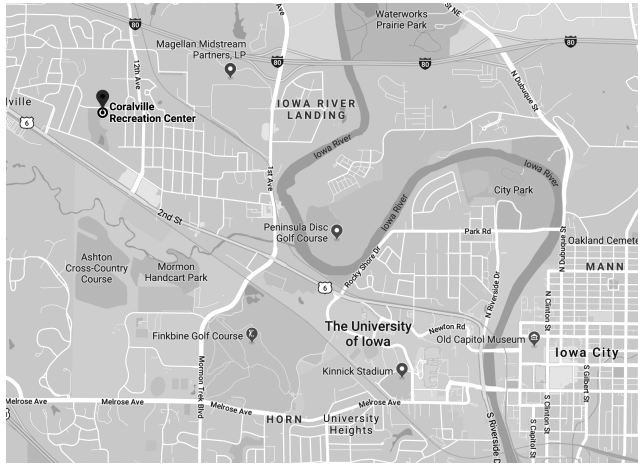




FUELING THE SONGAHM SPIRIT FOR 15 YEARS!

SOUTHEAST IOWA TAEKWONDO CAMP

Coralville Recreation Center • 1506 8th Street • Coralville, IA



Register today for the 15th Annual Southeast Iowa Taekwondo Camp! We are proud to be celebrating 15 years of this amazing event - and we have some great things lined up!

Whether you are looking to kick higher, improve your fitness, or just meet new friends - this camp is a can't miss TKD event with special training and activities for Tigers, Karate Kids and Adults!

Parent volunteers are welcome, or drop your kids with us and visit area attractions for the day!

Saturday, June 16th • 9:00 AM - 4:00 PM

Camp Rules and Information

Camp will start 9:00 AM Saturday morning and will end at 4:00 PM. Check in with your instructor when you arrive at camp to receive your shirt.

This is a Taekwondo event - be polite and treat your instructors and fellow campers with respect. Bullying and disrespectful behavior will not be tolerated.

Bring WATER or sports drinks for breaks and lunch. Please reserve soda for lunch only.

Required wear: warm-up pants, camp t-shirt, TKD belt, and comfortable shoes. NO shorts or sleeveless shirts. Caps and sunglasses are encouraged.

Other items to bring: sunscreen, insect repellent, towel, camera, jacket, full sparring gear and combat weapons (for ages 14-up)

Special Guest Instructors!

Games & Activities!

Exciting Training Sessions!

Fitness, Friends, and Fun!

Name _____ Age _____

Your Instructor _____ Your Rank _____

All camp fees payable to ATA Taekwondo. (Circle shirt size and fees - add \$2.00 for shirts XXL and up)

Shirt Size: CH MED CH LG SMALL MEDIUM LARGE X-LARGE _____ LARGE

Camp Fees: \$35.00 TKD Camp/T-shirt/Lunch \$15.00 T-shirt Only \$5.00 Lunch Only

Family Discount (Camp Only): First two family members pay full price, each member after receives \$5 off!

Medical Release: I hereby give my permission to have myself or my child treated in the event of an emergency situation.

Notice: In recognition of the possible dangers connected with any physical activity, camp attendees hereby knowingly and voluntarily waive any right of cause of action of any kind whatsoever arising as the result of such activity from which any liability may or could accrue to camp staff or instructors.

Parent's (if under 18) _____ Cell Phone _____

Signature _____ Date _____

REGISTRATION AND FEE DEADLINE IS MAY 31, 2018. LATE REGISTRATION WILL NOT RECEIVE T-SHIRTS.