

IRISH TAEKWON-DO ASSOCIATION SUMMER CAMP 2022

FRIDAY		SATURDAY		SUNDAY		MONDAY	
12.00 NOON - ARRIVAL & REGISTRATION AT THE SPORTS HALL, MIDDLETON COLLEGE		8am	Breakfast	8am	Breakfast	8am	Breakfast
		9 - 10.30	G1 Sparring - Master Byrne, Mr Forde, Mr Looi	9 - 10.30	G2 - Sparring - Master Buckley, Mr Forde & Ms Laffan	9 - 10.30	G1 - Self Defence - Master Cooley
		10.30 - 12.00	G2 - Sparring - Master Cooley, Master Buckley, Ms Laffan	10.30 - 12.00	G1 Sparring - Master Cooley, Master Ryan, Mr Looi	10.30 - 12.00	G2 - Self Defence - Master Cooley
		1pm	Lunch	1pm	Lunch	D DEPART ALL ROOMS BUT BE SWEEPED AND HOOVERED AND LEFT CLEAN FOR NEXT USERS	
		2.00 - 3.30	G1 - Technical - Master Jones, Master Cooley, Master Ryan, Mr Looi	2.00 - 3.30	G1 - Technical - Master Jones, Master Byrne, Ms Mason		
		3.30 - 5.00	G2 - Technical - Mr Looi, Master Ryan, Mr Laffan, Ms Mason	3.30 - 5.00	G2 - Technical - Master Jones, Master Ryan, Mr Laffan		
		5.30pm	Dinner	5.30pm	Dinner		
		6.30 - 8	G1 - Sparring - Master Cooley, Master Buckley, Mr Forde, Ms Laffan	6.30 - 8	G2 - Sparring - Master Cooley, Master Byrne, Ms Laffan		
		8 - 9.30	G2 - Sparring - Mr Looi, Ms Mason, Mr Laffan	8 - 9.30	G1 - Sparring - Master Byrne, Mr Forde, Mr Looi	G1 = Black belts	
		If any issues during class time please bring to attention of one of the instructors. There will always be some of these supervising/available.				G2 = Colour belt	
		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.

Under 18s are not allowed off the premises for the duration of the camp

Evening 1 to 1 sessions 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 kitchen 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