

Se-Jong Camp 2010

Camp begins Monday, June 21 at 6:30 a.m. and continues through Friday, June 25.

Soft Technique seminar is Sunday, June 20 at 2:00 p.m.

Fee Schedule:

Register early to save!

January 1 – February 28 \$60 week / \$12 day

March 1 – April 30 \$75 week / \$15 day

May 1 – June 20 \$100 week / \$20 day

You can pre-register at the lower fee by the dates above and pay the fee at a later time, no later than May 16.

If camp fee is paid and you can not attend due to work issues, fee will be refunded.

Per day only for two days maximum, three days or more requires full camp fee.

Non-participating Visitor, per meal: \$5 (to cover the cost of the food)

Mail all signed forms with a check or money order to:

Mrs. Janet Vetovich

206 Falcon Lane, Apollo, PA 15613

Home Phone: 724-727-1309

Mr. V. Cell Phone: 412-215-9968

Signed registration forms and fee must be received by Sunday, May 16, 2010. No exceptions.

You will not be permitted to attend camp if they are not returned on time.

Please make checks payable to **Se-Jong Tae Kwon Do**.

Payment includes the campsite use, camp meals and instruction.

A successful camp requires a lot of preparation. Please be courteous and comply with the deadline.

What to Bring to Camp

Tent (or have arrangements to share one)	1 towel
Sleeping bag	5 t-shirts
Blanket	1 pair of jeans
Pillow	6 changes of underwear
Jacket	Socks
3 doboks (if you have 3) labeled in laundry marker with your name	2 pairs of shoes (running shoes)
2 sweatshirts	Flash light
3 pair sweatpants	Laundry bag
3 pair shorts	Toilet articles
Swim trunks/bathing suit	Water bottle with your name on it
	Sufficient money for the week (breakfasts at the restaurant, mid-week ice cream outing, and polo match)

Each year we have numerous items left behind, unclaimed, so please have all articles marked with your name.

A Day at Camp Se-Jong

Because of limited space and facilities, a limited number of people are able to stay at camp overnight. We would love to have as many as possible come for our workouts, or just spend the day with us.

Below is a tentative schedule for anyone who would like to join us for a day, or a workout. Directions to camp are available from your instructor or the web site. Come and join us, we hope to see you there.

6:30: Rise, stretch and warm up
7:00: Class
8:00: Breakfast break
9:30: Stretch and warm up
10:00: Class
11:30: Lunch break
12:30: Assigned chores
1:00: Class
4:00: Dinner break
5:50: Stretch and warm up
6:00: Class
7:30: Break
7:45: Academic class
8:30: Free time
10:00: Bedtime
10:30: Lights out

Camp Menu:

Breakfast: Cereal, fruit, and milk are provided at camp. For those who prefer a cooked or more substantial breakfast, there is a daily trip to a local diner. Meals range from \$1.99 to \$5.00.

Lunch: Cold cuts, salads and fruit.

Dinner: The main meal of the day varies each evening. Typical meals are hamburgers, hot dogs, pasta dishes, meatball hoagies, hot roast beef sandwiches, soup and vegetables.

Snacks: Junk food is discouraged. We provide fruit, popcorn, crackers and cheese.

If there is a home game on Friday evening, those interested may go to a polo match in Darlington. After the match we usually go out for dinner. Extra money will be needed.

Rules and Regulations of Camp Se-Jong

1. Follow the code of conduct of Se-Jong Tae Kwon Do.
2. To leave the camp compound requires the permission of an Instructor.
3. The week is intended to be a week of peace, calmness and reflection. Audio equipment should be used only during designated free time, and during work projects. They are meant for private use only, and if others can hear them, they will be confiscated until the end of camp.
4. If during class time, or any other time, you do not feel well, you are obligated to inform the instructor and excuse yourself from the class until you feel better. The schedule is demanding, and common sense is paramount.
5. No drugs, other than approved medication, are permitted to be used on or off the campgrounds, or brought into the camp. Tobacco and alcohol are considered drugs, and are not permitted in the camp.
6. Sleep is very important at camp. Take the "lights out" very seriously, otherwise you will become extremely fatigued and will miss some of the benefits of camp. Lights out means the camp will be silent. Even if you cannot sleep, you are required to lie quietly and allow your fellow students to get their proper rest. Quiet talking is allowed between bedtime and lights out, but be sensitive to those around you. Do not keep others awake who may want to go to sleep before lights out.
7. Parents and spouses are welcome at any time to visit. We do ask, however, that if they come during an activity, they wait until there is a break before they start to visit. If visitors are going to be with us for a meal, we ask that they let us know in advance so we will have sufficient food.
8. Students represent Se-Jong Tae Kwon Do. They treat one another with respect, courtesy and, if necessary, heroic patience.

Se-Jong Tae Kwon Do Educational System, Inc. Camp Liability Waiver

Student's Name: _____

In consideration of your acceptance of my entry, I do hereby for myself, my heirs, executors and administrators waive, release and forever discharge any and all rights and claims for damages, including bodily injury, which may occur to me against the instructors and all members of the Se-Jong Tae Kwon Do Educational System, Inc. Camp 2004 or their respective officers, representatives, successors and/or assigns and against any participants for any and all damages which may be sustained by me in connection with associations with or entry into this Camp event, or which may arise out of traveling, participating in, and returning from this Camp event. I understand that Tae Kwon Do and all styles of Martial Arts are a body contact sport. I irrevocably consent to the unrestricted use by Father Robert Connolly and those acting with permission and authority, of my name and any and all photographs and visual-audio recording which has been taken of me or in which I may be included, for all purposes, in any and all media, without limitation, including advertising, solicitation or trade. I further understand all the contents of the rules and general information that was published by the organizing committee and I agree to them in their entirety. I further understand that I may be dismissed from the premises if my conduct is not cooperative to the successful operation of the Camp.

Signature: _____ Date: _____
(Parent/Guardian signature required if under 18 years of age.)

Is there any additional information we need to know? If yes, please explain below.