

Camp Registration Form

NAME _____

ADDRESS _____

PHONE NUMBER _____

DATE OF BIRTH _____

EMAIL ADDRESS _____

Do you require a judogi? Y or N

If so, will you be renting (\$5) or purchasing (\$30)? _____

For those renting or purchasing judogi, please indicate:

Height (inches) _____

Weight (pounds) _____

If you would like to order a camp t-shirt (\$10), please indicate size:

Youth Size S, M, L, XL _____

PAYMENT ENCLOSED \$ _____

* Please detach form and mail to Summer Judo Camp, 14 Park Road, Selkirk, MB, R1A 0B3. Please be sure to include registration fee (cheque payable to the Selkirk Judo Club) - \$85 for camp, plus \$5 for judogi (if renting)/\$30 if purchasing, plus \$10 for t-shirt (optional).

** Please note that ONLY the first 30 registrations received will be accepted.



**For Fitness
For Sport
For Fun!**

**FOR MORE INFO, CALL
BRIAN AT 482-7906**

The Selkirk Judo Club offers junior (under 13), senior (13+) and recreational judo programs from September to the end of May. Workouts are Tuesday and Thursday nights at the High School Upper Gym.

For more information on any of our programs, contact Brian at 482-7906.

The Selkirk Judo Club is a member club of Judo Manitoba, a provincial sport organization with Sport Manitoba.

Visit us at www.selkirkjudoclub.com



Interlake Summer Judo Camp



July 29—Aug 1, 2013
Little Britain Hall

JUDO IS FUN!

Judo Camp Questions & Answers

Who can register?

Anyone between the ages of 7 and 14 may sign up for the camp.



Do I need to know any judo?

No, the Camp is designed for beginners. You will be taught basic judo techniques, including throws and pinning techniques.

Do I Need A Uniform?

Yes, a uniform (judogi) is required. It is difficult to learn judo without a judogi. Judogi may be rented from the camp for \$5. Alternatively, participants may purchase a judogi for \$30.

What will I do at the camp?

The camp runs from 9 a.m. to 4:30 p.m. each day from Monday to Thursday. Drop off each day is between 8:30 and 9 a.m. and pick up by 4:45 p.m. Camp activities will focus on judo workouts and lessons, but will be mixed with other activities such as judo videos, games, and outdoor activities such as soccer. Lunch and snacks will be provided each day to all participants. On Thursday afternoon, the camp will host a windup at Selkirk Park including a barbecue, games and swimming.



How much is the camp?

The fee for the camp is \$85. Judogi rental is \$5 extra. A camp t-shirt may be ordered for \$10.

How do I register?

Complete the attached form and mail, along with the appropriate fee (by cheque payable to the Selkirk Judo Club), to Summer Judo Camp, 14 Park Road, Selkirk, MB, R1A 0B3. Only the first 30 registrations received will be accepted.



PLEASE NOTE:

For safety reasons, judo students are not permitted to wear earrings or other jewelry while doing judo. All jewelry must be removed when on the judo mats.