

**2ND NATIONAL SQUAD TRAINING CAMP
SUNDAY 7TH to THURSDAY 11TH DECEMBER 2008
ENGLISH INSTITUTE OF SPORT, SHEFFIELD**

VENUE: ENGLISH INSTITUTE OF SPORT, COLERIDGE ROAD, SHEFFIELD, S9, 5DA.
Tel: 0114 2235600

REGISTRATION: DOJO AT EIS FROM **3.00pm** ONWARDS ON SUNDAY 7TH DECEMBER 2008.
YOU MAY CHECK IN TO THE HOTEL FROM **2.00pm** ONWARDS.

START: FIRST SESSION WILL START AT **4.00pm** PROMPT.
FINISH: CAMP FINISHES LUNCHTIME ON THURSDAY 11TH DECEMBER 2008.

IMPORTANT NOTES

JUDOGI: You are expected to wear a clean complete judogi whilst training - No split kits!!
Men should NOT wear a t-shirt under their kit. Women SHOULD wear a white t-shirt.

TRAINING KIT: Tracksuit, T-Shirt, Trainers

STRAPPING: You must be strapped and ready to start 10 minutes before each session.

PHYSIO: Anyone requiring physio attention must see the coach in the first instance.

ZORI: Must be worn to the edge of the tatami.

BREAKS: During technical sessions, breaks for water will be given - do not leave the mat unless told to do so.

LICENCE: Please make sure your judo licence is in date!!

ACCOMMODATION: **ETAP HOTEL SHEFFIELD, 298 ATTERCLIFFE COMMON, SHEFFIELD, S9 2AG.**

MEALS PROVIDED: BREAKFAST AT THE ETAP HOTEL
LUNCH AT EIS SHEFFIELD
A CONTRIBUTION OF £10 PER PERSON PER DAY FOR EVENING MEALS

WHEREVER POSSIBLE PLEASE TRAVEL IN GROUPS.

PLEASE CONFIRM THAT YOU WILL BE ABLE TO ATTEND BY COMPLETING AND RETURNING THE REPLY SLIP IN THE PRE-PAID ENVELOPE PROVIDED BY **FRIDAY 14 NOVEMBER 2008.** IF YOU ARE UNABLE TO ATTEND, YOU MUST PROVIDE A WRITTEN EXPLANATION ON THE RETURN SLIP.

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NAME: _____ **SIGNATURE:** _____

MOBILE/E-MAIL: _____

PLEASE TICK APPLICABLE BOX. REPLY BY FRIDAY 14 NOVEMBER 2008, OR EARLIER IF POSSIBLE.

I WILL BE ABLE TO ATTEND THE ABOVE TRAINING CAMP, AND REQUIRE ACCOMMODATION.

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