

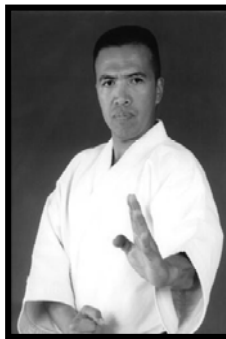


April 20-23, 2017
College of Lake County,
Grayslake, Illinois

Attention Karate Athletes who desire an opportunity to train at an elite level. We have established the High Performance Karate Training Camps to help assist athletes looking to train at a higher level to increase their likelihood of making the US Team and competing internationally. Those who are planning to represent the United States are going to need to be in top physical and mental shape.



Kiyoshi Nishime
Kata Training



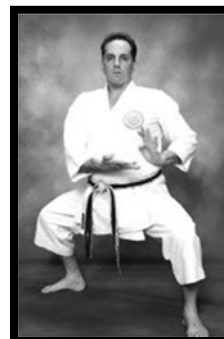
James Tawatao
Kata Training



John Limcaco
Kumite Training



Agata Smetaniuk
Fitness Training



Paul Sweetow
Sports Psychology



Laura Burke
Sports Nutrition

At this camp you will be trained in:

Kumite Training
Athlete Nutrition

Kata Training
Sports Psychology

Fitness Assessment
And Much More!

This four-day camp is going to place some of the finest coaches in the world of karate in front of you to help you on your quest to become an elite national and international karate competitor. It is open to all karate athletes ages 12 and older with a minimum rank of san-kyu (brown belt level) regardless of style, dojo and/or federation.

For more information on the camp or an application please email: HPKarate@aol.com.

CHAMPIONS
ARE MADE OF...
DESIRE, DETERMINATION & HARD WORK.

Tentative Schedule of Events

Thursday, April 20, 2017

4:00 PM - 4:30 PM	Athlete Check-In/Meeting
4:30 PM - 5:30 PM	Athlete Nutrition Part 1
5:30 PM - 6:30 PM	Fitness Education
6:30 PM - 7:30 PM	Sports Psychology 1
7:30 PM	Conclusion

Friday, April 21, 2017

8:00 AM - 9:30 AM	High Performance Karate (Training/Education)
9:30 AM - 10:00 AM	Break
10:00 AM - 12:00 PM	Kata/Kumite (Footwork/Hand Techniques/Ring Awareness)
12:00 PM - 1:00 PM	Lunch
1:00 PM - 2:00 PM	Athlete Nutrition 2
2:00 PM - 4:00 PM	Kata/Kumite (Distance/Timing/Kicking Techniques)
4:00 PM - 5:00 PM	Sports Psychology 2
5:00 PM	Conclusion

Saturday, April 22, 2017

9:00 AM - 12:00 PM	Fitness Assessment (Education/Speed/Agility/Strength/Explosive Power)
12:00 PM - 1:00 PM	Lunch
1:00 PM - 3:00 PM	High Performance Fitness (Training Kata/Kumite Assessment)
3:00 PM - 4:00 PM	Meeting Tournament (Expectations/Feedback/Survey)
3:00 PM	Conclusion

Sunday, April 23, 2017

8:00-12:00 PM	Kata Assessment
8:00-12:00 PM	Kumite Assessment
12:00 PM -2:00 PM	Athlete Meeting
2:00 PM	Dismissal

LOCATION OF CAMP:

College of Lake County - Grayslake Campus, Building 7
19351 W. Washington Street

AT THIS CAMP YOU WILL BE TRAINED IN:

Kumite Training	Kata Training	Fitness Assessment
Athlete Nutrition	Sports Psychology	And Much More!

To receive a copy of your registration packet for the High Performance Karate Camp, please email HPKarate@aol.com.



Hotel Information:

Comfort Suites Hotel

1775 East Belvidere Road
Grayslake, IL, 60030, US
Phone: (847) 223-5050

High Performance Karate Training Camp Group Rate:
\$89.00 per night Breakfast included
(3 miles from venue)

Holiday Inn Gurnee Convention Center

6161 West Grand Ave.
Gurnee, Illinois 60031
Phone: (847) 336-6300

High Performance Karate Training Camp Group Rate:
\$79.00 per night
\$89.00 per night (with breakfast)
(15-minute drive from venue)



Athlete Registration Form

April 20 – 23, 2017

Grayslake, Illinois

Rank	Gender Male/Female	Weight (In Pounds)	Age	Date of Birth		
				Month	Day	Year
First Name			Last Name			
Address			City	State	Zip	
Email Address			Phone (Cell)			
Instructors Name			Club Name			

ENTRY FORMS Must be received by Friday, April 7th

Waiver and Release:

I agree to save and hold harmless Management, Sponsors, and their officers, agents, members and employees High Performance Training Camp, and their officers, agents, members and employees from any and all liability resulting from injuries to any person or for damages to or loss of property owned or controlled by me. I fully understand and shall adhere to all rules and regulations. I release all photo and video rights that may be used for publicity, promotion and/or media release without any form of compensation.

If registrant is under 18 yrs. Old; name of parent or legal guardian:

HPK Camp Fee: \$280.00

Printed:

Signature:

Make Cashier's Check or Money Order
Payable to:
Elite High Performance Karate Training Camp

**No personal checks will be accepted.
All fees are non-refundable.**

Email Your Completed Form To:
HPKarate@aol.com

Mail via UPS and/or Regular Mail:
Elite High Performance Karate Training Camp
237 East Prospect Ave
Mt. Prospect, IL 60056