

20th January 2010

Dear All,

**SPELTHORNE GYMNASTICS & ACTIVITIES SUMMER CAMP
2nd-6th AUGUST 2010 - £195 Per Person (Coaches £150)**

Please find below details of the Spelthorne Gymnastics Summer Camp Programme for August 2010.

The Camp will be open to all levels of ability from beginners to international performers. The minimum age is seven years. A complete programme of acrobatic training, fun activities, lunch and dinner are all included.

If you are travelling from afar or would like a few days away from home you will need to book your own accommodation (not included in the price). We have 3 travel lodges all within 2.3 miles of the gym and they are offering rooms for 4 persons from £22 per night (so £5.50 per person per night). If you are under 18 you will also need to ensure you have adequate supervision whilst staying at the lodge - this will be the responsibility of the gymnast and their own club/parent not Spelthorne Gymnastics.

The Camp will begin with registration from 11am on Monday morning and will conclude with a display for parents, friends and relatives on the Friday evening. Gymnasts will leave after the display.

If you have any gymnasts/coaches who are interested in the Camp please ask them to complete the Application Form, Health Form and General Questionnaire Form and return by post or email with a non-refundable deposit of £95 payable to Spelthorne Gymnastics by Saturday 10th April 2010. Applications are on a first come first served basis. The final payment of £100 will be due by Saturday 3rd July.

Please feel free to email me if you have any questions (alicooper66@me.com).

Kind Regards,

Bob & Alison Cooper
Camp Directors

SPELTHORNE GYMNASTICS SUMMER CAMP 2010 GENERAL QUESTIONNAIRE FORM

Name _____

Club _____

Level you are working at _____

Is your partner going to be at the camp with you? Yes No

Name of partner/s. _____

If your partner is with you, do you have a routine? Yes No

If you have answered yes to the above please could you bring your routine music with you in case we should like you to perform in the display.

Are you a vegetarian? Yes No

Do you have any special dietary requirements? Yes No

DISPLAY

We will be having an informal display on Friday evening at 7.00pm. One complimentary ticket will be given to each child attending the camp, additional tickets are available at a cost of £5.00 per person. Spelthorne is a working gym and therefore the seating for spectators is on benches/crashmats etc. If you are bringing any elderly/disabled people please let us know and we will make special arrangements to ensure a seat is available for them.

Number of tickets required _____

Number of special seats required for disabled/elderly _____

(Please make cheques payable to Spelthorne Gymnastics)

Alison Cooper

SPELTHORNE GYMNASTICS SUMMER CAMP 2010 - HEALTH FORM

Son/Daughter's Full Name _____

Home Address _____

Age _____ Date of Birth _____

BGA Membership No _____ National Health Number _____

Name & Address of GP _____

Details of any health factors that may restrict full participation in camp

Details of any known allergies/sensitivities (eg penicillin) _____

Is your son/daughter a competent swimmer? _____

I certify that the above information is, to the best of my knowledge correct.
I give permission for my son/daughter (named above) to take part in the activities
and outings of the Gymnastics Summer Camp 2010.

In the event of illness or accident, I authorise the person in charge to sign on my behalf
any written form of consent for treatment of medication required if the delay to
obtain my signature is considered inadvisable by the doctor concerned.

Signed _____

(Parent/Guardian if under 18)

Emergency Contact Details:

Name _____ Telephone Number _____

Name _____ Telephone Number _____

Alison Cooper

SPELTHORNE GYMNASTICS SUMMER CAMP 2010 ACCOMMODATION RECOMMENDATIONS

Travel Lodges

www.travelodge.co.uk

(click on: find our lowest prices)

0871-984-6319

Travel Lodge - Staines

Hale Street

Two Rivers

Staines

Middlesex

TW18 4UW

This Lodge is probably slightly more expensive but is located within walking distance to shops, cinema and restaurants.

Travel Lodge - Sunbury-on-Thames

Hanworth Road

Sunbury-on-Thames

Middlesex

TW16 5DJ

Travel Lodge - Feltham

Res Centre

High Street

Feltham

Middlesex

TW13 4EX

Other Hotels:

Mercure Staines Thames Lodge Hotel

Thames Street

Staines

Middlesex

TW18 4SJ

www.mercure.com

01784-464433

The Runnymede-on-Thames

Windsor Road

Egham

Surrey

TW20 0AG

www.runnymedehotel.com

01784-220960