

IRISH TAEKWON-DO ASSOCIATION SUMMER CAMP 2019

FRIDAY		SATURDAY		SUNDAY		MONDAY	
12.00 NOON - ARRIVAL & REGISTRATION INSIDE MAIN ENTRANCE - LEAVE BAGS IN MAIN HALL UNTIL ROOMS ASSIGNED - DO NOT GO TO DORMS		8am	Breakfast	8am	Breakfast	8am	Breakfast
1pm	Lunch	9 - 10.30	G1 Sparring - A Byrne & S Ryan	9 - 10.30	G2 - Sparring - M Buckley & L Laffan	9 - 10.30	Self Defence for all aged 16+ - C Smullen & S Smullen
		10.30 - 12.00	G2 - Sparring - A Byrne & S Ryan	9 - 10.30	G3 - Technical & Team Pattern - A Kinsella, S Mason		
Directly after lunch all participants assemble in main hall for briefing		10.30 - 12.00	G3 - Sparring - H Looi & S Mason	10.30 - 12.00	G1-Sparring - Adam Shelley	10.30 - 12.00	Self Defence for all aged 15 and under - C Smullen & S Smullen
		1pm	Lunch	1pm	Lunch		
2.15 - 3.45pm	G1 - Sparring - H Looi & S Smullen	2.00 - 3.30	G1 - Technical - M Buckley, H Looi & K Laffan	2.00 - 3.30	G3 - Sparring - A Byrne & C Smullen	CLEAN UP AND DEPART ALL ROOMS BUT BE SWEEPED AND HOVERED AND LEFT CLEAN FOR NEXT USERS	
3.45 - 5.15pm	G2 - Sparring - H Looi & S Smullen	3.30 - 5.00	G2 - Technical - M Buckley, C Smullen & K Laffan	2.00 - 3.30	G2 - Sparring -Adam Shelley		
3.45 - 5.15	G3 - Sparring - A Byrne & K Laffan	3.30 - 5.00	G3 - Technical & Special Tech - A Byrne, S Smullen & A Kinsella	3.30 - 5.00	G1- Sparring - Adam Shelley		
5.45pm	Dinner	5.30pm	Dinner	5.30pm	Dinner		
6.30 - 8	G1 - Technical - S Ryan, M Buckley & A Kinsella	6.30 - 8	G1 - Sparring - H Looi, C Smullen & K Laffan	6.30 - 8	G2 - Technical - K Wheatley, S Ryan, H Looi		
8 - 9.30	G2 - Technical - S Ryan, L Laffan & S Mason	8 - 9.30	G2 - Sparring - H Looi & C Smullen	6.30 - 8	G3 - Sparring - A Shelley	G1 = Black belts	
8.00 - 9.30	G3 - Technical - C Smullen & A Kinsella	8.00 - 9.30	G3 - Sparring - M Buckley & L Laffan	8 - 9.30	G1 - Technical - K Wheatley, S Ryan, H Looi	G2 = 12 yrs + colour belt	
<small>Designated Points of Contact/Supervisors during class times: M Buckley, S Ryan A Kinsella, S Mason, C Smullen, H Looi, K Laffan, L Laffan, S Smullen, A Byrne</small>		If any issues during class time please bring to attention of one of the designated points of contact asap. There will always be some of these supervising/available.				G3 = 11 yrs and under colour belt	
11pm	Curfew - Bedtime	11pm	Curfew - Bedtime	11pm	Curfew - Bedtime		

Camp arrival time is 12.00 noon Friday. On arrival proceed to the registration point to pay fees. Rooms will be allocated after Lunch
 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.
 Do Not congregate near main gate for socialising as it is a residential area
 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
 Those with Dietary requirements MUST ask for a specific meal at each dining, and MUST go to kitch staff before the first meal so they can get a visual as to who you are

Don't leave any valuables/money in dorms - please give to instructor to take care of