



## State training camp 9-11 January 2009



**JudoWA invites all registered members that wish to be part of the WA state team to participate in a training camp at the Ern Halliday facility in Hillarys**

<b>When</b>	<b>9, 10 and 11 January 2008</b>
<b>Where</b>	<b>Ern Halliday Recreation camp, Hillarys</b>
<b>Coaches</b>	<b>Coaching will be under the auspices of JudoWA registered coaches</b>
<b>Accommodation</b>	<b>Dormitory style accommodation for two nights</b>
<b>Activities</b>	<b>Besides the judo training there will be team building activities like the crate climb, Big Swing and indoor climbing</b>
<b>Meals</b>	<b>All meals will be catered for. Please notify in advance if you have special dietary needs.</b>
<b>Cost</b>	<b>\$190. This includes two nights accommodation, all meals, all activities as well as coaching fees.</b>
<b>Booking</b>	<b><u>Booking is essential.</u> RSVP by contacting the JWA secretary Fiona Iredale at: <a href="mailto:f.iredale@ecu.edu.au">f.iredale@ecu.edu.au</a></b>

- Space is limited. Please book early
- This is not for beginners. Kids with the necessary experience from the age of 8 are welcome
  - No day training is allowed. All participants have to attend the full course.
- The idea is to build team spirit, get fit, have fun and to get to know people from other clubs.