



## 2009 AAU USA Karate National Team Camp June 14-16, 2009

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The 2009 AAU/USA Team Camp will be run prior to the AAU National Karate Championships. It will offer AAU athletes that compete in the intermediate and advanced divisions, aged 12 years and up an opportunity to work with coaches of the WKC/USA and the AAU/USA national teams. This camp will also be providing training from the world's most elite and knowledgeable martial arts instructors such as Sensei Ray Dalke AAU USA Karate technical director, Sensei Seiji Nishimura head coach of the Japanese National Karate Team, Sensei Zenpo Shimabukuro one of the most senior practitioners of Shorin Ryu in the world, Sensei Seisho Itokazu considered as one of the foremost practitioners of Okinawa Kobudo, Sensei Kiyoshi Nishime considered as one of the most dynamic Kobudo instructors the world over and Sensei Atsuko Wakai who has attained numerous World Championship Kata titles. Each of these instructors and national coaching staff will work with the athletes to provide them with their own personal experiences as athletes and internationally know instructors.

Don't miss out on this great opportunity to train with the best, learn how to prepare for international competition and get yourself in front of the coaches for the AAU/USA and WKC/USA Karate Teams. Space in the camp is limited and will be designated on a first come basis.

**Team Camp:** The Pan American Karate Championships have been cancelled and in their place the WKC/USA and The AAU/USA will be conducting a team camp to train and consider all athletes participating in the camp and the AAU 2009 Nationals for international competitions in 2010. This camp is not mandatory but highly recommended.

**Camp Check in:** Sunday June 14 (early evening) Training Camp Dinner  
**Hotel:** Embassy Suites Ft. Lauderdale, Florida  
**Camp Dates:** Monday and Tuesday June 15 & 16  
**Check out:** Wednesday June 17  
**Camp Fee\*:** \$500.00  
\$400 for children 16 and younger staying with parents, does not include hotel accommodations; this will be the parents or guardians responsibility.  
Send and make all cashier's check or money order made payable to:

**AAU USA Karate**  
237 East Prospect Avenue  
Mount Prospect, Illinois 60056

**Please fill out the attached forms and return  
with fees no later than Friday, May 29, 2009**

**Fee includes:** 3 nights of lodging, breakfast, lunch, dinner, insurance, camp and training fees

*\* Fees are based on double occupancy for camp participants. Athletes 16 and younger and athletes staying with parents will be responsible for their own rooms and pay \$400 for the camp.*

# 2009 AAU USA Karate National Team Camp

## AAU USA TEAM - CODE OF CONDUCT

1. As a team member or contingent, I will conduct myself in a manner, which exemplifies good sportsmanship and correct attitude at all times.
2. I will refrain from profanity, offensive or negative remarks.
3. I will clean up my area whether it is in the plane, train, bus, hotel, practice area, or event venue.
4. I will treat the coaches, parents, athletes, officials, and chaperones with respect.
5. I will refrain from negative or derogatory comments about athletes, coaches & officials, and organizing committee.
6. I will wear clean and appropriate attire.
7. No drugs, alcohol or smoking.
8. No male/female fraternization.
9. I will adhere to the direction of the team coaches.
10. Regardless of the outcome of my event I will do my utmost to be positive, and strong for the team.
11. I will be on time for all meetings and events. I will obey all curfews, and attend all functions that are required of me.
12. Rooming decisions will be made by the head coach and I will abide by the coaches' decision.
13. Athletes will not leave premises without the permission of a team coach. The coach must have Knowledge of your whereabouts at all times.
14. I will avoid any activities, which may result in civil or criminal charges.
14. I will maintain a level of fitness and competitive readiness for the competition.
15. I will wear the appropriate designated apparel assigned to me by the coach, and appropriate apparel at all times. The head coach reserves the right to disallow certain clothing for public wear if deemed inappropriate.

I have read and understand the code of conduct. I accept this code of conduct and agree to abide by all the rules and procedures stated. I understand and accept the fact that if any rule is broken it may result in removal from the team, withdrawal from the competition and I realize that I may be sent home at my expense, or I may incur some other penalty.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Printed name: \_\_\_\_\_

Age: \_\_\_\_\_

**Return this form**

# 2009 AAU USA Karate National Team Camp

## Athlete Emergency Form

**Return this form**

Athlete's name:

(Print Clearly)

Address:

City:

State:

Zip:

Home Phone #:

Cell #:

Email:

Athlete's Health Insurance Information:

Insurance company's name:

Insurance company phone #:

Policy #:

Doctor name & phone #:

Emergency Contact:

Name:

Relationship:

Phone #:

Cell #:

E-mail:

Please enclose a copy of your insurance card with this form.

