



# Virtues Summer Camp

AGES 6-13

## JIU-JITSU ACADEMY SUMMER CAMP SCHEDULE

Welcome to our exciting week-long Jiu-Jitsu Summer Camp! We have designed this program to enhance your skills, build confidence, and have lots of fun. Our camp runs from Monday through Friday, from 8:00 AM to 2:00 PM each day. Below is the schedule for the week:

### Daily Schedule

#### Monday

- **8:00 AM - 8:30 AM:** Welcome & Introduction
- **8:30 AM - 10:00 AM:** Warm-up & Basic Techniques, & Positions
- **10:00 AM - 10:15 AM:** Snack Break
- **10:15 AM - 11:45 AM:** Self-defense Techniques & Awareness
- **11:45 AM - 12:30 PM:** Lunch Break
- **12:30 PM - 2:00 PM:** Team Building Activities

#### Tuesday

- **8:00 AM - 8:30 AM:** Morning Stretch & Warmups
- **8:30 AM - 10:00 AM:** Talk, Tell, & Tackle
- **10:00 AM - 10:15 AM:** Snack Break
- **10:15 AM - 11:45 AM:** Guard Passing Techniques
- **11:45 AM - 12:30 PM:** Lunch Break
- **12:30 PM - 2:00 PM:** Jiu-Jitsu Games & Relays

#### Wednesday

- **8:00 AM - 8:30 AM:** Morning Stretch & Warmups
- **8:30 AM - 10:00 AM:** Takedowns & Throws
- **10:00 AM - 10:15 AM:** Snack Break
- **10:15 AM - 11:45 AM:** Submission Techniques
- **11:45 AM - 12:30 PM:** Lunch Break
- **12:30 PM - 2:00 PM:** Self-defense Review & Contest

#### Thursday

- **8:00 AM - 8:30 AM:** Morning Stretch & Warmups
- **8:30 AM - 10:00 AM:** Point system, & Tournament rules
- **10:00 AM - 10:15 AM:** Snack Break
- **10:15 AM - 11:45 AM:** Guard Passing Drills
- **11:45 AM - 12:30 PM:** Lunch Break
- **12:30 PM - 2:00 PM:** Sparring & Match Analysis

## Friday

- **8:00 AM - 8:30 AM:** Camp Review & Reflection
- **8:30 AM - 10:00 AM:** Free Roll & Open Mat
- **10:00 AM - 10:15 AM:** Snack Break
- **10:15 AM - 11:45 AM:** Mini Tournament
- **11:45 AM - 12:30 PM:** Pizza Party
- **12:30 PM - 2:00 PM:** Awards Ceremony & Farewell

## Important Information

- **What to Bring:** Comfortable workout clothes, shoes they can easily slide on and off, water bottle with initials on it, snacks, and a packed lunch Monday through Thursday.
- **What To Avoid:**
  - Electronics such as iPads, handheld gaming devices. We want to encourage campers to be engaged and focused during their time with us.
  - Unhealthy Snacks and Lunches such as candy, sodas. Good nutritional value is important for campers to stay energised and focused during camp.
- **Location:** Virtues Jiu-Jitsu Academy, 3709 Center St. STE E., Deer Park, TX, 77536.

## Important Information (Continued)

- **Drop off and Pickup:** Early Drop off is available for additional fee of \$15 from 7:30 - 7:59am. Drop off is between 8 - 8:30am. Pickup is between 1:30 - 2:00pm.
- **Late Pickup Fee:**  
Please be aware that a late fee of \$10 for the first 5 minutes, and \$5 per minute after will be charged if campers are picked up after 2:00 PM. This policy ensures that our staff can manage their time effectively and continue providing a safe environment for all participants.

We are excited to offer a few extra perks to all participants of our Jiu-Jitsu Summer Camp:

- **Camp T-shirt:** Each camper will receive a special camp T-shirt to commemorate their week of learning and fun.
- **Medals and Awards:** Medals will be awarded to winners of the Mini Tournament on Friday, with special recognition for effort and sportsmanship.
- **Free Classes:** As a bonus, all participants will receive 10 free classes to continue their Jiu-Jitsu journey even after the camp ends.

We are thrilled to have your child join us for the Virtues Jiu-Jitsu Academy Summer Camp, where learning meets fun and camaraderie. This week-long adventure is not just about mastering techniques but also about

building friendships, boosting confidence, and creating unforgettable memories. We believe that Jiu-Jitsu is more than just a sport—it's a journey full life skills with personal growth and empowerment.

Throughout the week, campers will have the opportunity to engage in a variety of activities designed to enhance your skills and understanding of Jiu-Jitsu. From morning stretches to exciting Jiu-Jitsu games, each day is packed with learning opportunities that cater to both beginners and seasoned practitioners.

Our dedicated instructors are here to guide our campers every step of the way, ensuring a supportive and enriching environment. We're committed to fostering a sense of community and encouraging each camper to reach their full potential.

As participants prepare for the camp, remember to bring your energy, enthusiasm, and a willingness to learn. We're confident that this week will not only improve your child's Jiu-Jitsu skills but also inspire a lifelong appreciation for the gentle art.

We look forward to an incredible week ahead and can't wait to see the growth and achievements of each camper. Thank you for being a part of our Jiu-Jitsu family. Let's make this summer camp an experience to remember!