

# SPORTS CAMP

Tuesday 19 February	Wednesday 20 February	Thursday 21 February
<p><b>Gymnastics Workshop 9.00-12.00pm</b> Practice and perform routines in a fun and safe environment using gym equipment :</p> <ul style="list-style-type: none"> <li>• Floor work</li> <li>• Apparatus work</li> <li>• Ribbons</li> </ul>	<p><b>Martial Art -9.00-12.00pm</b> by <a href="http://www.kickstartmartialarts.co.uk">www.kickstartmartialarts.co.uk</a> Learn a range of basic martial arts skills and techniques in fun and safe environment:</p> <ul style="list-style-type: none"> <li>• Boxing</li> <li>• Kickboxing</li> <li>• Self defence</li> <li>• Fitness</li> </ul> <p>The focus of sessions is for the students to develop disciplines that they will learn and live by: Respect, Discipline, Determination, Focus, Confidence, and Courage.</p>	<p><b>Multi-sports /Team Sports – 9.00-12.00pm</b> Have a go at :</p> <ul style="list-style-type: none"> <li>• Fun games / races</li> <li>• Handball</li> <li>• Basketball</li> <li>• Tag rugby</li> <li>• Hockey</li> </ul>
<p><b>Dance Workshop 12.30-3.30pm</b></p> <ul style="list-style-type: none"> <li>• Movies-Greatest showman</li> <li>• Pop routines– little mix</li> <li>• Hip- hop/Street dance/ cheerleading</li> </ul> <p><b>Or</b> <b>Parkour Workshop</b> Learn how to do different types of vaults, jumps, rolls and climbs in a fun and safe environment using gym apparatus/ mats.</p> 	<p><b>Skateboarding/ Stunt Scooter Workshop (6+yrs) 12.30-3.30pm</b> by <a href="http://www.abcskateboarding.co.uk">www.abcskateboarding.co.uk</a></p> <ul style="list-style-type: none"> <li>• (Learn how to do basic skills and tricks)</li> <li>• Use ramps</li> <li>• Races and challenges</li> </ul> <p>All equipment is provided</p> 	<p><b>Target Games 12.30-3.30pm</b> Have a go at :</p> <ul style="list-style-type: none"> <li>• Archery</li> <li>• Dodgeball</li> <li>• Kurling</li> <li>• Tchoukball</li> <li>• Tri golf</li> </ul> 

**All sessions are run by trained and qualified staff.**

**19 –21 February 2019**

**AGES: 5 – 12**

**Venue: Stowmarket High School (IP14 1QR)**

**£10 per workshop**

Contact: 07734495860 / [will.hopkinjones@thurstoncollege.suffolk.sch.uk](mailto:will.hopkinjones@thurstoncollege.suffolk.sch.uk)/  
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### Sports Camp

19-21 February 2019

**TIME:** Am Workshop:9.00-12.00pm / Pm Workshop 12.30-3.30pm (Day 9.00-3.30pm )  
**AGES:** 5 – 12    **Venue:** Stowmarket High School (IP14 1QR)

**COST:** £10 per workshop  
(If booked for all day please bring own lunch )

**Please write below which day/s and times you wish to attend**

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**Name(s):** ..... **D.O.B** .....  
..... **D.O.B** .....

**Address:**.....  
.....**Postcode:**.....

**Tel No:**.....**Mobile No:**.....

**Emergency Name & No:**.....

**Email:**.....

**School** .....

**Medical Conditions**.....

**Parent/Guardians Signature:**.....

**Please note:**

- **Please send applications by 15 February**
- Lunch is **not** provided
- It is the parents responsibility to ensure appropriate clothing is worn/and or available for the child for the activity provided and weather conditions.
- In the event that we have to cancel a club for any reason, a full refund will be issued to the person who booked.

Please tick the box if you do not wish your child to be included in group photographs

Please contact me by phone, email or by sending your completed form to make booking and arrange payment.

**Mr W Hopkin-Jones**  
**Thurston Sixth, Beyton campus**  
**Drinkstone road**  
**Beyton**  
**IP30 9AA**

