

Se-Jong Camp 2016

Camp begins Monday, June 20 at 6:30 a.m. and continues through Friday, June 24.
Soft Technique seminar is Sunday, June 19 at 2:30 p.m.

Fee Schedule:

There is no fee to attend camp classes this year. Continental breakfast, lunch and dinner will be provided.

Donations are always welcome. Checks may be mailed, there are links on the website for PayPal and AmazonSmile.

It is not necessary to pre-register, but it is recommended, even if you expect to only attend a session or two. You will need to fill out the health insurance information, liability waiver and the medical treatment permission form either now or at camp.

Bring the forms to a seminar, camp or mail your forms to:

Mrs. Janet Vetovich

206 Falcon Lane, Apollo, PA 15613

Home Phone: 724-727-1309

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

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

What to bring for the full week at 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 or dinners out, 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.

CAMP REGISTRATION FORM

Personal Information:

Student Name: _____ Birth Date: _____

Address: _____

Phone #: _____

Se-Jong School: _____

Instructor: _____

Belt Rank: _____

Days Attending:

All week Monday Tuesday Wednesday Thursday Friday or 1 day 2 days

Insurance Information:

Insurance Carrier: _____

Subscriber: _____

Agreement #: _____ Group: _____

Relationship to the Subscriber: _____

I do hereby give Father Robert Connolly, or Mr. Ron Vetovich permission to seek medical treatment on behalf of me and/or my child, in the event of illness or injury.

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

Parent/Guardian Permission:

I am aware of my child's participation in the Se-Jong Tae Kwon Do Camp. I understand the nature of Tae Kwon Do and the activities of the camp. I have discussed and resolved all questions and/or concerns about the camp and give permission to my child to participate.

Parent/Guardian signature **Date:** _____

Participant Permission:

I understand the nature of Tae Kwon Do and the activities of the camp. I have discussed and resolved all questions and/or concerns about the camp.

Participant Signature **Date:** _____

Participant Signature

Camp attendance is by your Instructor's invitation only. His/her signature is required.

Instructor Signature (required) _____ **Date:** _____

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.