

2011 SKY TKD WINTER CAMP SCHEDULE

MON & WEDS	TIME	TUES & THURS	TIME	FRI(Buddy Day)
Drop off, Cleaning	9:00AM	Drop off, Cleaning	9:00AM	Drop off, Cleaning
Role call, Pre Framing, Meditation	9:10AM	Role call, Pre Framing, Meditation	9:10AM	Role call, Pre Framing, Meditation
Warm Up, Relay, Stretching	9:20AM	Special Relay, Stretching	9:20AM	Obstacle Course, w/ Buddy
Poomse/ Kyuroogi (timing)	10:00AM	Kyuroogi (speed/distance)	10:00AM	Basic Move, Kicks w/ Buddy
Hoshinsool(Self Defense)	11:00AM	Weapons/ Poomse		
Curriculum	11:30AM	Curriculum	10:30AM	Mini Demo w/ Buddy
Lunch Time & Cleaning	12:00PM	Lunch Time & Cleaning	11:00AM	History about TKD & Manners
Fun Game	1:00PM	Fun Game	11:20AM	Fun & Tip Test
Leadership Training	2:00PM	Kyukpa(Breaking) Training	12:00PM	Lunch
Discussion Breakout by Group	2:30PM	Skits by Group	12:30PM	Traditional Korean Game
Home Rules and Manners			2:00PM	Thank You Letter to Parents
Line Up, Clean Up, Pick Up	2:50PM	Line Up, Clean Up, Pick Up		
			2:30PM	Kyukpa(Breaking) Demo
			2:50PM	Line Up, Clean Up, Pick Up

Guidelines for Camp Counselors

Camp Goal : To make sure that each individual has fun in a safe and controlled environment.

Less stress is emphasized in technique improvement, more on making our academy an enjoyable place to be. This camp will help our overall retention. If camp is a blast, they will want to come again.

1. No one is to go outside without permission from the instructors. Even then, the instructor should accompany them.
2. Think of safety at all times. If you think I might object, don't do it. Never leave the children unattended.
3. Take attendance each morning. Greet the parents and remind them to be prompt on pick-up time.
4. Make sure you personally greet each and every parent. Tell them each day how great the camp is.
5. Place the assistants in the areas they are most qualified for. Complement them on good performance.
6. Don't forget to set a good example. Each student is watching how you look, walk, and talk.
7. Be aware of each student's medical and other problems. They are listed on the registration forms.
8. In an emergency, call the student's parent first. Keep the student and parent as calm as possible.
9. Board breaking techniques to ride students of bad habits and ensure proper skills to be effective and safe at breaking.

Instructors: Master Joseph, Master Andrew, Instructor Robbie, Instructor Nina

This is a tentative schedule and is subject to change at discretion of camp director

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