



Young Yong Gi
Region 10 Annual Summer Camp
 U.S. Soo Bahk Do Moo Duk Kwan Federation, Inc.
July 25 – 27, 2014
 Friday, 3:00 PM through Sunday, Noon



Registration Form

Packages	Category	Age	Price BY June 8 th	Price AFTER June 8 th
FULL Weekend Includes 2 Nights Lodging and 6 Meals Friday, July 25 th , 3 PM through Sunday, July 27 th , Lunchtime	Practitioner	17 & Under	\$150.00	\$170.00
	Practitioner	18 & Over	\$190.00	\$210.00
	Non-Practitioner/Guest	17 & Under*	\$95.00	\$115.00
	Non-Practitioner/Guest	18 & Over	\$110.00	\$130.00
(New) Commuter Weekend Includes 4 Meals- All lunches and dinners	Practitioner	All Ages	\$140.00	\$155.00
Saturday Only (No Lodging) Includes 2 Meals- lunch and dinner	Practitioner	All Ages	\$110.00	\$120.00
	Non-Practitioner/Guest	All Ages*	\$30.00	\$35.00
Meals only For non-practitioners or practitioner who want additional meals not included in their package	Practitioners and Non-Practitioner	All Ages	\$10.00 per meal Must be reserved by June 8, 2014 Please attach note & payment for meals needed	
Note: Lazy F will waive the day use fees for non-practitioners who are just dropping off or picking up students, or just observing one or two classes, even if they are purchasing meals. However, non-practitioners planning to spend the majority of the time on camp grounds are expected to register and pay appropriately for camp ground use. * Children age 2 and under are free				
Rank: _____ Federation ID: _____ Must be current federation member to participate		Check one: <input type="checkbox"/> Practitioner <input type="checkbox"/> Non-Practitioner		
Last Name, First Name	Gender: <input type="checkbox"/> Male <input type="checkbox"/> Female Age: _____			
Address:			Package Price	\$
City, State & Zip Code:			Additional Meals at \$10.00 each	
Telephone:			Breakfast ___ X \$10 ea.	\$
Email:			Lunch ___ X \$10 ea.	\$
Studio Name:			Dinner ___ X \$10 ea.	\$
Short Sleeve T-Shirt Size and Totals	Adult: S ___ M ___ L ___ XL ___ XXL ___ XXXL ___ Youth: S ___ M ___ L ___	Women's Cut? Yes ___	T-shirt total ___ X \$15 ea.	\$
Long Sleeve T-Shirt Size and Totals	Adult: S ___ M ___ L ___ XL ___ XXL ___ XXXL ___ Youth: S ___ M ___ L ___	Women's Cut? Yes ___	Long Sleeve T-shirt total ___ X \$20. ea.	\$
Hoodie Sweatshirt Size and Totals	Adult: S ___ M ___ L ___ XL ___ XXL ___ XXXL ___ Youth: S ___ M ___ L ___		Sweat-shirt total ___ X \$35 ea.	\$
Family Room Share or Special needs:	We will try to room families together as requested. Please indicate this and any other special needs:			
Make check payable to: Region 10 Dan Association			Total Remittance	\$

MAIL FORM & WAIVERS TO:

Region 10 Summer Camp, c/o Charles Smith, 14120 SE Parmenter Drive, Milwaukie, OR 97267

4/22/2014



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Participant or Guest Waiver

In consideration of being allowed to participate in any way in the United States Soo Bahk Do Moo Duk Kwan athletics/sports program and related events and activities, the undersigned:

