

SUMMER CAMP INVITATION 2008

Dear Students

You are invited to our summer camp training weekend in Clacton on May 16th/17th/18th 2008

The weekend will be suitable for children & adults catering for all aspects of your Tae Kwon Do training, regardless of your grade or experience. It is an opportunity for students from different clubs & areas to train & socialise with each other.

After the success of the last 5 years camps, the demand for places has already started & will be on a first come basis. To secure your place you will need to give the £30.00 deposit to your instructor as soon as possible.

The weekend will consist of ;

Patterns
Sparring
Self Defence
Pad Work

Fitness Session
Separate Childrens Session
Beach Session
And Lots More!!

We aim to finalise our weekend with the traditional Assault Course Challenge (with a few surprises of course!!) and the club or instructor demonstration competition (Not forgetting the most excitable raffle)

The summer camp is not just training , it is a chance to meet people who have the same interest as you, have fun & enjoy yourselves. (Don't forget your camera!)

Application form & a more detailed menu of events will be available from your instructor or visit www.woodtkd.co.uk to download the forms
The cost of the weekend (to include 3 nights accommodation, all training & a most fashionable collectable 2008 Summer Camp T Shirt!)

£75.00 for all Adults and juniors training

£55.00 for all friends/family not training (accommodation only.noTshirt)

Free to infants under 6 years old

Family rates applicable only for students who are training, not for members of the family who are not training. See your instructor for details.

Please note we cannot accommodate anyone under the age of 18 unless the student's parent/guardian nominates in writing to **their** instructor, an **adult** who will take full responsibility for the weekend of 16th – 18th May 2008.

CLACTON SUMMER CAMP 2008

Getting There

See your instructor for Directions to Camp

On Arrival

On arrival go to reception quote "Tae Kwon Do" and give name, if you arrive first and you are sharing leave your name and mobile number so the people arriving later can contact you for the key.

If you arrive Friday, once settled into your accommodation many students meet up in The Jolly Harvester bar, suitable for all ages & is by main site entrance,

Clothing & Equipment

For the weekend you will need to bring the following:

TAGB current Licence

White Dobok & your belt

Club Dobok (if you wish)

Sparring Equipment

Trainers (2 pairs if possible)

T shirts

Training trousers/Jogging bottoms

Outdoor Clothing

Towels

Swimming Trunks/Costumes (for use on site if you wish)

If you cater for a complete change of clothes each training session then you will be able to calculate what you need to bring with you.

There is also a social side to this camp so also bring some smart casual clothing for the evenings.

All caravans are supplied with bed linen, crockery, cooker etc. You will need to bring along your own food. (There is a small shop on site)

Important Notice

Saturday begins at 8.00am and Sunday at 9.00am in designated meeting area. PLEASE DO NOT BE LATE

.You must attend each session, if injured you will watch

.You are responsible for your own travel arrangements to & from any of the sessions

.All juniors are the responsibility of the adult in charge of their caravan