

Directions to Sweet Wood

Half Moon Bay, California

(From K.O. Taekwondo)

- *Take Monument Blvd to **680 South***
- *Take highway **24** towards **WEST OAKLAND***
- *From the 24, take **880 SOUTH***
- *From 880 South, take highway **92 WEST** towards **HALF MOON BAY BRIDGE/SAN MATEO***
- *From highway 92, take highway **1 NORTH***
- *Continue on highway 1 NORTH for roughly **1 mile***
- *On your **left** you will see a sign for **SWEET WOOD***

(The drive will be about 70 minutes without traffic)

2009 NINJA CAMP SCHEDULE
(Sunday, August 16th – Weds August 19th)

	Sunday	Monday	Tuesday	Wednesday
7:00		Wake up		Clean up and Tear down camp, prepare to leave. All campers need to be pick up prior to 12 p.m.
7:15		Morning exercise/Running		
8:00				
8:30		Prepare for breakfast		
9:00				
9:30		Breakfast		
10:00				
11:00		TKD Class		
11:30				
12:00		Get ready for lunch		
1:00	Arrive at campsite and set up camp			
1:30		Lunch		
2:00				
3:00	Light snack, brunch			
3:30	Introduction	Games		
4:00	Group discussion of goals	(Beach/campsite)		
4:30		Rest		
5:00				
6:00	Miscellaneous Activities (Free time)			
6:30	Prepare for dinner/Clean up campsite			
7:00				
8:00	Dinner time (BBQ Party)			
8:30	Free Time			
9:00				
9:30	Campfire			
10:00				
10:30	Get ready to sleep			
11:00				
11:30	Patrol campsite			