

**QPJC KIDS JUDO CAMP 2018  
TENTATIVE SCHEDULE**

Period	Time	MONDAY 16th	TUESDAY 17th	WEDNESDAY 18th	THURSDAY 19th	FRIDAY 20th							
1	08:55 - 09:00	Pre-session Talk	Pre-session Talk	Pre-session Talk	Pre-session Talk	Pre-session Talk							
2	09:00 - 09:45	Physical Preparation	Physical Preparation	Physical Preparation	Physical Preparation	Physical Preparation							
3	09:45 - 09:50	BREAK	BREAK	BREAK	BREAK	BREAK							
4	09:50 - 10:35	Ground Techniques	Ground Techniques	Ground Techniques	Ground Techniques	Ground Techniques							
5	10:35 - 10:40	BREAK	BREAK	BREAK	BREAK	BREAK							
6	10:40 - 11:25	Standing Techniques	Standing Techniques	Standing Techniques	Standing Techniques	Standing Techniques							
7	11:25 - 11:30	Post-session Talk	Post-session Talk	Post-session Talk	Post-session Talk	Post-session Talk							
8	11:30 - 12:30	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH							
9	12:30 - 12:35	Next activity Prep	Next activity Prep	Next activity Prep	Next activity Prep	Next activity Prep							
10	12:35 - 13:00	Origami	Drive to Horse Stables	Movie of the Day	Arts & Craft	Drive to Cascadia							
11	13:00 - 13:30		Horseback Riding (Santa Cruz)			Recreation	Recreation	Hiking / Swimming (Cascadia, St Anns)					
12	13:30 - 14:00	Movie of the Day		Recreation	Recreation			Drive to Dojo					
13	14:00 - 14:30								Recreation	Recreation	Recreation	Recreation	
14	14:30 - 15:00		Recreation			Recreation	Recreation						Recreation
15	15:00 - 15:30												
16	15:30 - 16:00	Recreation		Recreation	Recreation			Recreation					

**IMPORTANT THINGS TO KNOW**

1. Clothing & Personal Items for morning sessions - a judo kit is necessary; backup kits would be available for those without; no earrings/jewelry
2. Clothing & Personal Items for afternoon sessions - comfortable clothing appropriate for scheduled activities; no jeans, full or 3/4 length
3. Clothing & Personal Items for Horseback Riding and Hiking - sneakers or hiking shoes; no flip flops; pack a towel and a change of clothes
4. Absolutely no video games allowed; board games are acceptable
5. Put all bags on the shelves provided. Don't leave cash or personal items in disposable bags that might be mistaken for garbage
6. There must be NO eating or drinking on the judo mats. Children will be required to clean up any mess they make
7. We have a fridge and a microwave if you need to store or re-heat food
8. We will be in the dojo from 8AM to facilitate early drop-off. We would appreciate it if children are picked up 4PM for the latest
9. Our main objective is to bring participants up to the higher standards required by the new syllabus, while having as much fun as possible
10. Attendance at camp judo sessions will count towards overall judo attendance for grading purposes. Gradings may take place if requirements are met