

# 2007 Junior Training Camp Application Form

June, 02 –03 / 2007

At The Studio Complex Live (<http://www.thestudiocomplexlive.com/>)

1160 Blair Road, Burlington, Ontario L7M 1K9 (905) 315-8801

| Applicant Information |            |   |                                     |
|-----------------------|------------|---|-------------------------------------|
| First Name            | Last Name  | Male [ <input type="checkbox"/> ]                   | Female [ <input type="checkbox"/> ] |
| Address               |            |   |                                     |
| Club Name             |            | Phone Number  |                                     |
| Date of Birth         | Kukkiwon # | Name of Parent or Guardian if under 18 years of age |                                     |

| Junior Training Camp Registration   |  |
|---|--|
| Team A [ <input type="checkbox"/> ] – Fee of \$50                                     |  |
| Team B [ <input type="checkbox"/> ] Team C [ <input type="checkbox"/> ] – Fee of \$50 |  |
| Coach [ <input type="checkbox"/> ] - Fee of \$50                                      |  |

| Junior Camp   |
|---|
| <p>All juniors that are members of the Ontario Taekwondo Association and in good standing are welcome to participate in this great opportunity. That means that if you are a black belt and born in: 1990 to 1993 you qualify for Team A, 1994 to 1996 you qualify for Team B or 1997 or after, you qualify for Team C, all of whom may take part in this Junior Camp.</p> <p>This camp is not just for the athletes; the coaches are also invited to polish their coaching skills with hands on training and practical sessions. Competitors will be going through target practise, hogu practise and strategy during matches as well as a mini tournament at the end of the Sunday session. The coaches will monitor and engage the students with supervision from the senior coaching staff.</p> <p>Agenda – Day 1 :</p> <ul style="list-style-type: none"><li><b>8:30 am</b> – Coaches Meeting</li><li><b>9:00 am to 11:00 am</b> – Morning Session (Basic techniques, Advanced techniques, Mental preparation, analysis of World Championship videos. )</li><li><b>11:00 am to noon</b>– Olympic Training ( individual )</li><li><b>12:00 noon to 1:00 pm.</b> – Lunch</li><li><b>1:00 pm to 3:00 pm</b> – Olympic Training continued ( pairs and groups )</li><li><b>3:00 pm to 5:00</b> – Elite Athlete Conditioning, Ring control tactics, referee’s point of view regarding a point.</li></ul> |

Agenda – Day 2 :

**8:30 am** – Coaches Meeting

**9:00 am to 10:00 am** – Warm-up

**11:00 am to 12:00 noon** – Olympic Sparring matches

12:00 noon – 1:00 pm – lunch

1:00 pm. To 5:00 pm – Olympic Sparring matches continue.

**All participants must bring their own safety (sparring) equipment in order to participate !!**