

Welcome to Parkwood Scout Camp for March 2020

This year our March camp will be held at Parkwood Scout Camp. This is an excellent venue for us, with some fantastic outside and inside areas to train in. Parkwood camp is situated within the South Downs National Park, and has 23 acres of ancient woodland. With meditation spaces and areas of open space and woodland to train in, this will be another new experience for our school.

I've not been to camp before, what can I expect?

Lots of Karate training (outdoor and indoor), lots of focused practice, time to reflect, learn and meditate, lots of fun enjoying the new experiences this venue has to offer. Expect the unexpected..... and try something new.

Should I be concerned about my grade / fitness levels?

No, camp has something to offer everyone. You will be challenged more so than when training in the dojo, but camp is varied to suit everyone's fitness and ability. If you have any concerns, please talk to your instructor.

Are there any age / grade restrictions?

The training camp is open to all grades aged 14+. For students aged 13, please discuss potential attendance directly with your instructor.

The training will be designed to suit different levels of ability and grade. Students below the age of 18 will be supervised at all times.

VENUE: Parkwood Scout Camp, Poynings Rd, Poynings, BN45 7BA
VENUE PHONE NUMBER: 07935 335651 (John Cripps)
FULL CAMP START: Friday 13th Mar 2020 7:30pm (arrive from 7:00pm)
FULL CAMP FINISH: Sunday 15th Mar 2020 3:00pm
DAY CAMP OPTION: Saturday 14th Mar 2020 8:00am to 5:00pm

INSTRUCTOR / EMERGENCY CONTACT NUMBERS

Renshi Caroline Gibbs: 07889 237137 Kyoshi Piero Barba: 07919 287097

BRING: Sun protection creams, clothing for all weathers, Karate Gis, and trainers (remember your clothing and trainers will get dirty). Bring tracksuits / warm clothes for times between training sessions.

If you are staying overnight bring a sleeping bag, toiletries, toothbrush, toothpaste, towel and pajamas / nightwear.

Be sure to bring your Mitts, Shin Guards and Body Protectors if you have them.

Please return the form **by WEDNESDAY 11th March** to your instructor, or you can **EMAIL your form to Caroline@Ryushinkan.co.uk**

If you have any queries please contact **Renshi Caroline Gibbs on 07889 237137**



Full Name	
Age if under 18	
Karate Instructor / Dojo <i>eg Piero Barba / Triangle</i>	
Current Grade	
Home Telephone Number	
Mobile Telephone Number	
Emergency Contact Name	
Emergency Contact Number	
Any dietary requirements or allergies (e.g. Vegetarian / nut allergy)	
Any medical conditions or restrictions which may affect you whilst at camp	

Fees Enclosed for the following:

		Tick
Attendance for Full Camp	£50	
Attendance for Saturday Day Camp (8:00am – 5:00pm)	£25	

Saturday day camp will include lunch, please ensure you specify any dietary requirements.

Signature

(Parents or Guardian's Signature if under 18)

I understand that photos / video maybe taken at camp which might be used on the club website (www.ryushinkan.co.uk) or for promotional purposes.

Privacy Statement

Ryushinkan is committed to high standards of information security, privacy and transparency. We place a high priority on protecting and managing data in accordance with the new GDPR legislation. The club will collect the personal data only on the form solely for the purpose of the training camp and the data will be kept securely and for no longer than is necessary. This data will be processed in accordance with the subject's consent and rights and will not be passed to third parties.