

*2019 John Sepulveda
Spirit Camp - July 19th -21st*

Camp Participants Will be Divided into 3 Groups

1. Juniors- All ranks ages 7 to 14
2. Beginning Adults White through Green
3. Brown and Blacks

Friday			
7:00pm	Movie Night – Junior Belts		
Saturday	Juniors	White-Green	Brown/Black
9:00 am	Mr. Donadio	Mr. Tanaka	Mr. Ogle
10:30 am	Mr. Tanaka	Mr. Ogle	Mr. Donadio
1:30 pm	Mr. Ogle	Mr. Donadio	Mr. Tanaka
3:00 pm	Climbing Wall		
Sunday	Juniors	White-Green	Brown/Black
9:00 am	Climbing Wall	Mr. Sepulveda	Mr. Sepulveda

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SCHEDULE OF EVENTS

FRIDAY, JULY 19th

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

SATURDAY, JULY 20th

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 Climbing Wall
3:00 Adult Special Class
6:00 Dinner
7:00 Camp Fire Chat
10:50 Bed Check
11:00 Lights Out

SUNDAY, JULY 21st

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