

# Toronto Wado-Kai Karate

www.torontowadokai.com

## Annual Training Camp Information and Guidelines

### Location:

Sand and Surf Cottages, Wasaga Beach, Ontario

### When:

From 6:00 PM Friday until 2:00 PM Sunday

### Workouts (all outside on the beach):

- #1 - Saturday from 10:00 AM to noon
- #2 - Saturday from 4:00 PM to 6:00 PM
- #3 - Sunday from 10:00 AM to noon

### Other Camp Events:

- 1) There is a camp-wide potluck supper after the workout on Saturday evening. So, please bring along something to add to the meal and make it a success. If you prefer to dine out, there are several local restaurants in and around Wasaga Beach.
- 2) There is a local Go-Kart track and a batting cage that will provide some interesting challenges and all-around fun for everyone.
- 3) We try to have a campfire on Saturday evening, but being located on a beach, there is very little firewood to scrounge up. If everyone could bring one piece of wood from home to the camp, that would be greatly appreciated and guarantee a great campfire. **PLEASE BRING WOOD !!!**
- 4) For the past several years a talent contest has been held at the Saturday night campfire. It is for all ages and has produced some very unique talent acts. It's all in fun, so if you have a talent, please dust it off, polish it up and get ready to show it. Please keep it to approximately three minutes long (or shorter) and keep it family oriented :-)

### Remember:

- 1) The cottages are very basic with limited kitchen utensils.
- 2) Bring a hat, sunglasses and sunscreen for the workouts on the beach.
- 3) Bring insect repellent.
- 4) Bring your own food, bedding and warm clothes for cool nights.
- 5) Bring along any sporting equipment you may want to use during non-scheduled time.
- 6) Remember to point out any natural inconveniences to children and fellow karateka (i.e. poison ivy, etc.).
- 7) In order not to inconvenience others attending camp, if you cannot arrive before 11:00 PM on Friday night, consider arriving early on Saturday morning (i.e. after 8:00 AM).

### Camp Safety Rules:

With the large number of people attending camp, the following common sense rules will be enforced:

- 1) Do not leave the camp area without advising your Sensei first.
- 2) Parents are responsible for their own children. Please do not let them out of your sight.
- 3) No horseplay in or around the water.
- 4) Gentlemanly and ladylike conduct is expected at all times.