

Daily Schedule Sitan Gym Winter Camp WEEK 1

Week: 12/19-23 - 12/26-30

Start Time: 8:00 AM

	Mon	Tue	Wed	Thur	Fri
8:00 AM	Early Drop Off (Early Drop Fee)	Early Drop Off (Early Drop Fee)	Early Drop Off (Early Drop Fee)	Early Drop Off (Early Drop Fee)	Early Drop Off (Early Drop Fee)
9:00 AM	Roll Call	Roll Call	Roll Call	Roll Call	Roll Call
9:15 AM	RULES	RULES	RULES	RULES	RULES
9:30 AM	(GAME) Soccer	(GAMES) Dodge Ball	(GAMES) Tug of War	(GAMES) Obstacle Course	(GAMES) Steal the Bacon
9:45 AM	(FREE PLAY) Soccer	(Free Play) Dodge Ball	(Free Play) Tug of War	(Free Play) Obstacle Course	(Free Play) Steal the bacon
10:00 AM	Muay Thai Class - Footwork, Jab-Cross (Form)	Muay Thai Class - Body Kicks (form) ADV Body Kick Defense (block and evasion)	Muay Thai Class: Body Kick Defense: Evasion and counter	Muay Thai Class: Low kicks techniques (adv) leap lowkicks	Muay Thai Class: WAI KRU
11:00 AM	Snack/Electronics (phone etc)	Snack/Electronics (phone etc)	Snack/Electronics (phone etc)	Snack/Electronics (phone etc)	Snack/Electronics (phone etc)
12:00 PM	https://www.youtube.com/watch?v=P-TM3mDn-8-Anuwat-Keawsamrit-Muay-thai-Theory	https://www.youtube.com/watch?v=rqBxAqDh2gw-Muay-thai-Theory-Anantasak-Panyuthapum	https://www.youtube.com/watch?v=ibnyYGXDs0-Muay-thai-Theory-Somrak-Khamsing	https://www.youtube.com/watch?v=Dhdm9QASKc-Muay-thai-Theory-Ray-sefo-vs-Ernesto-Hoost-Lowkick-win	https://www.youtube.com/watch?v=IsSF2pzDhuU-Muay-thai-Theory-Wai-kru
12:30 PM	Muaythai Sparring: Boxing VS Body Kicks or Just boxing	Muaythai Sparring: Bodykick Sparring / Blocking, Holding, catching bodykicks	Muaythai Sparring: Bodykick (beg) Teep vs Boxing (adv)	Muaythai Sparring: Lowkick sparring (adv) boxing vs lowkicks	Sparring: Boxing & lowkick sparring, adv. Teep/knee vs boxing
1:00 PM	(Lunch) Matt Chat: Bully Situations ---> what to do when Bullied. Write about what you learned... to send to parents	Lunch/Mat Chat: What is anger? and how do I manage my anger. Write about what you learned... to send to parents.	Lunch/Mat Chat: Nutrition: Carbs, Fats and Proteins... what are they and what purpose do they serve? Write about what you learned... to send to parents.	Lunch/Mat Chat: Dealing with Anxiety. Anxiety before an important performance	Lunch/Mat Chat How to build endurance: what is a HR and how do we use this during training
2:00 PM	Roll Call	Roll Call	Roll Call	Roll Call	Roll Call
2:15 PM	GAMES: Soccer	GAMES: Dodge ball	GAMES: Tug of War	GAMES: Tug of war	GAMES: Steal the Bacon
2:30 PM	2nd Muay Thai Class: Boxing, Jab Cross Hooks / ADV: Boxing Hooks and Uppercuts	2nd Muay Thai Class: Teep lead and rear leg / adv: Teep Defense, sweep and parry with counters	2nd Muay Thai Class: Boxing hooks - ADV: Evade Jab, Cross, Hooks	2nd Muay Thai Class: boxing & Lowkick combinations. Adv: loxkick defense: shin, teep, evade, exchange	2nd Muay Thai Class: Teep, Jumping Teep, Catch and Step Back and counter with hands or elbow
3:30 PM	Conditioning (BI's) Evaluation/Parent pick up	Conditioning (Abs workout) Evaluation/Parent pick up	Conditioning (Neck) Evaluation/Parent pick up	conditioning (trisepts) Evaluation/Parent pick up	Conditioning (legs) Evaluation/Parent pick up
4:00 PM	Late Pick Up	Late Pick Up	Late Pick Up	Late Pick Up	Late Pick Up

