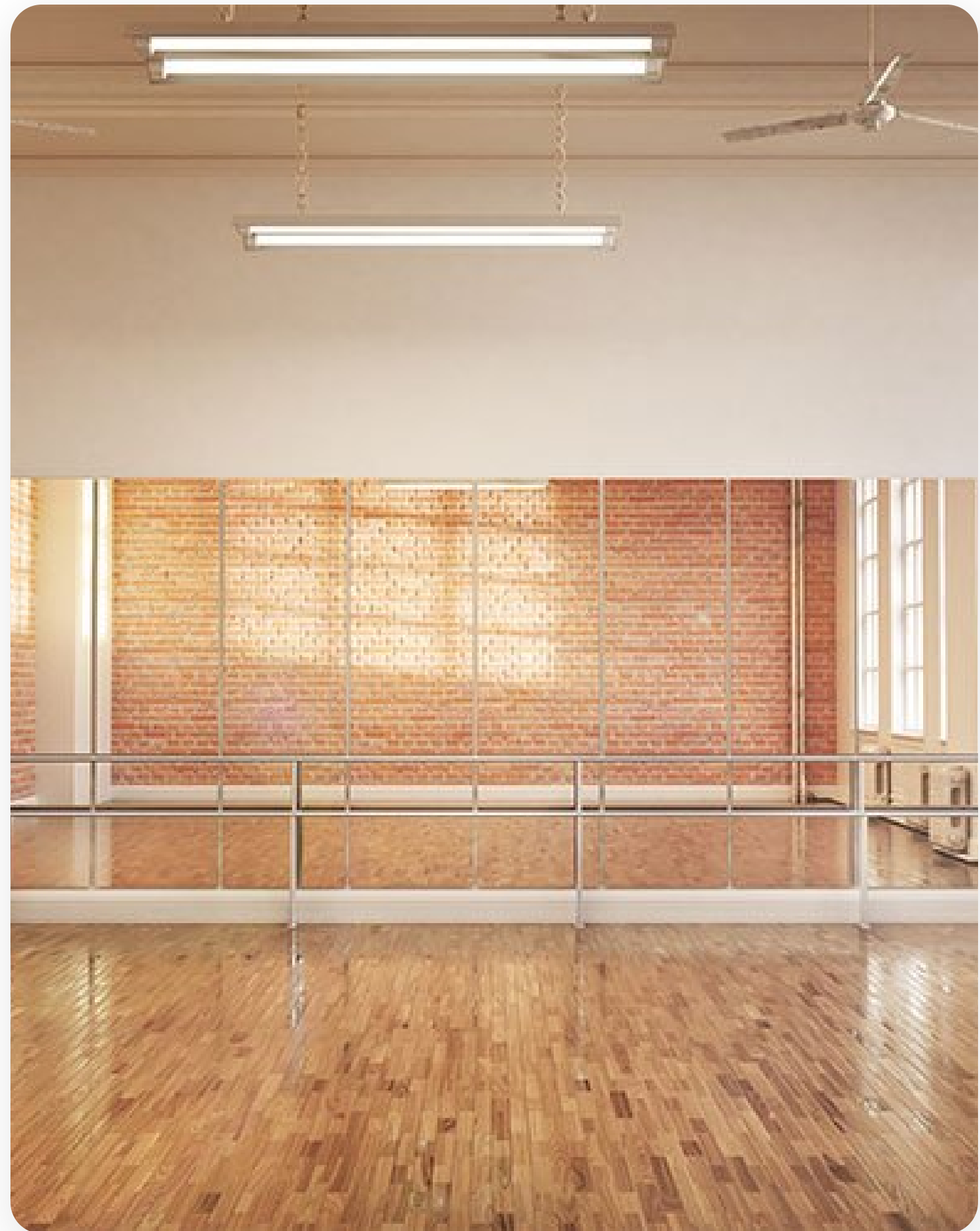
1. Collaborating with the program director to develop and refine the dance curriculum.
2. Attending regular rehearsals to ensure routines are performance ready.
3. Ensuring all health and safety protocols are followed in dance studios and performance areas.
4. Ensuring all dance studios, practice areas, and performance spaces are prepared and equipped with necessary materials.
5. Leading select dance instruction , choreography and rehearsal sessions.
6. Managing class dynamics, ensuring a positive and productive learning environment.



DANCE STUDIO AND REHEARSAL SPACES

All dance spaces **should** include the following:

1. Flooring: Sprung wood or Marley for safety and support
2. Mirrors (optional): Full-length mirrors to aid technique
3. Sound: Quality speakers for music playback
4. Lighting: Bright studio lighting; stage lighting for performances
5. Cooling: Fans or air conditioning required
6. Sanitization: Hand sanitizer, disinfectant wipes, and cleaning supplies
7. Visual Aids (optional): Access to a TV, projector, or other visual tools



HEALTH AND SAFETY PROTOCOLS

- **First Aid and Medical Support**

- Have a certified first aid responder on-site during all sessions.
- Maintain a well-stocked first aid kit accessible at all times.
- Establish protocols for handling injuries, including emergency contact procedures.
- Ensure nearby access to emergency medical services.

