

School Orientation for IATC

What to Expect

Training camp is a vibrant and exciting weekend of training, testing and socializing. If you've never been before, it will likely become your favorite weekend of the year. There are people of all ages and backgrounds exploring the martial arts with teachers and masters that they rarely have the opportunity to see. Evenings include music, socializing and the reunions of old friends, sometimes late into the night. The different floors of the dorm have different age and noise restrictions to be sure everyone is getting the version of Training Camp they want. Food will be served from the university's cafeteria with a wide variety and as much food as you require.

What to Bring

Aside from normal travel gear, consider these things:

- Rooms have a small fridge and you can purchase small items from nearby stores if you like.
- Rooms have a light sheet and blanket (twin), pillow, and small towel, but many people prefer their own items. Consider an extra towel (especially if you'll be using the pool), a thicker blanket, and a fitted sheet.
- Bathrooms/showers are shared between two rooms. There are hotel style soaps but you may want your own soap, shampoo, hair dryer, etc.
- There is a swimming pool, laundry, volleyball, gym, and grilling area at the dorm. There are no extra fees for their use. If you plan on playing volleyball, you'll need to bring the ball.
- You'll want at least two gis. In formal situations like the bow-in and promotions you need to wear all white.
- If you're not used to working out on hard wood for 6-8 hours for three days in a row, you'll want some gym shoes. "Barefoot" shoes like Vibrams will allow you to show toe and foot position. You will need to walk back and forth from the gym in another pair of shoes or sandals.
- Weapons and sparring gear for any sparring and weapon classes you take.
- People testing who do not want to bring boards to break must arrange their boards ahead of time. Info at <http://iatc.cuongnhu.com/testing/>
- Minors not traveling with parents must be sure their chaperone has their medical release for registration.
- Also consider your favorite anti-inflammatory medicine, athletic tape, alarm clock, notebook, and camera.

Family Friendly

Training camp is attended by people of all ages and we take several steps to ensure that everyone gets the experience they want out of it.

Floors

On the registration page you can sign up for:

Party Floor - Must be 18 or older to stay on this floor. Socializing will go late into the night and noise levels vary (but rarely cease).

Chill Floor - Anyone can stay on this floor but must quiet down by 11pm.

Family Floor - Minors on this floor must return here by 10pm and quiet down by 11pm. There will be

a special game room and activities for kids on this floor.

Master Floor - Must be a master to stay on this ultra-quiet floor.

Wristbands

There are four colors of wristbands that will serve as age identifiers for all campers.

White - Minors housed on the Family Floor - After 10pm, they need to return to the Family Floor where there will be other activities. If someone isn't wearing a wrist band, you should assume they have a white one.

Green - Minors housed off the Family Floor. These kids have been allowed by their parents to move about more freely, but need to check in with parents or chaperones.

Brown - 18-20 year olds - not allowed to drink alcohol.

Black - Adults.

Chaperones

- All minors have parents or assigned chaperones who must know where they are.
- It is up to parents and chaperones to let kids know where they can be and what behaviors are acceptable. We'll all be looking out for them, but they need clear instructions from parents.
- If minors are housed on the Family floor, the parents or chaperones must make sure they are on the floor by 10pm and stay there.

Etiquette

- Rule 1 – You are a representative of your dojo AT ALL TIMES. You carry our good reputation as credit in every interaction but also are responsible for its safe keeping.
- Take care of the dorms, cafeteria, gym and other facilities like they belong to your best friend. Leave them as good or better than you found them. Prove to the university that we're the best guests of all time.
- Do not be familiar with any sensei in uniform unless they invite you to. Do not correct or interrupt them unless they invite you to. If they're wearing a black belt or higher, say "Yes, Sensei" or "No, Sensei". Most people are ok with less formality, but let them tell you that.
- Camp is your chance to meet your Cuong Nhu family from all over the country and the world. Don't just hang out with your dojo friends – MEET NEW PEOPLE. They're great! And if your Senseis seem to be spending lots of time with people from other schools, it's not because they don't like you, it's because they're building and maintaining lifelong relationships. Try it!
- It's probably ok to try a class that you're not the rank for, but you should ask the teacher. It's also ok to leave a class that you realize isn't what you wanted. Just bow to the sensei and excuse yourself. Kids must, however, notify their chaperone that they're changing locations.
- You should try to buy weapons ahead of time for weapons classes you want to take, but if you don't have the weapon, ask the teacher, they may have spares or an alternate stand in for the weapon.

Remember – Respect, Ask, Enjoy, Respect – This will likely become your favorite event of every year!