

**BJA NATIONAL SQUAD TRAINING – BJA JUNIOR & SENIOR MEN'S & WOMEN'S SQUAD
SATURDAY 26th to SUNDAY 27th JULY 2008
BRITISH JUDO PERFORMANCE INSTITUTE (BJPI) DARTFORD**

A BJA National Squad Training Session will take place for all members of the 2008 BJA Junior & Senior Men's & Women's Squad from Saturday 26th to Sunday 27th July 2008 at the British Judo Performance Institute. All players on the 2008 BJA Junior & Senior Men's & Women's Squad are expected to attend.

VENUE: BJPI, COTTON LANE, STONE, DARTFORD, KENT, DA2 6PD.
LEAVE M25 AT JUNCTION 1A (SIGNPOSTED SWANSCOMBE, ERITH) AT
ROUNDAABOUT TAKE THE 3RD EXIT ONTO THE A206 SIGNPOSTED STONE. YOU WILL SEE
DARTFORD JUDO CLUB APPROX 1 MILE AHEAD ON LEFT HAND SIDE.

REGISTRATION: AT DOJO NO LATER THAN **11.30am** SATURDAY 26TH JULY 2008.

OUTLINE PROGRAMME (SUBJECT TO CHANGE):

SATURDAY:

12.00noon to 2.00pm: JUDO SESSION

3.30pm to 4.30pm: JUDO SESSION

7.30pm to 9.30pm: JUDO SESSION

SUNDAY:

9.00am to 10.30am: JUDO SESSION

11.00am to 12.30pm: World Class Performance Post Beijing Presentation (Open to Personal Coaches)

2.00pm to 4.00pm: JUDO SESSION

FINISH: SESSION FINISHES AT **4.00pm** ON SUNDAY 27TH JULY 2008.

REQUIREMENTS: **AS THE BRITISH NATIONAL JUDO SQUAD WE EXPECT THE HIGHEST STANDARD FROM ALL OUR PLAYERS. SPLIT COLOUR JUDOGI ARE NOT ACCEPTABLE AND YOU SHOULD ENDEAVOUR TO WEAR A COMPLETE JUDOGI WHEN PARTICIPATING IN NATIONAL SQUAD TRAINING SESSIONS. PLEASE MAKE SURE YOUR JUDO LICENCE IS IN DATE!!**

ACCOMMODATION: BED & BREAKFAST ACCOMMODATION WILL BE PROVIDED FOR THE 1x NIGHT OF SATURDAY 26th JULY 2008 AT:
TRAVELODGE DARTFORD, CHARLES STREET, OFF CROSSWAYS BOULEVARD, DARTFORD, KENT, DA9 9AP, TEL: 0871 984 6025.
PLEASE NOTE THAT DUE A SHORTAGE OF BEDS AROUND THE AREA ON THIS WEEKEND, PRIORITY WILL BE GIVEN TO PLAYERS TRAVELLING FROM FAR AFIELD. PLAYERS LIVING LOCALLY ARE REQUESTED TO TRAVEL TO SESSIONS (FUEL EXPENSES WILL BE PAID).

MEALS PROVIDED: LUNCHES WILL BE PROVIDED AT THE CLUB ON SATURDAY & SUNDAY.
YOU WILL BE GIVEN A £10 ALLOWANCE TO PURCHASE YOUR OWN EVENING MEAL.

TRAVELLING TO DARTFORD: IN ORDER TO MINIMISE TRAVELLING EXPENSES, WHEREVER POSSIBLE, PLEASE TRAVEL IN GROUPS, AND AVOID TRAVELLING AND CLAIMING INDIVIDUALLY.
IF YOU NEED TO FLY TO LUTON / STANSTED / GATWICK, PLEASE BOOK YOUR FLIGHT AS SOON AS POSSIBLE IN ORDER TO TAKE ADVANTAGE OF THE CHEAPEST AIRFARES.

ABSENCE: IF YOU ARE UNABLE TO ATTEND, YOU MUST PROVIDE A WRITTEN EXPLANATION SUPPORTED BY A DOCTORS NOTE IN THE CASE OF INJURY/ILLNESS.

Please return the reply slip in the pre-paid envelope provided by **FRIDAY 27TH JUNE 2008**, earlier if possible.

**BJA NATIONAL SQUAD TRAINING – BJA JUNIOR & SENIOR MEN'S & WOMEN'S SQUAD
SATURDAY 26TH to SUNDAY 27TH JULY 2008
BRITISH JUDO PERFORMANCE INSTITUTE (BJPI), DARTFORD**

NAME: _____ **SIGNATURE:** _____ **MOBILE/E-MAIL:** _____

I WILL BE ABLE TO ATTEND THE ABOVE SESSION ON SATURDAY 26TH & SUNDAY 27TH JULY 2008.

I WILL NOT BE ABLE TO ATTEND THE ABOVE SESSION, DUE TO: _____

PLEASE TICK APPLICABLE BOX. REPLY BY FRIDAY 27TH JUNE 2008, OR EARLIER IF POSSIBLE.