



NATIONAL TRAINING CAMP

OCTOBER 9th - 11th
FT. LAUDERDALE, FL

<u>VENUE:</u>	Greater Fort Lauderdale Broward County Convention Center	
<u>HOTELS:</u>	Hilton Marina – Headquarters Reservations: Click Here	Embassy Suites – Overflow Reservations: Click Here
<u>PARTICIPANTS:</u>	Competitive Athletes (<i>10 and older - Intermediate, Advanced, Black</i>) Elite Coaches & Coaches Wanting to Learn More	
<u>PRICING:</u>	\$295 per athlete (<i>housing not included</i>) \$150 Current Team Members \$100.00 Coaches	
<u>SPECTATOR TICKETS:</u>	\$10 per day	

TENTATIVE SCHEDULE – ATHLETES

PLEASE NOTE, THIS IS SUBJECT TO CHANGE.

FRIDAY, OCTOBER 9TH

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|---------------------|--|
| • 5:00 PM - 6:00 PM | Check-in |
| • 6:00 PM – 6:30 PM | Welcome - Schedule for Sat/Sun - Questions and Answers |
| • 6:30 PM – 7:30 PM | Athlete Training |

SATURDAY, OCTOBER 10TH

- | | |
|-----------------------|----------------------|
| • 9:00 AM - 10:30 AM | Athlete Training |
| • 10:30 AM - 12:00 PM | Trish Bare Seminar |
| • 12:30 PM- 2:00 PM | Athlete Training |
| • 2:00 PM – 2:45 PM | Sport Psychology |
| • 2:45 PM – 3:30 PM | Tim Thackery Seminar |
| • 3:30 PM - 5:00 PM | FREE TIME |
| • 5:00 PM – 7:00 PM | Athlete Training |

SUNDAY, OCTOBER 11TH

- | | |
|-----------------------|--------------------------|
| • 9:00 AM – 11:00 AM | Athlete Training |
| • 11:00 AM – 11:45 AM | Sport Psychology Seminar |
| • 11:45 AM – 12:30 PM | Tim Thackery Seminar |
| • 12:30 AM – 2:00 PM | FREE TIME |
| • 2:00 PM - 4:00 PM | Athlete Training |
| • 4:00 PM – 4:45 PM | FREE TIME |
| • 4:45 PM - 6:00 PM | Athlete Training |





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OCTOBER 9th - 11th
FT. LAUDERDALE, FL

TENTATIVE SCHEDULE – COACHES & INSTRUCTORS

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SATURDAY, OCTOBER 10TH

- 10:30 AM - 12:00 PM Toby Oliver Seminar – After School Programs
- 3:00 PM – 4:00 PM Sport Psychology

SUNDAY, OCTOBER 11TH

- 10:30 AM - 12:00 PM Ryan Andrachick Seminar – Business/Dojong Operations
- 2:00 PM – 3:30 PM Trish Bare Seminar

