



USMA ANGLESEA TRAINING CAMP: 8th to 10th January, 2010

12th December, 2009

USMA is holding a training camp at Anglesea from January 8th to 10th January 2010. We will be staying at the Anglesea Recreation Camp, a facility operated by the YMCA. Accommodation is dormitory style with shared bathroom facilities. All meals from Friday evening until Sunday lunchtime will be provided, and transport from the Clayton dojang will be provided. Buses will leave the Clayton dojang around 4:00 pm on Friday 8th January and will return at 4:30 pm on Sunday 10th January.

Camp location:

Anglesea Recreation Camp
Cnr Great Ocean Road and Inverlochy Street,
Anglesea, VIC 3230 Melways Ref 196H5
Telephone (03) 5263 1512

The camp will include training on the beach, indoor training in a stadium, cross-training activities (e.g. volleyball, soccer), and YMCA supervised activities (e.g., ropes course, giant swing, rock climbing wall, beach activities).

All meals are provided at the centre, but campers are required to perform kitchen and serving duties (e.g., setting and clearing tables, doing dishes) under supervision of YMCA staff.

The cost of the camp (inclusive of accommodation, food and transport) is **\$220.00**

Accompanying family members are more than welcome. The cost for accompanying family members who are not participating in the training is \$170.00. Accompanying people are welcome to participate in cross-training activities and YMCA supervised activities.

Please email your intention to attend as soon as possible to info@usmataekwondo.com. Return the attached form with payment to Sabum Cariotis or your Instructor by Friday 18th December.

Payment can be by cash, cheque or EFT (Account name: USMA Taekwondo BSB: 083372 A/C:454758705). If paying by EFT, please email a copy of the payment receipt to info@usmataekwondo.com. A medical form will need to be completed by all participants prior to departure.

**For further enquiries about the Training Camp, please contact
John Ravlic on 0411 744 654**



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Participant's Name: _____ Age: _____

Contact details:

Emergency contact while on camp:

Name: _____ Relationship _____
Contact number: _____ to participant _____

All meals will be provided from Friday dinner on arrival until lunch on Sunday prior to departure. Please indicate any dietary restrictions: (please be specific and confirm if there are any allergies).

Please confirm your travel arrangements:

- Require transport (bus from dojang)
- Travelling in own vehicle

We will be training at the beach and there will also be some opportunity to spend free time at the beach or undertaking other outdoor activities. Please indicate swimming ability, and for U/18s, whether they are allowed to swim between the flags at the surf beach and/or participate in YMCA-supervised outdoor activities.

- Not confident in the water _____
- Confident and capable in the water _____
- Strong swimmer _____
- Bronze medallion / life saving qualifications _____
- My child has permission to swim between the flags when accompanied to beach by responsible adult supervisor _____
- My child has permission to participate in outdoor activities under instruction and supervision of YMCA instructors (e.g. rock climbing / ropes course / beach activities) _____

Note that camp participants MUST provide their own bedding, sunscreen and sunsmart apparel

What to bring (return top half of form but keep this list!):

- fitted sheet (required)
- sleeping bag or blankets/sheets
- pillow
- appropriate nightwear (we will be in shared dormitory-style accommodation)
- shoes/runners (note that the campsite is in a bush setting)
- dobok(s) / belt / sparring gear
- tee shirts / shorts / trackpants / bathers
- casual daywear
- underwear
- towel (bath and beach)
- toiletries including toothbrush and toothpaste, soap, shampoo, deodorant
- sunscreen/ insect repellent / personal medications
- Notebook / camera / spending money / laundry bag