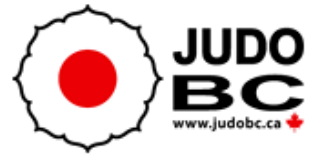




2018 Girls Judo Camp

Date: August 18, 2018
To: Campers & Parents
Re: Camp Confirmation and Information



Thank you for registering for the 2018 Girls Only Judo Camp! The camp begins at 1 pm on Monday, August 27 and finishes at 1 pm on Friday, August 30.

CAMP LOCATION & DIRECTIONS

15800 Oyama Road, Lake Country, British Columbia

[Google Map](#)

TRANSPORTATION FROM THE HP CAMP

We have arranged transportation for the girls attending the HP camp in Kamloops to the Girls Camp in Oyama on August 27th. These girls are to meet with Girls Camp Leader Sandra Le Bris, Jeremy's wife, after the last practice in Kamloops. She will let the girls know who they will be traveling with from Kamloops to Oyama. The girls will need to have money for lunch on the 27th as the first meal at the Girls camp is dinner.

CAMP COORDINATORS & CONTACT DETAILS

Katie Thomson

Judo BC Executive Director
Cell - 604 837-5427

Donna Hanson

Chair, Judo BC Women's Committee
Cell – 250 540-2972

Please feel free to contact either of us on our cell phone anytime during the camp.

MEALS

All meals & snacks will be provided, including for those campers with special dietary requirements.



HEAD INSTRUCTORS

Sandra Le Bris

- Level 2 NCCP Certified Coach
- Former international competitor

Aline Strasdin

- Head Sensei Prince George Judo Club
- Team BC coach
- Level 3 NCCP Certified Coach

Donna Hanson

- National A Level Referee
- Level 3 NCCP Certified Coach
- Retired RCMP Officer

Renee Hock

- Former Provincial Head Coach
- Level 3 NCCP Certified Coach
- Former international competitor

WHAT TO BRING

- Blanket/Sleeping bag
- Single bed sheet
- Pillow
- Towel
- Toiletries
- Gi - 2
- Sweatshirt
- Sweatpants
- Shorts
- Bathing Suit
- T-shirts
- Running shoes
- Hat
- Jacket
- Water bottle
- Sunscreen
- Flip Flops
- Flashlight
- Bug Spray

WHAT NOT TO BRING

- Food – exceptions can be made for those participants with special dietary requirements or medical conditions.
- Valuables

ELECTRONIC DEVICES

Access to any electronic devices will be limited to a short time each day to call home or for taking photos during the camp.



TENTATIVE SCHEDULE

Mon Aug 27	Activity
1:00 pm	Arrive at Camp
2:00 pm	Orientation
3:00 pm	Judo Training
6:00 pm	Dinner
7:30 pm	Gymnastics
9:00 pm	Games
10:00 pm	Leaders meeting
10:30 pm	Lights out

Tues Aug 28	Activity
7:00 am	Morning wake up game
8:00 am	Breakfast
9:15 am	Judo Training
11:30 am	Swimming
12:30 pm	Lunch
2:00 pm	Photo contest
3:30 pm	Crafts
6:00 pm	Dinner
7:30 pm	Judo Training
9:00 pm	Evening Activity
10:00 pm	Leaders meeting
10:30 pm	Lights out

Wed Aug 29	Activity
7:00 am	Active stretching session
8:00 am	Breakfast
9:00 am	Judo Training
11:00 am	Mental Training
12:30 pm	Lunch
2:00 pm	Amazing Race
5:00 pm	Swimming
6:00 pm	Dinner
7:00 pm	Workshop
9:00 pm	Slide show & Skits
10:00 pm	Leaders meeting
10:30 pm	Lights out

Thurs Aug 30	Activity
7:00 am	Yoga
8:00 am	Breakfast
9:00 am	Judo Training
10:30 am	Swimming
11:00 am	Pack up
11:30 am	Camp clean up
12:00 pm	Lunch
1:00 pm	Depart from Camp