

REGIONAL TAEKWONDO TRAINING CAMP 2011

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

DATE: November 11th, 12th, 13th, 2011

REGISTRATION FEE: \$175 - Includes all meals, clinics, sleeping accommodations, and camp T-shirt. Deadline to register is October 29th.

All campers must register in advance with their instructors.

CHECK-IN: Friday, November 11, 1:00-3:00 p.m.

CHECKOUT: Sunday, November 13, 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:**

Taekwondo America approved brand: mouth guard, elbow pads, shin pads, and groin protector (male only), 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 2011 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, Sean Baxter, James Rich, Sean Abbott, David Church, Bobby Lindamood, Wilbert Moore, Zac Scott, Jimmy Alexander, Jacob Burdge, Dewaine Chan, Randy Chan, Josh Martin, Michael Dominach, John Emmons, 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 2011* 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 2011*. 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 | Greensboro, NC | Knoxville, TN |
| Winston-Salem, NC | Concord, NC | Raleigh, NC |
| Charlotte, NC | Richmond, VA | Blacksburg, VA |
| Lake Norman, NC | Maryville, TN | Shelby, NC |
| Morrisville, NC | Independence, KY | Kissimmee, FL |

Schedule of Events

FRIDAY, NOVEMBER 11

| | |
|-------------------|--|
| 1:00pm - 3:00pm | Check In |
| 3:15 pm - 3:30 pm | Welcome/Instructor Introductions/Camp Rules: Mr. S. Wilson |
| 3:30pm - 4:15pm | Basics review/warm up: Ms. J. Peck & Mr. S. Baxter |
| 4:30pm - 5:15pm | Free Sparring Strategies: Mr. W. Moore & Mr. D. Chan |
| 5:30pm - 6:30pm | Dinner |
| 7:00pm - 7:45pm | Board Breaking: Mr. J. Alexander & Mr. M. Dominach |
| 8:00pm - 8:45pm | Self Defense: (Men): Mr. B. Lindamood (Women): Ms. E. Davis (Juniors): Mr. D. Church |

SATURDAY, NOVEMBER 12

| | |
|-------------------|--|
| 8:00am - 9:00am | Breakfast |
| 9:15am - 10:00am | Gold Medal Forms: Mr. J. Rich & Mr. P. Dang |
| 10:15am - 11:00am | Target Pad Training: Mr. J. Martin & Mr. D. Chan |
| 11:15am - 12:00pm | Sparring (adults) - Men: Mr. Z. Scott Women: Mr. W. Davis Jumping Kicks (juniors): Mr. R. Chan |
| 12:00pm - 1:00pm | Lunch |
| 1:30pm - 2:30pm | All Students Choose One Workout: Nunchaku: Mr. S. Abbott Archery: Mr. S. Wilson |
| 4:30pm - 5:15pm | Taekwondo Question and Answer Session (adults): Mr. W. Davis Taekwondo Games (juniors): Mr. J. Emmons |
| 5:30pm - 6:30pm | Dinner |
| 6:45pm - 7:30pm | Closing Ceremonies/T-Shirts/Bonfire |

SUNDAY, NOVEMBER 13

| | |
|-----------------|--|
| 8:00am - 9:00am | Breakfast and Checkout: Your Instructor |
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REGIONAL TRAINING CAMP 2011

YMCA Camp Hanes

November 11th-13th, 2010

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



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

SPACE IS LIMITED TO THE FIRST 200 STUDENTS!!!