**\*\*BRING YOUR ORIGINAL CARD WITH YOU ON THE TRIP.**

# 2009 AAU USA Karate National Team Camp

## STATEMENT OF HEALTH

**Return this form**

Full Name: \_\_\_\_\_

Have you ever been troubled by:

Yes    No

- |                          |                          |   |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | Asthma                                  |
| <input type="checkbox"/> | <input type="checkbox"/> | Allergies                               |
| <input type="checkbox"/> | <input type="checkbox"/> | Heart condition, including heart murmur |
| <input type="checkbox"/> | <input type="checkbox"/> | Persistent Cough                        |
| <input type="checkbox"/> | <input type="checkbox"/> | Frequent Dizziness                      |
| <input type="checkbox"/> | <input type="checkbox"/> | Persistent Headaches                    |
| <input type="checkbox"/> | <input type="checkbox"/> | Eyes, Ears, Nose, or Throat Problems    |
| <input type="checkbox"/> | <input type="checkbox"/> | Stomach or Other Organ Problems         |
| <input type="checkbox"/> | <input type="checkbox"/> | Lung Problems                           |
| <input type="checkbox"/> | <input type="checkbox"/> | Bones, including Fractures or Bruising  |
| <input type="checkbox"/> | <input type="checkbox"/> | Brain or Nervous System                 |
| <input type="checkbox"/> | <input type="checkbox"/> | Blood or Endocrine System               |
| <input type="checkbox"/> | <input type="checkbox"/> | Muscle, Tendon, Ligament                |
| <input type="checkbox"/> | <input type="checkbox"/> | Seizures                                |
| <input type="checkbox"/> | <input type="checkbox"/> | Diabetes                                |
| <input type="checkbox"/> | <input type="checkbox"/> | Concussion                              |
| <input type="checkbox"/> | <input type="checkbox"/> | Hypertension                            |
| <input type="checkbox"/> | <input type="checkbox"/> | Other, explain                          |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you smoke or use tobacco             |
| <input type="checkbox"/> | <input type="checkbox"/> | I have no medical problems              |

If you have indicated any medical problems, you MUST attach a Doctor's note certifying that you are fit to compete.

In your opinion, what is the general state of your health?

- Excellent             Good             Fair             Poor

With my signature below, I certify that I am in sound health and that there is no known reason why I cannot participate in events, tournaments or practices.

Signature: \_\_\_\_\_

Printed name: \_\_\_\_\_

(Athlete)

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**Return this form**

## Athlete Information Sheet

Name \_\_\_\_\_ Gender \_\_\_\_\_

Birth date \_\_\_\_\_ Tournament age \_\_\_\_\_  
(Age as of June 12, 2009)

Current License/Passport # \_\_\_\_\_ 2009 AAU Membership # \_\_\_\_\_  
(you must enclose a photo copy of your current drivers license) (you must enclose a copy of your current AAU Membership card)

Current Height: \_\_\_\_\_ ft. \_\_\_\_\_ in. Current Weight \_\_\_\_\_ lbs.  
(weight will be used for weight divisions)

Primary Style of Karate \_\_\_\_\_

I will compete in:

- Kata
- Kumite
- Kobudo

List your top three Tournament Katas:

- 1 \_\_\_\_\_ Shitei
- 2 \_\_\_\_\_ Sentei
- 3 \_\_\_\_\_ Tokui

I would like to compete in:

- Team kata
- Team kumite

Do you have religious, travel or physical restriction or limitation? \_\_\_\_\_ if yes, please explain.

Number of National Tournaments you have competed in (Advanced Division only)

Number of International Tournaments you have competed in and list the name of the events(s)

Number of years training: \_\_\_\_\_ Name of your Sensei: \_\_\_\_\_

Are you willing to abide by the USA Adult Team and Contingency Code of Conduct?

**Signature** (Your signature is an affirmative answer):

\_\_\_\_\_

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## Return this form

### WAIVER/RELEASE FORM (“AGREEMENT”)

In consideration of being permitted to participate in any way in any AAU/WKO activity (“Activity”) I, for myself, my personal representatives, assigns, heirs, and next of kin.

1. Acknowledge, agree, and represent that I understand the nature of the Activity and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity.

2. Fully understand that: (a) athletic activities involve risks and dangers of serious bodily injury, including permanent disability, paralysis, and death (risks); (b) These risks and dangers may be caused by my own actions or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place or the negligence of the “releasees” named below; (c) there may be other risks and social and economic losses either not known to me or not readily foreseeable at this time; and I fully accept and assume all such risks and all responsibility for losses, costs, and damages I incur as a result of my participation or that of the minor in the activity.