Daily Schedule Sitan Gym Winter Camp WEEK 2

Week: 12/19-23 - 12/26-30

Start Time: 8:00 AM

	Mon	Tue	Wed	Thur	Fri
8:00 AM	Early Drop Off (Early Drop Fee)	Early Drop Off (Early Drop Fee)	Early Drop Off (Early Drop Fee)	Early Drop Off (Early Drop Fee)	Early Drop Off (Early Drop Fee)
9:00 AM	Roll Call	Roll Call	Roll Call	Roll Call	Roll Call
9:15 AM	RULES	RULES	RULES	RULES	RULES
9:30 AM	(GAME) Soccer	(GAMES) Dodge Ball	(GAMES) Tug of War	(GAMES) Obstacle Course	(GAMES) Steal the Bacon
9:45 AM	(FREE PLAY) Soccer	(Free Play) Dodge Ball	(Free Play) Tug of War	(Free Play) Obstacle Course	(Free Play) Steal the bacon
10:00 AM	Muay Thai Class - Knees basic Form (adv): side knee, thrust,	Muay Thai Class: Teep Basics adv: Glide Teep/ Fake	Muay Thai Class: Clinch basics, pummel and crossface adv: step	Muay Thai Class: Elbow Basics adv: up elbow, across elbow and	Muay Thai Class: Mock test Shadow Boxing and Shield work
11:00 AM	Snack/Electronics (phone etc)	Snack/Electronics (phone etc)	Snack/Electronics (phone etc)	Snack/Electronics (phone etc)	Snack/Electronics (phone etc)
12:00 PM	https://www.youtube.com/watch?v=L9NgHH6Xba8-Muaythai	https://www.youtube.com/watch?v=yuoV5F-fzS8-Muay-thai-Theory	https://www.youtube.com/watch?v=A3RsYVw5WJQ-Muay-thai	https://www.youtube.com/watch?v=eL4VsWMMQB0-Muay-thai	https://www.youtube.com/watch?v=mXLGL4LckVU-Muay-thai
12:30 PM	Muaythai Sparring: with belly pad knees adv: boxing vs knees	Muaythai Sparring: Basic Sparring, adv, boxing vs teep	Muaythai Sparring: Clinch Sparring and Defending position	Muaythai Sparring: Full Spar no contact to head: adv: elbow	Muaythai Sparring: Mock test: full sparring and clinch sparring
1:00 PM	Lunch/Mat Chat: Learning about Muaythai history and culture	Lunch/Mat Chat: Why is Selfcare important, hygiene, organization,	Lunch/Mat Chat: Nutrition: Carbs, Fats and Proteins... what are they	Lunch/ Mat Chat: Meditation: how to meditate and why you	Lunch/ Mat Chat: Hydration why you need to pay attention to it.
2:00 PM	Roll Call	Roll Call	Roll Call	Roll Call	Roll Call
2:15 PM	GAMES: Soccer	GAMES: Dodge ball	GAMES: Tug of War	GAMES: Tug of war	GAMES: Steal the Bacon
2:30 PM	2nd Muay Thai Class: More knee techniques adv: knee defense -	2nd Muay Thai Class: Teep Defense adv: glide teep fake:	2nd Muay Thai Class: Clinch knees (thrust, straight and side	2nd Muay Thai Class: Boxing Techniques adv: clear guard for	2nd Muay Thai Class: Mock test Pad work
3:30 PM	Conditioning: (Back) Evaluation/Parent pick up	Conditioning: (Calves) Evaluation/Parent pick up	Conditioning: (Abs) Evaluation/Parent pick up	Conditioning: (biceps) Evaluation/Parent pick up	Conditioning: (Legs) Evaluation/Parent pick up
4:00 PM	Late Pick Up	Late Pick Up	Late Pick Up	Late Pick Up	Late Pick Up