



2011 USMA ANGLESEA CAMP: 14th to 17th January

7th December, 2010

Dear USMA Student, family and friends

USMA is holding a training camp at Anglesea from 14th to 17th January 2011. We will be staying at the Anglesea Recreation Camp, a facility operated by the YMCA.

It's dormitory style accommodation with shared bathroom facilities. All meals from Friday lunchtime until Monday lunchtime will be provided. Transport will be departing from Clayton dojang around 10:00 am on Friday 14th January and will return at 4:30 pm on Monday 17th 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 taekwon do training on the beach as well as indoor training, cross-training activities (eg volleyball, soccer), and YMCA supervised activities (eg 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 training, accommodation, food and transport) is **\$360.00**.

Accompanying family members are more than welcome. The cost for accompanying family members who are not participating in the training is \$250.00. Accompanying family members are also 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 Anglesea 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 _____

Dietary Requirements

All meals will be provided from Friday lunchtime on arrival until lunch on Monday prior to departure.

Please indicate any dietary restrictions: (please be specific and confirm if there are any food 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