

# JUDO CAMP

A one of a kind opportunity and a first for Edmonton and surrounding area Judoka!



We will be running from August 10<sup>th</sup> to the 14<sup>th</sup>, a five day all-day Judo camp in our St Albert Judo facility.

This unique camp is open to ages 6-16 years old, and is available for experienced and new Judo athletes alike. Due to the high standard of instruction we will be limiting participation to the first 30 athletes on a first come first serve basis.

The camp will run from 9am till 4pm. with early drop off and late pick available with sufficient notice. Any Brown or Black belts may attend free on the expectation of helping the participants when needed. This week long education will compress what would be the equivalent of ten weeks of Judo into one week, allowing for a high level of retention and instruction, and giving those "keen to learn judoka" a head start on the emerging fall season.

The camp will focus on all aspects of Judo training, including both stand up and ground work instruction, nutrition, conditioning, pre-match and mental preparation, some post fight video analysis, and a few extra surprises. A break will occur mid-day between mat work and instruction so bring a healthy lunch with snacks and drinks for the day. The camp will end with a fun, mini in-house tournament.

We are really excited to have four accomplished black belts as our high performance coaches for the camp and are pleased to confirm that in addition to Judo, this team of instructors has national and international level experience in wrestling and Jujitsu, both complimentary sports to Judo, that will enhance the camp experience.



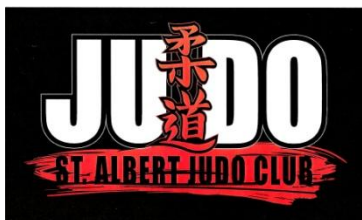
Shirin Elmayergi, an experienced international competitor and active coach, will lead this group of Instructors, and you can be assured that all participants will receive strong individual mentoring, unique to their requirements from the team of instructors.

We have attached a registration form which must be filled out with payment prior to the July 31, 2015 deadline. The cost is \$250. Payment may be cash or check made payable to St. Albert Judo.

Join us at the St Albert Judo Club this August for a unique Judo experience.

For more information email Shirin directly at [uwjudo@hotmail.com](mailto:uwjudo@hotmail.com)





Registration fees paid on \_\_\_\_\_, 201\_

Receipt Number \_\_\_\_\_ issued

## 2015 SUMMER CAMP Minor's Registration Form

SURNAME: \_\_\_\_\_ GIVEN NAMES: \_\_\_\_\_

ADDRESS: \_\_\_\_\_  
street city postal code

PHONE NO: (home) \_\_\_\_\_ E-MAIL: \_\_\_\_\_

PARENTS NAMES: \_\_\_\_\_

PARENTS ADDRESS (if different from above) \_\_\_\_\_

EMERGENCY CONTACT NAME & PHONE NUMBER: \_\_\_\_\_

ALBERT HEALTH CARE NO. \_\_\_\_\_

Health concerns, allergies, medications which instructors and tournament supervisors need to be aware of are:

AGE: \_\_\_\_\_ BIRTH DATE: \_\_\_\_\_ WEIGHT: \_\_\_\_\_ kg HEIGHT: \_\_\_\_\_ cm.

GENDER: \_\_\_\_\_ BELT LEVEL: \_\_\_\_\_ DATE OF LAST PROMOTION: \_\_\_\_\_

### **Please read and complete this portion of the form carefully. It affects your rights!**

While every effort is made to ensure that the sport of Judo is as safe for its participants as possible, it does involve strenuous physical activity and substantial bodily contact between participants and as such involves significant risk of physical injury. As it is impossible to avoid all risks of physical harm associated with the sport of judo, the parents/guardians of minors who wish to join the St. Albert Judo Club must sign the following Release form.

### **Release, Indemnity, Waiver and Voluntary Assumption of Risks**

In consideration of \_\_\_\_\_ ( the "child") being accepted as a member of the St. Albert Judo Club, and in consideration of the child being allowed to participate in classes, club events or in any competition, we, for ourselves and for and on behalf of the child do hereby voluntarily assume any and all risks, both known and unknown, associated with the child's participation in the sport of Judo, and we hereby release and discharge the St. Albert Tokai Judo Society also known as St. Albert Judo Club, the Alberta Kodokan Black Belt Association, their respective officers, employees, agents, referees, instructors, coaches, members and representatives (hereafter collectively referred to as the "Releasees") from all and any claims, demands, actions, causes of action, costs or expenses in respect of death, injury, loss or damage to the child's person or property, however caused, arising out of or in connection with the child attending, participating in, practicing for, receiving instruction or competing in the sport of Judo, or arising out of or in connection with the child traveling to or from any Judo training, demonstrations, tournaments and or championships, notwithstanding that the loss or damage may have been caused by or contributed to by the negligence, breach of contract, breach of duty of care as occupier of premises , or otherwise, of the Releasees or any of them.

Further, we certify that:

1. The child is in good physical condition and has no injury or disease that would increase the risk of physical injury arising from the child's participation in the sport of Judo.
2. No physician, nurse, therapist, or other medical expert or practitioner has advised me that the child should not compete in body contact sports, in strenuous physical activities, or the sport of judo.
3. We are the father and mother of the child or the legal guardians of the child and are the persons lawfully entitled to act for and on behalf of the child
4. We agree that this document shall be binding on the child, ourselves, and the heirs, executors, administrators, assigns and personal representatives of each of us.

\_\_\_\_\_  
Signature of Father/guardian

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Mother/guardian

\_\_\_\_\_  
Date