

CAMP BUSHIDO WEST



Judo & Jujitsu Training Camp

Old Oak Ranch
Sonora, California

JULY 5th – JULY 9th, 2010

Camp Staff

Charles Robinson - 8th Dan
Camp Director & Senior Skills Review

Featured Instructor

To Be Announced

Mark and Lisa Guerrero - Judo Program Instructors

Hans Ingebretsen - Jujitsu Program Director

Dave Barlow & Joa Schwinn - Assistant Camp Directors

Holly West – Life Guard & Camp “Mom”

THIS WILL BE A MONDAY Afternoon THROUGH FRIDAY Morning CAMP

CAMP BUSHIDO 2010

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**Everyone!!!! PLEASE READ THIS CAMP INFORMATION. It is important!!!!
THERE ARE ONLY 80 SPOTS AVAILABLE THIS YEAR!!!!**

The Camp - Camp Bushido West is held at Old Oak Ranch which is nestled in the mountain forest of cedars and pines in the Sierra foothills above Sonora, California. The camp is approximately 70 miles southeast of Sacramento, and 30 miles west of Yosemite National Park, CA. This is the California Gold Rush area of magnificent beauty and wonder. It is a phenomenal location for learning and relaxation; a place to restore yourself.

2010 Camp Dates - Camp dates are **Monday July 5th, through Friday, July 9th, 2010.** Registration and check-ins, will begin on Monday, July 5th, 2010, at 3:00pm (*no early arrivals!*). Checkout will be on, Friday, July 9th, 2010, no later than 11:00am. The daily schedule is still being developed but will be posted once it is finalized.

Camp Fees - Please review the attached camp 2010 RATES sheet. This sets forth the rates, discounts and deadlines. Camp fees covers room and board, camp t-shirt, a camp group picture, and all camp judo and jujitsu programs. Due to terms and conditions of our rental contract, discounted registrations will be guaranteed for the first 80 campers. **Your deposit is non-refundable.**

Camp Programs - There will be both a senior and junior judo program. There will be a jujitsu program for campers ages 13 and up. It is our intent to provide certification programs for coaches, referees, rank examiners, and kata. Points may be accumulated at camp for promotional requirements. Additionally, campers may complete promotional requirements during camp. At the discretion of their judo schools sensei campers may receive recommendations for promotion, or actual promotions from camp. Camp Bushido is a sanctioned camp by the United States Judo Association.

The Instructors - Every year Camp Bushido is host to a featured guest instructor who is a nationally or internationally renowned instructor and/or competitor. Last year we had Ronda Rousey, the only USA Olympic medalist at the 2008 Beijing Olympics. Over the past few years these notables have also included Jin Izumi, Jim Bregman, Dr. AnnMaria Rousey DeMars, Gary Goltz, Rey Tinaza, George Weers, Butch Ishisaka, and Roy Hash. Many of these past featured instructors have enjoyed camp so much that they return to participate as additional honored guest instructors who "pitch in" to add an "extra-super-awesome" level of instruction. Of course there are the perennial instructors who include our beloved director and founder, Professor Charlie Robinson, our awesome kids program general instructors Mark and Lisa Guerrero, and the guy in a black gi, jujitsu program leader Hans Ingebretsen.

Rooms - Housing is in nice carpeted dormitory style rooms with bunks that house 2 -4 campers per room. The rooms are air conditioned and usually share a bathroom between two rooms (4-8 campers). There will be a facilitator for each wing (8) of the lodge. Rooms assignments will be made at registration and are based upon shared room criteria established to provide a safe and enjoyable camping experience. Certain requests may be considered in the room assignments (friends, siblings, etc), but are not guaranteed. Final room assignments will be made based upon bed availability and appropriateness under established criteria and may be subject to change.

Meals - Three hearty meals will be provided daily to campers in our open air dining hall (it is a huge tent with open sides underneath towering trees). If you have dietary considerations (Vegetarian/vegan food intolerances or allergies) please contact Dave Barlow. We will not make accommodations for “picky” eaters. The first meal will be dinner on Monday, July 5th, and the last meal served will be breakfast on Friday, July 9th 2010.

