



England Pre-Cadet Training Camp

Training Phase : TRANSITION

30 Jul - 1 Aug 2010

Venue



Failure is an Opportunity to Improve

30-Jul Friday	31-Jul Saturday	01-Aug Sunday
	7:30am : Recovery Run	7:30am : SAQ Session
	8:30am Breakfast	8:30am Breakfast
	Technical Session 10 - 11:30am	Technical & Randori Session 10 - 12noon :
	12noon : Lunch	Depart
	1:30pm : 'Barney Rubble' Running Session	
	FJS & Open Randori 4 - 6pm	
Check In 5 - 6:45pm		
FJS & Open Randori 7 - 9pm	7pm BBQ	
Supper		

NOTE : ALL PLAYERS : Make sure you arrive on time and **NO LATER** than **6:45pm on Friday 30 July**
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

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'Nil Satis Nisi Optimum'

NOTHING BUT YOUR BEST IS GOOD ENOUGH

