

| TIME | NEW BARN | OLD BARN | RIVER BARN | GRASSY AREA | ATTIRE |
|--------------------------|---|--|---|--|---|
| 3:15-4:15 | <u>Match Games</u> G White All Ranks,12 and Up and with permission Juniors that want to spar | <u>Black Belt Poomsae</u> <i>D.Turgeon</i> Red belt/ 11 & under with permission 12 and up Black Belts Dobak | <u>Juniors TKD Games</u> <i>Hopkins</i> Juniors (11 & Under) | Open Area To be used by anyone | T-Shirt,belt & dobak Pants Sparring Gear Juniors can stay in grubby clothes |
| 4:15 -5:30 | | <u>Closest to Pin/BVT fund raiser</u> B. Kline & M.Anthony Challenge to hit golf ball closest to the pin *Balls and Club provided or bring own no experience needed | <u>Slip & Slide</u> on Grass Hill by River Barn – Warren Gym | | |
| 5:30-6:30 | Dinner - on your own | | | | |
| 6:30-7:00 | Ice Cream Social for all | ** gluten/dairy free option | | | |
| 7:00-9:00 | 50th BWA Celebration | **Bring own chair | | | |
| SUNDAY AUGUST 4TH | | | | | |
| 8:00 –8:30 | | | Morning Greeting & Final Squad Challenges | | |
| 8:30- 10:00 | <u>ATP Training</u> G. White Green Belts 12 & up *lower ranks with permission This is advanced sparring/conditioning drills | <u>Mixed Workout</u> <u>Yoga/stretching/ strength training</u> L Fearon All ranks age 12 & up Bring a towel/mat | <u>Jr Jumping Kick Competition</u> T.Clarke & others All ranks 11 & under ** will end 9:30 | <u>Bow Staff</u> <u>Learn how to use</u> M.Davidson Bring Bow or dowel /broom stick | T-Shirts, Dobak Pants for ATP Comfortable clothes for other activities |
| 10:00- 11:15 | Mat Break Down & Cleaning Ages 12 and up all gup ranks Will be split between the 3 barns | | New Barn- Mike Davidson Old Barn- L.Blais River Barn-P Barlow | | Grubby clothes for cleaning |
| 11:15-11:45 | | Closing Ceremonies and Group Photo | | | Camp tshirt |
| 11:45 TO DEPARTURE | Help pack Mats into trucks(all gup ranks 12 and up) and Camp Breakdown | | | | Grubby clothes for cleaning |