Partial Week - Staying part of the week is discouraged as being part of the entire program is part of the planned experience. However, if you are unable to stay for a full week there will be an adjusted daily rate camper fee posted once the annual camp contract is signed and the day rate is determined.

Airport Transportation - Transportation may be arranged from the Oakland International Airport. A fee will be charged to cover the cost of this service. Please call to make arrangements. The primary source for this service will be provided by a camp staff member in the Twin Cities Judo 15 seat passenger van. If there is a greater need, then additional van pooling may be available with sufficient notice. There will only be one trip made from the Oakland Airport one day of arrival and day of departure. This will include any car pooling rides arranged.

Additional Activities - Due to the space constraints this year there will not be an open game room. The room that had been used in previous years will be matted and used as an instruction room.

During the camp, the pool will be available for swimming on a posted schedule and includes a lifeguard. Campers may also participate in hikes and handcrafts. There are paved basketball courts, a playing field, volleyball area, and a snack bar. Anyone bringing their own should clearly label their equipment

Camp Rules - All camp rules will be explained at the mandatory general meeting the first night of camp. If a camper cannot make this meeting they will still be held accountable for knowing what the rules are. It is understood that any violation of camp rules may result in a camper being sent home. In the event that parents are unable to pick up their child, arrangements will be made to send the camper home at their parents expense. Any camper sent home for discipline problems will forfeit any camp fees paid. **ABSOLUTELY NO ALCOHOL OR DRUGS ARE ALLOWED IN CAMP.** For the safety of all campers, no dogs, cats, or other animals permitted.

Clothing - Weather in the Sierras in the summer is variable. We suggest that you bring a warm jacket (preferably rainproof) and tennis shoes or boots. There is no provision for doing laundry so camper should have enough clean clothes to see them through the entire week.

Uniforms - This camp is held in the Sierra foothills during the summer; it can get very warm. Although we now have air conditioned workout rooms, sweat is most certainly a part of judo. We strongly advise that you bring at least two uniforms. There are no facilities to wash clothes at the camp. You should also mark your uniforms clearly for identification. Wearing t-shirts under your go top (mandatory for females) helps to keep the uniforms fresher for a longer period of time.

Program Participation - Rules for acceptance and participation in the camp program are the same for everyone without regard to race, color, national origin, age, sex, or handicap.

To enroll a camper in Camp Bushido:

- 1) Complete the Application Form.
- 2) Make your Check Payable to : **Camp Bushido**
- 3) Mail the form and your deposit or camp fees to:

:

Camp Bushido
P.O. Box 2445
Marysville, CA 95901

For more information contact

Charles Robinson at (530) 742-7938 or judo@syix.com.

Dave Barlow at (530) 315-7903 or unojudoka518@hotmail.com

Hans Ingebretsen (408) 206-7265 or hansingebretsen@yahoo.com

Joa Schwinn (707) 523-3200 or jschwinn@seikaryu.com

Additional camp forms and information available on our website: **www.campbushido.com**

CAMP BUSHIDO WEST

2010 RATES

	Regular Rate Paid After 6/1/10	Early Registration Discount Rate	Family Discount Rate (Family of Three or More)
Ages 6 & Up	\$ 280.00	\$ 260.00	\$ 250.00
Ages 3 to 5	\$ 150.00	\$ 140.00	\$ 125.00
Ages 2 & Under	\$ 25.00	\$ 20.00	\$ 18.00

DEPOSIT: \$ 75.00

Space is offered on a first come - first served basis. There are a total of 80 beds available (*less than 1/2 of last year!*). We expect to reach to maximum capacity this year. It is advisable that you send in the non refundable deposit at your earliest opportunity to assure your space. Your deposit only secures an available space. To receive a discount see below.

DISCOUNT PAYMENT DATE: June 1st, 2010 (Tuesday) "Early Registration" & "Family" Discount Rates

All discounts require payment-in-full AND receipt or postmark of no later than June 1st, 2010 . Any payment received for less than the total amount due or after that date will require full payment of the Regular Rate.

