TEAM TOKEY HILL PRESENTS

ELITE SPORT-KARATE

TRAINING CAMP

DEC 26-29, 2013

Tokey Hill
Billy Finegan
Christina Muccini
Ashley Hill
Yusuf Tuncel

Team Tokey Hill Training Center
365 Keller Road
Chillicothe, Ohio 45601
740.851.5463
CAMP DETAILS

CAMP PRICING

• Coaches with 2 or more athletes stay FREE in Team Tokey Hill (TTH) Training Center
• Coaches with 1 or less athletes - $50 per night
• Athletes staying in the TTH Training Center - $299 per athlete - $249 for siblings
• Athletes who attend training only - $199
• Non-athletes staying in the TTH Training Center - $50 per day, $75 for married couples

ATHLETE’S CHECK LIST

___ Bedding (Sheets, blankets and/or sleeping bag, pillow)
___ Towels & Wash cloths
___ Soap & Shampoo
___ Personal hygiene supplies (toothbrush, toothpaste, deodorant, etc.)
___ Athletic shorts and t-shirts for two full days
___ Athletic shoes
___ Jump rope – preferably a speed rope
___ Non-refrigerated Snacks
___ Lightweight Karate Gi & belt
___ Sparing gear – feet, shins and hands (head gear optional)
___ Groin protection for males
___ Chest protector for females (optional for males)
___ Mouth piece
___ Personal items labeled
___ Any doctor prescribed medications!

NOTE: If an athlete is 13 or over and staying the Training Center, please make the Team Tokey Hill Staff aware of what medications they are on and the dosage in WRITING the day of registration. Thank you!

ACCOMODATIONS

Accommodations for athletes provided at the TTH Training Center on a first come, first served basis • Children under 12 years old must be accompanied by an adult • Local hotels available

• Quality Inn - 20 N Plaza Blvd, Chillicothe, OH 45601 www.qualityinn.com (740) 775-3500
• Hampton Inn - 100 N Plaza Blvd, Chillicothe, OH 45601 www.hilton.com (740) 773-1616
• Americas Best Value Inn - 1135 E Main St, Chillicothe, OH 45601 www.abvi.com (740) 775-2500
• Holiday Inn Express - 1003 E Main St, Chillicothe, OH 45601 www.ihg.com (740) 851-6140
• Christopher Inn - 30 N Plaza Blvd, Chillicothe, OH 45601 www.christopherhotels.com (740) 774-6835

CAMP SCHEDULE

Camp Schedule Subject to Change

Thursday, Dec. 26
6 pm - 7 pm  Registration at the TTH Training Center
7 pm - 8 pm  Athletes and Coach’s Meeting

Friday, Dec 27 & Saturday, Dec 28
9 am – 10:30 am  Physical Training
10:30 am – Noon  Technical Training
Lunch Break  Box Lunch provided
2 pm – 3 pm  Classroom Presentation/Demonstration
3 pm – 5:00 pm  Technical Training
Dinner Break  Off campus on your own
7 pm – 8 pm  Technical Training
8 pm – 9 pm  Classroom Presentation/Demonstration
9 pm – 10 pm  Free Time
10 pm  Lights Out

Sunday, Dec. 29
9 am – 10 pm  Motivational Speech
10 pm – Noon  Live Kumite Competition
1 pm Departure

Team Tokey Hill Training Center
365 Keller Road
Chillicothe, Ohio 45601
740.851.5463

FOR MORE INFORMATION OR TO REGISTER ONLINE:  www.teamtokeyhill.com