

C.A.C.L. SUMMER GYM CAMP 2011

NAME(s) _____ MALE/FEMALE

_____ MALE/FEMALE

ADDRESS _____

POST CODE _____

AGE DOB SCHOOL _____

EMAIL _____

CONTACT NUMBERS
{Home} _____

{Work/Mobile} _____

MEDICAL DETAILS (if applicable) _____

The cost of the Gym Camp is £66.00
We are offering a 5% discount off the camp cost for family bookings (not including insurance/photo)

Gymnasts will be required to have British Gymnastics Insurance (Temporary cover costs £5.00). Gym Club members may already have full membership-please check.

*Please tick as appropriate:

- I will require Temporary Insurance
- I am a C.A.C.L. Member & will not require insurance
- I have attended a camp before Yes / No

- I enclose a £10.00 (non-returnable) deposit to secure a place
- I enclose the full cost for the camp £66.00
- I attended Easter 11 camp and enclose full % cost
- I am adding on an additional £5 for Temporary Insurance
- I give permission for my child to be in group photo Y/N

NAME (Parent/Guardian) _____

Signature _____

Please make cheques payable to 'C.A.C.L. Coaching'
C/o 28 Rowsley Road, Meads, Eastbourne, BN20 7XS

Further questions?
Please call us on 01323 730467 or visit our website www.caclsports.co.uk



C.A.C.L. GYM CAMP
C/o 28 Rowsley Road
Eastbourne, East Sussex
BN20 7XS
Tel: 01323 730467



C.A.C.L. SUMMER GYM CAMP 2011

FOR BOYS AND GIRLS
4 – 9 YRS OF ALL ABILITIES

Monday 25th – Friday 29th July
9.30am – 12.30pm

**AT THE UNIVERSITY OF BRIGHTON SPORTS
CENTRE, DENTON ROAD, EASTBOURNE, BN20 7SR.**



We are proud of our reputation, having run many sports camps for children of Eastbourne over the years. In addition we coach over 250 gymnasts a week at our Gym Club. We have also had our own Sports & Movement Centre for 16 years in town where we were looking after 500 children a week.



C.A.C.L. GYM CAMP

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 Fri 29th at 12noon.** All gymnasts will receive a certificate of attendance at the presentation and any awards achieved can be purchased prior to the presentation at the end of the week at £3 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 250 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 30 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.



C.A.C.L. GYM CAMP

C/o 28 Rowsley Road
Eastbourne, East Sussex
BN20 7XS

01323 730467

www.caclsports.co.uk

GYM CAMP QUESTIONS?

When?

Monday 25th – Friday 29th July 2011, 9.30am–12.30pm.

How much?

The cost of the camp is £66.00. Each child will receive a T-Shirt to take home at the end of the week. **We are offering a 5% off the total cost for family bookings*.*

Where?

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

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 healthy energy snack & drink each day. We will provide squash or water should they require any extra.

Camp Photo

We will be taking a group photo which will be available to buy for £3 (payable by cash at the camp). Please indicate on the form if you give consent for your child to be photographed.



Further questions?

Please call us on 01323 730467 or visit our website
www.caclsports.co.uk

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

If you wish to attend the camp please fill out the form, enclosing a £10.00 non-returnable deposit (per child) or full cost of the camp to:

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