3. I hereby release, discharge, and covenant not to sue the Amateur Athletic Union of the United States (AAU), World Karate Organization (WKO) related affiliated and subsidiary companies, as well as the officers, directors, agents, employees and signs of each, and the AAU or WKO’s association, clubs, coaches, officials, administrators, members, volunteers, participants, sponsors, advertisers, and if applicable, owners and lessors of premises on which the Activity takes place, and any other party indemnified and held harmless by the AAU/WKO (each considered one of the “releasees” herein). From all liability, claims, demands, losses, or damages on my account caused or alleged to be caused in whole or in part by the negligence of the “releasees” or otherwise, including negligent rescue operations, negligent security, travel, and recreational operations and activities; and I further agree that if despite this release and waiver of liability, assumption of risk, and indemnity agreement I, or anyone on my behalf, makes a claim against any of the Releases, I will indemnify, save, and hold harmless each of the releasees from any litigation expenses, attorney fees, loss, liability, damage, or cost which may incur as the result of such claim.

I have read this agreement, fully understand its terms, and understand that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid the balance, notwithstanding, shall continue in full force and effect.

Printed name of athlete:

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Address:

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Phone:

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Athlete’s signature:

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Date:

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# 2009 AAU USA Karate National Team Camp

## Dress Code

Most events will be informal in nature and your attire should be **conservative and appropriate at all times**. Each athlete, coach and dignitary should also be prepared to dress on a more formal basis as well.

### ***Informal Dress Code:***

(FOR TRAVEL ON PLANE, TRAIN, AND BUS)

AAU/USA Warm-ups

Clean gym/training shoes

AAU Polo Shirt when designated

No t-shirts with inappropriate sayings or pictures

### ***Competition***

**Solid white gi** (correctly fitted and in good condition, **no logo's** will be allowed except for the team patch, failure to comply could lead to your disqualification as outlined in the WKC rules)

**AAU Karate patch** (sewn on left chest)

**Solid black belt** (correct length, see rules)

All females must have chest protectors for kumite and plain white sports bra /plain white t-shirt worn under gi top. Males must have a groin up and all athletes must have a properly fitted mouth piece.

## USA NATIONAL TEAM TRAVEL INFORMATION

- **Never travel outside of delegation with out proper permission from the coach.**
- **Always travel in pairs.**
- Use the hotel safe or deposit box when it is available.
- Do not wear expensive jewelry, which could attract thieves.
- Try to learn basic conversation skills in the native tongue. Example: please, thank you, good morning, etc.
- Do not bring any fresh food into, or out of, the country.
- ***Often gifts are exchanged between competitors as a good will gesture. For example: American icons such as pins, T-shirts, flags. You may want to bring some along.***
- Please remember to remain at the breakfast or dining table until the team coach has formally finished the team meal. Be courteous at all times.
- If there is any damage caused by an athlete or delegation member it should be reported immediately and compensated for by the person who caused the damage.
- Passport/license must not expire within six months of the tournament dates.
- Remember that you represent the United States of America and are part of the WKC/USA and AAU/USA National Karate Teams and appropriateness must be shown in appearance, words, actions and demeanor at all times and in all events.

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## Suggested Items To Pack/Bring With You

1. 2 Clean Gi's (no logos except for the AAU Patch)
2. Safety equipment, hand guards, mouth guards (2), groin cup for males, chest protectors for females.
3. Gym shoes (clean).
4. Small towel.
5. Insurance card.
6. Sweat pants.
7. Medications needed. If it is prescription you need to bring a note from your doctor.
8. First aid kit.
9. One set of dress clothes.
10. Water bottle.
11. Black Belt, all athletes must wear a solid proper fitting black belt.
12. Small can of hair spray (for traction if mats are slick)
13. Extra contact lenses and solution (if you wear contacts)
14. Two additional passport pictures (needed for tournament)
15. Certified birth certificate, copy of your passport/license & photo.
16. Sewing kit.
17. Camera/video camera.
18. Toiletries (put in baggies so that the contents don't spill in your luggage) and any adapters you may need for hairdryers and or other electrical appliances.
19. Pocket money (you will be responsible for all extra expenses)

Please note: With increase airline security measures, do not carry pocket knives, tweezers, razors, etc. on the plane. Please check any websites on airline travel for restrictions on luggage that need to be checked or carried on the plane. For example: luggage weight, luggage size etc.



# 2009 AAU USA Karate National Team Camp

## Sunday June 14

7:00 9:00 Camp Check in & Dinner (Hotel lobby)

## Wednesday June 17

Breakfast 7:00am

## Monday June 15

7:00	8:30	Breakfast
9:00	10:00	Speed Agility & Quickness Training
10:15	11:15	Kata
11:30	12:30	Kumite
12:30	1:30	Lunch
1:30	2:30	Kobudo
2:45	3:45	Kata/Kumite
6:00	8:00	Dinner
8:00	9:00	Mental Toughness

## Tuesday June 16

7:00	8:30	Breakfast
9:00	10:00	Speed Agility & Quickness Training
10:15	11:15	Kata
11:30	12:30	Kumite
12:30	1:30	Lunch
1:30	2:30	Kobudo
2:45	3:45	Kata/Kumite
		Dinner & Mental Toughness
4:30	10:00	