



## SUTTON SCHOOLS OF TAE KWON-DO

# SUMMER TRAINING CAMP 2012

### Dear Student/ Parent

The Sutton Schools of Tae Kwon-Do 2012 Summer Training Camp will be held in Towyn (near Rhyl in North Wales) which should only be a couple of hours away!

This will be our 5th annual training camp, with typically over 100 students and family members attending each year! Many of you have already visited the site in previous years and the general feedback is that the caravan park and training hall facilities are well suited for a group event of this nature.

**This is an invitation to all students and their family/ friends to attend the 3-night camp which will be held at Marine Holiday Park on Fri 4<sup>th</sup> May – Mon 7<sup>th</sup> May (Bank Hol).**

The weekend includes three nights self-catering accommodation in a four-berth/ 2-bedroom or six-berth/ 3-bedroom caravan. Friday daytime is free for people to use the on-site facilities before meeting up in the evening (optional), whilst Saturday and Sunday offer students the opportunity to participate in a total of four 1.5 hour training sessions (2 per day). Notably Monday is a Bank Holiday and so most people should be able to stay for the third party night!

We have secured a superb training facility (the size of 5 badminton courts) at the local leisure centre, which is only approx 0.5mile from the caravan park. Training sessions will be fun and varied to accommodate all ages, levels of fitness and experience. The sessions will cover the following:

- Technical Tae Kwon-Do training
- Sparring tactics
- Self-defence
- Fitness
- Fun & games

Students are requested to wear loose clothing for general training purposes and take along white training suits and sparring kit (where available). Students are free to do their own thing in the evening, although traditionally people enjoy meeting up to socialise in the camp's entertainment facilities. There are also excellent facilities on site, including an indoor heated swimming pool with cafe area, restaurant/pub, arcade and evening entertainment.

The total cost for the weekend, including self-catering accommodation (excl linen) and training is:

	Price per head:
<b>Single student</b>	£85
<b>Family of three students</b>	First two pay £85 and third pays £55
<b>Family of four students</b>	First two pay £85, third and fourth pays £55
<b>Friends/ family not training</b>	£60 per head
<b>Infants age 4 and below</b>	<b>FREE</b>

### How do I sign-up?

If you and your family/ friends wish to join us for the camp, please complete the attached form and bring along with a £20 deposit per head by the **16<sup>th</sup> Dec 2011**. The final balance is due **1<sup>st</sup> March, 2012**.



Thanks – Richard (07976 561203)

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