

Training Camp 2016

**Kalkara Scouts Head
Quarters**

Date

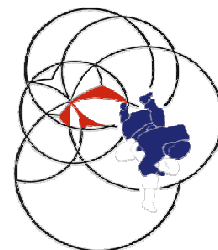
07/09/16 - 11/09/16



MALTA JUDO FEDERATION

September 2016

Training Camp Program



Thursday 8th September 2016

- 16:00hrs Meeting @ Kalkara Scouts Head Quarters Gate
- 16:30hrs Opening of Training Camp
- 17:00 hrs Training Session
- 19:00 hrs Showers
- 20:00 hrs Dinner
- 21:30 hrs Hike
- 23:30 hrs Lights Out

Friday 9th September 2016

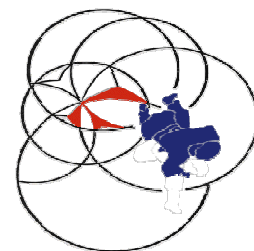
- 07:00 hrs Wake - up Call
- 07:30hrs Physical / Jogging Session
- 09:00hrs Breakfast
- 10:00hrs Swimming
- 12:30hrs Lunch
- 13:30hrs Free Time



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- 14:30hrs Training Session
- 17:00hrs Meeting Parents and Friends
- 18:00hrs Randoris / Show for Parents and Friends
- 20:00hrs Bar-B-Que for everyone (Presenting Grading Certificates)
- 23:30 hrs Lights out.

Saturday 10th September 2016

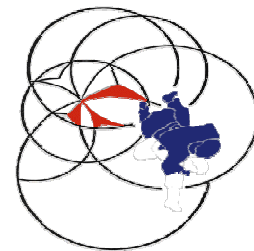
- 07:00 hrs Wake - up Call
- 07:30hrs Physical / Jogging Session
- 09:00hrs Breakfast
- 10:00hrs Swimming
- 12:30hrs Lunch
- 17:00hrs Meeting Parents and Friends
- 18:00hrs Randoris / Show for Parents and Friends
- 20:00hrs Bar-B-Que for everyone (Presenting Grading Certificates)
- 23:30 hrs Lights out.



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Training Camp Program



Sunday 11th September 2016

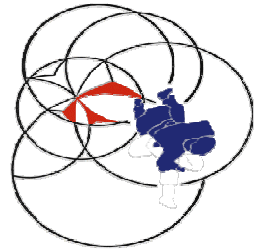
07:00 hrs	Wake - up Call
07:30hrs	Physical / Jogging Session
09:00hrs	Breakfast
10:00hrs	Swimming
12:00hrs	End of Training Camp



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Training Camp Program



Age : Over 8
Under 8 can come @ 7:00hrs and picked up @ 23:00hrs. They can only sleep @ the Scouts Head Quarters with parent or guardian.

Prices : Adults : E60.00 (including Bar-B -Q)
Adults not sleeping @ Scouts Head Quarters : €10.00 a day, meal and showers Included (Bar-B-Q not included)

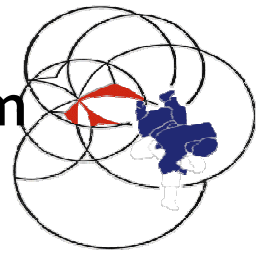
Children from 8years to 14years : E45.00 (including Bar-B-Q)
Children under 8Years sleeping with Parents : E25.00
Children not sleeping @ Scouts Head Quarters : E5.00 a day, meal and showers Included (Bar-B-Q not included)

Bar-B-Que : Adults : E15.00 (chicken / Fish / Beef + Potato Salad + Rice Salad + Glass of Wine + Desert + Coffee)
Children (+8) : E10.00 (Beef Burgers + Sausages + Potato Salad +Rice Salad + Glass of Soft drink or Juice + Desert)
Children (-8) : E6.00 (Beef Burgers + Sausages + Potato Salad +Rice Salad + Glass of Soft drink or Juice + Desert)



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September 2008 Training Camp Program Sleeping in Tents



Name : _____ Surname : _____

Address : _____

Home Number : _____ Mobile : _____

Sex : _____ D.O.B : _____ Grade : _____

Training Camp : ***Please tick or write down number of people coming for the following event :***

Adult Children 8-14years Children-8 years sleeping with par-

Adults : Friday Saturday Sunday

Children (+8) : Friday Saturday Sunday

Children (-8) : Friday Saturday Sunday

Bar-B-Q :

Adult Fish Chicken Beef

Children 8-14years Children-8years

Signature : _____

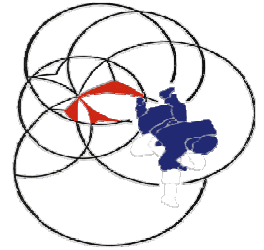
Signature of Parents

Guardian if under 18 : _____

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Training Camp Program



DISEASES / MEDICAL CONDITIONS

has (had) the following diseases or problems:

Heart Trouble _____
Stomach Ulcers _____
High Blood Pressure _____
Low Blood Pressure _____
Fainting Spells _____

Diabetes _____
Asthma _____
Epilepsy _____
Seizures _____

Other (please describe)

ALLERGIES

has had allergic reactions to the following:

Penicillin _____
Sedatives _____
Insect Bites _____
Bee Stings _____

Aspirin _____
Sulfa Drugs _____
Pollens _____
Local Anesthetics _____

Foods (please list)

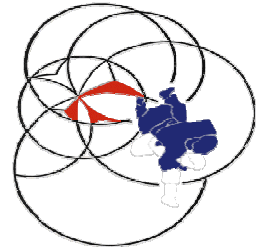
Other (please describe)



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To whom it may concern

We, the undersigned, hereby authorise Alexis Milne ID : 226684(M) or Louisa Galea ID : 297983(M) to sign on our behalf, should any emergency medical or surgical intervention, or any other situation which needs parental or guardian signatures, be required for our daughter/son .

This authorisation will remain valid whilst she/he is attending the Malta Judo Federation training camp at Kalkara Scouts Headquarters , should we be unable to be reached by telephone prior to the necessary action being taken.

We also indemnify the above-mentioned and will not hold him responsible for any consequences that may arise from such signatures.

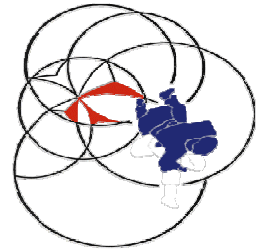
Signature of parents / Guardian (ID Card) : _____
Contact Numbers : _____



MALTA JUDO FEDERATION

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TRAINING CAMP REGULATIONS

All participants are expected to take care of the premises. Any damages will have to be paid for by the person responsible.

All judokas must attend all training sessions / activities unless there is a valid reason.

Participants must be punctual for all training sessions / activities.

Any rough play / misbehavior may be punishable by expulsion from the training camp and fees will not be refunded.

No shouting or loud music is allowed especially after lights out.

TO BRING ALONG LIST

2 Gis
Pyjamas
Underwear & Socks
Swim Suit
Casual wear
Sports Wear
Jogging Kit
Jogging Shoes
Towels
Toiletries
Sleeping Bag / Tent (If you

Mobile & Charger
Games / Reading Books
Money (Personal Use)
Plate
Breakfast Bowl
Coffee Mug
Cutlery
Plastic Bottle
Off (Insect Spray)

NO SWEETS AND DRINKS

