

Daily Schedule Sitan Gym Camp WEEK 1

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)	(GAME)	(GAME)	(GAME)	(GAME)
9:45 AM	(FREE PLAY)	(FREE PLAY)	(FREE PLAY)	(FREE PLAY)	(FREE PLAY)
10:00 AM	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 Time	Snack Time	Snack Time	Snack Time	Snack Time
12:00 PM	Fight Study Video	Fight Study Video	Fight Study Video	Fight Study Video	Fight Study Video
12:30 PM	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/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	GAMES	GAMES	GAMES	GAMES
2:30 PM	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: lowkick 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 (Abs workout) Evaluation/Parent pick up	Conditioning (Neck) Evaluation/Parent pick up	conditioning (triceps) 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 Camp WEEK 2

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)	(GAME)	(GAME)	(GAME)	(GAME)
9:45 AM	(FREE PLAY)	(FREE PLAY)	(FREE PLAY)	(FREE PLAY)	(FREE PLAY)
10:00 AM	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 Time	Snack Time	Snack Time	Snack Time	Snack Time
12:00 PM	Fight Study Video	Fight Study Video	Fight Study Video	Fight Study Video	Fight Study Video
12:30 PM	Muaythai Sparring: Basic Sparring, adv. boxing vs teep	Muaythai Sparring: Clinch Sparring and Defending position (inside elbow, neck and waist)	Muaythai Sparring: Full Spar no contact to head: adv: elbow defense techniques during sparring, clearing guard to elbow and elbow set ups with spin elbows (low kick and miss hook)	Muaythai Sparring: Mock test: full sparring and clinch sparring	
1:00 PM	Lunch/Mat Chat: Why is Selfcare important, hygiene, organization, cleanliness. Clarity of thought, productivity.	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: Meditation: how to meditate and why you should do it regularly	Lunch/ Mat Chat: Hydration why you need to pay attention to it. How it can help al around health and performance. Discuss electrolyte and caffeine consumption	
2:00 PM	Roll Call	Roll Call	Roll Call	Roll Call	Roll Call
2:15 PM	GAMES: Dodge ball	GAMES: Tug of War	GAMES: Tug of war	GAMES: Steel the Bacon	GAMES: Steel the Bacon
2:30 PM	2nd Muay Thai Class: Teep Defense adv: glide teep fake: knee, elbow, kick	2nd Muay Thai Class: Clinch knees (thrust, straight and side knees) adv: sweeps in clinch	2nd Muay Thai Class: Boxing Techniques adv: clear guard for elbows up and across. Using the ring placement to set up elbows	2nd Muay Thai Class: Rock test Pad work	
3:30 PM	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