

*2018 John Sepulveda
Spirit Camp - July 20th -22nd*

Camp Participants Will be Divided into 3 Groups

1. Juniors- All ranks ages 8 to 14
2. Beginning Adults White through Green
3. Brown and Blacks

Friday			
6:30pm	Horseshoe Tournament		
7:00pm	Movie Night – Junior Belts		
Saturday	Juniors	White-Green	Brown/Black
9:00 am	Mr. Sepulveda	Mr. Tanaka	Mr. Thomas
10:30 am	Mr. Tanaka	Mr. Thomas	Mr. Donadio
1:30 pm	Mr. Thomas	Mr. Donadio	Mr. Tanaka
3:00 pm	Swimming / Zipline		
Sunday	Juniors	White-Green	Brown/Black
9:00 am	Mr. Donadio	Mr. Sepulveda	Mr. Sepulveda

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SCHEDULE OF EVENTS

FRIDAY, JULY 20th

4:00 PM	Camp Check-in
5:30	Dinner
6:30	Horseshoe Tournament
7:00	Movie for Juniors
7:00	Free time
10:50	Bed Check
11:00	Lights Out

SATURDAY, JULY 21st

6:30 AM	Wake Up
7:00	Physical Fitness
7:30	Clean Cabins
8:00	Breakfast
9:00	Class
10:30	Class
Noon	Lunch
1:30 PM	Class
3:00	Swimming and Zipline
5:30	Dinner
7:00	Camp Fire Chat
10:50	Bed Check
11:00	Lights Out

SUNDAY, JULY 22nd

6:30 AM	Wake Up
7:00	Physical Fitness
7:30	Clean Cabins
8:00	Breakfast
9:00	Class
11:45	Check Out
Noon	Camp Closes

You will need to bring your uniform, belt, cup & supporter, sparring gear, mouth piece, personal toiletries, sleeping bag, towels, insect repellent, sunscreen, change of clothes, shoes, snack food, flashlights, and cameras for taking pictures.

Camp will take place at Camp Gifford, 3846 North Deer Lake Road

Loon Lake, WA 99148