CREDIT / DEBIT CARD PAYMENT:

You may make a payment with a debit or credit card. In addition to all camp fees, there will be an \$10.00 fee per camper for this service (this is how much it cost us).

To utilize this option you must contact Assistant Camp Director, Sensei Joa Schwinn, at (707) 523-3200 and provide your information over the telephone. A confirmation number will be provided.

POSTED PAYMENTS (via "snail" mail):

To assure timely receipt of for payments please do not mail any payments after Thursday, June 24th, 2010. If you have not sent in your payment by this date, please, ensure a spot is open by calling Sensei Joa Schwinn, and bring your payment directly to camp.

MAILING ADDRESS:

Camp Bushido West P.O. Box 2445 Marysville, California 95901

EQUIPMENT CHECK LIST

This is a suggested check list of items most campers should have:

- | | |
|---|--|
| <input type="checkbox"/> Sleeping bag (warm) | <input type="checkbox"/> Hair brush / comb |
| <input type="checkbox"/> Pillow(s) | <input type="checkbox"/> Hair ties for long hair) (no metal) |
| <input type="checkbox"/> Judo / jujitsu uniform (2-4) | <input type="checkbox"/> Dirty clothes bag |
| <input type="checkbox"/> Pullover sweats | <input type="checkbox"/> Shoes - sneakers |
| <input type="checkbox"/> Swim Suit (1-2) | <input type="checkbox"/> Shoes - sandals / flaps / thongs |
| <input type="checkbox"/> Underwear (8-10) | <input type="checkbox"/> Sun Block |
| <input type="checkbox"/> T- Shirts (8-10) | <input type="checkbox"/> Hat |
| <input type="checkbox"/> Socks (8-10) | <input type="checkbox"/> Sun glasses |
| <input type="checkbox"/> Shorts or cut-offs (4-5) | <input type="checkbox"/> Chapstick |
| <input type="checkbox"/> Long pants (4-5) | <input type="checkbox"/> Insect repellent |
| <input type="checkbox"/> Sweater or jacket (1-2) | <input type="checkbox"/> Flashlight |
| <input type="checkbox"/> Pajamas or sweats (1-2) | <input type="checkbox"/> Camera & film |
| <input type="checkbox"/> Bath Towels (3-4) | <input type="checkbox"/> Extra batteries |
| <input type="checkbox"/> Wash Cloth (1-2) | <input type="checkbox"/> Notepad and pen |
| <input type="checkbox"/> Toothbrush | <input type="checkbox"/> Envelope |
| <input type="checkbox"/> Toothpaste | <input type="checkbox"/> Postage stamps |
| <input type="checkbox"/> Deodorant | <input type="checkbox"/> Fishing pole, tackle, & bait (opt.) |
| <input type="checkbox"/> Bath Soap | |

Driving Directions To Old Oak Ranch

Please choose the option that best fits your geographical location!

Option 1

Follow Highway 108 East towards Sonora. Pass through Jamestown and bypass Downtown Sonora. Take the Hess Avenue exit. Turn left onto Hess Avenue (< 0.1 miles). Take a right onto Phoenix Lake Road. Follow Phoenix Lake Road until you hit Belleview School (6.7 miles). At Belleview School be sure to stay to your left as Phoenix Lake Road soon becomes Big Hill Road. Follow Big Hill Road until you see a large directional sign on your right for Old Oak Ranch (4.1 miles). Make a hard right turn onto Old Oak Ranch Road. Travel up the road until you see our large Old Oak Ranch sign (1.3 miles).

Option 2

Follow Highway 49 Southeast towards Sonora. Turn left onto Parrot's Ferry Road towards Columbia (0.1 miles). Turn right onto Sawmill Flat Road (2.1 miles). Turn right onto Big Hill Road. Drive up the mountainside until you see a large directional sign on your left for Old Oak Ranch (3.7 miles). Turn slight left onto Old Oak Ranch Road. Travel up the road until you see our large Old Oak Ranch sign (1.3 miles).

Please do not hesitate to call if you have any questions regarding directions. You can reach us here in the office @ 209-532-4295 M-F 8:30am - 4:30pm.

