

2025 John Sepulveda Spirit Camp

Camp Participants Will be Divided into 3 Groups

1. Juniors- All ranks ages 8 to 14
2. Beginning Adults White through Green
3. Brown and Blacks

Friday 7:15 pm	Women's Self-Defense Class (Mrs. Brotherton)		
Saturday	Juniors	White-Green	Brown/Black
9:00am	Mr. Murphy	Mrs. Omodt	Mr. Merrit
10:30am	Mr. Merrit	Mr. Murphy	Mrs. Omodt
1:30pm	Special Event	Mr. Merrit	Mr. Murphy
3:00pm	Free Time/ Swim/ Women's Self-Defense Class		
Sunday	Juniors	White-Green	Brown/Black
9:00 am	Mrs. Omodt	Mr. Sepulveda	Mr. Sepulveda

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SCHEDULE OF EVENTS

FRIDAY, JULY 18th

4:00 Pm Camp
Check-In
6:00 Dinner
7:00 Free time
7:15 Women's
Self Defense Class
10:50 Bed Check
11:00 Lights Out

SATURDAY, JULY 19th

6:30 Am Wake Up &
Cabin Cleanup
7:00 Physical Fitness
8:00 Breakfast
9:00 Class
10:30 Class
Noon Lunch
1:30 Pm Class
3:00 Free Time/
Swim Time
Women's Self Defense
5:30 Dinner
7:00 Camp Fire Chat
10:50 Bed Check
11:00 Lights Out

SUNDAY, JULY 20th

6:30 Am Wake Up &
Cabin Cleanup
7:00 Physical Fitness
8:00 Breakfast
9:00 Class
10:30 Camp Ends

You will need to bring your full uniform, belt, cup & supporter, sparring gear, mouthpiece, personal toiletries, sleeping bag, pillow, towels, insect repellent, sunscreen, change of clothes, bathing suit, shoes, snack food (money for snack shack optional), flashlights, and cameras for taking pictures.

Camp will take place at Camp Gifford Summer Camp, 3846 N Deer Lake Rd, Loon Lake, WA 99148