



Summer 2017

First name _____
 Surname _____
 First name _____
 Surname _____
 Name _____
 Age (child 1) _____ DOB _____ M/F
 Age (child 2) _____ DOB _____ M/F
 Email _____
 Mob no _____
 Home no _____
 Address _____
 Post Code _____
 Medical details or any information we should be aware of _____
 How you heard hear about us? _____

- If paying by cheque please make payable to C.A.C.L.
- If paying by BACS account details below Natwest; Acc no: 86903160; Sort Code: 52 41 00. Please ref your name and 'Gym Camp' & inform us on here the date paid in. Thank you.

Gym Camp: £74.00 x _____
 Total enclosed £ _____ (Cash/cheque)
 I have paid £ _____ online
 Date paid online _____
 I have paid £ _____ by BACS
 Date BACS paid _____

😊😊 5% discount off the total amount for siblings

- * Fees refundable less £20 deposit before Friday 23rd June
- * Fees are non-refundable after Friday 23rd June

I give permission for my child to be photographed for CACL purposes only (please tick)
 I understand the terms and conditions

C.A.C.L. Summer Gym Camp
 Monday 24th-Thursday 27th July
 The University of Brighton
 Sports Centre
 Eastbourne



We are also running a C.A.C.L. Summer Football Camp alongside the Gym Camp at The University of Brighton



C.A.C.L.
 SPORTS
 Established in 1980

CACL Office: 28 Rowsley Road,
 Eastbourne,
 East Sussex, BN20 7XS
01323 730467 /
info@caclsports.co.uk
www.caclsports.co.uk



C.A.C.L.
 GYMNASTICS
 CAMPS

SUMMER 2017

FOR BOYS AND GIRLS
 4 – 10 YRS OF ALL ABILITIES

Monday 24th – Thursday 27th July
 9.30am – 12.30pm
 AT THE UNIVERSITY OF BRIGHTON SPORTS
 CENTRE, DENTON ROAD
 EASTBOURNE, BN20 7SR



We are proud of our reputation.
 C.A.C.L. coaches children throughout the year at The University of Brighton Sports Centre, Eastbourne. We have organised and managed sports camps in Eastbourne for over 33 years and look after 500 children during our weekly sessions.



C.A.C.L. GYM CAMP SUMMER

What happens at C.A.C.L. Gym Camp? The Gym Camp will be held at our C.A.C.L. Gym Club venue, The University of Brighton Sports Centre, Eastbourne. Children will have lots of fun with games and activities throughout the mornings in our safe and well-equipped gymnasiums.

Our Facilities & Equipment:

The Club has two excellent Gymnasiums, one of which has a matted floor area, portable tumble track and trampoline. The other is equipped with gym mats, safety mats, beams, asymmetric bars, vaulting apparatus, benches, ropes, trampettes and junior foam gym equipment.



Enjoyment with sensitive & qualified staff:

As always, our aim is for the children to really enjoy themselves, by working within their ability range and towards achieving their potential without any pressure. Our senior coaches are British Gymnastics qualified and are ably assisted by other coaches who have undergone training sessions to ensure they are very sensitive to the needs of each child and are always at hand to help.

Presentation & Awards:

Gymnasts will be working towards the British Gymnastics Proficiency Award Scheme during the week. Family & friends are invited to watch the **presentation which will take place on the last camp day (Thursday 27th July) at 12noon.** All gymnasts will receive a CACL camp kit bag; group photo; certificate of attendance & any badge awards achieved during the week can be purchased towards the end of the week prior to the presentation at £3.50 each (optional).



The Bouncy Castle & Trampoline: Kids love "bouncing"! We have a superb bouncy castle & trampoline which will be used at various times throughout the week & supervised at all times.

WHY SEND YOUR CHILD TO C.A.C.L.?

- ✓ We look after over 350 young Gymnasts each week at our C.A.C.L. Centre from all Schools over Eastbourne.
- ✓ We offer superb & safe facilities.
- ✓ Our Coaches are qualified or highly experienced gymnasts themselves and are all CRB checked.
- ✓ All activities are geared to the age, ability and pace of the children.
- ✓ Our senior coaches are qualified in First Aid.
- ✓ C.A.C.L. has run gym camps in Eastbourne for over 33 years.
- ✓ Parents from all over Eastbourne and surrounding areas send their children to C.A.C.L. because our aim is to provide the best possible coaching environment for all gymnasts.
- ✓ C.A.C.L. Gym Club is officially approved as a safe, effective, child friendly club. The club gained its GymMark status on the 11th December 2007 and have recently been re-accredited.



For further info contact C.A.C.L. SPORTS CAMPS

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GYM CAMP QUESTIONS?

When?

Monday 24th July – Thursday 27th July, 9.30am -12.30pm
A presentation will be held on Thursday 27th at 12noon if you wish to attend.

Where?

The University of Brighton Sports Centre, Denton Road, Eastbourne, BN20 7SR.

How much?

The cost of the camp is £74.00. Each child will receive a Camp kit bag, a certificate and group photo to take home at the end of the week. **We are offering a 5% off the total cost for family bookings*.*

What should I wear?

Shorts/leggings & leotard/
T-shirt – something comfortable to move around in. Long hair should be tied back & no jewellery to be worn.



Snack & drink breaks

Please send your child with a substantial, healthy energy snack & large, non-fizzy drink in a water bottle each day.

Camp Photo

We will be taking a group photo during the week. Please tick the box on the form if you are happy for your child to be in the photograph. You will receive a complimentary copy of the photo at the end of the week.

****We are also running a C.A.C.L. Summer Football Camp! Please let us know if you would like further details*.***

If you wish to attend the camp please fill out the form, enclosing the full cost of the camp to:

CACL Coaching
28 Rowsley Road, Eastbourne,
East Sussex, BN20 7XS
01323 730467