- **Hydration and Heat Management**

- Provide ample water stations and encourage regular hydration.
- Schedule frequent water breaks, especially during intense physical activity.
- Monitor participants for signs of heat exhaustion and heatstroke.
- Ensure the venue is adequately ventilated and, if possible, air-conditioned.

- **Safe Dance Environment**

- Ensure the dance floor is clean, dry, and free of obstructions.
- Use dance mats or sprung floors to reduce impact on joints.
- Regularly inspect and maintain equipment, such as mirrors and barres.



INSURANCE POLICY

The Centre prioritizes the safety and well-being of our dance instructors and participants. The Program Director maintains comprehensive dance insurance and all dance instructors are encouraged to get comprehensive seasonal insurance. This ensures that our programs are delivered in a secure and professional environment, giving you peace of mind.

PROGRAM ACTIVITIES

ACTIVITY OUTLINE

Regions Covered: The Islands, Africa, Asia , The Americas

- ✓ **Orientation & Program Overview:** Introduction to the cultural focus of the day. Overview of the music, dance style, and cultural significance. Setting personal and group intentions
- ✓ **HIIT Warm-Up:** Dynamic stretches and cardio exercises. Music samples from the day's genre (e.g., soca, afrobeats, K-pop, hip hop) Prepares the body and mind for movement.
- ✓ **Dance Instruction & Choreography:** Step-by-step learning of core movements. Choreography inspired by regional dance styles. Focus on rhythm, expression, and cultural context.
- ✓ **Cool Down:** Gentle stretching and breathing techniques. Music shifts to slower rhythms or traditional instrumental tracks. Emphasis on recovery and reflection.



CAMP REBEL SUMMER CHALLENGE (2025)

The Camp Rebel Summer Challenge encourages participants to push their limits, develop their skills, and remain engaged throughout the program. This year's camp will include performance opportunities and various rewards given to participants that showcase consistency and leadership throughout the program.

With various activities implemented into the curriculum, participants will have the chance to win rewards such as:

- ✓ **Dancer(s) of the Week:** The participant(s) who excels in all areas including engagement and skill mastery will be crowned Dancer of the Week. The winner receives a certificate of achievement.
- ✓ **Camp Rebel Merch Rewards:** Throughout the program, various merchandise items such as T-shirts, hoodies, water bottles, or bags will be given to participants for their achievements, performance excellence, or team contributions.



JR. REBEL BOOTCAMP SERIES

As part of the **Camp Rebel 2025** youth wellness program—the **JR Rebel Bootcamp Series** is a 4-week intensive workshop designed to help young participants take ownership of their health and wellness. This series supports the overall mission of Camp Rebel: to **encourage wellness, inspire creativity, foster confidence, and build community** through movement, culture, and education designed to be fun, interactive and empowering.

Participants will take part in:

- Weekly **fitness sessions** focused on strength, flexibility, and endurance
- Engaging **nutrition workshops** that explore healthy eating, meal planning, and cultural food traditions
- Practical guidance on **consistency, motivation, and goal setting** in health management

