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Illawarra International Judo Camp 20 – 22 January 2012

The annual Illawarra International Judo Camp is on again for competition players.
The venue is the International Judo Centre, Wyllie Road, Ian McClelland Park, Kembla Grange, Wollongong.
The program is as follows:

Friday 20 January:	7.00-8.30pm	Welcome, Warm up, Open Randori session (Minimum - 15 x 4 mins)
Saturday 21 January:	9.00-11.00am	Junior technical session
	11.00-1.00pm	Senior technical session
	1.00-2.30pm	Junior Randori session
	2.30-4.30pm	Senior Randori session
	Evening	Free for socialising
Sunday 22 January	8.30-10.30am	Junior Coaching & Randori session
	10.30-1.00pm	Senior Coaching & Randori session

Due to the dramatic increase in numbers and our desire to maintain the quality of the camp, registration will be pre-entry. Please complete details on the following page and forward with payment to ensure your place. This year we will be limiting numbers due to the unprecedented response in 2011!

Cost: **\$40 per person for the weekend, or
\$25 per day**

The coaching will be co-ordinated by Michael Picken (Victoria), Stewart Brain (Queensland) and Alan Broadhead (NSW) as we have since 1999.

The camp is aimed at competition players (14 years and above) aspiring to national and international competition. This camp has run successfully over the past years by inviting quality competition players who freely share their expertise during coaching sessions and then follow it up with solid randori sessions. Due to the success of the Friday evening randori session introduced last year, it is included again for 2012.

Kitchen and cooking facilities are available at the dojo for use over the weekend to help minimise your costs.

Motel accommodation is available at the Elsinor Motor Lodge (02-4261 3366).
Hotel accommodation is available at the Dandaloo Hotel (02 4261 1122).

For more information please contact Ben Broadhead via email at, bbroadhead@victaulic.com.

Looking forward to seeing you on the mat for a great weekend.

Michael Picken, Stewart Brain & Alan Broadhead



Illawarra International Judo Camp - 2012

Participant Registration & Agreement

I agree to assume all risks, both known and unknown, and all consequences thereof, arising out of or in connection with my participating in this event. I agree to adhere to all rules, regulations and conditions of this event.

I certify that:

1. I am good physical condition and I have no injury, disease or disability nor have I injected or ingested anything that would impair my performance or physical condition or increase the likelihood of injury in participating in this event or increase my performance due to ingestion of substances not approved by ASDA.
2. No physician, nurse, therapist, trainer, coach, manager or other person has advised me not to participate in a body contact sport or this event.
3. I am familiar with the sport of Judo and the nature of a Judo contest. I am aware that there is a high risk of injury by the very nature of the sport.
4. Parent(s) or legal guardian of minor participants under the age of 18 years of age additionally agree that they will instruct the minor participants to the above warnings and conditions and their ramifications, and that they consent to the minor's participation.

I further agree that the Illawarra International Judo Club Inc. (IJC) has the right to use, in such form plus for such time period as the IJC may in its sole discretion choose, without payment of fee or any charge photograph images, likeness, video tapes or any other recordings or reproductions of me to further the objectives of the IJC including without limiting the generality of the foregoing:

- a. The training, education, development of judoka, coaches, officials and for
- b. IJC Inc. promotional purposes

This document shall be binding upon myself, my heirs, executors, administrators, assigns and personal representatives.

I have read this document, understand that I give up substantial rights by signing it and knowing this, sign it voluntarily. I agree to participate knowing the risks and conditions involved and do so entirely of my free will.

Name: _____

Age: _____

Signature: _____

Grade: _____

Date: _____

Email Contact: _____

Parent Guardian Name: _____

Parent Guardian Signature: _____

Payment Total: _____ (Post to - IJC, PO Box 56 Keiraville NSW 2500)