ADULT SUMMER CAMP 2008

Are you aware that Summer Camp has been running for 29 years and has been sited in Veryan since 1991 (originally it was in Tresaith, Wales)?

Veryan is a quiet village (except when we arrive!) in the Roseland Peninsula area of Cornwall. This is probably the most scenic and quietest area of the county.

Our site is on the cricket field, adjacent to the Veryan Sports Club and has the benefit of hot showers, kitchen facilities and the club bar. You will be required to bring your own tent (a small number of caravans are allowed, but these must be pre-booked in advance). You will also have to cater for yourself – although an Asda breakfast and pub dinner do seem to work for many!

Camp starts on Saturday 26th July with most people arriving between 2pm and 6pm. Our training starts on Sunday morning. At our initial briefing (usually Saturday night around 7.30pm) we discuss the week's training, including start times. These will often vary depending very much on the weather, as hopefully all the training is done outdoors. We usually train for about 2 to 2½ hours in the morning and the same in the evening. The remainder of the time is yours to explore the area and do as you please.

On the last night, Friday 1st August, we have a disco in the club bar and we break camp some time on the Saturday – when the alcohol levels have subsided.

Tracksuits or t-shirts and shorts are the dress for the morning sessions, with training shoes and occasionally swimming costumes! However, white doboks are to be worn for the evening sessions. We usually have a grading on the Friday, but only for those who are eligible and proficient enough to grade.

All in all this is a great opportunity to enjoy your Tae Kwon-Do with fellow students without the stresses of everyday life. A good, if somewhat energetic, break from your normal routine.

Interested? If you are 16 or over then ask your Instructor for an application form **NOW**, or alternatively send us an e-mail and we will send you a form.

M J Dew