



# ECC Preparation Camp

Training Phase : Competition 2

11 - 13 June 2010



11-Jun Friday	12-Jun Saturday	13-Jun Sunday
	7:30am : Recovery Run	7:30am : SAQ Session
	8:30am Breakfast	8:30am Breakfast
	10 - 11:30am Newaza Randori	10 - 11:30am : Training Contests ECC Team
	12noon : Lunch	12noon : Lunch
	1:30pm : Combination Conditioning 3 sets	1 - 2:30pm : Open Randori Situation Newaza & Tachiwaza
	4 - 6pm : Open Randori Segmented Randori	Depart
Check In 5 - 6:45pm	ECC Team : Ice Bath	
7 - 9pm : Open Randori Kumikata & Randori	7pm BBQ	
Supper		

**NOTE : ALL PLAYERS :** Make sure you arrive on time and **NO LATER** than **6:45pm on Friday 11 June**  
Ensure you bring Judogi, Running Kit and Running Shoes, Swinning Costume, Water Bottle & First Aid Kit

**Players must be changed into Judogi, taped/strapped up and READY TO TRAIN 15mins prior to the START of EVERY session**

**Contact Numbers :** Trevor Sitlinton  
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*'Nil Satis Nisi Optimum'*

**NOTHING BUT YOUR BEST IS GOOD ENOUGH**

