

# RED TIGER KARATE CLUB

## Training Schedule

### Ultimate Training Weekend 8

### Friday 9th October

**Date:** 9th, 10th and 11th October

Arrive on Friday evening

**Venue:** Presthaven Sands Holiday Park,  
Shore Road, Gronant, Prestatyn, North  
Wales. Postcode: LL19 9ST.

Upon arrival; please collect your caravan key at reception. Keys available from 3pm.

**7.40pm:** Meet in the Sportsdrome. Please bring your license book, training payment and sign in at the start.

**8pm-9.30pm:** Training in the Sportsdrome with Steve Carless Sensei and Paul Wolstencroft Sensei.

### Confirmed Instructors:

- \* **Matt Price Sensei 6th Dan JKS England Squad Coach**
- \* **Paul Newby Sensei Former WKF World Kumite Champion**
- \* **Steve Carless Sensei 6th Dan Multiple times SKKIF British and European Kata and Kumite Champion**
- \* **Paul Wolstencroft Sensei 4th Dan Chief Instructor of Red Tiger Karate Club.**

### Saturday 10th October

**8.45am:** Meet in the Sportsdrome

**9am - 10.30am:** Training with Matt Price Sensei & Paul Newby Sensei

**10.30-10.45am:** Short Break

**10.45am-12pm:** Training with Matt Price Sensei & Paul Newby Sensei

**12pm-1.45pm:** Break for lunch, parents to collect your children from the Sportsdrome.

**1.45pm:** Meet in the Sportsdrome

**2pm-3pm:** Training with Matt Price Sensei & Paul Newby Sensei

**3pm-3.15pm:** Short Break

**3.15pm-4.30pm:** Training with Matt Price Sensei & Paul Newby Sensei. Once training finishes, we will have a short presentation for certificate, trophies and photographs. Parents to collect your children from the Sportsdrome.

**7-8pm onwards:** Free time for socialising and enjoying the evening entertainment.

### General Information:

Accommodation is self catering. You will need to provide your own food and drinks for the weekend. All caravans have fully equipped kitchens for food preparation and you do not need to bring your own bed linen. There are plenty of food outlets onsite if you need to buy food. You will need to bring your own towels, toiletries, hairdryers, kitchen supplies and toilet roll.

If you do not have enough bed linen, please request more at reception. Please check that there is nothing broken in your caravan. If anything is broken upon arrival or gets broken throughout the weekend, please report this to either Sensei Paul: 07815 579 852 or Sensei Rachael 07825 446 825. You will get entertainment passes/wristbands with your caravan key. Please keep these with you at all times so that you can access the sportsdrome, swimming pool and entertainment facilities.

Make sure that you/your child has enough to eat and drink over the weekend as training is exhausting. Have a good breakfast on Saturday morning. Please make sure you also bring a clean and ironed Karate Uniform (2 if you might need to change after lunch) and BELT. Some DONUT always forgets their belt! You will be wearing a WHITE BELT if you forget your belt.

You will also need your swimming shorts/costume if you plan on going in the pool on Sunday. If your caravan does not have heating, may we suggest that you bring duvets and extra blankets as the caravan park is along the coast and can get very cold and very windy at night.

If you are going to have 'a few scoops' on the Saturday night, please remember to be respectful of other people and their property. There are other guests trying to enjoy their holiday on the park. Remember you are representing our Club at all times. If you let us down, you will not be invited again.

There is absolutely tons to do in your free time or for those of you who are not training or bringing younger children. The caravan park has fantastic leisure facilities including GO Karting, aerial adventure park, a sandy beach just two minutes walk away, Sky TV and BT Sports for the football fans, pottery painting, outdoor playground, pitch and putt golf, amusement arcade, indoor pool, plus much more.

### Sunday 11th October

Free family time to enjoy the parks facilities, indoor swimming pool, go-karts, aerial adventure park, waterslides, amusement arcade and nearby beach.

Lets enjoy another brilliant weekend!!!!