



Taekwon-Do Summer Camp 2022

Midleton College, Cork

July 15th to 18th

The TKD Summer Camp covers all aspects of Taekwon-Do training such as sparring, patterns, self-defence, team pattern, physical conditioning etc. It is also a great social occasion and students always make great friends from all over the country.

Instructors:

We will announce our full instructor line-up soon through the ITA website (www.taekwondo.ie) and social media

Cost of the camp:

The total cost of the camp is €200 per person, which includes; training, meals and accommodation.

The camp is limited to 100 residential places and will be filled on a first come first served basis. **Register early to avoid disappointment as this camp always reaches capacity early.**

A €50 deposit is required up front when registering. The final balance must be given to your instructor at least one week prior to the camp.

This year, due to the limited number of residential places we are also offering a **day rate of €30 per day for day visitors**. This fee is for training only and does not include meals or accommodation.

On arrival at the camp one representative from each club (usually the instructor) should pay the camp fees to the organisers at the registration point and they will then be assigned their room(s).

This camp is open to yellow belt and above aged 13 years+



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Students will be divided into classes based on age, grade and level of advancement. The camp is suitable for teens and adults of all ability levels and you will be assigned to a group best suited to your level.

Instructors:

The camp is conducted by some of Ireland's most experienced and qualified instructors. All instructors are registered through the ITA (NA for ITF in Ireland and are Garda Vetted, 1st aid certified, Child protection certified and minimum level 1 coaches).

Venue:

The venue is Midleton College, Cork. It is an excellent facility, with separate dorm buildings for male and female. Large training hall, full kitchen facilities with excellent staff as well as ample space for outside activities and sports and an outdoor, heated swimming pool..

Items to Remember:

Students should bring sparring equipment, doboks, belt, tracksuit, runners, towels, changes of clothes etc. T-shirt and doboks bottoms are acceptable to train in if you do not have multiple doboks.

Participants are asked to bring their own pillow and bed linen/sleeping bag. No responsibility will be accepted for loss of property.

For residential participants, the camp is full board so all meals are provided for but as there is a lot of activity and training each day it is recommended that you bring some healthy snacks (fruit, nuts, etc.) and water as well as something light to eat in the evenings.



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No one will be allowed off campus so bring any other essentials you need such as medication you take etc.

If any participant has any special medical or dietary requirements please inform the instructors. Any student prone to injury, headache etc. that require painkillers, must give these to their instructor and they can only be administered if necessary and with written parental consent.

In the interest of the welfare of all students; smoking, alcohol or use of illegal substances will not be tolerated. This applies to all camp participants regardless of age.

There will be no inappropriate contact between students and nobody will be allowed to leave the premises without prior arrangement.

All camp participants are expected to conduct themselves according to the tenets of Taekwon-Do at all times and make everyone feel included.

The camp will be supervised by Male & Female, child protection, Garda vetted & 1st Aid certified instructors. Male & Female students will be in separate dorms and grouped with students of similar age. Instructors will be placed in dorms beside each of the designated areas.

Each student will be given a timetable in advance of the camp. Parents are welcome to pop in for a visit as often as they like or call the instructors if you have any queries of concerns.

Email tkdsummercamp@gmail.com for more information.

All registration to be sent in advance using the registration form (excel) to the above address.