

IRISH TAEKWON-DO ASSOCIATION SUMMER CAMP 2017

FRIDAY		SATURDAY		SUNDAY		MONDAY	
12.00 NOON - ARRIVAL & REGISTRATION - LEAVE BAGS IN MAIN HALL UNTIL ROOMS ASSIGNED - DO NOT GO AND FIND OWN ROOM		PRE BREAKFAST RUN - OPTIONAL - 7.30am					
		8am	Breakfast	8am	Breakfast	8am	Breakfast
		9 - 10.30	G1 Individual & Team Pattern- SR, NJ, MB, AB	9 - 10.30	G2 - Sparring L Woods	9 - 10.30	G1- Self Defence C Smullen/S Cooley
		10.30 - 12.00	G3 -Technical A Kinsella P Barry	9 - 10.30	G3 -Sparring S Lehane S Cooley	FINAL TEAM PATTERN SESSION NATIONAL TEAM MEMBERS IN PARALLEL OR AFTER TBC	
		10.30 - 12.00	G2 - Technical - L Laffan, N Jones	10.30 - 12.00	G1-Sparring H Looi	10.30 - 12.00	G3 - Self Defence - C Smullen/S Cooley
		Photoshoot ITFWC2017 Team Members 10.30AM		Power/Spec ITFWC2017 10.30AM		10.30 - 12.00	G2- Self Defence C Smullen/S Cooley
1pm	Lunch	1pm	Lunch	1pm	Lunch	<div style="background-color: #ffcc00; padding: 5px; text-align: center;">Clean up and depart - ALL ROOMS BUT BE SWEPT AND HOOVERED AND LEFT CLEAN FOR NEXT USERS</div> <div style="background-color: #00aaff; padding: 5px; text-align: center; margin-top: 5px;">G1 = Black belts</div> <div style="background-color: #90ee90; padding: 5px; text-align: center; margin-top: 5px;">G2 = 12 yrs + colour belt</div> <div style="background-color: #9966cc; padding: 5px; text-align: center; margin-top: 5px;">G3 = 11 yrs and under colour belt</div>	
Directly after lunch all participants assemble in main hall for a briefing		2.00 - 3.30 G1- Sparring National coaches		2.00 - 3.30 G2 - Sparring A Shelley			
2.15 - 3.45	G1 - Sparring - L Woods	3.30 - 5.00	G3 -Sparring - S Ryan M Buckley,	2.00 - 3.30	G3 - Technical - M Buckley K Wheatley L Laffan		
3.45 - 5.15	G3 - Sparring - S Cooley A Byrne	3.30 - 5.00	G2 - Sparring - H Looi	3.30 - 5.00	G1 Individual & Team Pattern -KJW, SR, NJ, MB, PB, AB, CS, AK		
3.45 - 5.15	G2 - Sparring C Smullen M Buckley	5.30pm	Dinner	5.30pm	Dinner		
5.45pm	Dinner	6.30 - 8	G1 - Sparring - A Shelley	6.30 - 8	G2 - Technical K Wheatley, N Jones, L Laffan		
6.30 - 8	G1 - Sparring - National coaches -	8.00 - 9.30	G3 - Sparring - C Smullen N Jones	8.00 - 9.30	G3 - Sparring A Shelley A Byrne		
8.00 - 9.30	G3 - Technical - C Smullen L Laffan	8 - 9.30	G2 - Sparring - S Cooley L Laffan	8 - 9.30	G1 - Sparring National coaches		
8 - 9.30	G2 - Technical - S Ryan, N Jones, P Barry, A Kinsella						
8 - 9.30	G2 - Technical - S Ryan, N Jones, P Barry, A Kinsella						
Small group workshops may run in parallel to sparring sessions in movement & strength	Team Pattern national team members in evening	Small group workshops may run in parallel to sparring sessions in movement & strength	Team Pattern national team members in evening	Small group workshops may run in parallel to sparring sessions in movement & strength	Team Pattern national team members in evening		
		In addition - evening consultations (small groups/individual in main hall)					
11pm	Curfew - in bed lights out	11pm	Curfew - in bed lights out	11pm	Curfew - in bed lights out		

Camp arrival time is 12.00 noon Friday. On arrival proceed to the registration point to pay fees and have rooms assigned
 Be punctual for all classes - arrive and be ready 10 minutes before the scheduled start time
 We need to know where you are so please be present at all classes and meals according to the schedule
 Instructors present on the camp are responsible for their students behaviour and are expected to help in supervision etc
 Nobody is to leave the premises without informing the camp organisers
 Under 18s are not allowed off the premises for the duration of the camp
 Evening consultations are by request/appointment - you can request an instructor to work with you or a small group on a specific discipline
 No alcohol, no smoking, no illegal substances, no inappropriate contact
 Bedrooms buildings are strictly separated male and female. _____
 Participants are asked to bring their own pillow, sleeping bag
 Don't leave any valuables/money in dorms - please give to instructor to take care of