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**Advanced Junior Residential Summer Camp!**

**19th-22nd August 2014**

**Venue – Camberley Judo Club, Deer Rock Road, Camberley, Surrey GU15 4EP**

**Coach – Vince Skillcorn**

Dear all,

Camberley Judo Club’s Residential Summer Camp for Advanced Juniors will be over 4 days (19th – 22nd August 2014) starting at 10am on Tuesday and finishing 1pm on the Friday. Breakfast, Lunch, Dinner and healthy snacks will be provided throughout the camp for all who choose the residential option. A non-residential option is also available.

Sleeping arrangements – This camp is suitable for boys and girls, I will be staying overnight to supervise and ensure boys sleep one side of the dojo and girls the other. If you choose the non residential option, the camp will finish from 4pm every day (with the option to comeback for the evening session) except Friday where it finishes at 1pm. (please note there will be no lunch on Friday)

This camp will contain Judo, Brazilian Jiu Jitsu and the usual ‘*fun*’ activities but we will also continue to work on the Olympic lifting techniques from last camp. These sessions will focus on the technique using broom sticks and no weight. This will benefit posture, co-ordination and prepare them for safe weight training in the future.

Your children will need to bring:

* Judo Gi’s
* Training clothes
* Running trainers
* Clothes suitable to get wet
* Water bottle
* Lunch (non residential)
* Sleeping bag, pillow & suitable warm sleeping wear! (residential)
* Towel & Toiletries

**£130**

**Residential cost includes –**

**4 day camp + 3 overnight stays, 3 evening sessions (Tuesday, Wednesday & Thursday) food throughout the week and off site activities.**

**£105**

**Non residential cost includes –**

**4 day Camp, 3 evening sessions (Tuesday, Wednesday & Thursday) + meals (if required) and off site activities.**

**£35**

**Per day cost includes –**

**1 Day camp, 1 Evening session and off site activities and food if required.**

**£25**

**Friday half day.**

If you need any further information please talk to me before or after my evening sessions or contact me on 07854 974 933 or email [vinceskillcorn.elitejudo@gmail.com](mailto:vinceskillcorn.elitejudo@gmail.com).

If you would like to pay for the camp in instalments this can be arranged.

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Name ................................................................... Age............. Grade .......................

Club......................................................................

Emergency Contact No.............................................Email...............................................

Medical conditions .....................................................................................................

Please circle below -

Residential  Non residential Individual days Tuesday/Wednesday/Thursday/Friday

£130 £105 £35p/d (£25 Friday)

Total to be paid.................................................................

Dietary requirements................................................................................................

Any other relevant information -