



USATMA Summer Camp Announcement. Save The Date.

Summer camp will be held on August 7th and 8th. All four Masters will be instructing. Brown Belts and black belts; do not miss this opportunity.

Location:

The Freedom Center in Leesburg, VA. <http://www.freedomcenter.us/>

You can stay on-site the cost is \$30/day. Accommodations are similar to Boy Scout or a Girl Scout camp. You will be provided with a bunk, bathroom and shower, but you must bring your own bedding.

Hotel recommendation - Double Tree is a great partner. 25 rooms are reserved. Please reference the event USATMA.

Double Tree by Hilton Hotel Sterling – Dulles Airport
21611 Atlantic Blvd, Sterling, VA 20166
703-230-0077
Rate \$72 per day. \$81.36 with tax.

Workout Schedule:

Friday, August, 7th Schedule:

9:00 am - 11:00 am	First Session: distribute t-shirts (Run, Kick Tree, Practice, Practice, Practice)
11:00 am - 1:00 pm	Lunch --- Provided
1:00 pm - 3:00 pm	Second Session --- Practice, Practice, Practice
3:00 pm - 4:30 pm	Break
4:30 pm - 6:00 pm	Third Session --- Practice, Practice, Practice

***Do not plan to leave during the afternoon sessions. The traffic is terrible during the week.**

Saturday, August, 8th Schedule:

9:00 am - 11:00 am	First Session: distribute (Run, Kick Tree, Practice, Practice, Practice)
11:00 am - 1:00 pm	Lunch --- Provided
1:00 pm - 3:00 pm	Second Session --- Practice, Practice, Practice
3:00 pm - 4:30 pm	Break
4:30 pm - 6:00 pm	Third Session --- Practice, Practice, Practice