

# East Coast-Hawkes Bay Spring Camp



**When:** 5pm Friday 28 October - 2pm Sunday 30 October 2022

**Where: Omatua Lodge, Rissington**  
1866 Puketitiri Road, Rissington, Napier  
<https://www.omatua.co.nz>

## **Costs:**

Accommodation: \$30 per person per night (includes GST)

Food: \$30 for whole weekend

Training: \$30

\* If you have young children attending camp we appreciate you accompanying them for the weekend.

\* Please bring some baking as a contribution (slices, cake, biscuits)

## **What is provided?**

- Training
- Bunk rooms
- Grading (if approved by your Sensei)
- Showers
- Great food
- Good company

**NB:** Let us know if you have dietary restrictions

## **What to bring?**

- Gi and belt (ironed)
- Sleeping bag / blanket / pillow / mattress cover
- Running shoes
- Mouthguard
- Towel / toiletries
- Warm clothes
- Drink bottle
- Snack foods (optional)
- Hot water bottle
- Plastic bags for muddy clothes

Your training book

(can be purchased at camp if you are a new member, \$6 bring cash)

*PTO for registration form, itinerary and map, page total = 4*



## East Coast-Hawkes Bay Spring Karate Camp

Omatua Lodge, 1866 Puketitiri Rd, Rissington, Napier

**Friday 28 October - Sunday 30 October 2022**

**Name:** .....

**Age:** (if minor) ..... **Dojo:** .....

**Grade:** ..... **Training / Visitor:**.....

Costs (Per Person)	Fri & Sat Nights (inclusive)	Total
Accommodation	\$60 (flat fee)	
Food (whole weekend)	\$30	
Training \$30	Yes/No	
* Email us if you have special dietary requirements please		<b>Total \$</b>

**Contact name and number in the event of an emergency:**

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**Email registration form to: [gisgojurykarate@gmail.com](mailto:gisgojurykarate@gmail.com)**

**PAYMENT: (pre payment required)**

**Bay Karate Club, BNZ Hastings, 02-0644-0155198-00**

**\* use your SURNAME and CLUB as a reference**

**NOTE:**

- \* Bed space is limited so register quickly.
- \* Leading up to camp, if you have cold, flu or Covid-19 symptoms then please reconsider attending.
- \* Masks are not mandatory but we welcome those who wish to wear one at camp.
- \* Anyone concerned about grading opportunities can discuss this on a case by case basis with their Sensei.
- \* If you have children attending camp you will need to accompany them for the weekend.

**Signature of parent if minor attending:** .....

# **KARATE WEEKEND ITINERARY - Rissington 2022**

## **Friday 28 October:**

5pm	Arrival
6pm	Dinner / Covid-19 & health & safety update
8.30pm	Kids to bed
9.00pm	Kids lights out
11.00pm	Adults lights out

## **Saturday 29 October:**

6.00am	Wake up call
6.30am	Training (approx 1 hour)
8.00am	Breakfast
9.30am	Training
11.00am	Morning Tea
12 Noon	Lunch
1.30pm	Training
3.00pm	Afternoon tea
3.15pm	Training
5.00pm	kata competitions
6.30pm	Dinner
8.30pm	Kids to bed
9.00pm	Kids lights out

## **Sunday 30 October:**

6.00am	Wake up call
6.30am	Training (approx 1 hour)
8.00am	Breakfast
9.00am	Grading
12 Noon	Lunch and thank you's
1.00pm	ALL - cleaning up complex (list of jobs on your dorm room door)

