



England Cadet Training Camp

Training Phase : TRANSITION

6 - 8 August 2010

Venue



Failure is an Opportunity to Improve

06-Aug Friday	07-Aug Saturday	08-Aug Sunday
	7:30am Timed 2 mile Run	7:30am : SAQ Session
	8:30am Breakfast	8:30am Breakfast
	Technical Session 10 - 11:30am	Technical & Randori Session 10 - 12noon :
	12noon : Lunch	Depart
	Logs and Tyre Session 1:30pm	
	Open Randori 4 - 6pm	
Check In 5 - 6:45pm		
Open Randori 7 - 9pm	7pm BBQ	
Supper		

NOTE : ALL PLAYERS : Make sure you arrive on time and **NO LATER** than **6:45pm on Friday 6 August**
Ensure you bring Judogi, Running Kit and Running Shoes, Outdoor Training Colthing, 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 07875 325364
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'Nil Satis Nisi Optimum'

NOTHING BUT YOUR BEST IS GOOD ENOUGH

