

2018 Judo Saskatchewan Fall Training Camp

Date: September 28 to 30, 2018

Location: Moose Jaw Judo Club, 801 Hochelaga Street East, Moose Jaw

Friday September 28, 2018

Time	Event	Location
7:15PM	Team Meeting	Moose Jaw Judo Club
7:30PM to 9:30PM	Technique & Randori Training	Moose Jaw Judo Club
9:45PM	Snack	Moose Jaw Judo Club
10:00PM	Code of Conduct Meeting	Moose Jaw Judo Club
10:45PM	Lights Out	Moose Jaw Judo Club

Saturday September 29, 2018

Time	Training	Location
7:00AM	Wake-Up	Moose Jaw Judo Club
7:15AM	Breakfast	Moose Jaw Judo Club
8:00AM	Goal setting	Moose Jaw Judo Club
9:00AM to 11:00AM	Technique & Randori	Moose Jaw Judo Club
11:30AM	Lunch	Moose Jaw Judo Club
1:00PM to 3:00PM	Fitness Testing	Moose Jaw Judo Club
3:30PM to 5:30PM	Technique & Randori	Moose Jaw Judo Club
5:45PM	Supper	Moose Jaw Judo Club
7:00PM to 8:30PM	Swimming Pool	Kinsmen Sportsplex
9:00PM to 10:45PM	Movie "The Short Game"	Moose Jaw Judo Club
23:00PM	Lights Out	Moose Jaw Judo Club

Sunday September 30, 2018

Time	Training	Location
7:00AM	Wake-Up	Moose Jaw Judo Club
7:30AM	Fitness	Moose Jaw Judo Club
8:30AM	Breakfast	Moose Jaw Judo Club
9:30AM to 11:30AM	Technique & Randori	Moose Jaw Judo Club
12:00PM	Lunch	Moose Jaw Judo Club
12:15PM	Clean-Up	Moose Jaw Judo Club
12:30PM	Departure	Moose Jaw Judo Club

Please make every effort to be on the mats and ready to go for 7:15PM on Friday.

Deadline For Camp Applications is September 17, 2018

Cost: The weekend cost will be \$45.00 per athlete which includes all meals, activities and accommodations.

price includes all meals and accommodations*

Please mail application form and cheque (payable to Judo Saskatchewan to:

Blair Taylor
412-5929 Rochdale Blvd
Regina, Sask
S4X 0M3

Checklist for camp:

- _____ Judogis AND BELTS ☺
- _____ Sleeping Bag
- _____ Pillow
- _____ Water Bottle
- _____ Flashlight
- _____ Swim Suit/Towel
- _____ Toiletries
- _____ Gym Clothes
- _____ Jogging Shoes
- _____ Night Clothing
- _____ Positive Attitude
- _____ Desire to train hard

2018 JUDO SASKATCHEWAN FALL CAMP APPLICATION FORM

Name: _____ Age: _____ Male/Female (circle one)

Date Of Birth: - Year _____ Month _____ Day _____

Address: _____

City: _____ Province: _____

Postal Code: _____ Email address _____

Telephone #: _____ Medical #: _____

Allergies: _____ Recent Injuries: _____

IN CASE OF EMERGENCY: CONTACT NAME: _____

EMERGENCY TELEPHONE #: _____

MEDICAL CONDITIONS: _____

GENERAL WAIVER: We reserve the right to refuse enrollment or dismiss a judoka if it is in the best interest of the judoka and/or the camp. In the event of a dismissal, there will be no refund on any part of the Camp fee. We also regret we cannot be responsible for any losses and or damage to a judoka's belongings. Permission is hereby given to use the photo image, written testimonial or voice of the campers, which may appear in the camp brochure/report or future advertising.

I desire my child to participate in the full camp program and all activities, unless I advise you otherwise in writing (in advance). I agree that having taken such precaution as in your discretion is deemed advisable, you shall not be held responsible for any sickness or accident to my child. Parents are therefore reminded to see that their son/daughter is covered under one of their own sickness and/or accident insurance plans available at a minimum cost throughout the year. If for any reason my child requires medical attention beyond that furnished by the camp, I agree to be responsible for any expenses incurred. I hereby volunteer release, forever discharge and agree to indemnify and hold harmless Judo Saskatchewan (including their agents, officers, volunteers, employees and all other persons acting in the capacity on their behalf) from any, and all claims, demands, or cause of action, which are in any way connected with the registered individual's participation in this activity.

Signature of Parent/ Guardian _____ Date _____

Signature of Athlete _____ Date _____

Medication (Current medication if any)