



Welcome back to Lodge Hill for September Camp 2018

This year our September camp will be held at Lodge Hill in Pulborough.

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 camping / cooking and 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 everyone over the age of 14 years
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 Lodge Hill Centre, Watersfield, Nr Pulborough, West Sussex RH20 1LZ

VENUE PHONE NUMBER: 01798 831411

FULL CAMP START: Friday 21st September 2018 7:30pm (arrive 7pm onwards)

FINISH: Sunday 23rd September 2018 3:00pm

INSTRUCTOR / EMERGENCY CONTACT NUMBERS

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

BRING: Sun protection creams, clothing for all weathers, Gis, and trainers (remember your clothing and trainers will get dirty). If you are staying overnight bring a sleeping bag, washing materials, toothbrush, toothpaste and towel.

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

Please return the form by **TUESDAY 18TH SEPTEMBER** 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	
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 which may affect you whilst at camp	

Fees Enclosed for the following: **Tick**

Attendance for Full Camp	£50	
Attendance for Saturday Only Enter arrival time:	£25	
Attendance for Sunday Only Enter arrival time:	£20	

It is **strongly recommended** that you attend the full camp in order to gain maximum benefit from the weekend. However options are available for you to attend on the Saturday or Sunday only.
If attending for just one day, please indicate your arrival time in the boxes above

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.