

REGIONAL TAEKWONDO TRAINING CAMP 2009

LOCATION: Camp Hanes, 1225 Camp Hanes Road, King, NC 27021

DATE: November 13th, 14th, 15th, 2009

REGISTRATION FEE: \$170 - Includes all meals, clinics, sleeping accommodations, and camp T-shirt. Deadline to register is October 30th.

All campers must register in advance with their instructors.

CHECK-IN: Friday, November 13, 1:00-3:00 p.m.

CHECKOUT: Sunday, November 14, 8:00-9:00 a.m.

LIMITATIONS: **Ages 8** and up. Parents may pay registration fee and attend. Student must be rank of **Orange Belt** or above.

JUNIORS: Children either must be brought to/picked up from camp by a parent or a parent must give an adult permission to escort the child to and from camp.

ACCOMODATIONS: Rooms with bunk beds and showers, mess hall, training areas, gym, basketball, volleyball, softball, tennis courts, etc.

REQUIRED EQUIPMENT: **Complete, sparring equipment:**

Mouth guard, elbow pads, shin pads, and groin protector (male only)
Taekwondo America approved brand: safety kick, safety punch, and head protector. Students should also bring a **Target Pad and a re-breakable board.**

CAMP COURTESY POLICY: Any camper, spectator, parent, or judge exhibiting un-sportsmanlike conduct or interfering with the positive atmosphere of this camp will be asked to leave. Remember and practice the Tenets of Taekwondo: *Courtesy, Integrity, Perseverance, Self-Control, and Indomitable Spirit.*

ITEMS TO BRING

- | | | |
|------------------------------|--|------------------------------|
| - 3 sets of workout clothing | - Bath accessories | - Flashlight |
| - Warm clothing | - Bedding, Sleeping bag | - Change for vending machine |
| - Rain gear | - Pillow | - Pen and paper |
| - Athletic shoes | - Sports equip (Frisbee, football, softball, etc.) | - Water Bottle |
| - Towels | - Camera | - Sparring Gear |
| | | - Target Pad/Board |

REGIONAL CAMP 2009 REGISTRATION

Name: _____ Age/DOB: _____

Rank: _____ Gender: _____ Phone # _____

Emergency Phone #1): _____ (2): _____

City/Instructor: _____

T-SHIRT SIZE			
CHILD	ADULT		
<input type="checkbox"/> Medium	<input type="checkbox"/> Small	<input type="checkbox"/> Medium	<input type="checkbox"/> Large
	<input type="checkbox"/> X Large	<input type="checkbox"/> XX Large	

HOLD HARMLESS AGREEMENT

I have full knowledge that, by nature, camp participation may frequently include strenuous exercise and body contact along with their associated dangers. In recognition of the possible dangers connected with any physical activity, member(s) knowingly and voluntarily waive any right of cause of action of any kind whatsoever arising as a result of such activity from which any liability may or could accrue to camp directors: Warren Davis, Elizabeth Davis, Julee Peck, Sean Wilson, Robby Lacy, Jenny Lacy, Sean Baxter, James Rich, Rob Word, Dawn Troesch, Wil Anderson, Sean Abbott, David Church, Bobby Lindamood, Wilbert Moore, Zac Scott, Michael Dominach, Vicki Bolger, Jimmy Alexander, and Phuoc Dang, or their agents, officers, employees, or instructors.

I agree to waive claims against any person(s) or organization(s) connected with *Regional Taekwondo Training Camp 2009* for any injuries that I might sustain. I likewise assume full responsibility for all actions in connection with said camp.

I further agree that any pictures taken of or by me in connection with said camp may be used by camp directors for publicity or promotion without compensation at this time or any other time.

I, the undersigned, do hereby voluntarily submit my application for registration in the *Regional Taekwondo Training Camp 2009*. I further state that a current Agreement of Release is on file with my school.

NOTICE: Campers are urged to obtain physical examinations from their physician prior to camp.

Participant Signature Date Parent or Guardian Signature (under 18) Date

SCHOOLS PARTICIPATING

Roanoke, VA
Winston-Salem, NC
Charlotte, NC
Lake Norman, NC

Greensboro, NC
Concord, NC
Richmond, VA
Independence, KY

Knoxville, TN
Raleigh, NC
Blacksburg, VA
Maryville, TN

Schedule of Events

FRIDAY, NOVEMBER 13

1:00pm - 3:00pm **Check In**
3:15 pm - 3:30 pm **Welcome/Instructor Introductions/Camp Rules:** Mr. Robby Lacy
3:30pm - 4:15pm **Basics review/warm up:** Mrs. Jenny Lacy & Mr. Sean Abbott
4:30pm - 5:15pm **Free Sparring:** Mr. Robert Word & Mr. Zak Scott
5:30pm - 6:30pm **Dinner**
7:00pm - 7:45pm **Forms:** Mr. Michael Dominach & Ms. Julee Peck
8:00pm - 8:45pm **Board Breaking:** Mr. Sean Baxter & Mr. James Rich

SATURDAY, NOVEMBER 14

8:00am - 9:00am **Breakfast**
9:15am - 10:00am **Cardio (adults):** Mr. Sean Wilson
Jumping Kicks (juniors): Mr. Sean Baxter
10:15am - 11:00am **Target Pad Training:** Mr. Warren Davis & Ms. Dawn Troesch
11:15am - 12:00pm **Tournament Sparring (adults):** Mr. Jim Alexander & Mrs. E. Davis
Taekwondo Games (juniors): Mrs. Vicky Dominach
12:00pm - 1:00pm **Lunch**
1:00pm - 5:30pm **Free time for adults/Supervised Games for Juniors**
5:30pm - 6:30pm **Dinner**
7:00pm - 7:45pm **Self Defense:** Mr. Bobby Lindamood & Mr. Phouc Dang
7:45pm - 8:00pm **Closing Ceremonies/T-Shirts**

SUNDAY, NOVEMBER 15

8:00am - 9:00am **Breakfast and Checkout:** Your Instructor

REGIONAL TRAINING CAMP 2009

YMCA Camp Hanes

November 13th-15th, 2009

A weekend of fun, exciting Taekwondo training for Taekwondo America schools in North Carolina, Virginia, Tennessee and Kentucky.



SPACE IS LIMITED TO THE FIRST 200 STUDENTS!!!

FOR MORE INFORMATION, VISIT: www.TaekwondoAmerica.org
FOR DIRECTIONS, VISIT: <http://www.camphanes.org/content28.html>