1. Agrees that the parent(s) and or legal guardian will instruct the minor participant that prior to participating he or she should inspect the facilities and equipment to be used, and if the participant believes anything is unsafe, he or she should immediately advise his or her instructor of such condition(s) and refuse to participate.
2. Acknowledge and fully understand that each participant will be engaging in activities that involve risk of serious injury, including permanent disability and death, severe social and economic losses which might result not only from their own actions or inactions or negligence of others, the rules of play, or the condition of premises or any equipment used. Further, that there may be other risks not known to us or not reasonably foreseeable at this time.
3. Assume all foregoing risk and accept personal responsibility for damages following such injury, personal disability or death.
4. Agrees to abide by all Lazy F camp rules, including no alcoholic beverages or smoking.
5. Release, waive, discharge and covenant not to sue United States Soo Bahk Do Moo Duk Kwan Federation, Inc., Region 10 Dan Association, Lazy F Camp, and its affiliated organizations, their respective administrators, director, agents, coaches, or other employees or members of the organization, other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and leasers of premises to conduct the event, all of which are hereinafter referred to as "releases" from any and all liability to each of the undersigned, his or her heirs and next of kin for any and all claims, demands, losses or damages on account of injury, including death or damage to property, cause or alleged to be caused in whole or in part by the negligence of the releases or otherwise.

WE HAVE READ THE ABOVE WAIVER AND RELEASE, UNDERSTAND THAT WE HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT VOLUNTARILY.

Print name of MINOR participant (under 18)	Printed name of ADULT participant
Printed name of Parent or Legal Guardian of MINOR participant	
Signature of Parent or Legal Guardian of MINOR participant	Signature of ADULT participant
Date signed	Date signed

ATTENTION: Everyone 21 and Younger
You must also complete the next 2 pages- Lazy F Challenge Course Release and Medical Form- in order to participate in the Challenge Course activities during camp)

Lazy F Challenge Course
Release of Liability

(You must complete these 2 pages in order to participate in the Challenge Course activities)

Disclosure

The Challenge Course experience at Lazy F Camp & Retreat Center involves the following activities:

Orientation/Introduction – goal setting, safety briefing, learning names, and physical warm-ups.

Initiative Games – group activities that use little or no props, are low to the ground, and emphasize group decision-making and problem-solving skills, cooperation, awareness of individual’s effect on the group, leadership styles, etc.

Spotting & Trust Activities – activities that teach proper spotting techniques used for safety in trust and low element events, development of trust among group members, and emphasize looking out for another’s physical and emotional safety. May include the “trust fall”, where participants fall back into the arms of group member from a height of 4 feet.

Team Challenge Elements – the group will use permanent structures, cables, etc. built among the trees including: a whale watch, a spiders web, a 12 ft. wall up to get over, “tight rope” walking, or trust fall activities and more.

Summit Adventure Elements– these elements are built in trees, are up to 65ft. high, and include: Pirates Crossing, Climbing Tree, Vertical Playpen, Multivine, Climbing Tower, and Zip Line. Participants wear helmets and are belayed at all times with a climbing rope and harness.

Some of the above activities are physically rigorous. The level of participation in a challenge course activity is at all times completely up to the individual’s choice. Yet there is a risk, which must be assumed by each participant that he or she may suffer an emotional or physical injury or disability. Injuries can include, but are not limited to; cable burns, rope burns, sprains, skin abrasions, and pulled/strained muscles. In the unlikely event of a failure of a helmet, belay, or other safety precautions, more serious injuries or even death could result.

The number and choice of element your group be participating on will depend on the length of time your group spends in our challenge course program and the goals of your group

Policy for participation in the Lazy F Challenge Course experience requires that every participant must make certain health/medical information known to the course facilitator(s) prior to participation so that they are prepared to respond appropriately if the need arises. This information will be held confidential. Please be sure to complete the Participant Data form on the reverse side prior to your scheduled course visit.

No one will be able to participate in Challenge Course activities without a signed “Participant’s Data Form” and a “Release of Liability Form”!

Release of Liability

I, the undersigned, understand that parts of the Challenge course experience at Lazy F may be physically or emotionally demanding. I affirm my (or my child’s) health is good, and that I (or my child’s) am (is) not under a physician’s care for any undisclosed conditions that might endanger my (or my child’s) health or that of other participants. I recognize the inherent risk of injury or disability in challenge course activities.

I hereby agree to release the United Methodist Church, the Conference Camping Commission, Lazy F Camp & Retreat Center, and any of their directors, officers, staff members, or volunteers, from any liability, claims, demands, legal suit, or causes of action arising out of, or in any way connected with my participation in the Challenge Course activities, and further to indemnify them for any losses resulting from any suit brought in my name or on my behalf.

