

16th Annual Training Camp Schedule

Friday, September 30, 2016

6:00 pm or Later	Check-In at Chow Hall & Take your stuff to your cabin Dinner will NOT be served Friday night Please eat before you arrive, or bring something
6:00 pm - 8:00 pm	Take luggage to cabins Explore the camp site Play Board Games or Basketball
8:00 pm - 8:45 pm	Karate Training on Basketball court Wear dobok, shoes can be worn
9:00 PM	Group Meeting (Mandatory!) in Chow Hall If You have checked in at Camp... Don't be late for this meeting! Black Belt & Staff Meeting following Group meeting

Everyone in their cabin by Midnight!

Saturday, October 1, 2016

7:00 AM (optional)	Breathing Exercises Wear Dobok 7 am sharp...being late is an interruption to this activity Parents are welcome to join in	At Waterfront "The Point"
8:00 AM	Breakfast	
8:45 AM	Group Photo Escrima Stick Training Bring Escrima Sticks if you have them, If not, they will be provided	at Football Field Wear Dobok
10:00 AM	Break	
10:30 am - 12:00 pm	Karate Training Ground Fighting	at Football Field Wear Dobok
12:00 PM	Lunch	Put on Camp T-Shirt!

1:00 PM - 5:00 PM **Recreational Time, or Rest Time!**

	Giant Swing	<u>At Baseball Field by the Lake:</u>
	Archery	2:30pm Kids Softball Game
	Horseback Riding	Kids = 12yrs & under
	Riflery	3:15pm Adult Softball Game
	Rockwall	Adult = 13yrs & up
1-3pm	Pool (weather permitting)	
3-5pm	Canoes	

5:00 PM Dinner

6:00pm- 7:00pm Field Day Activities, for Everyone! at Football Field
We would love for Parents to participate Wear something comfortable

7:30 PM Campfire! Bring Marshmallows & coat hangers! at "The Point"
Bring Flashlight for later.
Kid friendly movie will be shown outside for the entire family!
Later...some of the adults & teens will watch a "scary movie"
 The later movie is NOT recommended for children.

Everyone in their cabin by Midnight!

Sunday, October 2, 2016

7:30 AM (optional) Early Morning Church Service Sa Bom Nim Davis
at Outdoor Chapel

8:00 AM Breakfast

8:45 AM - 9:45 AM Kubotans & Long Distance One Steps at Football Field
Camp Certificates Wear Tshirt & Do Bok Pants

10:00 AM Pack Up Belongings & Clean Out Cabins
Leave it Better than you Found It!
We will have a contest to find the Cleanest Cabin!
Winners will be recognized at the Christmas Party

11:00 AM Cabins Empty
Cleanest Cabin Judging