

2017 John Sepulveda West Coast Spirit Camp

Camp Participants Will be Divided into 3 Groups

1. Juniors- All ranks ages 8 to 14
2. Beginning Adults White through Green
3. Brown and Blacks

Saturday	Juniors	White-Green	Brown/Black
9:00am	Mr. Sepulveda	Mr. Donadio	Mr. Emerine
10:30am	Mr. Emerine	Mr. LaBounty	Mr. Donadio
1:30pm	Mr. Donadio	Mr. Emerine	Mr. LaBounty
3:00pm			
Sunday	Juniors	White-Green	Brown/Black
9am	Mrs. Hammons Ms. Chrisp	Mr. Sepulveda	Mr. Sepulveda

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SCHEDULE OF EVENTS

FRIDAY, JULY 28th

4:00 Pm	Camp
	Check-In
6:00	Dinner
7:00	Free time
10:50	Bed Check
11:00	Lights Out

SATURDAY, JULY 29th

6:30 Am	Wake Up
7:00	Physical Fitness
7:30	Clean Cabins
8:00	Breakfast
9:00	Class
10:30	Class
Noon	Lunch
1:30 Pm	Class
3:00	Adult Class
5:30	Dinner
7:00	Camp Fire Chat
10:50	Bed Check
11:00	Lights Out

SUNDAY, JULY 30th

6:30 Am	Wake Up
7:00	Physical Fitness
7:30	Clean Cabins
8:00	Breakfast
9:00	Class
11:45	Check Out
Noon	Camp Closes

You will need to bring your uniform, belt, cup & supporter, sparring gear, mouth piece, personal toiletries, sleeping bag, towels, insect repellent, sunscreen, change of clothes, shoes, snack food, flashlights, and cameras for taking pictures.

Camp will take place at Pend Oreille Bible Camp, 7852 Le Clerc Road South,
Newport WA 99156