

CAMBERLEY JUDO CLUB SUMMER CAMP



1ST-4TH AUGUST 2017

**THIS CAMP WILL INCLUDE JUDO (TECHNICAL & RANDORI),
CONDITIONING AND OUTDOOR TRAINING.**

**MINIMUM REQUIREMENTS FOR THE CAMP; 11 YEARS OLD,
YELLOW BELT AND COMPETING REGULARLY.**

RESIDENTIAL: £135 (FOOD AND ACCOMMODATION INC.),

NON RESIDENTIAL: £105, DAY RATE: £35

CONTACT: VINCESKILLCORN.ELITEJUDO@GMAIL.COM

Advanced Junior Residential Summer Camp

1st - 4th August 2017

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 (1st - 4th August 2017) starting at 10am on Tuesday and finishing 12pm 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 come back for the evening session) except Friday which finishes at 12pm. (Please note there will be no lunch on Friday.)

This camp will include Judo (technical & randori), conditioning and outdoor training. Minimum requirements for the camp; 11 years old, yellow belt and competing regularly.

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

£135 Residential cost includes – 4 day camp + 3 overnight stays, food throughout the week and off site activities.

£105 Non residential cost includes – 4 day Camp and off site activities.

£35 Per day cost includes – 1 Day camp, and off site activities.

£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 vincskillcorn.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	Tues/Wed/Thurs/Fri
£135	£105		£35p/d (£25 Fri)

Total to be paid.....

Dietary requirements.....

Any other relevant information -