

# Se Jong Summer Camp

Address: 631 Cannelton Road, Darlington, PA. 16155

Contact: Randy Miskech (Lmiskech1@gmail.com)

Camp opens Sunday June 21 with a Soft technique Seminar 2:30pm

Camp Dates: Monday-June 22nd to Friday-June 26th

Camp fee: \$0. Donations Accepted

## Daily Schedule Mon-Friday

Morning workout: 7 to 8am  
Breakfast Break : 8 to 10am  
Second workout : 10 to 11:30am  
Lunch and chores : 11:30 to 1pm  
Third workout : 1 to 4pm  
Dinner Break : 4 to 6pm  
Evening workout : 6 to 7:30pm  
Academic Class : 7:45pm  
Free time : 8:30 to 10pm  
Lights out : 10pm

## Food accommodation:( All meals are provided)

Breakfast: Cereals and Fruit  
Lunch : Luncheon meats and Salads  
Dinner : Donated daily menu varies.

**\*All students are eligible to test on Friday-2pm  
with the successful completion of an entire week  
of training**



**\*Any student can stay for a week, day, or even just one work out!**