

Champ Camps Sport Karate Camp

Thursday, February 17, 2017- Check in Arrival 5:15 P.M.

7:00 P.M.- Opening Meeting

Friday, February 18, 2017-

6:30- 7:45 A.M.- Conditioning, Running, Speed, Agility
8:00- 9:00 A.M.- Breakfast
9:30- 11:15 A.M.- Technique and Skills Development
11:30- 12:30 P.M.- Lunch
2:00- 4:00 P.M.- Guest Instructor
4:00- 4:45 P.M.- MATCH PLAY
5:30 P.M.- Dinner
7:00- 7:45 P.M. Mental Attitude, Motivation, and Goal Setting Seminar
9:30 -10:00 P.M. Planned recreation
11:00 P.M. Lights Out

Saturday, February 19, 2017-

6:30-7:45 A.M. Light Run, Speed and Agility Training
8:00- 9:00 A.M.- Breakfast
9:30- 11:15 A.M.- Technique and Skills Development
11:30- 12:30 P.M.- Lunch
2:00- 4:00 P.M.- Guest Instructor
4:00- 4:45 P.M.- MATCH PLAY
5:30 P.M.- Dinner
7:00-7:45 P.M. Nutritional Seminar- Making Healthy Habits for Making Weight

Sunday, February 20, 2017-

6:30-7:45 A.M. Light Run, Speed and Agility Training
8:00- 9:00 A.M.- Breakfast
9:30- 11:15 A.M.- Technique and Skills Development
11:30- 12:30 P.M.- Lunch
2:00- 4:00 P.M.- Guest Instructor
4:00- 4:45 P.M.- MATCH PLAY
5:30 P.M.- Dinner
7:00-7:45 P.M. Mental Training and Video Analysis

Monday, February 21, 2017

6:30-7:45 A.M. Running Test
Fitness Competition and Team Building
Questions and Answers Camp closed