

REGIONAL CAMP 2022 REGISTRATION

Name: _____ Age/Dob: _____

Rank: _____ Gender: _____ Phone#: _____

Emergency Phone #1: _____ Emergency Phone #2 : _____

City/Instructor: _____

T-Shirt Size - Circle One

Child: Medium Large

Adult: Small Medium Large X-Large XXL-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: Chris Penn, Julee Peck, Sean Wilson, Sean Baxter, Sean Abbott, David Church, Brian McCoy, Mary McCoy, Zak Scott, Sonja Scott, Michael Dominach, Ashley Heafner, Michael Rinaldo, Shane Franklin, William Kyner, Cameron Starnes, Sarah Starnes, Nicole Mullins, Drew Catha, Lauren Catha, 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 2022 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 2022. I further state that a current agreement of release is on file with my school.

Participant Signature: _____

Guardian Signature if under 18: _____

REGIONAL TAEKWONDO TRAINING CAMP

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

DATE: November 11th, 12th, and 13th 2022

REGISTRATION FEE: \$250 - Includes all meals, clinics, sleeping accommodations, and camp T-shirt. *The deadline to register is October 22th.*

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 the registration fee and attend. Student must be the 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.

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

REQUIRED EQUIPMENT: Taekwondo America-approved brand: mouth guard, elbow pads, shin pads, groin protector (male only), safety kick, safety punch, and head protector. Students should also bring a Target Pad.

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

ITEMS TO BRING

- * 3 sets of workout clothes (no uniforms)
- * Warm clothes - Rain gear
- * Athletic shoes
- * Water Bottle
- * Outdoor toys Basketball, Frisbee etc.
- * Healthy snacks and drinks
- * Flashlight
- * Change for vending machine
- * Sparring gear & target pad
- * Quiet indoor activities

*Sleeping bag or bedding/blankets and Pillow

*Bath Accessories: Towel, wash cloth, soap, shampoo and **deodorant**

Schedule of Events

Friday

- 1:00-3:00 PM CHECK IN
- 3:15 PM Welcome and Camp Rules
- 3:30 PM Junior Games Opening Workout
- 3:30 PM Teen and Adult Opening Workout
- 4:00 PM Junior Self Defense
- 4:00 PM Mens Self Defense
- 4:00 PM Womens Self Defense
- 4:45 PM Junior Sparring Clinic
- 4:45 PM Womens Sparring Clinic
- 4:45 PM Mens Sparring Clinic
- 6:00 PM *Dinner*
- 7:30 PM Bonfire and T-Shirts

Saturday

- 8:00 AM *Breakfast*
- 9:15 AM Junior Basics
- 9:15 AM Teen and Adult Warm Up and Stretching
- 10:00 AM Junior Target Pads
- 10:00 AM Teen and Adult Target Pads
- 11:00 AM Junior Jump Kicks
- 11:00 AM Boxing
- 12:00 PM *Lunch*
- 1:30 PM Juniors Nunchucks
- 1:30 PM Teen and Adult Nunchucks
- 2:30 PM Free Sparring Teen and Adult
- 3:30 PM Dodge Ball Tournament
- 6:00 PM *Dinner*
- 7:30 PM Closing Dance Party

Sunday

- 8:00 AM *Breakfast* & Check Out

REGIONAL TRAINING CAMP 2022

YMCA CAMP HANES

1225 Camp Hanes Road, King, NC 27021

November 11-13 2022



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

SPACE IS LIMITED TO THE FIRST 300 STUDENTS