



# Policy On Young Martial Artist and Teen Programs at Special Training

Revised June 2003

**NWMAF's Mission:** To promote the involvement of women and girls in the martial arts.

## Young Martial Artist and Teen Programs at Special Training

One way NWMAF promotes the involvement of women and girls in the martial arts is by offering programs for girls and teens attending Special Training (ST). The Young Martial Artist (YMA) program is designed for girls aged 5-12, and the Teen program is designed for teens aged 13-19.

The YMA and Teen programs are organized and coordinated by four primary groups that work together, with responsibilities divided as follows:

### NWMAF

- Provide a safe training environment
  - Make sure YMA classes are scheduled in a central training room whenever possible
  - Require all girls under 12 to be accompanied by an adult chaperone while not in YMA classes
  - For all girls under 18, identify their guardian on their name tags
  - Assign volunteers to help supervise YMA classes
  - Limit YMA class sizes to a maximum of 30 girls under 12 years old
- Promote involvement of girls at ST
  - Schedule a YMA activity (workout, workshop, or recreation) each session
  - Schedule 2-3 workouts for Teens during ST
  - Invite YMA and Teens to attend any classes (unless indicated otherwise in camp book)
- Provide an opportunity for families and schools to self organize
  - Identify locations for self organized social activities
- Identify volunteers to coordinate a YMA demo

### ST Planning Committee

- Work with the Teen committee on Teen workout and workshop selection and scheduling
- Select instructors and classes for the YMA and Teen programs
- Solicit trainers to submit YMA and Teen class proposals for consideration
- Solicit volunteers to help supervise YMA classes
- Submit proposals to the Board related to the YMA program
- Facilitate self organization by families, teens, and schools of social opportunities for YMA

### Teen Committee

- Solicit trainers to submit Teen workout and workshop proposals to the ST Planning Committee for consideration
- Work with the ST Planning Committee on Teen class scheduling
- Self organize social opportunities for teens attending ST
- Facilitate Teen demo