

INVITATION MARTIAL ARTS CAMP

(9-10-11 MARCH 2018)

We would like to invite you and your club members to the very first edition of our 'Martial Arts Camp'. The camp will take place on the 9th, 10th and 11th of march 2018. National and international trainers will be present on this event and they will all represent their own style. The Camp is open to all styles, grades and levels. Participants are welcome from age 13 and up.

PROVISIONAL SCHEDULE

FRIDAY, MARCH 19TH 2018

17u00-18u00: Assign rooms.

18u30-19u30: become acquainted + snacks and drinks

20u00-21u30: evening training: introduction of the trainers followed by a fun training.

SATURDAY, MARCH 10TH 2018

08u00-09u00: Breakfast

09u30-11u30: Training

12u00-13u00: Lunch

14u00-15u30: Training

15u30-16u00: Short intermission

16u00-17u30: Training

18u00-19u00: Diner

20u00-22u00: everybody will be expected in the sports hall (in dobok/uniform) for the evening ceremony, group picture and awarding of the presents, followed by a surprise for everybody.

At the end of the evening there will be an open bar for the ones who are not tired yet and who are willing to chatter some more.

SUNDAY, MARCH 11TH 2018

08u00-09u00: Breakfast

09u30-11u30: Training

12u00-13u00: Lunch

13u00-14u00: Clearing the rooms, say goodbye and travel back home.

REGISTRATION & PRICES

Registration has to be done through the sheet in attachment. => mail to lacroix.frankie@gmail.com

*Registration is complete when the payment has been received.

Registration before 31/01/2018 (**Early-birds**): **€ 100 / person** (sleep, eat, train, ceremony)

Registration before 19/02/2018: **€ 115 / person** (sleep, eat, train, ceremony)

Payments have to be made on account number **BE41 3630 1973 6510** (ING-bank) , Bic code **BBRUBEBB**

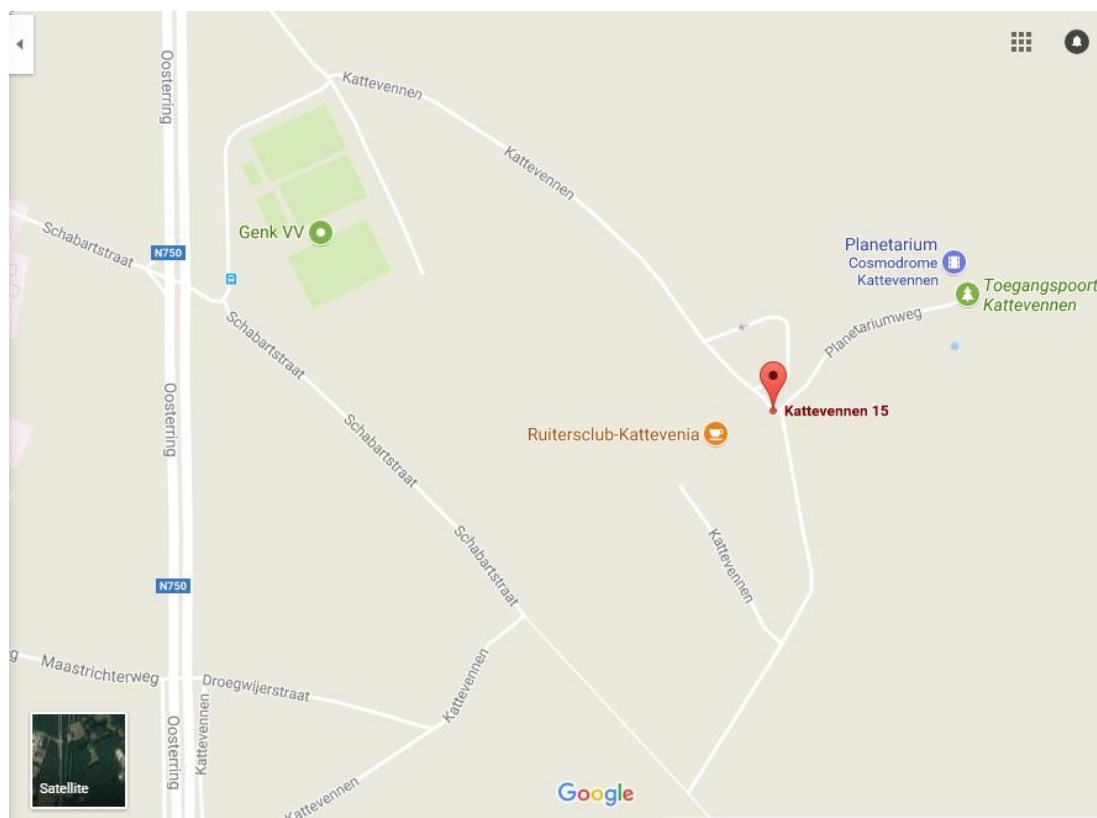
Name of the receiver: **KMAA**, be sure to mention the name of the club and number of participants.

EXTRA INFO

- Sheets and pillows will be provided by the accomodation
- It's best that you provide your own water/sportdrinks for during the training and for if you would get thirsty when you are in your room.
- 3 main meals are provided by the accomodation. You are allowed to bring your own snacks, cookies,....for when you get hungry in between the meals.
- There will be NO towels provided by the accomodation. So please bring your own towels.
- For further info you can always contact Frankie: +32 (0)486/798755 or lacroix.frankie@gmail.com

ADDRESS DETAILS

Sport Vlaanderen
Kattevennen 15
3600 Genk



REGISTRATION FORM

Name Club:

Responsible person for the club:.....

(Cell) Phone number:.....

	SURNAME	FIRST NAME	AGE
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Number of participants:.....x € 100 = €.....

Number of participants:.....x € 115 = €.....

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