Participant’s Signature _____ **Date** _____

(Parent or Guardian’s Signature if under 18)

(Please print Parent or Guardian’s names)

Participants Name if under 18 _____

****See next page****

MAIL FORM & WAIVERS TO:

Region 10 Summer Camp, c/o Charles Smith, 14120 SE Parmenter Drive, Milwaukie, OR 97267

4/22/2014

**LAZY F CHALLENGE
PARTICIPANT DATA/RELEASE OF LIABILITY FORM**

Name _____ Phone _____
Address _____

M _____ F _____ Birth date _____ Age _____ Height _____ Weight _____

Person to notify in case of emergency:

Name _____ Relationship _____
Address _____ Phone hm _____ wk _____

MEDICAL INFORMATION

For your benefit and the safety of others, we need to be aware of any medical conditions you have that might impact your participation. All information is confidential and shared only with your group's facilitator(s).

1. Do you wear: contact lens? _____ Hearing Aid? _____
2. Are you on any medication? _____ What kind? _____
3. Are you allergic to any of the following (please specify):
Bug bites _____ Medication _____
Bee stings _____ Other _____
4. Do you have any limiting physical problems (temporary or permanent)? Y _____ N _____
If yes, please specify:
_____ Asthma _____ Back Problems
_____ High blood pressure _____ Kidney problems
_____ Low blood pressure _____ Bone/joint problems
_____ Cardiac or respiratory _____ Fear of heights
_____ Recent surgery _____ Other _____

What should we know about any of the above? _____

Family Medical Insurance: ___ Yes ___ No Name of Insured: _____
Carrier: _____ Group# _____ Policy # _____
Name of family physician _____ Phone _____

➤ I, the undersigned, have provided current, factual, and complete information on this form

Signature _____ Date _____
(Guardian, if participant is under 18 years of age)

****See previous page****

**Young Yong Gi
Region 10 Summer Camp 2014
July 25 – 27, 2014
Schedule of Events**

Note: This schedule is subject to change

<u>Day/Time</u>	<u>Event</u>	<u>Location</u>
FRIDAY- July 25		
2:30-5:00	Check-In	Entrance
3:30-5:00	Training- Staying Young in Your Training	Field
5:30-6:10	Dinner	Dining Hall
6:45-8:30	Formal Opening / Training	Field
8:30-9:45	Informal Training Free Time	Field Cabins, Barn
SATURDAY- July 26		
7:00-7:45	Moo Pahl Dan Kuhm	Field
8:00-8:40	Breakfast	Dining Hall
9:00-10:15	Training	Field
10:30-11:45	Training	Field
12:00-12:30	Lunch	Dining Hall
12:50-1:15	Pictures- Promotions	Field
1:15-2:00	Training- Led by Youth / Parent Session	Field
2:15-5:15	Youth- 6-21 6-9- Climbing Tower / Low Course 10-12- High Ropes / Tower 13-21- High Ropes Archery for all	Ropes Area Climbing Tower
2:15-2:45	Adults- Training / Parents-Guest Session	Field
2:45-3:15	Adults- Training / Parents-Guest Session	Field
3:30-4:00	Adults- Training	Field
4:00-4:30	Adults- Training	Field
4:30	Adult Awards (Certificates)	Field
5:30-6:10	Dinner	Dining Hall
6:30-7:30	Prepare for skits- by groups: Children; Youth; Teens; Adult Gup; Adult Ko Dan Ja / Dan Informal Training	Cabins, Field, Barn Field
7:30-10:00	Group Skits, Campfire, Music	Campsite
SUNDAY- July 27		
7:00-7:45	Moo Pahl Dan Kuhm	Field
8:00-8:40	Breakfast	Dining Hall
9:00-10:15	Youth Awards (Certificates)- Training	Field
10:15-11:15	Pack up, Clean-up	Cabins
11:30	Lunch- Seated or To Go	Dining Hall
12:00	Depart	