

IMSA

INTERNATIONAL MACEBELL SPORT ASSOCIATION

5TH ANNUAL FITNESS RETREAT

SEQUOIA & KINGS CANYON

AZALEA CAMPGROUND

Dates:	September 24th – 29th
Location:	Kings Canyon National Park, CA
Focus:	Rotational Strength, Maceflow & Heavy Club Biomechanics

"Disconnect to reconnect."

WELCOME, ATHLETES

I am bringing the maces and clubs to the Sierra Mountains for 5 days of nature, heavy training, high-altitude hiking, and elite community—and you are invited. Whether you are a seasoned competitor prepping for the upcoming Mace Games or completely new to the macebell community, this retreat is engineered to forge deep neurological adaptations, bulletproof your joints, and refine your rotational power in an environment free from modern distractions.

We will be operating out of the historic Azalea Campground amidst the giants. This packet contains your comprehensive itinerary, daily timetables, required athletic and camping gear, and essential logistics. Prepare your mind and body for an unforgettable experience.

Registration: Athlete Ticket — \$150 | Non-Training Guest Ticket — \$75

RETREAT ITINERARY & TIMETABLES

THURSDAY — ARRIVAL & ORIENTATION

2:00 PM	Campground Check-In & Basecamp Setup	Arrive at Azalea Campground, pitch tents, and organize your gear grids.
5:00 PM	Retreat Opening & Meet-and-Greet	Gather at the main campfire site to meet coaches and fellow athletes.
6:30 PM	Orientation Briefing & Dinner	Review of the week's physical layout, safety guidelines, and trail protocols over a hearty camp meal.

FRIDAY — TOKOPAH FALLS HIKE & SWING

7:00 AM	Morning Mobility & Coffee	Decompress the spine and activate the hips for high-altitude movement.
8:30 AM	Tokopah Falls Trailhead Departure	A scenic 4.2-mile trek through glacial canyons alongside the Marble Fork of the Kaweah River.
11:30 AM	High-Altitude "Hike & Swing" Session	Grounding and heavy mace/club swings at the base of the spectacular 1,200-foot cascading falls. Focus on deep core bracing under fatigue.
2:00 PM	Return to Camp & Active Recovery	Nutritional refueling and myofascial release.
6:00 PM	Campfire Fuel & Round Table	Dinner followed by a discussion on regional history, trail experiences, and steel mace progression.

SATURDAY — COMPETITION WORKSHOP

7:30 AM	Pre-Workshop Activation	Targeted shoulder girdle and thoracic mobility drills.
9:00 AM	Session 1: Elite Mechanics & Bioenergetics	Deep-dive coaching on the 10&2, 360, and mill techniques. Breaking down force transmission, hand-switch efficiency, and structural alignment.
12:30 PM	Athlete Luncheon	Macro-balanced group lunch to restock glycogen reserves.
2:30 PM	Session 2: Mace Games Preparation & Rules	Technical breakdown of competition pacing, judging criteria, and mental strategies for multi-minute sets.
6:00 PM	Evening Grill & Rest	High-protein group dinner and leisure time.

SUNDAY — MUIR LAKE HIKE & FLOW / FAMILY DINNER

6:30 AM	Early Trailhead Shifting	Pack light training tools for a rigorous sub-alpine trek.
8:00 AM	Muir Lake High-Country Trek	Navigating the pristine pine forests up to the alpine waters of Muir Lake.
11:30 AM	Sub-Alpine Flow Session	Creative Steel Mace Flow workshop on the granite lakeshore. Focus on kinetic expression, transitions, and multi-planar movement.
3:00 PM	Return to Basecamp	Clean up, hydrate, and relax.
6:00 PM	Official IMSA Family Dinner	Enjoy family dinner with campout delicacies. Sharing stories, reflecting on training, and building the global macebell brotherhood/sisterhood.

MONDAY — MACEBELL SPORT SCRIMMAGE

8:00 AM	Warm-Up & Platform Preparation	Dynamic multi-planar joint preparation. Specifying target weight selections.
9:30 AM	The Official Retreat Scrimmage	Put your training to the test in simulated competition formats. Athletes push their limits in traditional timed sets under the watch of peer judges.
1:00 PM	Decompression & Open Coaching Line	Individual feedback sessions, video analysis reviews, and open floor for structural questions.
6:30 PM	Final Night Campfire Ceremony	Awards, acknowledgments, and closing reflections under the stars.

TUESDAY — GROUP BREAKFAST & DEPART

8:00 AM	Farewell Family Breakfast	Final group breakfast, fueling up for travel.
9:30 AM	Camp Strike & Leave No Trace Audit	Packing down tents, securing training tools, and ensuring the campsite is left pristine.
11:00 AM	Official Check-Out & Departure	Safe travels back home!

ATHLETE PREPARATION & GEAR GUIDE

Training with heavy steel levers in an outdoor environment requires careful consideration. Because we will be hiking with our equipment, choose your gear selections wisely.

ALCOHOL & WILDLIFE NOTICE: Azalea Campground sits at an elevation of 6,500 feet in active black bear habitat. All food, scented items, and trash must be stored strictly inside the provided metal bear lockers at all times. Failure to do so risks immediate fines from park rangers and endangers wildlife.

1. Athletic & Training Implements

- **Maces/Clubs:** Bring 1-2 primary training maces/clubs. Adjustable implements are highly recommended to alter loads between high-volume flows and heavy strength sets.
- **Footwear:** High-traction trail running shoes or hiking boots are mandatory for outdoor platforms and hikes.
- **Chalk & Grip Aid:** Liquid or block chalk. Outdoor humidity and sweat can compromise your connection to the steel.
- **Joint Support:** Wrist wraps, elbow sleeves, or athletic tape if you require additional structural support during multi-rep scrimmages.
- **Training Attire:** Fitted tank tops or muscle shirts (to allow clean clearance for overhead arcs), athletic shorts, and warm layers for early morning sessions.

2. Camping & Wilderness Essentials

- **Shelter & Sleep:** All-weather tent, ground tarp, sleeping pad (R-value of 3+ recommended), and a sleeping bag rated to 30°F or lower (mountain nights get cold).
- **Hydration:** A minimum 3-liter bladder or heavy-duty water bottles. High-altitude rotational training requires massive hydration.
- **Nutrition:** High-protein snacks, electrolyte powders, and personal meals not covered by the scheduled group dinners.
- **Illumination:** Headlamp or flashlight with extra batteries for navigating basecamp after dark.
- **Weather Protection:** Sunscreen, UV-blocking sunglasses, a brimmed hat, and a lightweight waterproof rain shell.

CAMPGROUND DIRECTIONS & LOGISTICS

Location: Azalea Campground is located in the Grant Grove Area of Kings Canyon National Park, CA.

Cell Service & Navigation: Expect cell service to drop significantly as you ascend the mountain highways. Download your offline maps (Google Maps / Apple Maps) or print out physical driving directions prior to departing. Look for signs pointing toward General Grant Tree.

Retreat Check-in Protocol: Upon arriving at Azalea Campground, follow the directional arrows to our designated group campsites. See the onsite coordinator to receive your site placement and welcome wristband before setting up your tent.