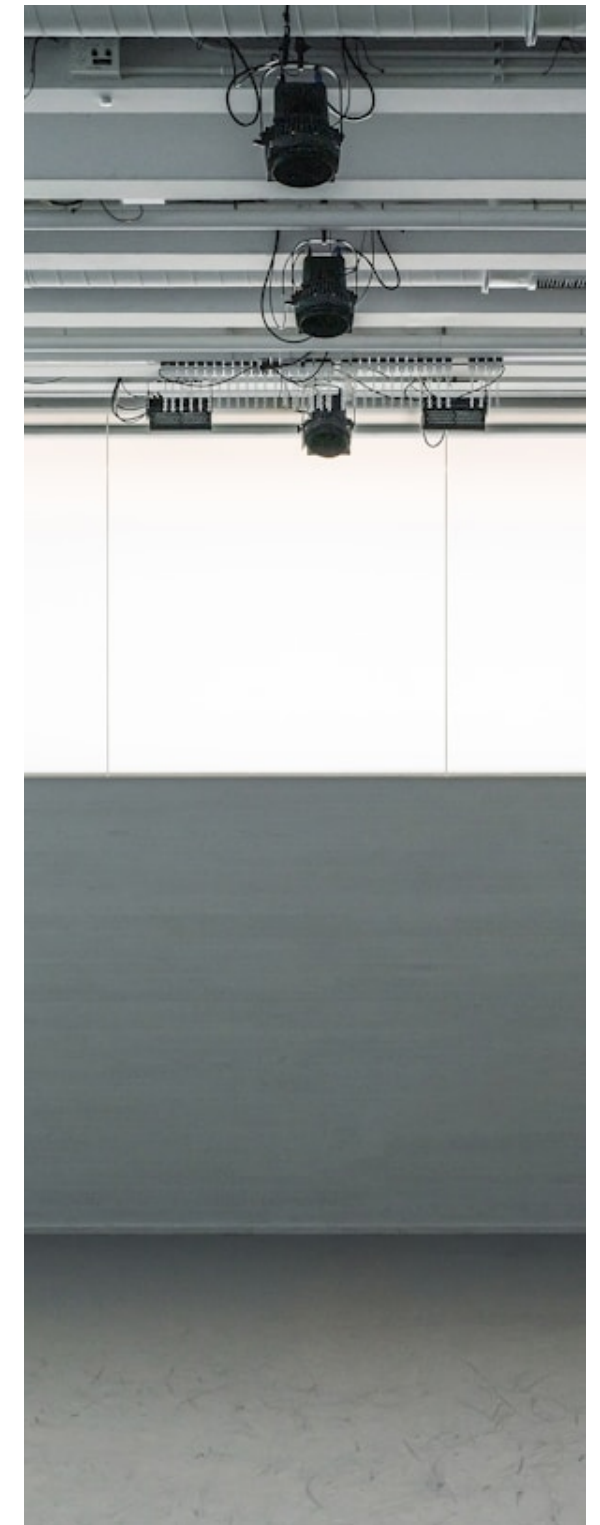
Graduates of the JR Rebel Bootcamp will receive a **Certificate of Completion** and may be invited to **work or volunteer at a future Camp Rebel event**, gaining hands-on leadership experience while contributing to their community.



CUSTOMIZABLE FEATURES OF THE PROGRAM

Camp Rebel is a highly customizable dance program designed to meet the unique needs of our participants and community partners. Our program caters to participants ages 5+, ensuring an inclusive and engaging experience for all age groups.

1. **Duration:** We understand the importance of flexibility, which is why we require a minimum booking of just one 1.5-hour class time, allowing you to fit our program seamlessly into your schedule.
2. **Activity Type:** Select one or more of our diverse program activities to incorporate into your new or existing program. Whether you're looking to introduce a single dance style or a comprehensive dance curriculum, we have options to suit your needs.
3. **Number of Instructors:** To maintain a high-quality learning environment, we provide a minimum of one instructor for every group of 25 participants. This ensures personalized attention and a safe, supportive atmosphere for all dancers.
4. **Showcase Events:** Showcase events are tailored specifically to meet the goals and needs of our community partners. Whether you're aiming to highlight student progress, engage the community, or celebrate cultural themes, we will work with you to create a memorable and impactful event.



STAKEHOLDER ENGAGEMENT AND COMMUNICATION

Regular communication with stakeholders will ensure effective and smooth completion of the program.

Camp Rebel Participants

All Camp Rebel participants will become a part of the Centres network and receive ongoing opportunities to develop their skills as needed.

Camp Rebel Team

All Camp Rebel team members will establish an effective peer support network with other team members and participants to provide encouragement and support as needed.

Community Partners

All community partners will maintain regular communication with the Program Director to keep them informed about program updates, events, and opportunities for collaboration including planning and decision-making process for program activities and events.

EVALUATION

By implementing this evaluation procedure, we can systematically assess the effectiveness of the dance program, gather valuable feedback and make data-driven decisions to continuously improve and enhance the program experience.

Pre-Program Analysis:

The pre-program analysis ensures that the evaluation process is well-structured and tailored to measure meaningful outcomes. It sets baseline expectations and helps identify specific objectives that align with participant engagement.

Activity Participation Logs:

To track participant engagement during each activity and to identify areas where engagement may be low or high. These logs will give real-time data about how well participants are participating in different components of the program (e.g., warm-ups, choreography, leadership activities).

Participation Milestones and Rewards

To motivate participants by recognizing their engagement and progress, creating incentives that drive involvement and celebrate accomplishments. These activities include a series of "Camp Rebel Challenges" (e.g., completing choreography tasks, showing leadership in group exercises, mastering a new skill, etc.)

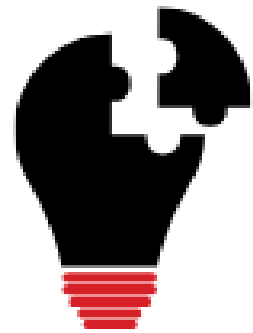
Report and Recommendations:

Compilation of the evaluation findings into a comprehensive report that provides insights on the effectiveness of the program, identifies areas for improvement, and offers actionable recommendations for future sessions.





THE OCEAN MILLER CENTRE OF LEARNING



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CONTACT INFORMATION

To discuss the details of this program further , please feel free to reach out via email:

Email: Ceo@oceanmiller.com

Website:
www.OceanMiller.com

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